



Steam Bath

Experience relaxation and renewed energy level with our luxurious steam bath at our Wellness Centre. Let the soothing warmth envelop you as you unwind and melt away the stresses of the day.

Massage Therapy

Massage helps to relax the body and mind, reducing levels of stress hormones and promoting a sense of calm and well-being. It promotes blood flow and lymphatic drainage, delivering oxygen and nutrients to tissues while removing toxins and waste products that lead you towards a healthy lifestyle.



Red Light Therapy

Our red-light therapy service utilizes advanced technology to deliver gentle yet effective heat therapy, harnessing the power of red light to revitalize your body and mind.

Reflexology

Reflexology is a therapeutic practice that involves applying pressure to specific reflex points on the feet, hands, or ears to stimulate the body's natural healing response.

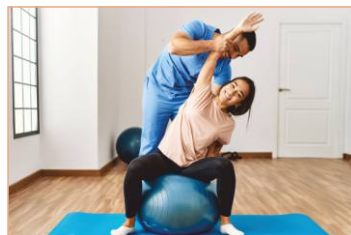


Ayurveda

It emphasizes the importance of achieving balance between the body, mind, spirit, and environment to promote overall health and well-being. "Panchakarma – The Essence of Ayurvedic Healing"

Homeopathy

Homeopathy is a holistic system of medicine that aims to stimulate the body's natural healing processes.



Physiotherapy

We take a holistic approach to physiotherapy that is rooted in personalized care considering the interconnectedness of the body and mind that promotes overall health and well-being.

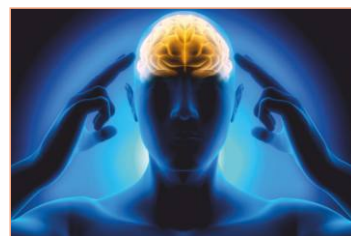
Yoga

Embark on a journey of self-discovery and holistic wellness - with our Yoga Session. Our yoga service is designed to nurture your body, mind, and spirit, helping you find balance, strength, and inner peace.



Nutritional Counselling

Our Food Science services focus on understanding the nutritional value of foods, identifying dietary patterns that support optimal health, and providing personalized **Nutritional Guidance** to help you achieve your wellness goals.



Psychological Counselling

Psychological counselling helps with depression by providing a supportive space to explore underlying issues, challenge negative thought patterns, and develop coping strategies.



RECEPTION



YOGA



PANCHAKARMA



GYMNASIUM



MASSAGE ROOM



LOCKERS



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Find your path to wellness,
Together let us make a Healthier You!

www.chellaramwellness.com

Chellaram Ultra Wellness Clinic – From Illness to Wellness

Chellaram Ultra Wellness Clinic (a Unit of Chellaram Foundation) is spread over 20,000 square feet, which includes a Nutritional Cafeteria, State-of-the-Art equipments and skilled technicians and therapists who are experts in the field of Health and Wellness.

Our aim is to empower individuals with facilities, tools and expert guidance and counselling to take informed decisions that promote health, prevent illness, and optimize care for the mind, body and spirit based on scientific healing practices that are imparted with a touch of warm Indian hospitality.

Our Clinic offers personalized care and tailor-made services to meet the specific goals and requirements of every individual using unique integrative approach to health combining conventional medical practices, and complementary and alternative therapies to promote a **disease-free life**.

Our Mission at CUWC

CUWC has been created to enable individuals to lead an optimal way of healthy living. Our Wellness Clinic with its integrated approach, provides deep transformative and healing experiences and also offers a holistic approach to health and well-being, combining various services and modalities to address the physical, mental, emotional, and spiritual aspects of health.

Key Areas of Focus

- Improved Health span
- Enhanced quality of life
- Ageing Reversal
- Long-term sustainability
- Maintaining youthfulness
- Strong and Healthy body
- Enhanced vitality and radiance
- Regulating Hormonal Imbalances
- Improved Gut Health
- Enhanced Mental well-being.
- Foster Post-Surgery Recovery and longevity
- Enhanced memory
- Balanced Health

Our Wellness Programs

Obesity Management

The Obesity Management Program takes a multidisciplinary and personalized approach to address the root causes of obesity and supports individuals in achieving long-term weight management goal by providing services such as :

- Personalised Exercise Plan
- Therapeutic massage
- Cryotherapy
- Steam Bath
- Personalised Nutritional Plan
- (Hyperbaric Oxygen Therapy) HBOT
- Colon Hydrotherapy
- Infrared sauna
- Body Composition

Our team conducts a thorough assessment of each individual's medical history, lifestyle habits, dietary patterns, physical activity level, and underlying health conditions to develop a tailored treatment plan.

Rejuvenation Therapy- Rebirth

Our Rejuvenation Therapy Program is tailored to address various aspects of health and well-being. Each component targets different aspects of rejuvenation, from physical health to skin appearance to overall vitality by using interventions like:

- Hydrogen Therapy
- Cryotherapy
- Gymnasium
- (Hyperbaric Oxygen Therapy) HBOT
- IV Mineral Therapy
- Ozone Therapy

In consultation with our Medical team and Nutritionist, a personalized program is designed to address the specific needs and goals.

