



WELLNESS CONSULTANT AND HOLISTIC NUTRITIONIST PRANATHI BOLLAPRAGADA

Master's in nutrition, Certified in Behavior Changing Skills Coach



Pranathi is a wellness consultant and a Holistic Nutritionist, she finds her immense pleasure and fulfilment in helping people lead healthier and happier lives. She believes in integration; hence she found a balance of integrating modern clinical approach with strong principles of ancient wisdom of Ayurveda and Holistic Nutrition, she is an advocate of diet that are balanced and nourishing rather than restrictive. Over the years she has developed a magnificent hands-on experience to cater the individual needs according to their physical, psychological factors.

CELL WELLBEING EPIGENETIC TEST

(60 mins)

Single/Couple/Kids (up to 10 years old) USD 160/USD 280/USD 85

Epigenetic test is a diagnostic tool which works on the basis of genetic data, this test is done with a hair strand through a bio profiler which gives a detailed reports of various nutrients and a history of toxins in the body, this includes a detailed consultation with the wellness consultant as to how to reverse your epigenetic expression and lead a healthy lifestyle on a longer run

NUTRITION & LIFESTYLE CONSULTATION

(60 mins)

USD 155

Let food be your medicine – Hippocrates

Nutrition consultation adapts a careful analyzation of your Nutritional quotient, past medical history and current goals to achieve optimally, this includes a detailed analysis of body composition analysis followed by a consultation and Dietary recommendations report

BEHAVIOR CHANGING THERAPY

(60 mins)

USD 155

Identify the factors affecting and triggering your emotional responses. This session will enable one to learn the new toolkits and strategies to change their long-term behavior changing patterns like negative effects of stressed and hectic lifestyle, helps in minimizing the dependency towards harmful materialistic additions like alcoholism, persistent smoking habits, anxiety and other psychological factors.

NOURISH YOUR CHILD - KIDS NUTRITION WORKSHOP

(60 mins)

USD 155

For kids from 5-10 years old and the parents

Nourish your child with this unique approach to make your kids lead a healthier lifestyle right from the growing ages. As a parent we influence the kids in lot more ways than one can ever think off, this session enables your child to learn healthy lifestyle habits and right choices of food aspects in a fun and effective way to apply them on a longer run

Note: 24hrs pre booking is required to enhance the journey

WELLNESS ASSESSMENT WITH BODY ANALYSIS

(30 mins)

USD 115

Are you about to embark on a new health & fitness plan or just curious to discover your unique body composition?

The Wellness Assessment & analysis provides insight into your unique bodyweight, fat percentage, bone weight, water levels, BMI, metabolic age and more. The assessment includes a thorough analysis and opportunity to discuss your wellness goals, any chronic health concerns and receive personalized guidance from your Wellness Consultant.

All prices are in US dollars and inclusive of 10% service charge and 16% GST. For further information or bookings, please contact the Anantara Spa on ext. 3045 or on the Anantara app.