

DISCOVER WELLBEING THROUGH THE BALANCE OF BODY, MIND & SPIRIT











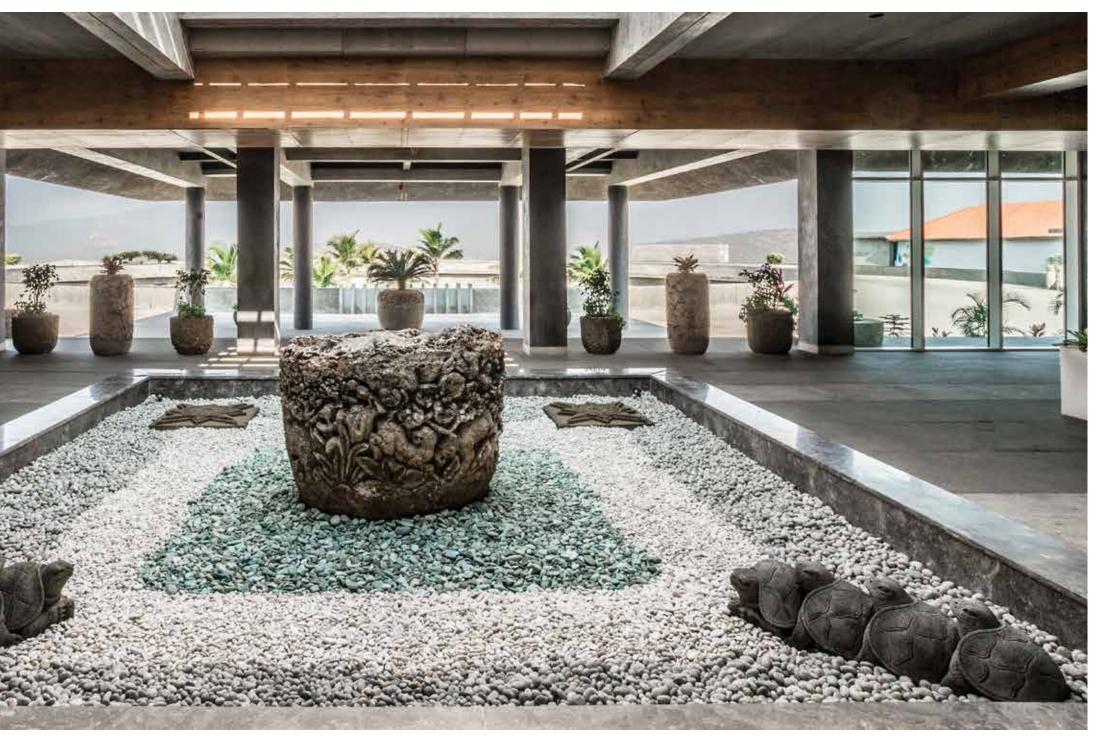
WELLNESS AT PEMA

"Adopt the pace of nature: her secret is patience." - Ralph Waldo Emerson

mbracing a naturopathic vision, Pema Wellness at BayPark is driven by the rhythm and flow of nature to revive the synergy between the Physical, Mental, Emotional, Spiritual and Environmental expressions within. A bespoke program customised to suit the respective goals of each guest, our therapeutic nutrition, daily

guided meditation, yoga and healing practices come together to create a holistic experience of wellbeing with naturopathy at the core. Fostering an environment promoting a healthy lifestyle with sustainability thereafter, every aspect translates into an exquisite experience.



















A NATURAL AWAKENING BY THE BAY

elcome to Pema Wellness at BayPark – a place of expansive sights and intricate walks amidst lush flora, where every view points to the Bay of Bengal.

Embark on a path of self-correction, transformation and be one with nature again in the backdrop of pristine clear waters and nurturing natural environs at the Resort.



WHERE NATURE NURTURES VISUALLY AND HOLISTICALLY



ema Wellness at BayPark is perched atop the Healing Hills in Vizag with breathtaking and stunning views of the Bay of Bengal on one side and a panoramic view of the mountains on the other side.

Spectacular sunrises and sunsets, along with fresh and soothing sea breeze form the perfect destination for a healing and rejuvenating experience.

The Resort fosters a symbiotic ambience of minimalism interspersed with exquisitely crafted artefacts collected from all over the world. The hand finished walls and flooring embody the labour of love of more than 300 skilled people.



ROOMS

iscover a personal sanctuary to begin the journey with the ideal balance of comfort, luxury and distinctive hospitality within a tranquil ambience.

Relax and refresh in a serene abode where each of the 136 rooms, 8 cottages and exclusive suites come with a soul-soothing sea view. Be greeted by the mesmerising sea view from each of the rooms. Embrace the silence intercepted only by the sounds of nature and soulful sea waves, to pause and reconnect with oneself.

