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**YOUR
HEALTHY
LIFESTYLE
STARTS
HERE**



INTRODUCING
FOR THE FIRST TIME IN INDIA

ADVANCED GLOBAL HEALTHCARE &
TECHNOLOGIES FOR PATIENTS WITH
LIFESTYLE DISEASES & DISORDERS

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WORLD CLASS MIND & BODY THERAPIES
help manage lifestyle disorders & diseases
with customized therapeutic approach
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consultation on medicine intake.
Online diagnostics & pharmacy services with
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FROM THE DESK

DIRECTOR'S

MESSAGE



Krishna R. Bhat
(Founder & Director at Lifeshots)
B.Pharm From Manipal
Founder at
Chempifine Group of companies

Dear readers,

I wish that this New Year brings happiness, peace and health to you and your loved ones.

On behalf of the doctors and all my staff of Lifeshots Healthcare Center, I am pleased to welcome you to our Mind & Body Healing Center.

It was essential to emerge with such a health space that nurtures mind, body, and spirit non-invasively & druglessly. This combination is hard to come by in Mumbai, and so I decided to create the visions of unique preventive health Centre.

Lifeshots is a space rich with knowledge and healing energy. A unique concept health center that empowers humanity to achieve an optimal state of well-being for mind, body and soul. Holistically defined as "A concept Human Garage" where one can find their expression through the timeless non-invasive therapies that addresses Medical, Physical & Mind Health Issues.

We are a team up with highly qualified physicians, trainers, certified physiotherapist & technicians, experienced operators who recognize the need for a Therapy service in Mumbai thereby ensuring you get the best care and treatment possible for your condition.

We at Lifeshots feel and create an environment that address the special health concerns for people to feel good about themselves, both physically and mentally leading to a healthy and a better society..

Our array of advanced technology and cutting edge therapies aims to enhance healthy high performance in conjunction with the lifestyle principles that advocates improved quality of life. With the help of these unique best in class therapies our Lifeshots members would not just be FIT but they will be Rocking Fit. Performers would do better & would gradually increase their endurance and energy levels.

We drive hard by constantly acquiring new & advanced knowledge, skills and upgrade ourselves to up-keep with post modern technology. We hope to extend the benefit of our facility and wish you a healthy healing experience with our Center.

“ Your Road To Recovery ... Starts Here



WHO We are

Healing House 108 is a unique concept studio introduced for the 1st time in India that brings better health care that delivers highest quality therapies & treatments with unmatched care, outstanding service & innovative technology.

Our center is dedicated to offer a state of existence where all the body functionality operates in perfect harmony. Healing House 108 is focused to provide quality care with a human touch; which truly reflects the essence of its motto “Painless & Drugless living”

We are Re-introducing Family Physician Program dedicated to help one access quality healthcare with a team of experienced Doctors & Therapists who are focused to provide best in class services that helps your family stay rocking fit.

