



THE RADIANCE CLINIC



THE RADIANCE

Ayurveda & Cosmetology Clinic

BRIDGING THE GAP BETWEEN **MODERN SKIN CARE** & **HOLISTIC SCIENCE**

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SKIN TREATMENTS

- **Acne Treatment**
Customized acne reduction protocols suited to skin type.
- **Scar Reduction**
Personalized procedure(s) to reduce the appearance of facial scars.
- **Anti-ageing treatment**
Customized treatment to prevent and improve signs of ageing.
- **Depigmentation Treatment**
Customized treatment that targets hyper-pigmentation.
- **Melasma Treatment**
Procedure targeting parts of skin afflicted by patches or discolouration.
- **Skin Tag, Sun Spot & Wart Removal**
Procedure to remove skin tags, spots caused by sun damage or small protrusions that appear along the face.

- **Laser Hair Removal**

It helps in removal of unwanted body & facial hair. Highly concentrated laser light beams into the hair follicles causing pigments in the follicles to absorb the light and destroy the hair follicle.

- Full face
- Upper lip
- Lower lip
- Back
- Full Body
- Abdomen
- Underarms
- Bikini

- **Face Rejuvenation Treatment**

A customised treatment that boosts collagen production to help skin become fuller and more youthful.

- **Micro Derma Abrasion**

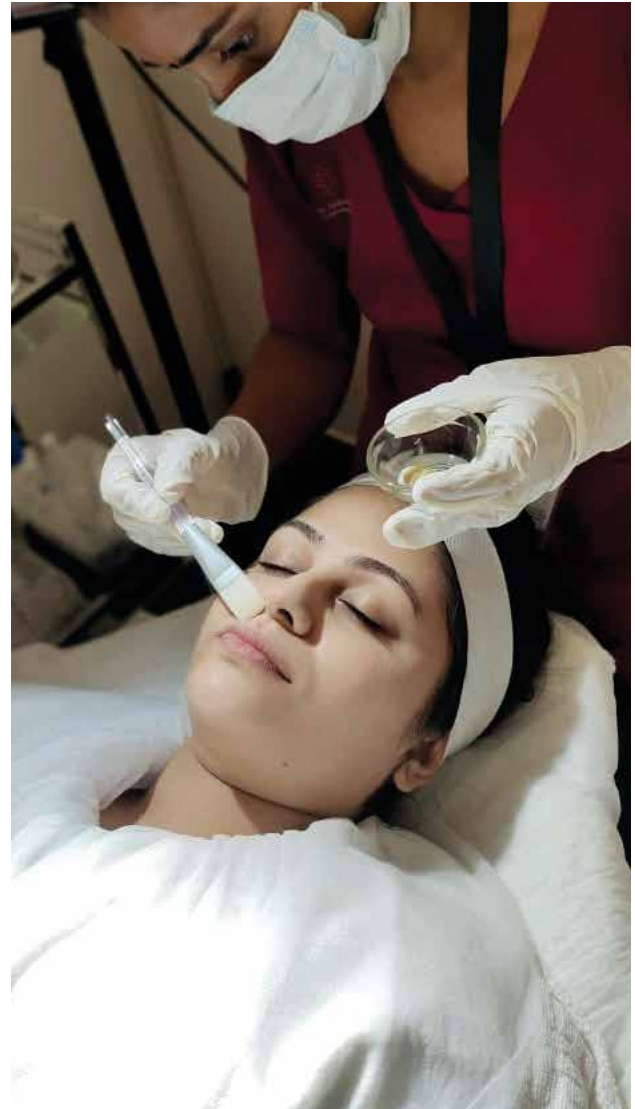
A non-invasive procedure used to renew overall skin tone and texture. Improves the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, pigmentation, and other skin-related concerns and conditions.

- **Dermaplaning Treatment**

Exfoliates dead skin cells and unwanted hair from the surface- giving your skin an instant smoothness & glow.

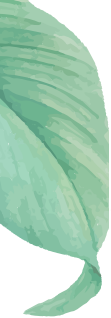
- **Comedone Extraction/ Derasuction**

Extraction of blackheads, whiteheads and comedones using dermasuction to clear pores, prevent acne and lesions



- **Face Tightening Treatment**

A treatment that involves new-age RF bio-lifting technology to tighten and contour loose facial skin.



