



ReDesign My Life

Online Holistic Health Program

Who We Are

ReDesign is one-of-a-kind online holistic health platform that brings together the services and expertise of different kinds of health professionals ranging from mainstream doctors to therapists of alternative healing.

Currently our team consists of 11 qualified and professional experts, catering to an individual's needs of overall well-being in terms of physical, mental, emotional and spiritual health. Each of our doctors and health experts are committed to providing online quality service for the holistic well-being of their clients.

What We Do

At ReDesign we believe that every individual has a unique mind and body type. Our vision and mission include a 360° approach to the well-being of a person on an individual basis.

We also believe that prevention is better than cure. Our team encourages, supports and empowers people to prevent diseases and disorders by enabling them to invest in a healthy lifestyle and thus help them live fulfilling lives.

The ReDesign Journey

Our holistic health program consists of 4 main steps:

1. Physician Consultation

Your ReDesign journey begins by booking an appointment through our online form. You will then be directed to a physician of your choice. You may choose between the services of:

- a. An allopathic doctor
- b. A homeopathic doctor
- c. A doctor of Ayurveda

2. Nutrition

After a detailed consultation, the reports and recommendations from your physician will be forwarded to the nutritionist, based on which a dietary chart and schedule will be prepared exclusively for you.



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3. *Physical Activity*

The recommendations of both the doctor and the nutritionist will be further forwarded to the trainer or coach of a physical activity of your choice. You may choose between:

- Yoga and Pranayama
- Tai-Chi
- Zumba
- Strength Training

4. *Meditation*

Last but not the least, you will be directed to a Guided Meditation Program for mental, emotional and spiritual well-being.

Complementary Health Services

In addition to our primary holistic health program, we offer other complementary health programs such as the services of:

- Psychologist
- Counselor
- Naturopathy Expert
- Physiotherapist
- Regression Therapist

Consultation Timings (Daily Basis)

Allopathy (General Physician)	5.30 pm to 8.30 pm
Allopathy (Pediatician)	3 pm to 6 pm
Ayurveda	11 am to 1 pm, 3 pm to 5 pm & 8 pm to 9 pm
Homeopathy	10 am to 6 pm
Nutritionist	10 am to 12 pm & 3 pm to 5 pm
Counselor	10 am to 6 pm
Psychologist	11 am to 7 pm
Regression Therapist	10 am to 6 pm
Physiotherapist	6 pm to 8 pm
Physical Trainer	7.30 am to 12 pm
Yoga	9.30 am to 3.30 pm
Zumba	3 pm to 6 pm



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Pricing

Based on your need and comfort, you may go in for either the 1 month or the 3 month program:

	1-Month Program	3-Month Program
Physician Consultation	2 online consultations <ul style="list-style-type: none"> • 1 at the beginning • 1 as a follow-up at the end of the program 	4 online consultations <ul style="list-style-type: none"> • 1 at the beginning • 3 follow-ups (1 at the end of each month)
Nutrition	3 online consultations <ul style="list-style-type: none"> • 1 at the beginning, involving intake, assessment and detailed plan (90 mins) • 2 follow-ups (30 mins each) *Up to 2 enquiries per week	7 online consultations <ul style="list-style-type: none"> • 1 at the beginning, involving intake, assessment and detailed plan (90 mins) • 6 follow-ups (2 per month) *Up to 2 enquiries per week
Physical Activity	12 online sessions in a month (3 per week) 45 minutes each Choice of group/individual sessions	12 online sessions in a month (3 per week) 45 minutes each Choice of group/individual sessions
Meditation	30 minute session every day.	30 minute session every day.
Total Cost	Rs 7,999/- (if opted for group physical activity sessions) Rs 11,999/- (if opted for individual physical activity sessions)	Rs 17,999/- (if opted for group physical activity sessions) Rs 27,999/- (if opted for individual physical activity sessions)

Pricing of Complementary Services (Chargeable in addition to the program cost):

- Physiotherapy – Rs 500 per 30 mins
- Phycologist – Rs 1000 per hour
- Counsellor – Rs 800 per hour

Visit us at www.redesignmylife.net. For any enquiries please call or WhatsApp at +91-9176635886.