A Paradise, Pure & Peaceful







FACILITIES

ema Wellness at BayPark is a leading naturopathic wellness resort that brings innovation, research and experience to the fore. State of the art equipment adorns its expansive facilities including – Restaurant and Juice Bar, Healing Hub, Infinity Pool, Outdoor Reflexology Track, Nature's walking trail, Kriya Rooms and Yoga Halls. A Modern Library stocked with well researched and renowned publications on wellness makes it an ideal learning resource centre.

A Private Beach is the perfect backdrop for uplifting wellness activities in the midst of the therapeutic sea breeze.

AN OASIS FOR WELLNESS AND HEALTHY LIVING





INFINITY POOL

STRENGTHEN AND ENERGIZE WHERE AQUA MEETS THE SKY

ive into the soothing hues of blue where the glorious Sky, clear Bay waters and pristine Infinity Pool unite. Discover the magic that water brings to healing when the water itself becomes the treatment table. Cleanse the natural way with Jala Yoga or move freely to the rhythm of water with Aqua Zumba enabling joint mobilization and pain reduction for a hydrotherapeutic and purifying experience.





OUTDOOR REFLEXOLOGY TRACK

walk through our unique modern Outdoor Reflexology Track restores essential balance and equilibrium of the body and mind by activating the reflex points of vital organs.

ON THE RIGHT FOOT TO FITNESS



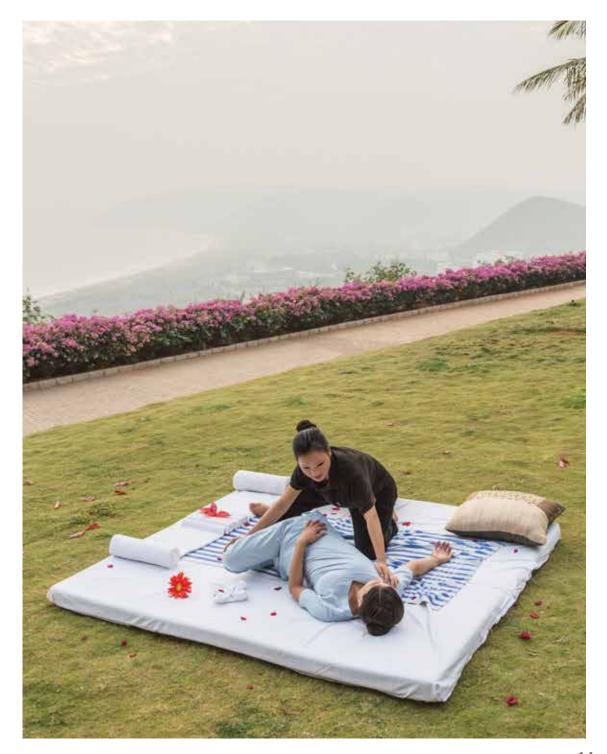
HEALING & EXPERT CARE

NURTURING HEALTH AND HEALING NATURALLY

he source of any illness at its core is the accumulation of toxins in the body. Move away from solely symptomatic cure and treat the root cause with our nature based treatments that work towards eliminating the toxins and restoring equilibrium in the body.

The healing journey begins with our expert team dedicated to serving an uncompromised wellness experience for every guest.

Beginning with diagnostics and consultations first with our naturopathic doctors and then with our Yoga therapists, a specially crafted diet and treatment program is custom designed for every guest's holistic healing.





