

<p><b>DREDDYCLINIC.COM</b></p> <p><i>Integrated Medical Clinic &amp; Ayurveda School</i></p> <p><i>227/124 Banwangtan, Mooban Wang Tan 5, Soi 3, T. Sanpakwan, A. Hang Dong, Chiang Mai 50230, Thailand</i></p> <p>Mobile. (+66) 9-8505066 Phone. (+66)-53-436284 Fax. (+66)-53-436284</p> <p>Email: info@dreddyclinic.com Web Site: <a href="http://www.dreddyclinic.com">www.dreddyclinic.com</a></p>	FOR OFFICE USE ONLY
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Ayurveda Asia *Ayurveda Asia Co., Ltd.*

## Ayurvedic Pricelist

### Therapy offers

#### Offer for Single-Day Therapies

- ▣ **Medical consultation for outpatients**  
(Ayurvedic pulse diagnosis, determination of individual pattern and practical advise for everyday life)
- ▣ **including 2 Ayurveda treatments**  
(Abhyanga synchronous massage and Svedana  
or  
Abhyanga synchronous massage and Shirodhara)

**THB 3000,00** per person

***Outdoor patients may also book all Ayurveda treatments***  
(refer to itemized price list on inside of rear cover)

All therapies, except Ayurvedic beauty treatments, will be prescribed by an Ayurveda doctor. The costs for a medical consultation are included in the therapy prices. Should you wish your medical consultation to include a pulse diagnosis, determination of constitution and specific medical counseling, THB 1000,00 will be charged.

## Our 4 Days Ayurveda cure Get-to-know Offer

**just try it, "charge your batteries" and feel well**

**We offer you:**

- 4 nights, incl. full board original Ayurvedic cooking

**Medical and therapeutic services:**

- **1 Ayurvedic Medical consultation**
- **4 Abhyanga** (harmonizing synchronous massage with herbal oil)
- **2 Shirodhara** (oil applied to the forehead for harmonization of vegetative system)
- **2 Padabhyanga** (harmonizing Ayurvedic massage of foot reflex zones)

**Our special price: THB 29.000**

## 5-Days Ayurveda cure Program

**We offer you:**

- 4 nights, incl. full board original Ayurvedic cooking

**Medical and therapeutic services:**

- **1 Ayurvedic Medical Consultation**
- **4 Abhyanga** (harmonizing synchronous herbal oil massage)
- **2 Shirodhara** (oil applied to the forehead for harmonization of vegetative system)
- **2 Svedana** (herbal steam bath with Ayurvedic medicinal plants)
- **2 Padabhyanga** (harmonizing Ayurvedic foot reflex zone massage) or 2 Padabhyanga
- **1 Shiroabhyanga** (invigorating massage of head, neck and shoulders with herbal)

**Our special price: THB 35.000**

## 5-Days Beauty Ayurveda cure Offer

**We offer you:**

- 4 nights, incl. full board original Ayurvedic cooking

Medical initial examination with Ayurvedic diagnosis of constitution and individual therapy plan, medical care throughout your stay and final medical examination combined with consultation.

**Medical and therapeutic services:**

- **1 Ayurvedic Medical Consultation**
- **4 Abhyanga** (harmonizing synchronous herbal oil massage)
- **2 Shirodhara** (oil applied to the forehead for harmonization of vegetative system)
- **2 Svedana** (herbal steam bath with Ayurvedic medicinal plants)
- **1 Mukhabhyanga + Lepa** (intensive facial treatment on Ayurvedic basis)
- **1 Padabhyanga** (harmonizing Ayurvedic foot reflex zone massage) or 2 Padabhyanga
- **1 Netra-Upacara** revitalizing treatment of eyes and eye region

**Our special price: THB 36.000**

**7 Days Ayurveda cure**

This Offer already comprises the classical Ayurveda Cleansing Therapy.

**We offer you:**

- 6 nights, incl. full board original Ayurvedic cooking

**Medical and therapeutic services:**

- **2 Ayurvedic Medical Consultation**
- **1 Pizhichil** (royal oil bath, synchronous massage under running warm oil)
- **4 Abhyanga** (harmonizing synchronous massage with herbal oils)
- **2 Shirodhara** (oil applied to the forehead for vegetative harmonization)
- **3 Padabhyanga** (Ayurvedic foot reflex zone massage, harmonizing, revitalizing)
- **3 Svedana** (herbal steam bath with Ayurvedic medicinal plant)
- **1 Shiroabhyanga** (invigorating massage of head, neck and shoulders with herbal)

**Our special price: THB 55.000**

**10 Days Ayurveda cure**

This therapy is intended to effect all-over physical and mental regeneration, revitalization and refreshment.

**We offer you:**

- 9 nights, incl. full board original Ayurvedic cooking

Medical initial examination with Ayurvedic diagnosis of constitution and individual therapy plan, medical care throughout your stay and final medical examination combined with consultation.