WHY Choose Lifeshots



Unique Concept Studio



World Class Therapies



Non-invasive Drugless Approach



Fastest & Accurate Technology



Advance Rehab & Physiotherapy



Certified & Trained Therapists



Experienced Team of Doctors



Digitized Health Tests & Records



Complete Family Healthcare



Dedicated Mind health division



E- Pharmacy & Delivery



Positive Healing Environment

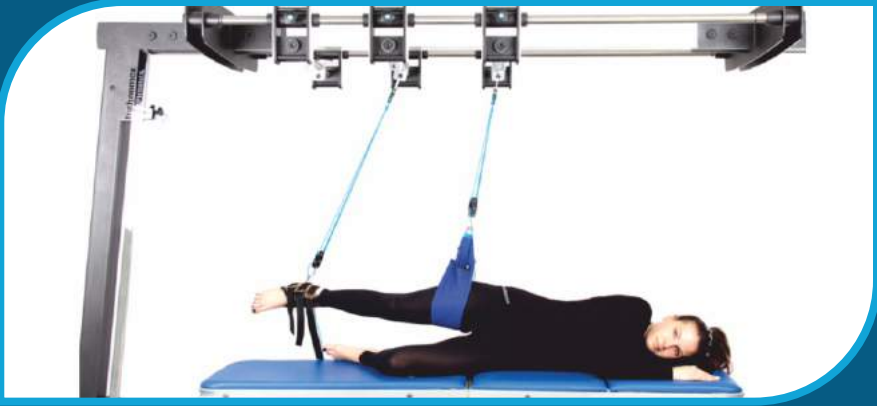
Our Services

- Advanced Physiotherapy
- Hyperbaric Oxygen
- Colon Hydro-detox
- Virtual Rehabilitation
- Anti-gravity treadmill
- Pilates
- Full Body Exerciser
- Float Therapy (Samadhi)
- Cryotherapy (-168 degree)
- Cold Sculpting & weight loss
- Body Lymph Press Massage
- Sound & Light Therapy
- Online Dr. Consultation
- Natural Health Supplement
- Body Posture Analysis
- Digitized Exercise Regime
- Pain Management Service
- Safe Ear & Nose piercing
- CES / AVE - Mind Health
- Diagnostics & Home pickup
- Fresh Cold Press Juice



“ Walk Beyond The **Boundaries of Ordinary Reality**

Advanced Physiotherapy



Modernized Physiotherapy & Pain Management with suspension concepts. These therapies help strengthen musculoskeletal & Orthopaedic rehabilitation

Benefits: Orthopaedic rehab, sports rehab, neuro, post-operative, back, knee, shoulder joint care, womens health, post antenatal exercises, senior citizen injury & pain management.

Cryo Therapy

Cryotherapy takes you to -170 degrees in extremely sub-zero temperature you meet your happy chemicals and boost you endorphin, flush out your toxins. It's a 3 min fun filled session.

Benefits: Decreases Inflammation, increase performance, athletes favourite, increases metabolism, burns upto 800 calories, chronic pain, fatigue, arthritis, weight-loss, improves skin texture



Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy is a boon to healthcare with a proven non-invasive and drugless approach for most of health conditions. The chamber carries 97% of pure Oxygen that optimizes the healing capacity of damaged tissues and helps generate new body cells

Benefits: Diabetic wound, anti-aging, stroke & injury rehab, fractures, burns, diabetes, parkinsons, alzheimers, sports & athletic performance, sports injury recovery, asthma, migraine, autism, cerebral palsy, arthritis, radiation injury,



Float Therapy

Float Therapy takes one to a world of nothingness. In a sensory deprivation tank a person floats in their back and their body floats on the surface of water giving a feel of buoyancy. Digital detox is a must try therapy for all.

Benefits: Muscle pain, rheumatism, chronic pain, fatigue, fertility, blood pressure, pre-post pregnancy, jetlag, migraine, anxiety, insomnia, back pain, depression, pre-menstrual tension, stress and many more



Virtual Rehab & Physio



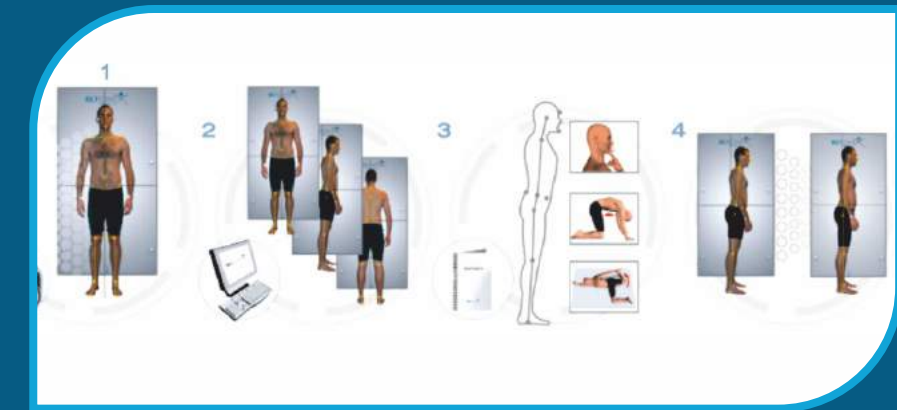
A unique virtual technology exclusively designed for rehabilitation and recovery for patients that provides interactive gamified environment that is not only fun packed but also evidently beneficial for patient in post-traumatic, post-operative, orthopaedic, sports and neurological, etc. Our technology allows patient too track progress and increase motivation to recover faster

Benefits: Head injuries, stroke, multiplesclerosis, parkinson disease, muscle dysfunction, fractures, ankle and knee sprain, hip dislocation, lower limbs, sports injury etc.

