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OPP HIRANANDANI HOSPITAL, PATLIPADA, THANE
WEST**

Director's Message



Lifeshots Healthcare Clinic

Lifeshots Healthcare Clinic, On behalf of my team of dedicated Drugless Doctors and staff, I warmly welcome you to Lifeshots a revolutionary Medical Space which has the potential to change the face of Healthcare from DRUG TO DRUGLESS

There has long been a need for a paradigm shift in Indian Healthcare System from Curative to Preventive we are pioneering the future of health & Care today.

Lifeshots is not just a healthcare center. It is a movement, a space where science, compassion, and innovation come together to help people live healthier, happier, and more vibrant lives.

We conceptualized Lifeshots as a Modern Temple for today's generation offering evidence based Brand New Healthcare Options.

Our New perspective will empower our doctors to treat root cause and not just symptoms.

In True sense soon people will perceive Lifeshots as a *Gift of Health to the society .

At Lifeshots, we treat or prevent Pain to Cancer , Autism to Alzheimer's, Eczema to Psoriasis and that to going beyond medicine (Drugless).

Our Dental Health and cosmetology depts are also integral part of our concept and we will make a perfect partner of choice in family Health & Care and transform every human in to healthier being till the age of 100 with our membership based program.

Join us in shaping a healthier, drugless, and more vibrant future.

“Lifeshots Healthcare a Gift of Health by a Pharmacist on a mission to change the face of healthcare from drug to Drugless.

Warm regards,

Krishna R. Bhat
Director | Healthpreneur

Message from Our Core Medical Team

At Lifeshots, doctors from diverse specialties come together with one mission — to provide holistic, drugless, and integrative healthcare. We believe in finding the root cause of illness, guiding patients through a 360° health revolution, and supporting families with preventive care. Redefining the role of the family physician, we stand as lifelong partners in your journey toward lasting wellness.

— The Lifeshots Core Medical Team

CRYOTHERAPY



Feel the chill, heal the body. Step into the future of recovery with cryotherapy, where subzero temperatures ignites your body's natural healing powers.

It's the go-to treatment for athletes, fitness enthusiasts, and anyone looking to speed up recovery and rejuvenate their body with minimal effort and maximum results.

BENEFITS

- Decreases inflammation
- Accelerates performance
- Athletes favourite
- Boosts metabolism upto 800 cal
- Helps in managing chronic pain and fatigue
- Arthritis
- Improves skin texture and reduces wrinkles

HBOT-OXYGEN CHAMBER

HBOT takes you on a transformative journey where every breath is infused with pure oxygen.

This therapy increases the amount of oxygen in the blood, which helps the body heal damaged tissues and fight infections. Whether you're healing from an injury, surgery, or just looking to optimize your wellness. HBOT provides a deep, restorative boost to your health.



BENEFITS

- Accelerates wound healing used in stroke
- Diabetic wound
- Injury rehabilitation, fracture
- Effective in Burns, Parkinson, Asthma, Migraine
Autism, Cerebral Palsy, Athletic performance and
Radiation injuries
- Boost immune system efficiency.

FLOAT THERAPY



Float therapy, also known as “Sensory Deprivation or Isolation tank therapy”, involves floating effortlessly in a specialized tank filled with buoyant, skin-temperature water and Epsom salt. This technique aims to reduce external stimuli like light, sound, and gravity, creating a state of deep relaxation and mental clarity.

BENEFITS

- Reduce significant muscle pain
- Rheumatism
- Fatigue
- Fertility
- Blood Pressure
- Pre & Post Pregnancy
- Stress
- Stiffness
- Balances Autonomous Nervous System
- Helps with insomnia

OZONE THERAPY

Ozone therapy involves administering ozone, a form of oxygen, to the body for various medical applications.

Ozone is extremely reactive. When its atoms break apart, they instigate a reaction in nearby tissues, which in turn stimulates healing, promotes pain relief, and offers other advantages.

BENEFITS

- Balances an overactive or weakened immune system — helpful in autoimmune and chronic inflammatory conditions.
- Activates Antioxidant Defenses - Triggers production of natural antioxidants like glutathione and catalase through mild oxidative stimulation.
- Enhances Oxygen Delivery- Improves red blood cell flexibility, aiding oxygen transport to tissues and organs more efficiently.
- Kills Pathogens Naturally -Destroys viruses, bacteria, and fungi by breaking down their protective membranes — without harming healthy cells.
- Boosts Cellular Energy- Stimulates mitochondrial activity and increases ATP production, improving overall metabolism and vitality.



EECP



Enhanced External Counterpulsation (EECP) is a non-invasive outpatient therapy that improves blood flow and reduces heart workload by rhythmically inflating and deflating cuffs on the legs in sync with your heartbeat.