- **Lip Revival Treatment**

A procedure for pigmented & chapped lips that involves silicone scrub, multiple serum infusions and minimal nano needling for healthier-looking, plump lips.

- **Under-eye Treatment**

A procedure for dark circles & fine lines around the eye that involves multiple serum infusions and a derma roller massage for better blood circulation & healthier skin around the eyes.

- **Serum Infusions**

Infusion of specific or combination of serums targeting individual skin concerns like acne, pigmentation, fine lines etc.

- **Lip Contouring**

Lip Contour Treatment involves use of semi-permanent colour and shading for giving the lips a fuller, vibrant look.

*Prior appointment required

- **Microblading – Eyebrows**

Minimally invasive eyebrow shaping using semi-permanent colour that gives out a well-structured eyebrow for a longer period of time.

*Prior appointment required



- **Post-inflammatory Hyperpigmentation Treatment**

A post-consultation treatment targeting secondary skin concerns such as inflammation or post-acne scars.

MEDIFACIALS

- **Hydracial - 7 in 1**

A hydra-dermabrasion that uses patented technology to cleanse, extract, exfoliate, detoxify, rejuvenate and hydrate, resulting in enhanced firmness & texture in no downtime.

- **Hollywood Facial**

A mildly exfoliating and resurfacing procedure that helps to improve the appearance of pores, pigmentation, acne and enhances complexion.

- **Vampire Facial/ Plasmalift**

It is a facial rejuvenation treatment that uses platelet rich plasma (liquid part) taken from your blood to stimulate collagen production, which helps reduce fine lines, folds, wrinkles, open pores, and pigmentation, as well as improve the overall health of the skin, giving it a dewy appearance.

- **Redcarpet Facial**

Also known as iS Clinical Fire & Ice Resurfacing Facial is a rejuvenating treatment that bridges the gap between a mild facial and an invasive peel, with no downtime or visible peeling.

This effective facial smooths and softens skin, evens tone and texture, brightens, moisturizes, fades dark spots and acne scars, minimizes pores, reduces fine lines and wrinkles, rejuvenates, firms, and soothes and calms skin.



- **Oxyinfusion Therapy**

Oxy-infusion therapy is an advanced method of skin rejuvenation that uses oxygen under pressure to yield an instant result. It helps skin retain moisture and hydration while it stimulates collagen and elastin activity.

- **Vita-C Glow Facial**

A therapy that involves five steps: cleansing, exfoliating, detan, hydration and a Vitamin-C glow milk infusion, which restores dull skin, evens out tone, and provides natural luminosity.

- **P-factor Facial**

The 'P' Factor treatment is an advanced resurfacing facial with a blend of natural Pumpkin Enzyme and skin resurfacing actives to smoothen fine lines and awaken the cell turnover process. It promotes collagen production and unveils firmer, smoother skin. It pampers and revitalizes tired, dull skin.

- **Aquagold Facial**

This revolutionary nano-needling technology with 24K gold plated titanium pins is used to infuse a customized cocktail of PRP, hyaluronic acid, vitamin c and other serums. It rejuvenates skin, increases collagen, improves complexion and reduces scars & pigmentation, giving the skin a dewy glow.

- **Gold Ampoule Infusion**

This luxury infusion consists of delivering triple matrix hyaluronic acid with gold flakes into the skin which helps combat wrinkles, tightens skin, reduces hyperpigmentation, pore size, fine lines, stretch marks and blemishes and gives you a lasting golden glow.

- **De-tan Facial**

A double detan pack that helps reduce the excessive influence of melanin and hyper-pigmentation caused by sun damage.

- **Dermaclear Facial**

A basic rejuvenating medifacial that helps in cleansing, toning and hydrating the skin

- **Carbon Laser Peel / Lunchtime peel**

This is a Q-switch Carbon skin laser resurfacing procedure that treats acne, enlarged pores, oily skin, and uneven skin tone with zero downtime.