Body Postural Analysis

A number of causes may be at the origin of muscle imbalances; and wrong posture due to our day to day habits and movements and ageing. Biotonix system assesses and pin points these postural deviations, and in function of these prescribes a corrective exercise program. for correction.

Benefits: Spinal pain, headache, mood, blood pressure, pulse and lung capacity, strengthen muscle, sports, physical pain management, are among the functions most easily influenced and corrected by posture analysis.



Anti-gravity Treadmill

Healing House 108 Light-Speed-Lift body support system. The unique suspension lift helps one for physical rehabilitation by full range of motion that works as a booster with our treadmill by lifting up to 35 lbs. weight.

Benefits: Painful and Antalgic Gait /Total Hip and Knee Arthroplasty Therapy, Anterior Cruciate Ligament Therapy, Foot and Ankle Procedures, Fractures, neurological trauma, brain injury, Sports, Parkinson's, Multiple Sclerosis, Vestibular/balance problems, Visual loss, Diabetes, Chronic pain, Dementia etc.



Sound Wave Body Exercise

A workout that is enjoyable, healthy & quick for busy modern people. Sound wave exercise program provides a great workout in just 10 min. Whole-Body Vibration employs a speaker system with new magnetic circuits platform that energises cells and improves blood circulation with 80-100 trillion cells in motion at the same time and same frequency.

Benefits: Blood circulation, strengthens muscles, relaxation, improves bone density & tissue, full body exercise, relieves stress, manage emotional trauma, relieve soreness, improves skin texture, aerobic and anaerobic exercises.



Conical Inertial Therapy



Now Muscle strengthening & sports performance is safe and easy with Conical Pro Pulley, due to the cone's nature, is that the movement is accelerated with progressive weight that help Accelerate movement with progressive load using nautical ropes and pulleys.

Types of Exercise: Anti-Extension, Anti-Flexion, Anti-Lateral Flexion, Anti-Rotational, Hip Dominant, Knee Dominant, Pull, Push-Press, Abdominals, Abductors, Adductors, Biceps, Calves, Chest, Forearms, Gluteus, Hamstrings, Iliopsoas, Lats, Lower Back, Middle Back, Quadriceps, Shoulders, Triceps, physiotherapy & rehabilitation.

Colon Hydro Therapy

It's a famous saying that "Diseases arise from colon and cured with the care of colon". Rejuvenate and Detox your body with colon hydrotherapy and gently cleanse your colon just with the help of pure water. Improve your digestive system and enhance your metabolism.

Benefits: Body-detox, improve digestion, constipation, increase energy, weight-loss, boost immunity, asthma, diabetes, migraine, mental stress, fatigue, obesity etc.



Sound & Light Therapy

Healing House 108 mind health division offers a unique inverted triangle array of LED lights stimulating various brain regions by kaleidoscopic patterns of colours along with healing sounds of tibetan bowls and mercury gong for deep level brainwave. A drugless approach for improved mental health, increased relaxation and well-being. AVE, CES & MET are some of other combinations

Benefits: ADD, ADHD, performance, improves memory, insomnia, anxiety, stress, depression, addiction, alzheimer, dementia, mood swings, PTSD, SAD, behaviour, mind training.



Lymph Press Body Massage

Healing House 108 one of the signature therapy leaves one with soothing experience of massage and revives your circulatory and lymphatic vessels by driving toxins out of the body and stimulating muscles resulting in deep relaxation and body detoxification.

Benefits: Relieves pain, swelling, bloating, increased blood flow, detox, rejuvenates body, weight loss, body massage, improves skin tone, athletic performance, boost energy.



Inch Loss - Cryolipolysis



Healing House 108 most safe & effective inch-loss and body shaping treatments offers 5-in-1 non surgical cryolipolysis. Reduce those unwanted subconscious fat cells by freezing them completely hassle free without damaging the overlying skin.