BENEFITS

- Relief from angina & improved heart function.
- Promotes collateral circulation & angiogenesis.
- Boosts exercise tolerance & reduces fatigue.
- Lowers heart workload & improves circulation.
- Artificial bypass

ROLLER SHAPE FITNESS

The lymphatic drainage roller is a dream come true for those who wish to lose excess weight without effort, and without having to worry about working out or having dietary resources.

This machine shows positive noticeable results in just 7 days with ONE hour a day on it!

Come sculpt and tone, without exhausting and high impact exercises.

BENEFITS

- Reduces Cellulite
- Breaks Fat Cells
- Improves Muscle Recovery
- Reduces Pain
- Activates the Metabolism
- Deep Tissue Massage
- Muscle Pain, Back Pain.
- Chromotherapy Improves Mobility and flexibility



DEEP SLEEP THERAPY



Enjoy the Latest Complete Body & Mind Treatment at the Push of a Button with the DEEP SLEEP MATTRESS. The world's first therapeutic mattress for regenerative sleep reaching upto 1000v potential for complete mind and body relaxation.

BENEFITS

- Improves blood circulation
- Helps with Insomnia
- Chronic Constipation, Indigestion
- Headaches
- Nerve and Muscle pains, Stiffness, Lymph Circulation, Tiredness
- Balances autonomic nervous system
- Excessive or retention of body fluids.

ULTRA-SONIX EXERCISE



A workout that is enjoyable, healthy & quick. The sound wave exercise program generates precise Sonic Wave of infrasound using the electromagnetic technology, that provides a great 10min workout, that energizes cells and improves blood circulation with 80-100 trillion cells in motion at the same time and same frequency.

BENEFITS

- Helps in increasing blood circulation strengthens muscle helps in fat burning within 3 months (12 to 15 mins/3 per week) and gives sense of relaxation improves bone density and tissue n helps in stimulates the secretion of relaxation hormone- serotonin
- Manages with emotional trauma
- Reliefs soreness can be also used in geriatric training

TRU-CRYO



Cryo-stimulation means ‘stimulation using low temperature (less than 4°C) the cooling power of carbon dioxide (CO₂) which is applied to the skin to generate a temperature shock, that causes blood vessel in the underlying tissue to constrict. Post- treatment once the body warms up the blood vessels expands around 4 times more and brings with it oxygenated blood, hormones, neurotransmitters & nutrients.

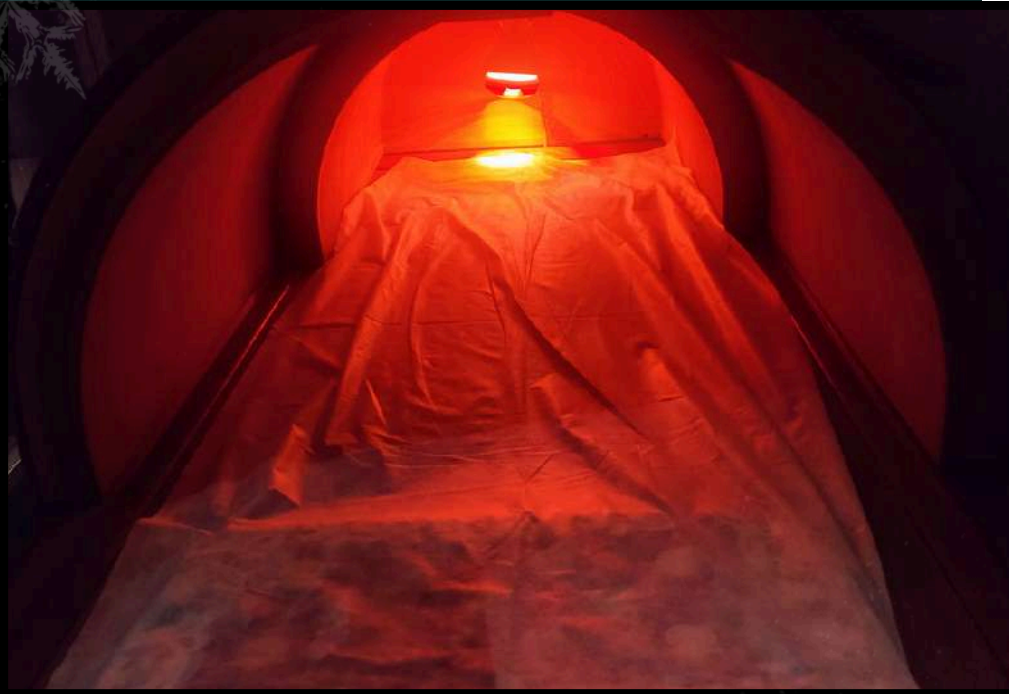
BENEFITS

Manages chronic pain within 90 sec used in

- Tendinopathy
- Neck pain
- Back pain
- Radiating pain like siatica
- Edema
- Sports injury
- Helps in skin asthetics (pore, acne, wrinkles, scar)

BODY FOMENT TREATMENT

Body fomentation is application of heat to the body. These fomentation beds have infrared radiations which increase circulating white blood cells, increases elimination of wastes by sweating and relieves the muscle spasm.



