



# NAMASTE,

Thank you for reaching **TAPASYA HEALTH & WELLNESS**. We would be glad to serve you with authentic Ayurveda, Yoga and Naturopathy therapies.

## Our services

	<b>Consultation</b>	Consultation with specialized Ayurveda Doctors.
	<b>Panchakarma Therapies</b>	Abhyang (Massage) , Swedan (hot fomentation), Shirodhara, Potli, Dhara, Virechan, Vasti, Nasya, etc.
	<b>Yoga</b>	For fitness & illness, Laghushankha prakshalan, Colon Hydrotherapy, Hydro therapy, Mud therapy, accupressure etc.
	<b>Ayurvedic medicines</b>	Ayurvedic medicines at out in-house ayurvedic pharmacy
	<b>Diet &amp; Lifestyle Management</b>	Consultation on food, exercise and daily routine habits

## Treatments Offered



**Spine and Joint Disorders, Arthritis**



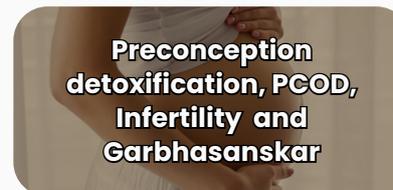
**Diabetes and hypertension, obesity, PCOD, Infertility**



**GI disorders like chronic Acid peptic syndrome, IBS, Collitis, Constipation etc**



**Stress and Anxiety treatment**



**Preconception detoxification, PCOD, Infertility and Garbhasanskar**



**Cancer, Muscular dystrophy and chronic cases of other systems**

**CLICK TO KNOW MORE**



# FAQ's

**WHAT IS THE PROCESS OF CONSULTATION AT TAPASYA ?**

[CLICK HERE](#)



**WHAT IS THE PROCESS OF ADMISSION AT TAPASYA ?**

[CLICK HERE](#)

**WHAT ARE PRICES OF VARIOUS TREATMENT PACKAGES ?**

[PANCHAKARMA](#)

[OTHER PACKAGES](#)



**HOW IS THE SCHEDULE AT TAPASYA ?**

[CLICK HERE](#)

**WHAT SHOULD I CARRY WHILE COMING TO TAPASYA ?**

Please note the list of things to be carried while coming for Admission/ Therapy at Tapasya.



Track pant & Tshirt for yoga



Adhar card



Slipper



Loose clothes



Your existing medicine



Night dress



Sweater or jacket  
(Mandatory) as during therapies exposure to cold breeze has to be avoided



Head cap  
(Mandatory)



9. Pair of clothes to wear after massage



10. Toothbrush, toothpaste, comb



# HOW TO REACH TAPASYA?



## BY AIR

- For international clients Mumbai or Bangalore are nearest international airports connected to Kolhapur airport.
- Domestic Flight available as follows
  - Mumbai to Kolhapur (1 Hour journey)
  - Bengaluru – Kolhapur (1 Hour journey)
  - Hyderabad – Kolhapur (1 Hour journey)
- We do arrange pick up & drop for Kolhapur Airport



## BY TRAIN

- Nearest Junction is – Miraj (Connected to Pune, Mumbai, Solapur, Bangalore, Hyderabad, Delhi, Gujarat, Rajasthan)
- Nearest Railway station is – Jaysingpur
- We do arrange pick up & drop for Miraj, Jaysingpur and Kolhapur Railway station



## BY ROAD

- 3 hrs from Belgaum
- 4 Hours from Pune
- 7 hrs from Mumbai
- 6 hrs from Goa
- 4 hrs From Solapur



**TAPASYA**  
HEALTH & WELLNESS

**For Appointments**



8083171171



10:00 AM TO 6:00 PM

**Address**



Tapasya Health And Wellness,  
Kolhapur - Sangli Bypass Road,  
Nimshirgaon , Tal.Shirol,  
Dist. Kolhapur 416101

**LINKS**

Click on the icons below