Benefits: Freeze fat & lose inch in areas of abdomen, waist, buttocks, thigh, upper arm, double chin, love-handles, body sculpting, profiling, improved circulation, weight loss management, varicose veins, swelling, skin tone, boost immunity, detox & rejuvenate body.

Body Foment Treatment

A dry hot granule fomentation treatment that incorporates warm herbal compression in a nutmeg and caraway stress. Warm clay balls & granules called loess emits 25 essential minerals that are effective for blood, bones & air often called "airborne vitamins"

Benefits: Oxygenate organs, activate cellular functions, removes reactive oxygen & hydrogen ions during metabolism, strengthens cellular functions, improves blood circulation, relieves fatigue & atopic dermatitis, helps muscle relaxation, helps recover from menopause.



Roller Shape Fitness

Enjoy mayofacial roller massage that gives your muscle relaxation by breaking down fat ensuring healthy skin and assists in improving vascularisation with infra red heat. It helps uplift ones overall mood and balance the body by increasing lymphatic and blood circulation.

Benefits: Reduces cellulite, breaks fat cells, improves muscle recovery, reduces pain, activates the metabolism, deep tissue massage, muscle pain, back pain, chromtherapy improves mobility and flexibility



Oxygen Shot

Breathe mountain fresh oxygen, take an O2 shot on the go. The reduced oxygen levels in a highly polluted cities is a matter of concern. A single session of 20-30 mins of Oxygen shots can take away your entire days tiredness and fatigue.

Benefits: Neutralize the free radicals, revitalise cell metabolism, Enhance immune function, Blood purification, Better sleep & helps good digestion. Can be used by all age group.

Audio Visual Entrainment Therapy



A portable & drugless therapy for mind health that produces appropriate brain wave frequency and helps increase the metabolism & functioning of the neurons in the brain for improved mental performance. The brain / body rehabilitative benefits produced by this deep trance-like state that makes AVE so useful for so many conditions.

Benefits: Anxiety, autism, Chronic pain, athletic performance, academic performance, cognitive skills, Fibromyalgia, Triceps, physiotherapy & rehabilitation

NeuroCryo Stimulation

A modern technique that combines the therapeutic arsenal of non-drug & instant pain relief. With the help of Carbon dioxide sprayed at -78°C and 50 bar pressure it cutaneous thermal shock and triggers a central neurological response to relieve pain immediately & relaxes the muscle.

Benefits: Tendinopathy (epicondylitis), neck pain, back pain, sciatica, post-traumatic peri-articular-oedem, haematomas and oedema, post-operative pain, muscle pain, sports injury, swelling etc.



Cranial Electrical Stimulation Therapy

CES is a non-invasive brain stimulation that applies a small electrical pulse which is applied laterally across the cranium stimulates endorphin, serotonin and norepinephrine neurotransmitter production. It aids in information processing, memory, energy level and mental well-being.

Benefits: Addiction, autism spectrum disorders, cognitive dysfunction, cerebral palsy, depression, insomnia, anxiety, impaired learning, disorientation, headaches, parkinson related pain.



Sound Healing Therapy

A sound bath is a relaxation technique and meditative experience whereby participants 'bathe' in the sound waves produced by the instruments such as gongs and singing bowls. Sound Therapy has been used for thousands of years in many different cultures. It balances both hemispheres of our brain, promoting deep relaxation.

Benefits: Deep relaxation & meditation, mental, physical & emotional healing, pain mngt., ADD, ADHD, sports, insomnia, anxiety, stress, depression, PTSD, SAD, alzheimer, improves memory.



MicroSilk Hydrotherapy



Healing House 108 offers you most safe & effective natural cleansing, exfoliation, and moisturisation therapy through oxygen-rich micro bubbles bath approximately 50 microns.

Benefits: Consistent warmth and improved circulation through an enhanced "Sauna Effect". removes impurities, carrying oxygen for improved metabolism, lightly caressing skin for exfoliation, and improving hydration for dry skin. improving circulation, opening pores to release toxins, and increasing cardiovascular activity, improves serotonin levels.

Dry Floatation Therapy

Regenerate your body and mind with Healing House 108 exclusive Zero Body Dry Float Therapy. Now relieve your central nervous system from any external stimuli. Your mind can perform to its full potential while your body chills out and regenerates, living a unique sensory experience.