Corporate Wellness

In our Corporate Wellness program, we are dedicated to fostering a culture of health, vitality, and productivity within the workplace by offering comprehensive wellness solutions tailored to the needs of present day professionals. We take a proactive and personalized approach like:

- Comprehensive Assessment
- Therapeutic Massage
- Meditation and exercise
- Hydrogen Therapy
- Assessment-based diet plan / Nutritional Guidance
- Yoga
- (Hyperbaric Oxygen Therapy) HBOT
- Cryotherapy
- Colon Hydrotherapy

In consultation with our Medical Team, Stress Management programs are designed and offered to support the Health and overall well-being of employees.

Stress Management

This program is designed to focus on Holistic Health and provide a supportive environment for individuals to address emotional and mental health issues through our one-on-one counselling sessions to release emotional stress and work towards inner healing with the use of following. Techniques such as

- Ayurveda therapies of Shirodhara
- Breathing and Mindfulness Practices
- Alternative Medicine practices that are beneficial in promoting overall wellness.
- Colon Hydrotherapy

Women Health-Specific Program

We recognize women's unique health needs and challenges throughout their lives. From reproductive health issues like PCOD/PCOS, and Endometriosis to menopause-related symptoms and menstrual disorders such as Dysmenorrhea, Menorrhagia and Pre-Menstrual syndrome (PMS), our program is designed to provide comprehensive support and care to promote women's health and wellbeing at every stage of life.

Our Program takes a holistic and personalized approach to address the unique needs and concerns of women incorporating:

- Comprehensive Assessment
- Therapeutic massage
- Professional Consultation on Lab Tests
- Assessment-based diet plan
- Steam Bath

Complete Wellness- Holistic Well Being

Our approach to holistic well-being is rooted in the belief that true health and vitality emerge from nurturing the whole person - mind, body, and spirit. We offer a range of programs, services, and therapies designed to support individuals on their journey to optimal well-being. Our complete holistic well-being program comprises:

- IV therapy
- Infrared therapy
- Yoga
- Cryotherapy
- Hydrogen Therapy
- Assessment-based nutritional plan
- Exercise
- Therapeutic Massage
- Colon Hydrotherapy
- (Hyperbaric Oxygen Therapy) HBOT
- Ozone Therapy

Sports-Specific Training and Injury Management Program

The Sports-Specific Training and Injury Management Program adopts a comprehensive and individualized approach to help athletes achieve their performance goals while prioritizing injury prevention and recovery. Our wellness program includes:

- Personalized Assessment
- Gym
- Cryotherapy
- Infrared Therapy
- Fitness Tests
- Assessments based diet plan/Nutritional guidance
- Physiotherapy

Join our Sports-Specific Training and Injury Management Program and unlock your potential as an athlete while safeguarding your health and wellbeing for long-term success.

Complete Transformation Program

The Complete Transformation Program takes a comprehensive and integrative approach to empower individuals to transform their lives from the inside out. Our program includes:

- Personalized Wellness Plan
- Gym
- IV Therapy
- Steam Bath
- Holistic Fitness Regimen
- Yoga
- Colon Hydrotherapy
- Infrared Sauna

Our certified trainers design a diverse and engaging fitness program that combines strength training, cardiovascular exercise, flexibility, and mind-body practices to enhance physical fitness, promote functional movement, and improve overall health.

Our Services

Hyperbaric Oxygen Therapy (HBOT)

We offer (Hyperbaric Oxygen Therapy) HBOT, a cutting-edge treatment that harnesses the incredible healing properties of oxygen to promote overall wellness.



Cryotherapy

Cryotherapy is not just about physical recovery. We believe in a holistic approach to well-being, and our cryotherapy services complement other wellness offerings at our Centre. It also helps in reduction of fat percentage by converting white fat into brown fat and help in reduction of inflammation, promoting a balanced and rejuvenated lifestyle.

Colon Hydrotherapy

Colonic Irrigation or colon cleansing, involves gentle infusion of warm water into the colon to flush out toxins, waste, and built-up debris. This process helps to detoxify the body, improve bowel function, and restore balance to the digestive system.



IV Therapy

Mineral IV Therapy is a rejuvenating treatment that delivers essential minerals directly into your bloodstream for optimal wellness.

Ozone Therapy

Ozone Therapy offers a range of benefits, including immunity. Ozone Therapy stimulates the immune system, enhancing its ability to fight infections, viruses, and diseases.



Hydrogen Therapy

Molecular hydrogen is a fast-acting molecule and acts as an antioxidant giving strong energy boosts to fatigued muscles, nerve and brain cells. Beneficial for athletes to stay consistent and focused throughout training.

Acupuncture & Cupping Therapy

Acupuncture & Cupping Therapy offers a range of benefits. By stimulating the body's natural pain-relieving mechanisms, Acupuncture & Cupping Therapy can effectively alleviate acute and chronic pain conditions, such as headaches, back pain, and arthritis.



Inbody

InBody Analysis provides a comprehensive assessment of body composition, offering insights into fat mass, muscle mass, and hydration levels. This information is essential for understanding overall health status, tracking progress towards fitness goals, and identifying areas for improvement.

Gymnasium & Functional Training

Welcome to our state-of-the-art gymnasium, where we are dedicated to helping you achieve your fitness goals and unlock your full potential.



Infrared Sauna

Infrared Sauna Therapy harnesses the power of infrared technology to expose the body to infrared rays, promoting detoxification, relaxation, and overall well-being.