BENEFITS

- Oxygenates the organs activates the cellular Functions which helps in increasing blood circulation
- Remove reactive O₂ and H ion's during metabolism
- Strengthens cellular functions
- Relieves fatigue spasms
- Penetration upto 680 nm
- Stiffness
- Atopic dermatitis .

DRY FLOATATION THERAPY



Rejuvenate and re-energize with a relaxation technique that uses gentle vibrations on a dry membrane to create a feeling of weightlessness and sensory deprivation and taking you away to a transcendent state.

BENEFITS

- Insomnia, Cognitive Enhancement
- Athletic Recovery After Injury
- Improves Mental Performances by increasing endorphin production.
- Improves lymphatic and venous drainage
- Improves lactic acid drainage
- Reduces inflammation
- Sleep Apnea

PEMW THERAPY

Pulsed Electro Magnetic therapy is a device intended to provide physio-therapeutic treatment as well as recovery and rehabilitation measures using a low frequency pulsed electro magnetic field.



BENEFITS

- Musculoskeletal Conditions
- Injuries and their after-effects
- Diseases of peripheral nervous system
- Pancreatic diabetes & it's complications
- Diseases of venous system

CRYOLIPOLYSIS



Cryolipolysis or Coolsculpting is a FDA approved quick comfortable process of fat reduction without the need for surgery diet or exercises by using cold temperatures applied by a hand held device.

BENEFITS

- Instant inch loss possible in single session and body will continue over the next 6-12 weeks to show the effects as the fat cells crystallize and break down.
- The destroyed fat cells do not regenerate, which helps to maintain the achieved results.
- The fat loss is permanent and you can lose up to two inches in the area that has been worked on after the first session
- Body flushes your toxins and broken-down fat cells over the following 72 hours you may see further improvement.
- Skin tightening
- Toning and wrinkle reduction
- Skin tone and tightening with wrinkle reduction
- Destroyed cells do not regenerate this helps to maintain the achieved results

AYURVEDA



Ayurveda has been around for thousands of years and is considered one of the best ways to treat diseases and lead a healthy lifestyle in ancient India. It blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines, and herbs to help us lead a healthy, happy, stress-free, and disease-free life.

BENEFITS

- Detoxification
- Improved sleep
- Reduced stress and anxiety
- Improved circulation & digestion
- Improved immunity
- Improved skin health
- Enhanced brain function

LYMPHA PRESS



Lympha Press is a device designed for non-invasive lymphatic drainage therapy, which helps improve circulation and reduce swelling by using pneumatic compression. The device features adjustable pressure levels and customizable treatment programs to enhance lymphatic function, promote detoxification, and aid in recovery after surgery or injury.

BENEFITS

- Relaxes the muscle.
- Infrared rays accelerates the circulation of blood and lymph
- Promote the metabolism speeding catabolism of fat cells, thus largely decrease the fat cells.
- Promotes Immunity

MICROSILK THERAPY



Billions of oxygen-rich microbubbles reach where mere water and soap can't. These tiny oxygen filled microbubbles, (less than 2000th of an inch) penetrate gently into your pores and work together for a comfortable, clean exfoliation on a micro level. And since they are negatively charged- any dirt or impurities in the pores will be naturally attracted to the bubble and lifted away.

BENEFITS

- Improves the cell's metabolic health to support continuous cell regeneration in the basal layer.
- This increased oxygen level energizes cells, stimulates the immune system, kills bacteria, promotes healing, and reduces scar tissue.
- Naturally stimulates the cardiovascular system allowing improved muscle recovery and rejuvenation.
- Help relax the mind and body, promote deep sleep, and enhance recovery from physical exhaustion
- Improved skin health makes it highly beneficial in treating eczema, psoriasis and ichthyosis.

COLON HYDRO THERAPY

Rejuvenate and detox your body with colon hydrotherapy and gently cleanse your colon just with the help of pure water. Improve your digestion by caring for your Gut.

It's a famous saying that “Diseases arise from colon and cured with the care of colon”.

BENEFITS

- Body-detox
- Improve Digestion
- Constipation
- Increase Energy
- Weight-loss
- Boost Immunity
- Asthma, Diabetes
- Migraine, Mental Stress, Fatigue



CRANIAL ELECTRICAL STIMULATION



CES is a non-invasive brain stimulation that applies a small electrical pulse which is applied laterally across the cranium.

It 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's Related Pain

GRAD- Globally Regulated Auto Detox

Globally Regulated Auto Detox- GRAD SYSTEM
A Natural Detox for Your Health & Well-being
is a therapeutic detox process that uses a specially

designed dialysis tub to remove accumulated toxins from your body. This method supports your body's natural healing and cleansing mechanisms.