Benefits: Insomnia, chronic pain, from cognitive enhancement to athletic recovery after injury. While floating, some specific brain areas are activated, stimulating a physiological response opposite to stress, with an improvement in mental performances. Meanwhile, the absence of points of contact has a beneficial effect on the body.



Multisalt Halotherapy

Experience one of the most natural and effective halotherapy that acts as an alternative treatment that involves breathing salty air that contains microscopic salt particles. It's a 30-45 min session

Benefits: Helps relieve respiratory system., breaks up mucus, reduces inflammation, clears airways, release more serotonin, helps relieve pain, stress and provides better sleep, depression, anxiety, good for treating psoriasis, eczema and acne.



Virtual Reality Space VR

Floating through space and observing the Earth creates a profound shift in consciousness known as The Overview Effect. Healing House 108 offers a program specifically to take you on this journey like never before. It's the weightless environment of the pod that truly creates the opportunity for you to feel like an astronaut and get totally blissed out.

Benefits: Experience the awe of orbiting the Earth for yourself! When you combine the weightless environment of a zero gravity float pod with our high definition virtual reality orbit you get an experience that's truly out of this world.



Meditative Dentistry



Experience Pain Free & Smooth Dental Treatments with Meditative Dental Services. Its one of the advanced systems that helps patients to experience a stress and pain free dental services. The effect of repetitive audio-visual stimulation on skeletomotor and vasomotor activity helps for a pain-free & happy dental treatments.

Benefits:

VE and CES do everything from reducing pain in the dental chair to reducing pain from temporo - mandibular dysfunction (TMD) to keeping the jaw relaxed and prevents damage during dental work.

GET ACTIVE - MEMBERSHIP

Bounce Back	Recharge & Recovery	Stress Recharge	Lifestyle care	Women Care
2 Colon Detox	2 Float (Dry)	2 Colon Detox	3 Colon Detox	2 Colon Detox
10 Physio Fitness	2 Float (Wet)	3 Cryotherapy	10 Halo Therapy	4 Microsilk
3 Cryotherapy	3 Cryotherapy	2 Float (Dry / Wet)	2 Sound/10 CES/AVE	2 Float (Dry/Wet)
2 Float (Dry / Wet)	10 Physio Fitness	10 Physio Fitness	10 Sonix Sound Wave	10 Physio Fitness
2 Sound/10 CES/AVE	2 Colon Detox	1 Microsilk	5 Lympha Press	2 Cryotherapy
1 Microsilk	1 Microsilk	1 HaloTherapy	10 Physio Fitness	2 Sound/10 CES/AVE
Rs. 30000/-	Rs. 30000/-	Rs. 30000/-	Rs. 30000/-	Rs. 30000/-