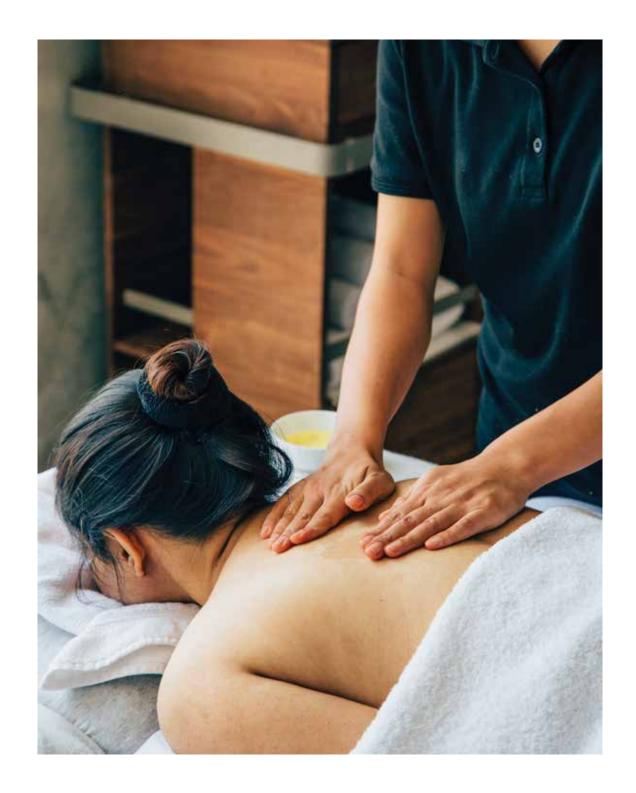
THERAPIES

ur naturopathic doctors seek the best fit for each guest with tailor-made therapy programs.

With over 80 standardised naturopathic treatments, our experienced team artfully creates the winning combination that actively engages the guest in his or her health.

Achieve detoxification of the body, revitalisation of the mind and healing of the soul in the serene and sublime environs of the Healing Hub.

REVIVE, REJUVENATE & BEGIN ANEW

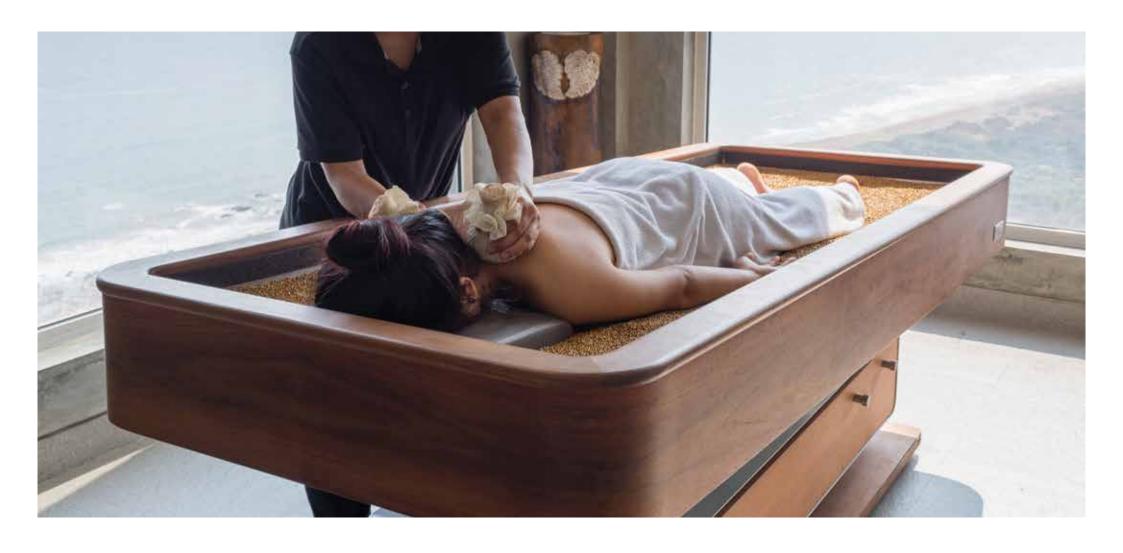


MANIPULATIVE THERAPY

urture and renew the link between body, mind and soul under the expert hands of empathetic healers – where healing manifests physically and spiritually. Applied pressures, movements and techniques come together to form a healing touch pivotal to improvement of circulation, muscle function, stress reduction and mobilization of toxins.

Our Manipulative Therapies include:

Thai Manual Therapy
Shirodhara (Third Eye Oil Drip)
Balinese Therapy
Swedish Therapy
Abhyanga (Ayurvedic Manual Therapy)
Salt Glow Therapy
Hot Stone Therapy
Vibro Therapy
Deep Tissue Therapy
Foot Reflexology / Clinical Reflexology
Healing Quartz Therapy



HEALING QUARTZ WE ARE THE FIRST THERAPY WITH THE LATEST

ntroducing for the first time in India – the quartz massage bed. Reinventing the ancient Greek practice of 'Psammotherapy' that enveloped the body in warm sand to alleviate pain, release muscular tension and promote healing, the Quartz Massage therapy is a remarkable new concept in the field of health & wellness. It brings alive the healing powers of Quartz crystals, with a base of alpha-quartz sand, warmed to the required temperature.



COLON THERAPY

eep cleanse from within to feel elevation in overall health with our selection of colon therapies that remove toxins, harmful bacteria and worms from the gut for detoxification, pain reduction, improved digestion, decreased acidity and flatulence, thus promoting inner wellbeing. An added benefit is clearer skin and eyes.