Many illnesses and discomforts arise due to toxic build-up from pollution, processed foods, and stress. The GRAD System helps flush out these toxins naturally—leaving you feeling lighter, healthier, and more energetic.

BENEFITS

- Promotes Renal & Abdominal Organ Circulation by using 40°C water and gravity-assisted posture to enhance detoxification.
- Reduces Pelvic & Abdominal Congestion, supporting organs like the kidneys, bladder, uterus, and intestines.
- Boosts Metabolic Activity through gentle resistance in warm water, aiding fat breakdown and weight loss.
- Enhances Lymphatic Drainage & Reduces Edema, especially in lower limbs and pelvic region.
- Relaxes Muscles & Improves Mobility with therapeutic warmth and guided movement, ideal for CKD-related fatigue and stiffness



SOUND AND LIGHT THERAPY



Sound and light therapy is a therapeutic technique that uses light and sound to improve mental and physical health.

Sound healing influences the mind through brainwave entrainment and resonance, promoting relaxation and emotional balance. Specific sound frequencies can alter brainwave patterns, shifting from active states (beta) to relaxed states (alpha and theta), ultimately leading to reduced stress and anxiety.

This process also involves the principle of resonance, where sound vibrations interact with the body's natural frequencies, potentially restoring balance and harmony.

BENEFITS

- ADD, ADHD
- Performance enhancement
- Improves Memory
- Insomnia, Anxiety, Stress, Depression
- Addiction
- Alzheimer's
- Dementia, Mood Swings
- PTSD, SAD, Behavior, Mind Training

ACUPUNCTURE



Acupuncture is a component of Traditional Chinese Medicine in which thin needles are inserted into certain anatomical points on the body. This stimulates the release of endorphins and other natural painkillers, potentially reducing pain and inflammation. Acupuncture can influence various neurotransmitters, including endorphins, serotonin and dopamine, which play roles in pain, mood, and stress response.

Acupuncture affects the motor cortex and somatosensory cortex, potentially enhancing muscle function and strength.

BENEFITS

- Infertility
- Headaches, migraine
- Menstrual cramps
- Tennis elbow
- Fibromyalgia
- Myofascial pain
- Osteoarthritis
- Low back pain
- Carpal tunnel syndrome
- Asthma
- post stroke recovery

ADVANCED PHYSIOTHERAPY



Physical therapy is a field of health care helping an individual recover from a orthopedic injury or someone suffering from a neurological compromise and to maintain a optimum state of health in later stages of life.

Here at Lifeshots along with the traditional physical therapy we focus on an advanced modernized approach in the field of physiotherapy changing the face of health care with our futuristic technology helping you with more efficient pain management, rehabilitation and maintenance for the elderly.

BENEFITS

1. Neuro rehabilitation
2. Cardiorespiratory Physiotherapy
3. Paediatric Physiotherapy
4. Geriatric Physiotherapy
5. Onco Physiotherapy
6. Sports rehabilitation
7. Women's health Physiotherapy
8. Hand Physiotherapy
9. Community Physiotherapy

YOGA



Yoga is a practice that connects the body, breath and mind. It uses physical postures with rhythmic breathing, breathing exercises, and meditation to improve overall health and wellbeing.

BENEFITS

- Improves Flexibility & Mobility, gently awakening the body through conscious movement.
- Strengthens Core Stability & Posture, creating a foundation for long-term musculoskeletal health.
- Calms the Mind & Nervous System, promoting inner balance through breath and stillness.
- Enhances Circulation & Organ Function, subtly nourishing the body from within.
- Fosters Mind-Body Awareness, helping you reconnect with your body's natural rhythm and needs.

ELECTRO-MUSCLE STIMULATION

Electrical muscle stimulation (EMS) is a cutting-edge fitness methodology that leverages electrical impulses to stimulate muscle contractions, enhancing workout efficiency & effectiveness.

BENEFITS

- Muscle pain relief
- Injury rehabilitation especially for poor blood circulation or muscle spasms.
- Strengthening weak muscles
- Reducing swelling
- Preserving motion and allow early neuromuscular re-education at other joints.



ANTIGRAVITY TREADMILL



Enhance your sports performance by lightspeed lift ANTIGRAVITY TREADMILL without the risk of injuries, as it lifts your body up allowing them to train further and faster avoiding overuse injuries.

BENEFITS

- Painful and Antalgic Gait/ Total Hip and Knee Arthroplasty Therapy
- Anterior Cruciate Ligament Therapy
- Foot and Ankle Procedures
- Neurological Trauma, Brain Injury
- Sports Injury
- Parkinson's, Multiple Sclerosis
- Vestibular/Balance Problems
- Visual Loss, Diabetes

COEXIN

Coexin machine are designed to enhance cognitive functions such as concentration, coordination, memory, and motor skill.

