Care packages

Pain package

A package that our doctor builds for you after a consultation. It can include acupuncture, cupping, physiotherapy, moxa, gua sha, ozone funnelling or ozone injections.

How it works

1. Request a consultation. The doctor asks about your pain, examines you and looks at any reports you bring.
2. If a package suits you, the doctor chooses the therapies, how many sessions and on which days.
3. You see the plan before you agree to it. Sessions are at the clinic, Monday to Saturday.

What the doctor can choose from

- **Acupuncture** Fine needles placed at selected points after the doctor has talked through your concern with you.
- **Cupping** Cups placed on the skin make a gentle suction. Dry cupping makes no cuts.

- **Physiotherapy** Exercises and hands-on care from a physiotherapist, sometimes with electrical or ultrasound machines.
- **Moxa** Dried mugwort is warmed near the skin over selected points.
- **Gua sha** A smooth-edged tool is stroked along oiled skin.
- **Ozone funnelling** Ozone gas is applied to an area of skin through a funnel. Nothing goes under the skin.
- **Ozone injection** The doctor injects ozone near a joint, after explaining the risks so that you can decide.

Who it suits

- Adults living with pain, such as back, neck or joint pain, who want a planned course of care rather than single sessions.
- People who would like a doctor to examine them first and then choose the therapies, the number of sessions and the days.

What to bring

- Any scans, X-rays or reports about your pain.
- A list of the medicines and supplements you take.
- Loose clothes that let the doctor reach the area that hurts.

How to start

1. Consult our doctors: request a consultation or message us on WhatsApp.
2. The pain package starts only after the consultation, once the doctor has planned it with you.

Consult our doctors

Talk to one of our doctors first. They ask about your health and suggest what fits, and they will tell you if a package is not right for you.

Phone and WhatsApp
+91 70220 54022

Website
www.snehawellness.com/packages/pain

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Monday to Saturday, 10 am to 7 pm