RETONE AND RESHAPE THE COLON

ACUPUNCTURE

evive inner resonance, harmony and balance of the body and mind with the ancient healing technique of Acupuncture. Pin-pointing the disharmony of yin and yang energies within the body, the use of Acupuncture's carefully addressed acupoints evoke the body's natural healing response and stimulate the flow of energy within for promoting relief and cure from a variety of critical ailments.

BALANCE THE ENERGY FLOW (QI)







ANTI-CELLULITE THERAPY

rim, tighten and tone your way to a new avatar with specially designed non-surgical anti-cellulite therapies for body toning & reshaping at Pema Wellness. Targeting the fat and adipose cells in the body, our treatments deliver the desired results with a firm, smooth and toned body, especially the abdomen, thighs, legs and buttocks, whilst also improving the overall skin and muscular tone.

OZONE CAPSULE

zone is nascent oxygen which is antibiotic and antiseptic. It rejuvenates the body forces when exposed to. It neutralises free radicals in the system and prevents numerous diseases including autoimmune disorders. The entire atmosphere on the seaside is charged with nascent O₂. We also use ozone in hydrotherapies such as ozone rich steam and ozone whirlpool for the overall benefit of the guests.





HYDROTHERAPY

"Water is the life's matter and matrix, mother and medium, there is no life without water." – Albert Szent Gyor-gyi

ater provides the means to communicate with oneself and nature, regenerate vitality and inspire change. With 40 to 60 per cent of the body comprising of water, it is a stepping stone to inner detoxification. Our exclusive hydrotherapies applied at different temperatures bring out deep seated toxins from the body, giving relief from inflammation and pain while rejuvenating the vital organs. Different types of hydrotherapeutic procedures at Pema enable joint mobilization, pain relief, and the hydrotherapy transitions seamlessly from being a therapy to more like a dance amidst an environment of relaxation and peace.

SAUNA THERAPY

etoxifying body and mind one sauna session at a time, the well-equipped sauna therapy rooms at the resort boost the eliminative, detoxifying and cleansing capacity of the skin through stimulation of the sweat glands. Experience a relaxed way to healthy skin tone, weight-loss, anti-aging, pain relief and improved blood circulation, leaving you invigorated and refreshed.





YOGA

CENTRE THE BODY CLEAR THE MIND LIFT THE SPIRIT

With our individualised programs.

pen up to quiet contemplation, master the breath and let the self be in bliss with specially designed *Kriyas*. Constructive and region focused *Asanas* leave one with a calm mind, rejuvenated senses and harmony within.

Frequent beach side Yoga enveloped in the soulful orchestra of the sea and fresh ozone rich breeze uplifts the 'prana' – vitality.



Leave behind the disturbances that disrupt the rhythm of nature and seek a peaceful state of mind with our customised and specially designed Yoga programs.

THERAPEUTIC NUTRITION

signature mix of panoramic views at the restaurant, exceptional service and innovation makes therapeutic nutrition at Pema a unique experience in itself.

Savour nature's goodness by thriving on the mindfully crafted vegetarian wellness cuisine at Pema.

Our Doctors and Nutritionists carefully design a custom diet plan for every guest with individual requirements in mind.

Behind the well crafted offerings is years of research into the nutritional value, healing properties and calorie composition of various super foods and herbs.

As tasty as it is nutritious, the food at Pema enables indulgence that is guilt-free and satisfies the palate. It heals, detoxifies and leaves one feeling content from within.





FRESH FIESTA OF FLAVOURS

INFUSED WATER

eplenishing the body's water reserve is as essential as nourishing it with wholesome nutritious food. A staple for inner cleansing and detoxification, water elevates one's vitality.

Herbs, spices and fruits are fused together with water in carefully researched versatile blends that not only enhance flavour and introduce essential vitamins, but also boast of healing properties. With 17 varied infusions, wake up to a different flavoured water each new day to keep one thriving.

Enhancing the elixir of life with a flavourful twist





SUSTAINABILITY

journey towards wellness must be a continuous one. When your stay with us comes to a close, it must not be seen as the culmination of the journey towards a healthier and healed you. The journey has only just begun. We ensure the sustained cultivation of a healthy

The great aim of education is not merely knowledge, but action

lifestyle that remains long after one leaves our abode. Our prescribed diet and treatment plan at the end of the retreat ensures the healing touch never fades and continues to blossom.

Mr. Sai C & Ruth Germany

Beautiful place, wonderful treatment, thank you! Keep up the food. It works.

NA Sundari Singapore A GREAT TEAM OF BAYPARK HEALTH &WELLNESS. FANTASTIC! All the service staff is very kind, good, humble, hardworking and polite. Food is great and hospitality is excellent.