- **Diamond Peel**

A diamond peel is crystal-free microdermabrasion. During this procedure, a state-of-the-art diamond cut handpiece with a sandpaper-like surface will be used to gently remove the dead skin and debris on the outer layer of your skin, giving you a clearer & brighter skin.

- **Deep Lymph Drainage Facial**

A lymphatic drainage massage with manual & Kansa techniques that serve to drain the buildup of lymphatic fluid within your face & neck. The gentle, light massage enhances circulation in your face, delivering a radiant glow all the while creating a lifting effect.



- **Photofacial**

Intense pulsed light therapy or photofacial, is a way to improve the color and texture of your skin without surgery. It can undo some of the visible damage caused by sun exposure called photoaging, altogether unveiling a healthier complexion.



- **Bridal Facial Package**

Customized according to skin type and concerns, our bridal facial is an all-around treatment plan for a bridal glow-up.

- **MiraPeel**

MIRAclear

A basic clean-up that combines Mirabrasor exfoliation with simultaneous serum infusion, extraction and LED light therapy. It helps in clearing pores, preventing blackheads, whiteheads and acne

MIRapeel Basic

An intense facial care procedure that combines 5 cosmetic techniques, including dry Cupping, MIRabrasor, Extraction, MIRAcurent and LED light therapy.

MIRAfrac-TA

Mirafractional Transabrasion includes micro derma abrasion via MIRabrasor, MIRAfrac (nano needle infusion), and LED light therapy.

MIRapeel MD

A comprehensive & complete MIRapeel treatment using 5 full steps to treat various skin concerns. Includes MIRAcupping, MIRabrasor, Extraction, MIRAcurent and LED light therapy.

- **Crystal Clarity Treatment T**

A face treatment that aims at quick detan and replenishment of skin tone with effective methods of exfoliation, hydration and enhancement of skin clarity.



ADVANCED COSMETOLOGY

- **Microneedling**

A minimally invasive procedure using a derma pen that reduces blemishes and results in glowing, plump skin every time.

- **Melanostop Advanced**

Melanostop is a unique, multi-ingredient serum infused into the skin for treating hyperpigmentation, age spots & uneven skin tones.

- **Plasmalift**

Plasma Lift is a non-invasive treatment that includes PRP & Microneedling using a derma pen. It reduces signs of ageing with minimal downtime, as well as wrinkles, post acne scars, pores, and sun damage. It also tightens the skin, making it look firmer and younger

- **IPL Skin Rejuvenation/ Phototherapy**

This therapy uses intense wavelengths of light to heat the surface enough to stimulate the skin to naturally regenerate & rejuvenate while boosting collagen production & giving even complexion.

- **RF Bio Lifting**

RF therapy uses low energy radiation to heat the deep layer of your skin called the dermis. This heat stimulates the production of collagen to help improve signs of wrinkles and sagging skin. RF therapy is safe and can be effective at treating mild or moderate signs of ageing

- **MiraPeel**

MIRAFrac-TA

Mirafractional Transabrasion includes micro derma abrasion via MIRAbrador & custom serum infusion, MIRAFrac nano needling & custom serum infusion, and LED light therapy.

MIRapeel MD

A comprehensive & complete MIRapeel treatment using 5 full steps to treat various skin concerns. Includes MIRAcupping, MIRAbrador, Extraction, MIRAcurent and LED light therapy.

- **Carboxy Face Therapy**

Carboxytherapy is the treatment for cellulite, stretch marks, and dark under-eye circles.





- **Face Lifting**

Reverses the sagging or folds of skin on the cheeks and jawline and other changes in the contour of your face that occur with age, giving a more youthful appearance.

- **Double Chin Reduction**

A procedure or combination of procedures to reduce unwanted fat beneath the skin.

- **Energy C facial**

Using a high-quality grade of cosmeceutical Vitamin C, this treatment works by penetrating to the deeper levels helping to break down congestion and debris from your pores, boosting the skin's natural renewal process. This treatment is ideal for treating dry, tired or dull looking skin. It is also suitable for people who have had over exposure to the sun or are concerned with the first signs of ageing.

- **MNRF**

Radiofrequency micro-needling is used to rejuvenate the skin. It targets acne scars, stretch marks, early signs of ageing, like fine lines and sagging.