It is a neurocognitive diagnostic device designed to assess an individual's concentration power and brain-eye-hand coordination. It provides quantitative analysis of confidence levels and attention capabilities, making it suitable for patients aged 5 and upwards.

This apparatus is widely used in psychiatry clinics, by psychologists, psychotherapists, physiotherapist, occupational therapists, and in both normal and special schools.



BENEFITS

1. Cognitive Training:

- Improve concentration, memory, and problem-solving skills.
- Boost brain-eye coordination and reaction times.

2. Therapeutic Support:

- Improves attention, co-ordination & behavioural response in
- 3. ADHD, Autism & learning disorder conditions.
- 4. Stroke Rehabilitation
- 5. Alzheimer's /Parkinsons Disease-
- 6. Motor Skill Development

CARBON-DI-OXIDE BATH



Carbon Dioxide Bath (CO₂ Bath) revolutionary therapy that penetrates the skin, increases its blood circulation and as a result of this reaction there is a decrease in blood pressure and heart rate decrease, and it comes to overall mental calming.

BENEFITS

1. Enhances circulation
2. Promotes deep tissue healing
3. Boosts cellular oxygenation
4. Diabetic Foot
5. Neuropathy condition
6. Radiculopathy
7. Enhanced Peripheral Circulation

EURO GYM



Euro Gym, we redefine fitness with cutting-edge technology-driven workouts designed to enhance strength, endurance, and recovery.

Our innovative training methods include EMS (Electro Muscle Stimulation), Rising Yeti, Sonics, Matrix, and the Antigravity Treadmill providing a personalized and efficient fitness experience. Whether you aim for muscle toning, rehabilitation, weight management, or enhanced athletic performance, our advanced equipment ensures maximum results with minimal strain on the body.

BENEFITS

- Accelerate muscle activation, improve circulation, reduce recovery time, and enhance overall mobility.
- Our low-impact yet high-efficiency approach allows for faster progress, injury prevention and customized training tailored to your needs.
- Whether you are an athlete, recovering from an injury or seeking a smarter way to stay fit, our future-ready gym solutions ensure that you achieve your fitness goals Safely and effectively.

MEDITATIVE DENTISTRY



We transform the experience by integrating meditation, mindfulness, and relaxation techniques into modern dentistry. Our approach ensures a stress-free, pain-free and calming environment, allowing you to receive the best dental care without fear or discomfort.

BENEFITS

- Reduces the perception of pain in dental chair to TMD through mindful techniques like AVE & CES
- Reduces stress n anxiety n enhances patient cooperation
- Lowers the need for anesthesia in moderate cases
- Minimises the muscle tension keeping the jaw relaxed n preventing damage during dental work

NEUPHONY

Neuphony aims to unlock the human mind's potential through **neurofeedback**, a proven method for enhancing brain health by improving memory, sleep, and reducing stress.

BENEFITS

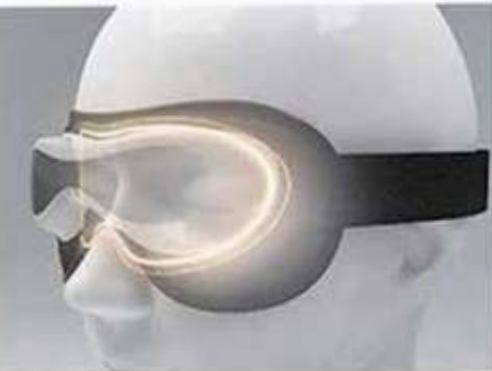
- Enhances brain health
- Improves memory
- Sleep
- Reduces stress.
- Gives Brain EEG status



OPTIVIEW- EYE SPA



Air Pressure Massage



Vibrating Massage



Heat Massage

This solution relaxes the stiff muscles and dissolves the clogs that fat oil of Meibomian gland springs through heat around eyes.

BENEFITS

- To relieve swollen eyelids
- Blurred vision
- Eyes which are red and sore
- Eye Strain / Computer Vision Syndrome
- Puffy Eyes & Mild Periorbital Edema
- Headache & Migraine (Adjunct)
- Dark Circles (Lifestyle-induced)
- Mild Sinus Congestion

PATHOLOGY

Minimal Invasive. Faster Reports. Clear Answers. At Lifeshots, we are NABL approved and we understand that waiting for reports can be stressful.

That's why we offer minimally invasive testing methods that ensure less discomfort and faster results—so you can focus on your health without unnecessary delays.