NayanaCoulagi Mumbai A great and wonderful experience, so glad I came! There has been a great sense of physical and spiritual wellness. The courtesy and attention of the staff has been endearing, the treatments good and ambience great. More power to you. All good wishes always!

Mrs. Kumud Advani Switzerland The place, the ambience, the food, and the treatments were all excellent. We will be back again soon!

Reenaa Chandok Mumbai It feels like coming back home. Everything is so special for me. A place where my body, mind & soul celebrate and dance with joy! Look forth to coming back soon. The place for me is not a wellness spa, it's a temple of healing. A vortex of abundance.

Justice Mukul Mudgal Delhi

Mr Harsh Goenka Businessman, Mumbai

Ms. Rakul Preet Singh Film Actor

Mr. Venkatesh Daggubati Film Actor

Mr. Prakash Raj Film Actor A place full of serenity and peace. The staff is extremely well trained and courteous. I have greatly benefitted from my stay at Pema and have recharged myself. Rooms and all services are five star. Many thanks to Dr Murthy and his team.

Thank you for all that you have done for us at Pema, we have had a wonderful experience and hope to come back soon. Very good and delicious food. Excellent facilities and treatments. Very courteous and helpful staff.

Loved the entire experience. Extremely welcoming and helpful staff. Completely satisfied with the hospitality, food, treatments and the services. Looking forward to coming back soon. Will miss the food!!!

Thank you Pema Wellness for giving me a truly blissful experience. The hospitality & treatments are excellent The food is outstanding. Heading home, I feel really good and look forward to returning back. I thank the entire staff and the doctors from the core of my heart- "You all have been wonderful". I would highly recommend Pema as one's problems are treated here, both effectively & efficiently.

I was here, by the sea at Pema Wellness resort -Vizag. It was a wonderful 7-day treatment programme. Very very well equipped, reasonable, sensible treatments, staff, therapists and great food. It sort of instilled a discipline in me. I am feeling invigorated and activated now. I have been searching for this and I am sure I will keep coming back. It's going to be another holiday home. I love the ambiance and the international standard of rooms and other facilities. I am sure you all will love it. I thought of sharing my experiences with you all as I usually share all good things. I think everybody should give it a try.

Dr. Rishma Pai Gynaecologist Mumbai

Ms. Poonam Dhillon Film Actor

Ms Ramola Bachchan Actor & Designer, Delhi

Mr. Harshad R Mehta Diamond Merchant, Dubai

Mr. Tarun Tahiliani Designer, Delhi I am Dr. Rishma Pai, a Gynaecologist and this is my first trip to any wellness retreat. It has been a life changing and attitude changing experience for me. I suffer from various allergies and sinusitis and have to take a lot of medication. However, since I have come here except for the first day, I have taken no medicine. I feel, sometimes for chronic issues alternate therapies like massages yogic kriyas, yoga, therapeutic diet in fact going back to nature does help a lot. So it has been a wonderful, relaxing experience. I could manage to get time to myself to eat healthy and introspect as to how we are going to lead our lives in a healthy manner. So I am very very happy and look forward to coming back again in the future.

Had the most relaxing time, pampered by the trained and very pleasant therapists. The whole staff is excellent. Wish you all the best. Special thanks to Dr. Murthy and Dr. Varsha.

We had a fabulous stay. The place, the ambiance, the food, the treatments were all excellent. Will come back again for sure.

One of the best wellness centres I have visited. I stayed here for 9 days. I can't describe the feeling. Great place, good food & great therapies. Overall a great experience and a wonderful team. Everything is more than 100%.

Pema was recommended to me by my cousin Ms Ramola Bachahan and I must say I have got some amazing results at Pema. I have had a record breaking weight loss and plan to come here every year. The chef really knows his food which is beautifully served in courses. With its mind altering array of treatments, it reinforces a way of living.

Mrs. Bina Ramani Designer Delhi

Mr. Naresh Gujral Member of Parliament, Delhi

Mr Mohan Goenka Businessman, Mumbai

Mr. Mukesh Jagitiani Businessman, Dubai

Mr. Manna Lal Agarwal Businessman, Mumbai I have thoroughly enjoyed every moment of my healing stay here. Dr.Murthy is a true master of his art. The staff is very courteous and the therapists are superb. It's a great package of perfection. The food, the food, saying it twice is par excellence. Little genie Dr. Varsha and Yoga master Puneet are excellent. I will definitely be back with friends soon.

I was extremely impressed with the professionalism, attention to detail and the commitment of the entire team of doctors and staff.

A v well maintained property. Best compliments to Dr. Murthy and wish him all the best.

Perfect place for rejuvenation The philosophy/ culture/ ethos is outstanding.