- **Body Contouring**

A non-invasive treatment to reduce stubborn fat & cellulite that doesn't respond to diet and exercise. It helps to give a more sculpted and defined body.

- **Skin Tag/Wart Removal**

Procedure to remove skin tags or small skin growth or protrusions

- **Tattoo Removal**

Dermatologically safe permanent tattoo removal procedure using Q switch and YAG laser - optimised for Indian skin.

- **Triple Beam Bright** (body pigmentation)

The Tri-Beam is a targeted treatment to improve areas of pigment with no downtime.



- **PRP Hair**

PRP (platelet-rich plasma) therapy for hair loss is a three-step medical treatment in which a person's blood is drawn, processed, and then infused into the scalp. It can help heal bodily tissues, including follicles from which your hairs grow thereby improving conditions like pattern balding.

- **PRF Hair**

Platelet-Rich-Fibrin (PRF) hair restoration is a new, non-surgical treatment that uses cell growth factors to regenerate and restore the inactive hair follicle through wound-healing technology.

- **Hair Revival Treatment**

Customized treatment consisting of PRP, PRF and stem cell cocktail that improves hair health, prevents thinning & reverses baldness.

- **LLLT (Low-level laser therapy)**

This therapy increases blood flow in the scalp and stimulates metabolism in catagen or telogen follicles, resulting in the production of anagen hair.

- **HF Scalp**

High frequency treatment is essentially a vasodialator, it increases the blood supply to the hair follicles whilst being treated. It works by stimulating blood flow to the hair follicles, thus drawing vital nutrients to the hair bulb encouraging healthier and stronger growth of individual hairs

- **Oxyinfusion Scalp**

A scalp and hair treatment that uses penetration of oxygen with the combination of botanical serums & extracts, resulting in a balanced scalp and healthy hair follicles.

- **Mesotherapy**

Infusion of anti-oxidants vitamins, growth factors and stem cell extracts to rejuvenate and replenish scalp and hair follicle health.

- **Dermaroller**

A small roller covered in tiny needles that can range in length from 0.25mm to 1.5mm. When rolled over the scalp or hairline, it creates tiny punctures that can make it easier for the medicinal qualities of topicals and oils to penetrate deep into the hair follicles.

- **Dermastamp**

A small handheld device is used to implement micro-needling on the scalp to activate the body's healing process and tissue growth.

- **Scalp ProCare Treatment**

A unique relaxing 4-step treatment designed to cleanse, stimulate and nourish the scalp and hair follicles for fuller, thicker and healthier hair and scalp.

- **Scalp Regeneration**

Customized treatment procedures as per hair type to improve scalp health and revival.

- **Dandruff Treatment**

Customized treatment procedures as per hair type to remove dandruff and improve scalp conditions.



INFUSION THERAPY

IV (Intravenous) infusion therapy is a method of delivering antioxidants, multivitamins and nutrition directly into your blood stream via vein. It is a fast and efficient way to give a quick boost of antioxidants to your body

- Vitamin C IV
- Antioxidant IV
- Hydration Boost IV
- Gut health IV
- Detox IV
- Glamour IV
- Recovery IV
- Hangover IV
- Energy plus IV
- Longevity IV
- Vitamin D- IM
- Vitamin B12- IM



AYURVEDA TREATMENTS

- **Nasyam**

An Ayurvedic therapy that involves administering medications and herbal extracts through the nasal cavity to treat different complications affecting the region above the shoulder.

It is an essential part of the five detoxification therapies in Ayurveda called the Panchakarma treatment.

- Effectively treats headaches, migraine, sinusitis and conditions like cervical spondylosis.
- Strengthens the immune system and the sense organs. It improves skin complexion, hair health, and texture, and prevents premature greying.

- **Customised Face Packs**

Herbal & Ayurvedic face packs specially formulated to target individual skin types and concerns.

- **Special In-house Facials**

Signature Ayurvedic facial protocols & blends formulated and made in-clinic.

- **Anjanam** (herbal decoction)

An ayurvedic eye therapy in which herbal ointments are used to treat & enhance vision and prevent diseases. This treatment also helps to remove foreign bodies, itching and burning sensation.