**Medical and therapeutic services:**

- **3 Ayurvedic Medical Consultation**
- **5 Abhyanga** (harmonizing synchronous massage with herbal oils)
- **3 Shirodhara** (oil applied to the forehead for vegetative harmonization)
- **5 Padabhyanga** (Ayurvedic foot reflex zone massage, harmonizing and revitalizing)
- **5 Svedana** (herbal steam bath with Ayurvedic medicinal plants)
- **2 Shiroabhyanga** (stimulating oil massage of head and head region)
- **3 Basti** (Ayurvedic regulation of the intestinal system)
- **1 Virechana** (regulation of digestive system)

**Our special price: THB 70.000**

**14 days Ayurveda cure Panchakarma therapy**

Cleansing, revitalization and regeneration to mobilize and strengthen your body's defenses and self-healing capacity. It is the objective of this therapy to open up new dimensions for your beauty, along with an increase in energy and inner strength that help you to better master the trials and vicissitudes of life.

**We offer you:**

- 13 nights incl. full board with original Panchakarma cooking

**Medical and therapeutic services:**

- **3 Ayurvedic Medical Consultation**
- **2 Pizhichil** (royal oil bath, synchronous massage under running warm oil)
- **7 Abhyanga** (harmonizing synchronous massage with herbal oil)
- **4 Shirodhara** (oil applied to the forehead for vegetative harmonization)
- **3 Shiroabhyanga** (invigorating massage of head, neck and shoulders with herbal oil)
- **7 Svedana** (herbal steam bath with Ayurvedic medicinal plants)
- **1 Virechana** (regulation of digestive system)
- **7 Basti** (Ayurvedic regulation of intestinal system)
- **5 Padabhyanga** (Ayurvedic foot reflex zone massage, harmonizing, regenerating)

**Our special price: THB 90.000**

**21 days Ayurveda cure Panchakarma intensive therapy**

Cleansing, revitalization and regeneration to mobilize and strengthen your body's defenses and self-healing capacity. It is the objective of this therapy to open up new

dimensions for your beauty, along with an increase in energy and inner strength that help you to better master the trials and vicissitudes of life.

**We offer you:**

- 20 nights incl. full board with original Panchakarma cooking

**Medical and therapeutic services:**

- **5 Ayurvedic Medical Consultation**
- **3 Pizhichil** (royal oil bath, synchronous massage under running warm oil)
- **10 Abhyanga** (harmonizing synchronous massage with herbal oil)
- **7 Shirodhara** (oil applied to the forehead for vegetative harmonization)
- **6 Shiroabhyanga** (invigorating massage of head, neck and shoulders with herbal oil)
- **10 Svedana** (herbal steam bath with Ayurvedic medicinal plants)
- **4 Padabhyanga** (Ayurvedic foot reflex zone massage, harmonizing, regenerating)
- **1 Virechana** (regulation of digestive system)
- **10 Basti** (Ayurvedic regulation of intestinal system)
- **3 Nasya** (vitalizing cleansing of sinus system)

**Our special price: THB 120.000**

**Integrated Medicine: Making your doctor your partner for life**

Is Integrated Medicine a long ago, forgotten practice or the practice of the future? Think back to a simpler time and visualize a small town where the local doctor was the town's best friend. He would know your entire family on a first name basis and remember when you acquired your first cold. Integrated Medicine is based on a partnership between the doctor and the patient. This partnership addresses the care of a patient's body, mind, and spirit. Together, the patient and the doctor will discuss and choose the best possible course of treatment. And like the small town's best friend, a doctor practicing Integrated Medicine gets to know their patients very well, acting at times as a counselor. It is the belief in Integrated Medicine that patient's need to achieve balance and well being in all aspects of life: physical, nutritional, environmental, emotional, social, and spiritual. Integrated Medicine practices conventional medicine, as well as complementary therapies with prevention of disease its primary focus.

When treating disease, a practitioner of Integrated Medicine investigates the root cause and then addresses those needs. This may mean that the patient may have to make certain lifestyle changes. It is also the view of Integrated Medicine that the patients are ultimately responsible for their own well being. Somebody who is consumed with stress may have to make lifestyle changes to get well.

Too much stress may appear in the form of illness, infertility or fatigue. Chronic stress can damage your overall health, including:

- ▣ **Your immune system.** Stress can suppress your immune system, making you more susceptible to viral infections, such as influenza, and bacterial infections, such as tuberculosis.
- ▣ **Your cardiovascular health.** Stress causes a more rapid heartbeat and may bring on chest pain (angina) and irregular heart rhythms (arrhythmia). Stress may even lead to a heart attack or stroke.

Because Integrated Medicine uses Complementary Therapies the practitioner may make specific suggestions on how to alleviate the root cause of the stress, they may suggest a support group, a diet, or a nutritional supplement.

### **Mission and Vision**

We realize that healing people is more effective than treating life-threatening diseases. Treating patients with only suppressive drugs is extravagant and ineffective, and suppressing disease is not enough to retain health.

All citizens must control their diets, their environments, their exercise management, and their attitudes. Therefore, our mission is to facilitate our clients with integrated medicine that has been accepted and supported worldwide.