BENEFITS

- **Tiny Prick, Big Clarity:** Our expert team uses gentle sampling methods to reduce discomfort.
- **Fast Turnaround:** Most reports are available within hours, not days.
- **Accurate Results:** Advanced technologies for precise health insights.
- **Personalized Guidance:** Reports explained with practical action steps for your healing journey.
- **Whether it's routine health checkups, hormonal tests or advanced markers for anti-aging and wellness, we ensure a smooth, comfortable experience from test to report.**



VIRTUAL REALITY



Experience the virtual realms of the outer space that creates a profound shift in consciousness known as the overview effect.

Join us in our journey for the shift in reality towards futuristic healthcare.

BENEFITS

- Neuromuscular co- ordination
- Biofeedback
- Neuroplasticity
- De-sensitization
- Vestibular rehabilitation
- Cognitive training
- Brain Gym

HYDRATION THERAPY

Enhance the power of hydration by infusing water with One Drop Wellness- a range of herbal, botanical and therapeutic extracts designed to nourish, detoxify and revitalize your body naturally.

Whether you need deep cleansing, immune support, relaxation, or cognitive enhancement, simply adding a few drops of these potent herbal extracts to your water can transform your daily hydration into a powerful wellness ritual.



BENEFITS

- Maximizing nutrient absorption
- Detoxifying the body
- Enhancing mental clarity
- Improving digestion
- Boosting immunity and promoting overall well-being.
- With the convenience of pure, natural and scientifically formulated herbal extracts, our hydration therapy helps you stay refreshed, balanced and energized throughout the day

Our collection includes wellness kits such as the Pure Cleanse Detox & Revitalize Kit, Breath Easy Kit, Sleep Well Herbal Kit, Brain Boost Cognitive Kit, BP & Diabetes Control Kit, and more, along with individual drops like Saffron, Rose, Vetiver, Chamomile, Turmeric, Cinnamon, Valerian Root, Cardamom, and Jasmine.

HALOTHERAPY



Halotherapy, also known as dry salt therapy, is a natural, drug-free therapy that involves inhaling micro-sized salt particles to promote better respiratory function, skin health, and overall well-being. This therapy is widely recognized for its anti-inflammatory, antibacterial, and immune-boosting properties, making it an effective treatment for respiratory conditions, skin disorders, and general wellness.

BENEFITS

- Benefits in COPD, Asthma (mild to moderate)
- Allergic rhinitis (hay fever)
- Chronic bronchitis
- COPD (as an adjunct therapy)
- Sinusitis
- Cough and chest congestion
- Post-COVID respiratory recovery (adjunct for lung hygiene)

SKY MASSAGE

Sky Massage, an advanced hydrotherapy treatment designed to relax, heal, and rejuvenate your body and mind.

Imagine lying comfortably on a specially designed massage table while multiple streams of warm water gently cascade over your body in a rhythmic, synchronized manner. The sensation is deeply calming, mimicking the effect of a gentle rain shower or ocean waves washing over you.

BENEFITS

- **Stress & Anxiety Reduction** - The warmth and continuous gentle pressure of water relaxes, lowering cortisol levels and eases mental stress.
- The release of serotonin and endorphins, improves mood and promotes better sleep quality.
- **Muscle & Joint Pain Relief** - Ideal for athletes, fitness enthusiasts and those suffering from chronic pain conditions like arthritis or fibromyalgia.
- Encourages lymphatic circulation, helping the body eliminate toxins, reducing fluid retention, and improving immune function.
- **Skin Hydration & Rejuvenation**- helps with dry skin, eczema and other skin conditions.



DERMA & COSMETOLOGY



First time in Thane skin firming & Rejuvenation
- R Thermage & PURAXEL

Discover the secret to flawless beauty with our expert skincare solutions. From rejuvenating facials to advanced treatments, we offer personalized care tailored to your unique skin needs. Embrace a radiant, youthful glow and let your beauty shine naturally.

FACILITIES

- AI based skin analysis
- Laser Hair Reduction - 4 Wavelength laser works on all types of skin & hair.
- Non-Invasive and Invasive Anti-aging Treatments
- Pigmentation /Melasma/Acne Treatment– Exfoliate and brighten skin for a fresh glow.
- GFC/PRP/QR678 – PDA , FDA approved hair regrowth treatment.
- HIFU (High-Intensity Focused Ultrasound) – Non-invasive skin tightening and lifting.
- Micro-needling – Stimulates collagen production to improve skin texture and scars.
- Cosmetic Acupuncture
- Medicated facial - Hydrafacial, Korean glass glow, Red Carpet Glow, Hollywood Laser Facial.
- Tattoo and Mole removal . (Birthmark, tags)

EAR PIERCING



Simply ear-resistable. From minimalistic designs to timeless classics, we use hypoallergenic stud earrings that are suitable for every style and every body.