The ambiance added to it. Too good, would love to come back again All my wishes to Pema.

V well managed and maintained. Good food with doctors taking great care. Keep it up!!

AWARD







LEADING WELLNESS AND SPA RESORT & BRAND

AWARD





The (rem of Wellness THE PEMA WELLNESS RESORT IN VISAKHAPATNAM

IS AN EXPERIENCE THAT REJUVENATES AND HEALS. AMIDST THE LUXURIOUS AND SCENIC DWELLINGS THAT LEAVE YOU IMPRESSED ALL THE WAY





INNER RETREAT

are about to make a big change in my career path, actually it's a big decision I've taken to move on to a new assignment which I know is going to be a Lot of hand work. So, I decide that to be thoroughly perpaced for this new chapter I need to take a wellness break. Seven days is all I have and I decide I stant to choose a place in India itself to rejuvenate. I've been bearing about this hidden gem for a while now from a lot of people who have visited PEMA Wellness resort and are raving about it. I zero in on Peera Welleen Remost in Visskhaputnum for my much needed bosak. I am. on a sole trip to wellness and I am so excited about it. A two and a half hour flight to Vizag and then a 40 minute drive to Pensa Wellness Resort, and I am in for a very pleasant susprise. Nestled on top of the Baypurk hill and overlooking the sea, the first look of this wellsens resort simply takes my breath away. The meaner kting vime itself starts my journey into a rejuvenating seven days.

I am welcomed in the traditional Indian way and as back would have it, there is a three day puja going on at Pensa which further enhances my feeling of screenty. The General Manager of the resort, Col. Minhas greets me worsely and takes me on a short walk around the property. It is luxuelous all the way - the infinity pool which overlooks the sea is faccinating with its sessne view. I am a water baby and I simply con't wait to get into the pool.

Well, I have to wait a while. I need to meet the Doctor and the Yoga instructor before I start my program.

I am told that I will get a normal lunch before I meet the Doctor and he will then prescribe my sneal plan for the cost 7 days. I head to the restaurant and I get a regular Indian meal - dal, sabzi and two sotis; but games what, this is also all organic and cooked in minimal oil and has only 300 calories. Wow, I sell myself - lan't that amazing a hearty healthy creal but I've not even packed

I meet my doctor and advisor for the next 7 days. Dr. Marthy who is the country's best naturopathy expect, and is credited with putting Naturoputhy on India's. map. He is also known as the father of naturopathy and I feel very lucky to have him as my doctor for the next. few days. A long smoton of detailed convensation begins, where he asks me questions on my current lifemyle, lead habits, what do I want to achieve from my visit to Pome. All this got me thinking, "What do I want to achieve from this visit?". I don't really have any maor health issue at the moment so my purpose really is to detox and gain more energy and of course weight loss can be a by-product, which I seem to always ween

I choose to go for the detox plan but PEMA also offers cusative treatments for lifestyle disorders like diabetes hypertension insomnia arthritis, sessing many others.

Discover well being at the Pema Hesons

A people over and peacents. PEMA Resort is a price where the total status of Trumin seem with the second claims of native extrants one on the journey of a heating and a summarized Mestyle. It is defectely an experience for the less the ideal region of a commission term rather cards with a Karly navers compactive. Here's a rock STREET, STREET,

this price of the and table and particularly report of posts in particularly report for posts in particular on the particular me will be me to Despose and protection and post for the first of the posts to cover the state of auditoring from pro-To believe because tody, most and of all the well rood at Paris, a Blogto the styline and four of the rights to Physics, meets arrange believes the

The return of the controlled integrating according to the month of the different general. The Principality Schiller, diely public mechanics. mer or prooff a felial respect The core. The water topoers an remed that provens a banery agent for the country

The second is a real trought both Freez and fact or man fits own

power traces the Boy of Bergal, The protein comment of crystal clear within the an expensation of every street with the nation, we the best because that harbon the possessial anniversal of the secon, The spectation value of baryers and the sampets, the present on the last olding with treet, and scotting say breezes at commission representation. The commerce of fundamental formation and a fundamental of fundamental formation and make the fundamental formation and make the fundamental fundam To bampality so they say, desired, benefit reflects must be a continued

