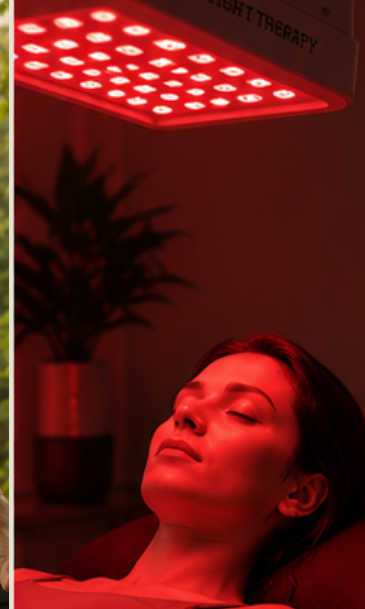




Prānaa Reset Week

27 Sept to 3 Oct . Shankar Nagar, Raipur . pranaa.in

7-day medically-guided cellular rejuvenation farmstay program, with 90 days follow-up

AI Assisted Diagnostics

To create complete health profile with functional medicine experts, nutritionist & doctors.

All-Inclusive Tailored Treatment

Hydrocolon Therapy, Robocare, EMS, IV Nutraceuticals, Red Light Therapy, Embella Chair.

Luxurious Farmstay

Every meal, morning & evening thoughtfully designed to support healing. Mental well-being with yoga & meditation.

Is this you?

Let's talk details 92431 06900

Musculoskeletal : Arthritis, Body Pains

Metabolic : Diabetes, Hypertension, Fatty Liver, Obesity

Gut Health : Constipation, Irritable Bowel

Dermatology : Acne, Dry Skin

Gynaecology : PCOS, Post Menopausal, Urinary Leakage

Neurology : Stress, Chronic Fatigue, Poor Immunity, Insomnia

PRĀNAA RESET WEEK

7 days to find out what is actually going on inside your body — and to start putting it right.

A 6-night residential programme followed by 90 days of follow-up. Doctors, diagnostics, treatments, every meal and every night's sleep are handled for you, in one place. You arrive, and the work has already been planned around your own test results.

WHY PEOPLE COME

Most chronic illnesses don't begin overnight. They begin with subtle changes that are easy to ignore. When something feels different, it usually is.

- Constant fatigue, even after full night sleep
- Feeling older than your age
- Weight gain, stubborn belly fat, difficulty losing weight
- Persistent bloating, acidity, constipation, poor gut health
- Rising blood sugar, cholesterol, blood pressure
- Brain fog, poor focus, declining productivity
- Joint pain, stiffness, reduced mobility
- Hair fall, dull skin, premature ageing

WHAT YOU RECEIVE

1 · WE FIND OUT WHAT IS WRONG

Your tests are done before you arrive, so Day 1 begins with answers, not paperwork.

- Advanced pathology panel
- OligoScan mineral and metal analysis
- Body composition analysis
- Bone density measurement
- 4D facial scan
- Doctor and nutrition consultations through the week

2 · WE TREAT IT, THAT WEEK

Not a plan to begin later. Eight sessions delivered inside the seven days, each prescribed from your own results.

- 3 × Red Light Therapy — cell energy, recovery, skin
- 2 × Electromagnetic Stimulation — muscle and circulation
- 1 × Hydrocolon Therapy — gut and detoxification
- 1 × RoboCare — lymphatic drainage and recovery
- 1 × IV Transfusion Therapy — mixed to your bloodwork
- Supplements where clinically indicated

3 · WE REBUILD THE WHOLE DAY

Nothing to decide, order, avoid or calculate. For seven days the day is designed for you.

- Every meal cooked to your findings
- Yoga, breathwork and meditation each morning
- Evenings: cacao ceremony, reiki healing, talks on the mind, soulful jamming
- Luxury farmstay, all-inclusive
- Sleep protocol every night

HOW A DAY RUNS

06:00

Wake up, yoga and meditation on the farm

09:00

Breakfast, cooked to that day's protocol

11:00

At Prānaa: consultations and therapies

16:00

Rest, recover and reconnect on your calls and mail

18:00

Curated evening experience back on the farm

20:30

Dinner, followed by the sleep ritual

YOUR 90-DAY JOURNEY

01 Before you arrive

A confidential health and lifestyle assessment, a review of your past reports and medicines, and a pathology panel done at home.

02 The 7 days

Diagnostics, consultations, therapies, personalised meals, movement, recovery and evening healing — clinician-led, every day.

03 Day 8 to Day 90

Scheduled medical and nutrition follow-ups, markers repeated, and your plan adjusted to the way your real week actually runs.

WHAT THE PROGRAMME IS DESIGNED TO SUPPORT

Better sleep • Steadier energy through the day • Less fatigue • Clearer focus • Better recovery • Less stiffness and discomfort • Clean Gut • Healthier body composition • A clear, measured picture of your metabolic and biological health

This is not a spa and not a wellness retreat. It is a clinician-led residential programme that helps identify and address the underlying causes of fatigue, inflammation, metabolic dysfunction, hormonal imbalance, poor recovery, stress, declining cognitive performance and other chronic health concerns through evidence-based, personalised medical care.

START WITH A CONFIDENTIAL HEALTH ASSESSMENT

20 guests per cohort. Four cohorts a year. A clinician reads every assessment personally.

pranaa.in

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Programme recommendations and outcomes vary by individual. No specific medical result can be guaranteed. All interventions are subject to clinical suitability, informed consent and applicable regulations. Optional advanced care — skin and facial rejuvenation, regenerative options for knees, hair and skin programmes, and stem cell or exosome-based interventions where clinically appropriate and permitted — is available separately after medical evaluation.