BENEFITS

- Painless ear piercing
- Made of 100% surgical steel
- Absolutely safe
- Hypo- Allergic

HEALTH SHOPPE THE DRUGLESS PHARMACY

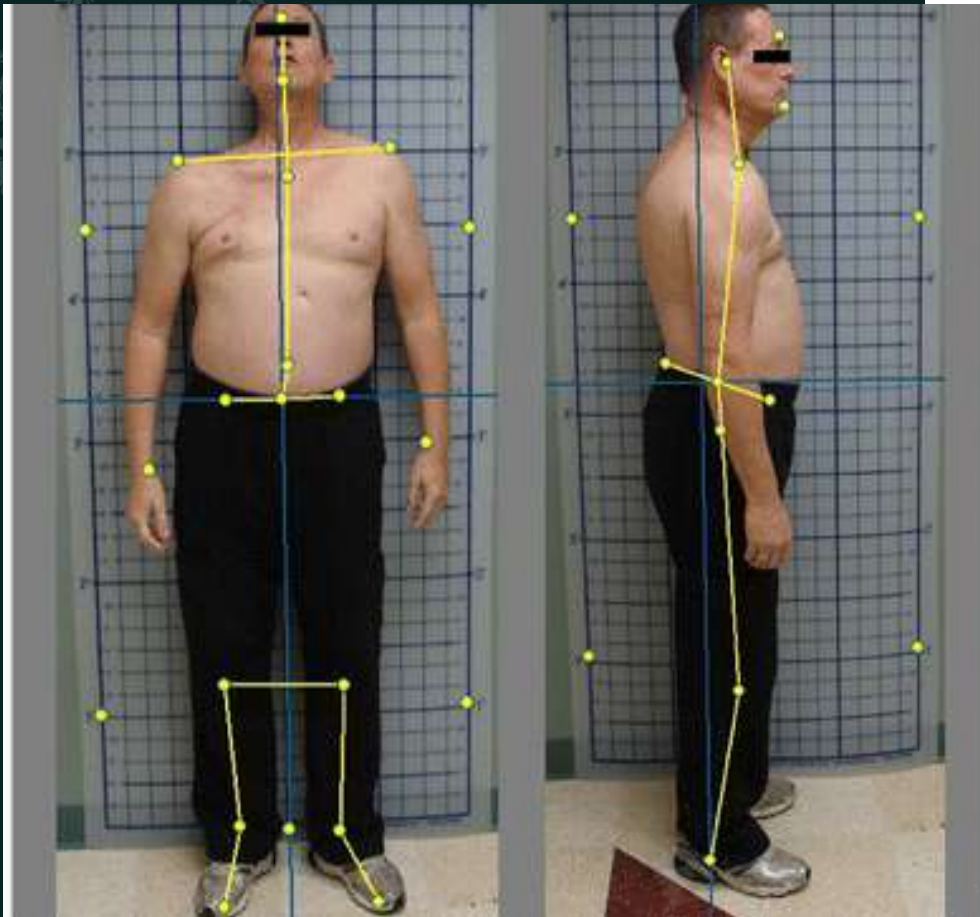


Health Shoppe, brings you a carefully curated range of natural, holistic, and drug-free wellness solutions designed to support your health and well-being.

Our extensive selection of patented PDR listed transferenceuticals, nutraceuticals, herbaceuticals, personal care essentials, and wellness kits.

Whether you're looking for immune boosters, detox solutions, gut health support, skincare, pain relief, relaxation aids to Healthy alternatives our collection is tailored to enhance your lifestyle naturally.

BODY POSTURAL ANALYSIS



Biotonix system assesses and pinpoints the postural deviations, and in the function of these prescribes a corrective exercise program for correction.

BENEFITS

- Prevents Chronic Pain
- Enhances Movement Efficiency
- Injury Prevention
- Supports Ergonomic Planning
- Aids in Athletic Performance
- Supports Spinal Health
- Biofeedback for Habit Correction

FOOT ANALYSIS



Foot Analysis | Posture Correction | VR Rehab Gaming
Step into the Future of Movement Care is a state-of-the-art plantar pressure and posture analysis system is

Designed with advanced sensors and integrated virtual reality rehab games, it transforms traditional foot and posture evaluations into an engaging, data-driven experience.

Foot Pressure Mapping: Identifies high-pressure zones, arch types, and imbalance.

Posture Analysis: Evaluates standing and walking posture to detect early misalignments.

Dynamic Gait Analysis: Monitors walking patterns, symmetry, and step dynamics.

VR-Based Rehab Games: Makes recovery fun and interactive while improving balance, strength, and focus.

BENEFITS

- Prevents long-term joint, spine, and foot problems.
- Early detection of flat feet, plantar fasciitis, diabetic foot risks, and alignment issues.
- Ideal for seniors, athletes, children and those with pain or mobility challenges.
- Personalized corrective plans: insoles, exercises, footwear, and rehab.
- Helps avoid unnecessary surgeries or drug-based treatments.
- Enhances brain-body coordination through gamified rehab.



