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# Bombay Times

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ADVERTORIAL, ENTERTAINMENT PROMOTIONAL FEATURE | 100MM

De-Mantra

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## A HOLISTIC HEALING CENTRE

**D**e Mantraa is a holistic healing centre, where detoxification is truly whole and complete. When we suffer an ailment, it isn't just our body that feels the pain. Along with it, our mind and soul also goes through the trauma. How can we then restrict healing to one single exclusive therapy? It has to be inclusive. This means, treatment when administered, has to have a combination of mind, body and soul therapies.

When an individual walks into De Mantraa, the initial diagnosis is done by veteran Ayurvedacharya Dr Meghana Dikshit, through the process of nadi pariksha followed by recommendations for process of detoxification where trained and warm staff take care of your needs.

The key factors of detox at the spa Body Cleansing, Mind Purification and continued cleansing at home with advised diet as per individuals needs. The spa advocates the route of developing a healthy way of life for an individual. They believe in healing from



Dr Meghana Dikshit doing nadi pariksha

within hence, a great emphasis is put on Panchakarma, powerful treatment for purification, detoxification and cleansing of the body. Panchakarma creates a balance of the five elements in the body, helps in the removal of toxins and deals with deep rooted stress, which is responsible for illness.

When the mind is disturbed or health deteriorates, the chakras (energy forces in our body) and aura (energy circles around our body) get misaligned and cause further mind and body disturbances.

De Mantraa assists you in the release of these older energy forces, old patterns of behavior with Chakra Healing through clinical hypnotherapy and past life regression therapy. It also helps usher in new energies that rejuvenate the mind and create new favourable behavioural patterns with positive reinforcements. A custom made detox diet plan as per individual needs and healthy recipes to bring a balance between the three doshas is advised.

Where: De Mantraa

Call: 02226310555/  
9619402555

[www.demantraa.com](http://www.demantraa.com)