We also offer the knowledge of this healing power to individuals who are interested in preventive medicine and those who are looking for therapies that are capable to cure diseases with low medical expenses.

The vision of Integrated Medicine Clinic is to have Integrated medicine therapies accepted not just in Thailand, but through out the world as proven and acceptable therapies.

### **About The Dental Clinic:**

The Dental Clinic is a group practice providing high quality dental care by a team of 18 specialists. We have the advantage of in-depth consultation to provide the best restorative care possible. Well qualified staff can communicate in English and other foreign languages such as German, Mandarin and Japanese ( with translator ).

We use up-to-date technology available and have high standard of sterilization. The clinic is set in pleasant grounds, providing a relaxed, friendly atmosphere.

## **Integrated Medical Clinic & Ayurvedic Pricelist**

A Medical Vacation is an extended opportunity for you to jumpstart your journey on the road to health and well-being.

Whether you are aware of it or not detoxification is essential for your continued good health. Your body is continually eliminating toxins acquired from the food that you eat, the air that you breathe, and even the clothes that you wear. It is these toxins that cause many of the diseases and illnesses that afflict us today. The strain on the main toxin removing organs of our bodies , the teeth, the liver, kidneys, skin, and bowels, grows with each passing day, leading them to be overworked and overstressed.

The Medical Vacation brings together all the elements necessary to get your body's natural toxin fighting capabilities back in top form through a combination of a detoxification diet, herbs, enzyme replacement therapies, juices, exercise, skin cleansing, and bowel cleansing.

Different programs targeted at more specific types of health challenges. A few weeks or a few months may be needed to treat complex or severe medical conditions. Detoxification usually remains a basic approach for most illnesses. The deep detoxification program accompanied by identification of deficiencies and their correction will be part of the healing strategy.

A prior consultation with one of our doctors is advisable to determine the needed length of stay as well as to identify the priorities and strategy in treating the health challenge.

Examples of specific programs:

- Addictions (sugar, coffee, alcohol, tobacco, etc.) with psychological counseling
- Asthma
- Cardiovascular disorders (shortness of breath, angina pectoris, etc.)
- Chronic degenerative diseases (arthritis, etc.)
- Depression and sleep disorders
- Digestive disorders (constipation, diarrhea, abdominal pain, poor digestion, etc.)
- Hepatitis
- Metabolic syndromes (overweight, hypertension, diabetes, etc.)
- Non-organic infertility
- Premature aging
- Psoriasis and other skin diseases
- Recurrent infections

For more details or for an initial appointment and consultation please contact us:

## Single Treatments

Ayurvedic Pricelist				
<b>Ayurvedic Treatments</b>	<b><i>Abhyanga, simple, synchron</i></b>	massage with Ayurvedic herbal oils	THB	1.000,--
	<b><i>Abhyanga, synchron</i></b>	massage with Ayurvedic herbal oils	THB	1.200,--
	<b>Udvartana</b>	metabolism-stimulating massage of whole body	THB	1.000,--
	<b>Gharshan</b>	special massage with gloves made of natural silk	THB	1.000,--
	<b>Pizhichil</b>	royal oilbath, synchronous massage	THB	4.500,--

	under running oil		
<b>Pindasveda, local</b>	restorative and energizing intensive local treatment	THB	500,--
<b>Pindasveda, whole body</b>	restorative and energizing intensive treatment of the whole body	THB	1.000,--
<b>Upanahasveda</b>	regenerative treatment of intervertebral disc and cartilage region	THB	800,--
<b>Svedana</b>	herbal steambath with Ayurvedic medicinal plants	THB	400,--
<b>Basti</b>	Ayurvedic purging of intestinal system w. herbal extracts on oil basis	THB	500,--
<b>Virechana</b>	regulation of digestive system	THB	500,--
<b>Vamana</b>	harmonization of stomach functions	THB	800,--
<b>Nasya</b>	vitalizing cleansing of sinus system	THB	400,--
<b>Shirodhara</b>	running oil applied to forehead for vegetative harmonization	THB	1.500,--
<b>Shiroabhyanga</b>	stimulating oil massage of head and head region	THB	1.400,--
<b>Mukhabhyanga + Lepa</b>	intensive facial treatment on Ayurvedic basis	THB	1.000,--
<b>Samvahana + Lepa</b>	intensive body treatment on Ayurvedic basis	THB	1.500,--
<b>Netra-Upachara</b>	revitalizing treatment of eyes and eye region	THB	800,--
<b>Padabhyanga, simple</b>	harmonizing Ayurvedic foot reflex zone massage	THB	700,--
<b>Padabhyanga, synchron.</b>	harmonizing synchronous Ayurvedic foot reflex zone massage	THB	1.400,--
<b>Netratarpana</b>	eye bath with Ayurvedic oils	THB	500,--

Our Account Information's are:



**Ayurveda Asia** *Ayurveda Asia Co., Ltd.*  
*Siam Commercial Bank Chiang Mai, Thailand*  
*Account No.: 681-2 23180-1*

*Bangkok Bank Chiang Mai, Thailand*  
*Account No.: 252-4-36123-1*