



Wellness Packages

Perfect for newcomers to Ayurveda who want to establish a strong foundation for overall health

Foundations

Designed for individuals seeking to harmonize mental and physical health.

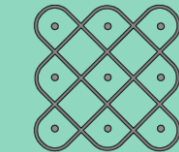
Mind-Body Balance

Support your entire family with Ayurvedic wisdom for optimal health and harmony.

Family Wellness

Perfect for individuals who want to stay balanced and boost immunity during the colder months.

Winter Wellness



Rahgvik Holistics

Nurturing Your Mind, Body, and Spirit with Ayurvedic Wisdom

Metabolism Boost

Perfect for individuals who are struggling with digestive issues or poor metabolism.

Newborn Wellness

Specialized care for children with a focus on Ayurveda for growth and immunity.

Ayurvedic Cooking

Perfect for food enthusiasts and families wanting to adopt Ayurvedic cooking.

Individual Services

Designed to meet your specific needs, offering personalized support to enhance your wellness.