



## Dr. SILPA'S AYURVEDIC CLINIC & PANCHAKARMA CENTRE

KARICKOM, KOTTARAKARA  
Ph: 9497334313 , 6238612671

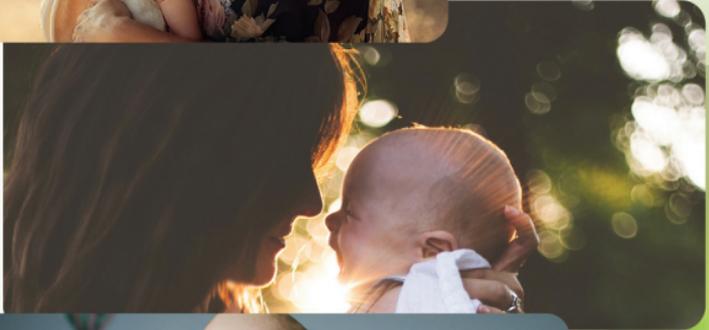
Postnatal Care Packages

# Sutika Paricharya



ഒരു കേരള സർക്കാർ സ്ഥാപനം

Sutika paricharya focus on mother's physical and Mental well being during post Partum period. This includes Abhyanga (oil massage), Herbal bath, Kizhi etc along with dietary recommendations and lifestyle modifications to restore balance and promote healing. This holistic approach aims to ensure baby's overall well being and establish strong foundation for their future health.



# Rejuvenation packages.

## 7 Days treatment.

Abhyangam (Oil Massage)  
Kizhi (Ila kizhi)  
Vedhu kuli (Herbal Bath)  
Head massage  
Face massage  
Foot massage  
Belly binding  
Internal Medicines



*For little one:*

Oil massage (to improve circulation, soothe baby's skin and promote relaxation)

Warm herbal bath- cleanses baby's skin and provide soothing experience.





## 14 Days treatment.

- Abhyangam (Oil massage)
- Kizhi (Ilakizhi, Naranga Kizhi)
- Vedhu kuli (Herbal Bath)
- Head massage
- Face massage, scrub, pack.
- Foot massage
- Hair mask
- Stretch mark pack.
- Belly binding
- Nasyam
- Internal Medicines

*For little one:*

Oil massage (to improve circulation, soothe baby's skin and promote relaxation)

Warm herbal bath- cleanses baby's skin and provide soothing experience.

Ura marunnu



## 21 Days treatment (Premium)

Abhyangam (Oil Massage)  
Kizhi (Ilakizhi, Naranga Kizhi, Njavara Kizhi)  
Vedhu kuli (Herbal Bath)  
Head massage  
Hair pack  
Face massage, scrub, pack.  
Foot massage  
Stretch mark pack  
Anjanam  
Lip care  
Belly binding  
Nasyam  
Internal Medicines



### *For little one:*

Oil massage (to improve circulation, soothe baby's skin and promote relaxation)

Warm herbal bath- cleanses baby's skin and provide soothing experience.

Ura marunnu

### *Consultation:*

Before and after delivery consultations are done to tailor every procedures according to the mother's needs.

### *Our aims*

Physically Recovery  
Emotional wellness  
Lactation support  
Digestive harmony  
Overall wellness





## Dr. SILPA'S AYURVEDIC CLINIC & PANCHAKARMA CENTRE

- 📍 : Karickom, Kottarakara  
Kollam Dist.
- ☎ : 9497334313, 6238612671
- ✉ : silparenjith3@gmail.com