



KLS Wellness Institute

Dedicated Anti Ageing Hospital
Now in Navi Mumbai, India



About Us

It is a boutique Hospital that blends the latest medical equipment and technologies with traditional healing practices to offer comprehensive, holistic care. Our institute offers a tranquil environment with cozily designed rooms in the heart of Navi Mumbai where you can escape the hustle of daily life and focus on wellbeing. By using advanced therapies, we are able to enhance overall well-being and slow down the ageing process.

What makes us unique is that our treatment focuses on detoxification and rejuvenation at cellular level which results in both internal healing and disease prevention as well as an external youthful appearance.



KLS Programs

- Anti Ageing Program
- Detox Program
- Destress Program
- Super Immunity Program
- Corporate Wellness Program
- Glow And Shine Program
- Hair Care Program
- Knee Program
- Spine Program
- Pain Management Program
- Obesity Management Program



Programs Done on Indoor Basis



**Registration &
Settling in the room**



**Hyperbaric Oxygen
Therapy**



**Blood and other
investigation**



**Gut Cleansing with
enema**



**Refreshing
Breakfast**



Foot Reflexology



**Medical
Consultation**



Nourishing Lunch



**Breathing Ozone
through oil**



**Rest in Room
Herbal Tea / Snacks**



Physiotherapy



Back Massage

Programs Done on Indoor Basis



**Full Body
Detox Massage**



**Psychological
Counselling**



Ozone Sauna



Group Activity



**Naturopathy
Kriya's**



Weight Management



Infrared Sauna



**Ozone
through Ear**



**Acupressure
Therapy**



**Gut Cleansing
with Hydrocolon
Therapy**



Head Massage



Relaxing Massage



Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy for Anti-Aging

This therapy uses 100% oxygen in a pressurized chamber to enhance tissue oxygenation, reduce inflammation, and promote anti-aging benefits.



Ozone Therapy

Ozone Therapy for Immune Boosting

A holistic treatment that uses oxygen-ozone to enhance blood oxygen levels, boost immunity, and provide anti-inflammatory and germicidal effects.



IV Vitamins Therapy

IV Vitamins for Rejuvenation

This therapy delivers vitamins and nutrients directly into the bloodstream for rapid and complete absorption, promoting overall wellness.



Avacen Therapy

Avacen Therapy for Improving Microcirculation

This non-invasive device uses heat therapy on the palm to enhance microcirculation and systemic blood flow, relieving muscle and joint pain.



Deep Tissue Mobilization

Deep Tissue Mobilization for Pain Relief and Relaxation

This therapy uses firm pressure and slow strokes to target deep muscle layers, relieving chronic pain and muscle tension.



Colon Hydrotherapy

Colon Hydrotherapy for Detoxification

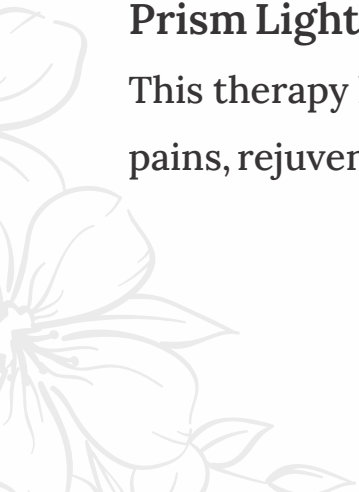
A cleansing treatment using purified water to flush out toxins from the colon, promoting digestive health and overall well-being.



Prism Light Pad

Prism Light Pad for Pain Relief

This therapy harnesses the power of red light to reduce body ache, joint pains, rejuvenate and promote holistic wellness.





Lymphatic Drainage Therapy

Lymphatic Drainage Therapy for Detoxification

Flow Presso delivers compression , thermodynamic heat and deep pressure simultaneously to encourage the body's innate system to activate. It also aids in detoxification, reduces inflammation and promotes overall wellbeing.



Rehabilitation for Functional Improvement

Rehabilitation is a process aimed at enabling individuals to reach and maintain their optimal physical, sensory, intellectual, psychological, and social functional levels, thereby providing them with the tools to achieve greater independence and improve their quality of life.



Non-Surgical Spinal Decompression

Non-Surgical Spinal Decompression for Enhancing Mobility

Advanced robotic technology provides non-invasive decompression therapy to treat spinal conditions, improve alignment, and reduce nerve compression.



Whole Body Cryotherapy

Whole Body Cryotherapy For Reducing Inflammation

Whole body cryotherapy involves exposing the body to extremely cold temperatures, typically between -110°C and -140°C , for a few minutes in a specialized chamber. This treatment aims to reduce inflammation, enhance recovery, and provide various health and wellness benefits.