**EXCLUSIVE
MEMBERSHIP**

MEMBERSHIP



Relaxation & Wellness Therapies

- Pneumatic/Ayurvedic Foot Massages.
- Ayurveda Foot Massage Sessions (Kansya Thali)
- Face Frotox Session for a glowing complexion

Mental Health Support

- CES & I AVE Session
- (Stress & Sleep Therapy) for 2 members.
- Complimentary Oxygen Bar Sessions

Special Facilities & Perks

- Skin analysis
- Patch test for hair analysis
- Jacuzzi Session for 2 Members.
- Access to "Yoga & Group Classes (discounted).
- Health Café & Shoppe Discounts
- Posture & Fitness Assessment by experts.



Online Doctor Consultations (5+/Month)

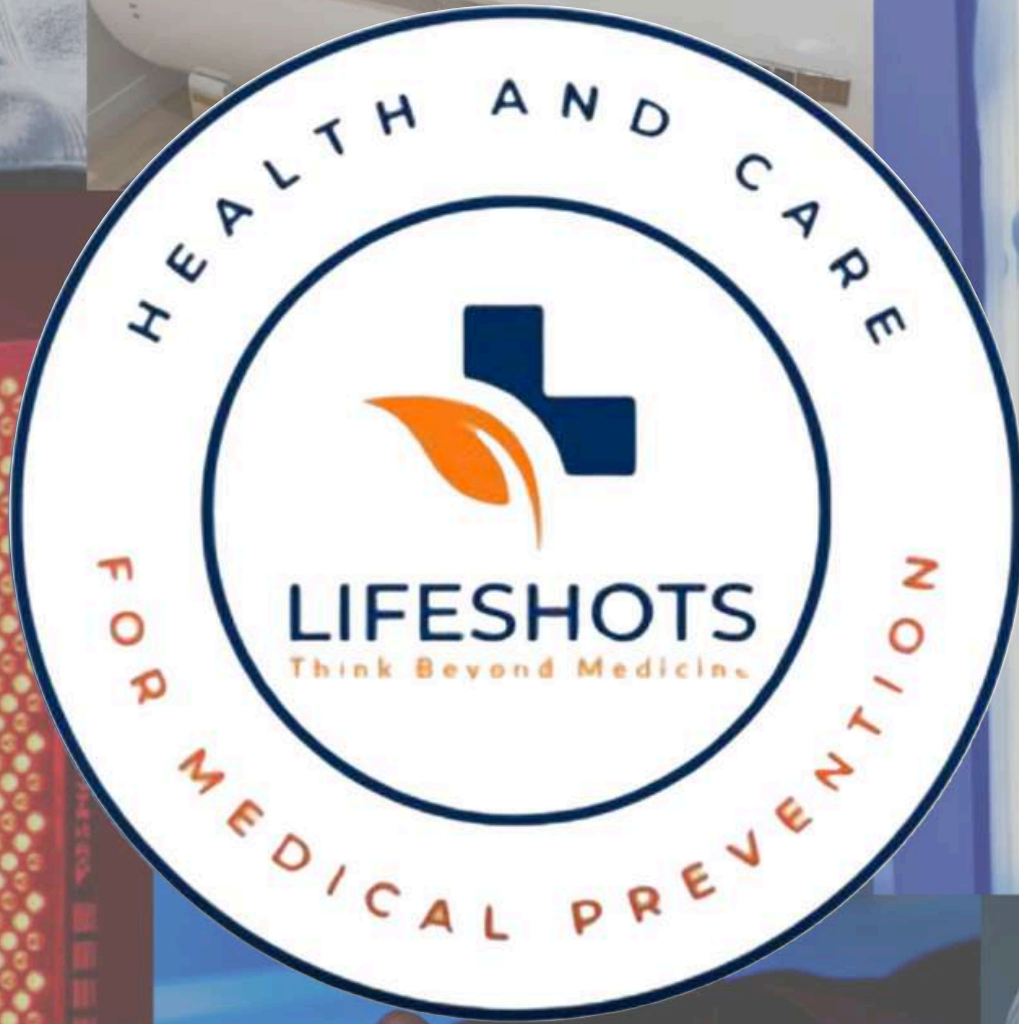
- **24/7 Specialist Access (GPs. Nutritionists. Psychologists).**
- **App-based digital prescriptions, diagnostics, and health records.**
- **Available in *13 Regional Languages.**

Pathology & Physical Assessments

- **Free Blood Analysis for 1 member: discounted rates for others.**
- **Full-body health checks, cardiac & vitals screenings (BP. SPO2).**
- **Family BMI & Foot Analysis.**

Dental Care

- **Complimentary Dental Check-up for All.**
- **Oral cleaning for 2 members**



Venue:

**LIFESHOTS, 2nd Floor Vega, Opposite
Hiranandani Hospital, Hiranandani Estate, Thane**



9820188508

WEBSITE: <https://life-shots.com/>