Nice constantes parties to In it a destination protect for making naturally. The state-oriented department action to recombine state-orienting remaining and state-day, leading has, wheely post, making leaf, thirty copies yield applica-tion of the property of the pro-ceding leaf, thirty copies yield and only leaf the processing one as a making leaf, the processing one as a making leaf, to be also detired. annument and serviced provisions or solves, reading 8 to due bearing beautic cores, A organizar a simple before the first to a prepared with a lot of leasured an Ausubstance value, feeling property passed and is published now in coope you not come in hum involve With over 50 startle blind

expensional team artists overtex by thoropy, an aurectary, corps, therepy WHITE CALLERY, THOUGHT WAY, LINES Receipt and quarty message microsy-amongs others that actively angages. the guest in his or has hourly. The nothers is the doober at the reson. The Indones of the problems is not done. for some simplements pure, that is, remove the rook cause of the discussion. PERSONAL PROPERTY AND ADDRESS OF THE POST OF that works to administe the loades and maintain the body equitorium. This primary of feating begans with an expect and grantfeel beam declocated to see the control of the control o one an uncompromised endroug experience to the question

FEATURED IN





INNER



Conversation with Meena Mulpuri, Promoter & Co founder Pema Wellness

What is the core USP of Pena Wellness?

Person of loss a holistic well-non-experience. The dictions have lock at the root course of its positions and design a program looking at the short as well as long term having and treatment of the issues at band. This personalized experience and then makes we stand but. Also, the food served at Pena to distinct. Williams food can be tony and pleasing to the eye, we prove it right every single day.

Here did you come across naturepathy, and how did the idea of starting some thing like this come into being?

I am birm in a family of doctors, and have been largely exposed to settlineters all our life. One of my aunt who is very dear to me, had been dealing with severe districts for over a decade and had been tooking at the absparine soution for treatment, but with no improvement. Eather her divage of insulin had been inusing and yet the medicines were falling to improve her condition. She went

in for a naturepathy treatment and within three days had shown signs of introduce begrevoteness. Over a direct distribution of time of Informing naturupathy, all her perumeters came down rowmal and remained stable thereafter. This personal experience of my mint brought forth the idea of exploring more on normapathy, and the inging together of the Penza Well-

What kind of allowate and problems can be coped at Perna?

Besides the vertices kind of lifestyle and stress related allowests, we have been necessfully showing excellent remails for those with losses like artho tia diabetos, PCOD, weight loss issues and at least 20 - 25 new age Mestyle incores. Also naturopudoj is very effactive in long term treatment of die

cases as severe as corver. The idea at Perus is that during the present's stay we meat them and during check-out show the improvement. We also guide them on the data and during for easily procticing what's recommended to these, so as in continue healthy living practices even when they return to their bosses.

How is the adaptability of naturopathy taken by those who risti Pyma? These who know about naturopathy are easier to adapt to the idea, but for those who are assupposed take the lifes of treatment to be life a upi or welferms used. tion. It is usually the effectiveness of the results of naturopathy that makes people realize the potential. We are what we cut, and that needs to be well-understood. Q

> 130 Goracles | May-June 2019

GLOBALSPA







Dr. Murting designs a very interesting plan for me which is both rejevenating and causilive and of course my cultime is planted as well. The plant will be made on a daily banks as I need to meet the Doctor every day.

Next is my visit to the yoga doctor Pool. Prabled, m sordelined Yoga expect who checks any desibility, my long power etc. And, sadly I am failing expensity in these tests. He elected try body age and its way beyond my actual age and I am devantated, but there is hope for me, the Vego and exercise plan they are going to make for me can sectify that. The expect doctors and wellness consultants carsiv

an experience which is exclusively designed for every individual's specific needs with holistic well-being and naturopathy being the core. I am already beginning to think that seven days is

way too short a time, I wish I was here for at loos 21

As I head to the healing hub for my treatment I am very pictored to see the way this is managed. Besiden being a large 10,000 square fost area beautifully deregreed and decorated, it's managed with precise profemenalsies. The managing staff has your appointments INNER



RETREAT

A typical day at Pema

DOST - 676 am. Yogic Rayuri July Pade 16/30 am. Hurbel Tiss and Sprends INC - Pitter Lugling Com Syrects Yoga Assense Jases Acoputation Jases Thomps MIN-1948 1250 am Sarp & Contraversil 1860 pm Subp & Contraversil 1850 pm Sub Year 1250 - 1850 pm Sub Year 1850 pm Sub Year 1850 pm Sub State Toroida 1850 pm Sup Notes Toroida

1000 - 2012 per Medicales
1713 per Scop, fului aut Fraiss
1813 per Ausgrunnum till, fülkney)
1813 per CH pert (Moring Holes)

among governor theme by the other as grescribed by the denter and every treatment works like Condesseys.