Light Sauna Therapy

Light Sauna Therapy For Energy Balancing

Light sauna therapy combines the relaxation of a traditional sauna with the therapeutic benefits of ozone and colored light. By bathing in soothing hues, it promotes relaxation, detoxification, pain relief and overall wellbeing both at body and mind.



Weight Management

Weight management is key to achieving overall wellness and long-term health. At KLS Wellness, our personalized programs combine nutrition, fitness, and medical guidance to help you reach and maintain a healthy weight. Yoga and meditation support weight management by reducing stress, improving mindfulness, and promoting physical activity, helping to balance metabolism and control cravings.



Medical Cosmetology

Medi facials, Chemical peels, PRP treatments are advanced skin care procedures that target different skin concerns. Carbon facials use a laser to improve skin texture and reduce imperfections. RF and HIFU treatments tighten skin and promote collagen production. HydraFacial cleanses, exfoliates, and hydrates for a refreshed complexion. Electrocautery is done for skin tag and warts removal. We also offer Botox, Fillers depending on Clients need.



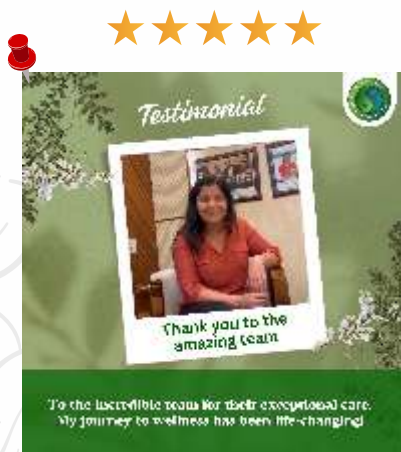
Coolsculpting

Coolsculpting for Body Contouring

CoolSculpting is a non-invasive cosmetic procedure that uses controlled cooling to freeze and eliminate fat cells in targeted areas of the body. The treated fat cells are gradually broken down and removed by the body's natural processes, resulting in a more sculpted appearance.

Testimonial

Thank you for sharing your journey. Your testimonial inspires others and helps us provide exceptional care. We're grateful for your trust and honored to be part of your wellness journey.

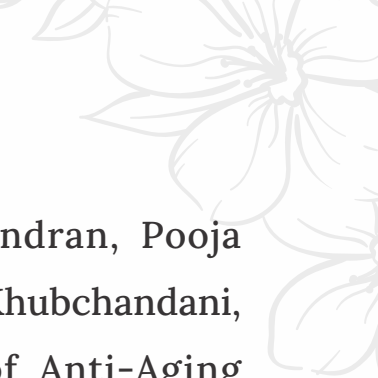


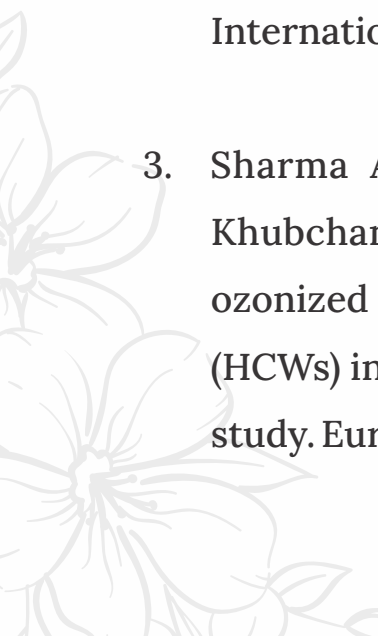
Room





Publications



1. Alok Sharma, Hemangi Sane, Nandini Gokulchandran, Pooja Kulkarni, Heena Sayed, Divyangi Sawant, Pallavi Khubchandani, Anushka Dongaonkar, "Evaluating the Impact of Anti-Aging Integrative Therapy on Cellular Aging and Quality of Life", International Journal of Science and Research (IJSR), Volume 13 Issue 10, October 2024, pp. 67-74
 2. A Pilot study for treatment of COVID-19 patients in moderate stage using Intravenous administration of Ozonized saline as an adjuvant treatment- Registered Clinical Trial. Alok Sharma et al. International Immunopharmacology. 96 (2021) 107743
 3. Sharma A, Shah M, Sane H, Gokulchandran N, Paranjape A, Khubchandani P, Captain J, Shirke S, Kulkarni P. Intravenous ozonized saline therapy as prophylaxis for healthcare workers (HCWs) in a dedicated COVID-19 hospital in India - A retrospective study. Eur Rev Med Pharmacol Sci. 2021 May;25(9):3632-3639.
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