- **Kshalanam** (eyewash)

This treatment is ideal for individuals experiencing eye strain and tiredness and focuses on separating the pollutants in the eyes.

- **Aschodhanam** (eye drops)

This ayurvedic treatment separates the pollutants in the eyes making them clearer.

- **Shirolepam / Thalapothichil**

Shirolepam is a process of applying medicated paste on the head.

The entire head is then covered with a banana leaf or lotus leaf and tied .

-The process takes about 45-60 minutes depending upon the condition of the patient. Shirolepam is considered to be a very rejuvenating as it not just cools the head but also the whole body.

-Shirolepam nourishes and strengthens the hair roots and promotes hair growth. This treatment is also very effective for insomnia, hypertension, mental stress, etc.

- **Dhara**

Dhara is one of the major oil therapies in Ayurveda treatment. In this continual pouring of warm medicated oil or a herbal decoction over the body/head is done. Dhara is a kind of external application of medicated liquids. Dhara is used for a wide range of ailments including headaches, depression, muscle spasms and joint pain.

Types of Dhara:

Thakradhara (buttermilk)

Dhanyamladhara (fermented liquids)

Thailadhara (medicated oil)

Kashayadhara (water decoction)

Jaladhara (water)

Ksheeradhara (medicated milk)



- **Dhoomapana**

The treatment involves Inhaling herbal smoke , used as a remedy for different ailments and preventing diseases— especially good for any illnesses above the shoulders due to a Kapha or Vata imbalance.

- **Shirovasthi**

An Ayurvedic procedure in which medicated oils are poured and retained on the head using an elongated cap or bandage for a prescribed period of time, followed by a full body massage. Shirovasti is the treatment for Vata- based damage to the cranial nerves.

- **Herbal Hair Dye**

Natural hair dyes containing plant-based ingredients is used to give the greying hair deep dark purple colour, like Amla, Indigo and Henna

- **Kizhi**

Kizhi is an Ayurvedic treatment in which warm poultices filled with herbal oils, powders or medical concoctions are applied and massaged over the body. The natural healing herbs are crushed and bundled into muslin cloth to form boluses imparting their medical qualities to the body.

- **Pichu**

Pichu is an external oil application therapy, superior to abhyanga in effect. It is helpful in treating ailments related to neck, spine, hip, chest, knee, and shoulder.

For the treatment, wool or cotton cloth is folded to the thickness of one's palm, dipped in warm medicated oils, and placed on the patient.

Pichu therapy is effective for patients suffering from persistent migraines, neck pain, back pain, fractures, and dislocations.

- **Rakthamoksha**

Also called bloodletting, these are traditional Ayurvedic treatment methods for the removal or displacement of impure blood from the affected body part.

- Prachanam
- Jaluka
- Cupping
- Siravydhyam

- **Vasti / Basthikarmam**

Vasti treatment in panchakarma means expelling body toxins and vitiated doshas by introducing medicated liquids or oils through anus, urethra or vaginal canal.

Vasti involves introducing medicinal substances such as sesame oil, calamus oil, or other herbal decoctions in a liquid medium into the rectum.

It alleviates constipation, distention, chronic fever, kidney stones, backache, neck pain and hyper acidity. Vasti can treat Vata disorders like sciatica, arthritis, rheumatism and gout.

- **Local Vasti**

- Janu Vasti
- Greeva Vasti
- Kati Vasti
- Uro Vasti

- **Swedanam** (full body steam)

Swedanam is the unique Ayurveda therapy for revitalising and nourishing the skin. Steam bath helps perspiration of the body, resulting in the elimination of toxins through the pores helps in reducing the excessive adipose tissue and improves blood and lymphatic circulation.

- **IR**

Infrared light therapy is applied as the pain-relief treatment for various health conditions, including back pain, arthritis,

- **Utsadanam**

Utsadanam is massaging the body with medicinal paste. Similar to udwartanam, this treatment is beneficial for cleansing the skin, moisturizing and reducing fat and cellulite.