They worning everyone at Home welfall on a very investigation of the condesseys of the condesse of the

Georgies Mandau Stre



pena restreet, of Respont, to positive and the Healing Hills in Vehalacoppers was presidently and sturring views at one truy of Serrous on one stop and a persons you of the mountains, on the other, this other customised programmes to suit the respective goods of each guest Our therapeutic receipes, daily guited meditation, yoga and healing practices come together to crease a suiface experience of wellburng with

Sum of the left requirement account is promove facilities including --monumers and providing halo, retrily poor, publicer reflexibility track, nature's walking trail, style rooms and spacious yogs hally. We also have a readers literary stocked with well energies and renowned publication

recurrently being at the care

INTER-STATE FLO RETREAT: **PEMA WELLNESS**

A private beach is the perfect setting for a feeling of wellness, as is evident from the activities of Pema Wellness in Vishakapatnam.

BECKONS!

the wedness moving it an ideal learning resource centre. A priving beach is the perfect backdrop for upirting webness. activities in the mobil of the therapeute sea breeze, Will: over 40 standardised Faiturquely tentraces, on experienced typin actualy cropped the storing continuous of manipulative therapy, acquirities, color therapy, etchir captule, hydratherapy, titure therapy and drawn untraste parents according

You may be surprised to know that Indian mean spetty brighted in Andrea Protects, in fact, it's sole to say that what Ayurvoods is to Knowle, recurrently is sp.Andrea Practice. These are smokent practices are timing revised and sometimes relevanted. Our Quarter

nessage bed, has been structured in stack a hig way in India for the fest tive. Quarts therapy is based on the encions practice of polarimorherapy that envelopes the body in starm sand to allowate pain, release myscular Witten and promote leading. The host penatones to the despett layers nating accumulated source. This therapy is done once with head down and once with feet does, it brings after the heating powers of Quarte crystals, with a base of alpha-quarti sand, warmed to the right temperature. Thus et Plane protein practions are used using readern technology. Our therapies are conducted by a very qualified set. of staff members who bows a collection experience of over \$50 years," Says. Missing Stufforf, promoter, Perma Preceive Private Lineage

ARTICLES & PRESS NOTE



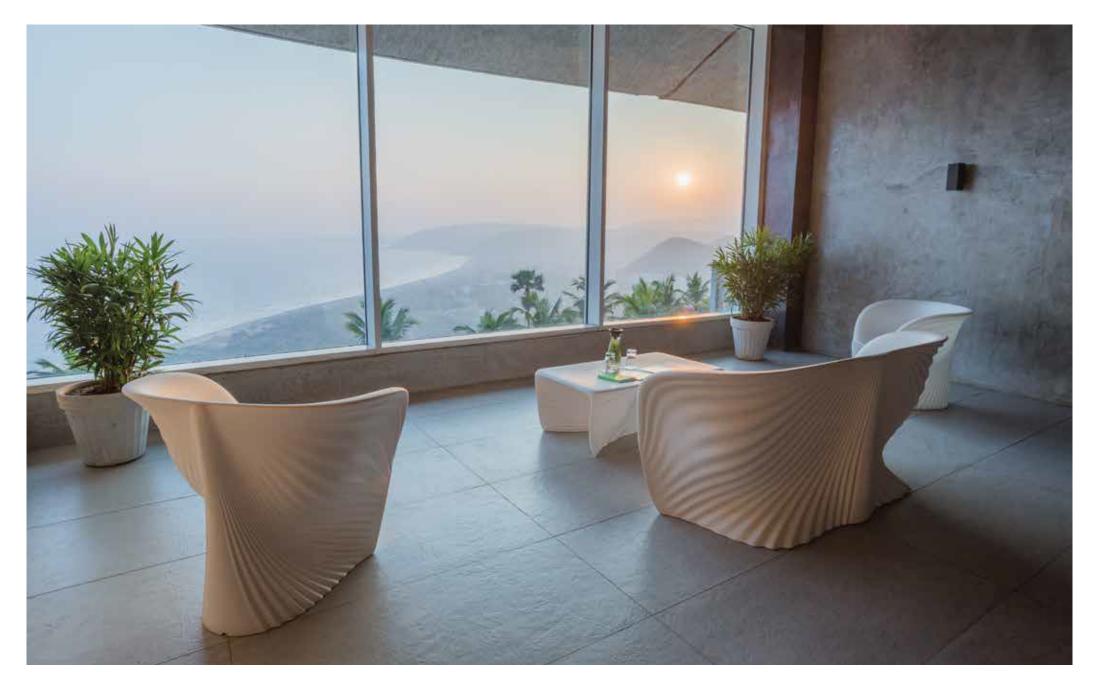












Pema Wellness Resort, Healing Hills, Visakhapatnam, India.

Ph: +91 957 770 9494 email: enquiry@pemaresorts.com web: www.pemawellness.co