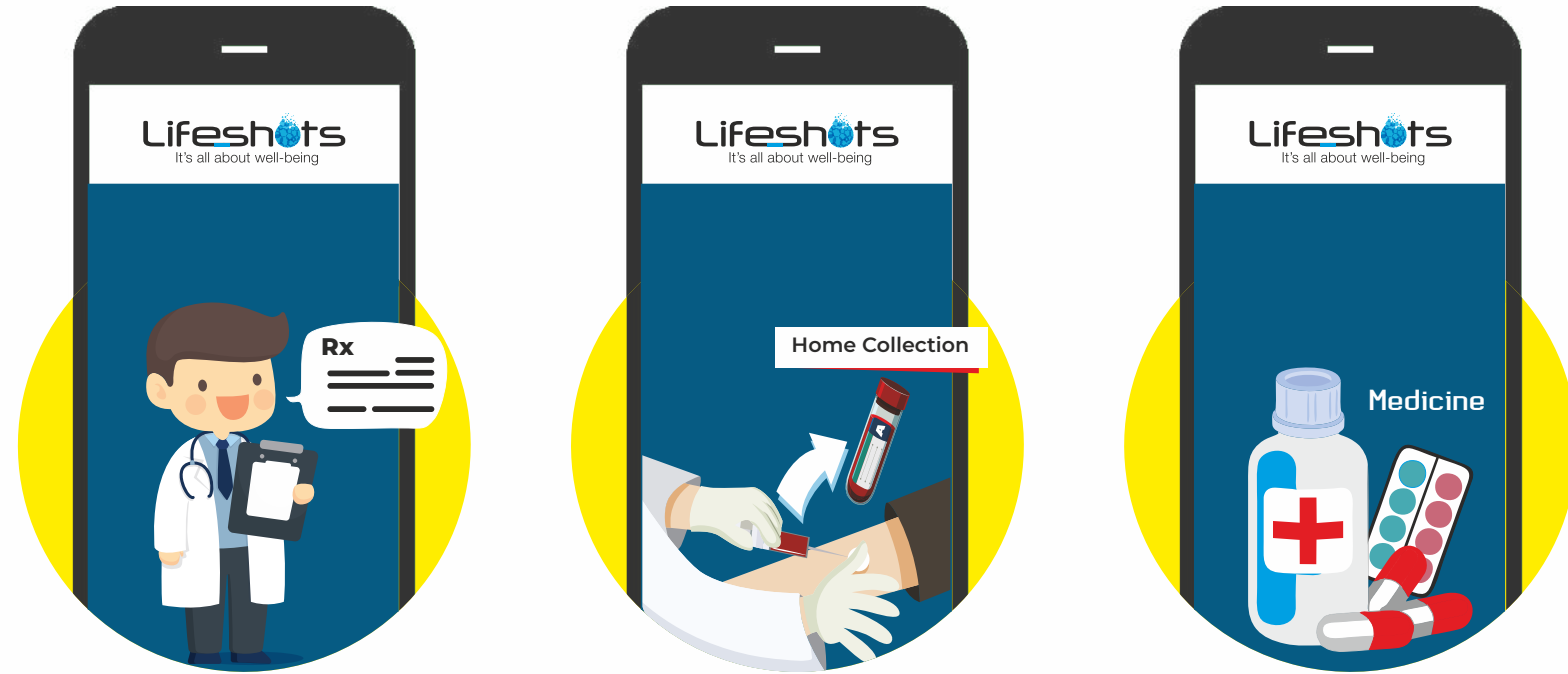
1 YEAR PRIVILEGED MEMBERSHIP BENEFITS

- Flat 20% Off on MRP exclusively on therapies
- Online Doctors Consultations 09:00 am - 09:00 pm
- Medicine intake review & diagnostics lab support
- 7 Day - CES / AVE Therapy for 1
- ECG + ABI + BP monthly once
- Diet & Nutrition Consultation - 2 session
- Physical & Medical Health consultation
- Pink privileged breast screening once in year
- Oxygen Shots / Foot Massage monthly once
- Marma Yoga - 1 Session

T & C apply*

Valid for any 4 members of a Family

*Exclusive 10% Off for Referrals



Doctors
Consultation

Diagnostics

Online
Pharmacy

PRIVILEGED MEMBERSHIP ADVANTAGE

Lifeshots membership model provides exclusive online Doctors consultations & prescription, Online Pharmacy, Diagnostics services offers an excellent & convenient online real-time primary care doctor service for our customers who shall obtain consultation on treatment & medication support options online at the comfort of their home.

Our Online app based services are easy to use for those who have busy schedules and can't travel. Once you sign up, your medical history, lifestyle and health concerns are addressed in a video conferencing platform via smart phone our doctors & health specialists can connect with you and diagnose your health concerns online. Become a member and adopt healthy lifestyle choices today.

*Avail Exclusive Membership Offers & Discounts

It's TIME TO **BOUNCE** BACK

JOIN
TODAY!

PRIVILEGED MEMBERSHIP BENEFITS

- Flat 20% Off on MRP exclusively on therapies
- Online Doctors Consultations 09:00 am - 09:00 pm
- Medicine intake review & diagnostics lab support
- 7 Day - CES / AVE Therapy for 1
- ECG + ABI + BP monthly once
- Diet & Nutrition Consultation - 2 session
- Physical & Medical Health consultation
- Pink privileged breast screening once in year
- Oxygen Shots / Foot Massage monthly once
- Marma Yoga - 1 Session

YEARLY FAMILY MEMBERSHIP (4) : Rs. 30000

BOOK - 9820188508