- **Pizhichil**

Pizhichil is an important part of Panchakarma Ayurveda treatment that combines oil and heat therapy to improve blood circulation and eliminate Ama or toxins from your body. The medicated oil is poured on your body in a steady and constant stream by squeezing it out from a cloth following which a rejuvenating massage is given. This treatment is soothing for the body and mind

- **Spinal bath**

The spinal bath is another important form of hydrotherapy treatment. This bath provides a soothing effect to the spinal column and thereby influences the central nervous system. Medicated kashayas are used as liquid in specially designed spinal tub.

- **Post-covid Treatment**

A complete ayurvedic recovery care plan aiming to strengthen the body thus preventing further illness and discomforts. The patient will be subjected to ayurvedic treatments for improving respiratory functions and other concerns

- **Post-natal Treatment**

A complete ayurvedic care plan for new mothers to recoup after delivery which involves head and body massages, abdomen binding, ayurveda and stretch mark packs and body scrubs



MASSAGE THERAPY

Medicated oil-infused massage therapy for relaxation and healing.

- Head massage
- Neck massage
- Leg massage
- Hand massage
- Shoulder massage

- **Abhyangam**

Abhyangam is an Ayurvedic massage for intensely relaxing and refreshing the whole body using special Ayurvedic oils in 7 different postures. Ancient Ayurvedic texts recommends this massage as a daily / weekly routine for conditioning and revitalizing the body. The Ayurvedic massage, induced with various high value ayurvedic oils, will treat the whole body, physically and mentally, strengthening the nervous system and nourishing the body from within.

- **Udwarthanam**

A deep tissue massage which is performed by rubbing herbal powder applied in upward strokes. The intensity of the massage generates heat which then melts away excess fat helping tone the body and gives a good exfoliation to the skin.



- **Patra Pinda Swedam** (Leaf bundle massage)
Inducing sweat in an individual by heat applied in the form of bolus of medicated leaves. As the body starts sweating in the Swedana treatment, stiffness, heaviness & coldness are eliminated while the boluses impart medicinal qualities to the body.
- **Choorna Pinda Swedam** (Podikizhi)
An Ayurvedic therapy that involves a full body massage using cotton boluses with a mixture of powdered herbs dipped in medicated oils. It is effective in treating obesity, muscular spasms, sprain and stiffness while improving blood circulation and relieving stress.
- **Sashtika Pinda Swedam** (Njavara)
A form of sweat-inducing massage using milk and rice that rejuvenates and re-energizes the body. It improves the quality of skin and muscle strength.



- **Deep Tissue Massage**

A type of massage therapy involves applying firm pressure to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and to relax the contracted areas.

- **Foot Reflexology- Padabhyanga**

A specialised therapy with medicated oils that stimulates vital foot marma points that correspond to all organ systems. It strengthens the feet and gives it relief from pain and tiredness.



MEDICAL TREATMENTS

- Skin & Hair disorders
- Muscular skeletal conditions
- Joint disorders
- PCOS & menstrual difficulties
- Gut health
- Sleep disorders
- Mental stress

PACKAGES

- Post-covid Rejuvenation Package
- Post Natal treatment
- 1-Day Wellness Package
- Bridal Package
- Ayurveda Packages
- LHR Packages



POSTNATAL CARE

The mother and the new born requires complete attention and care during the first few weeks after child birth. The mother's body takes time to adjust to the postpartum body and the babies are extremely sensitive during this period.

Postnatal care should be a continuation of the care the woman has received through her pregnancy, labour and birth. Postnatal care at Radiance is aimed at improving the overall well being of the mother.

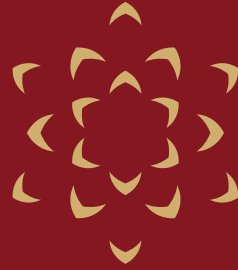
POSTNATAL PACKAGES

(10 DAYS | 21 DAYS)

Radiance has two postnatal packages including all of the following treatments.

1. Abhyangam
2. Kizhi (ela/podi)
3. Sps/navarakizhi
4. Ayurveda body scrub +
nalpamaradi water bath (daily)
5. Stretch mark pack (daily)
6. Ayurveda pack for face&neck (daily)
7. Head oil massage (daily)
8. Abdomen binding (daily)





THE RADIANCE

Ayurveda & Cosmetology Clinic

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