



asian
Institute of Medical Sciences



 **equilibrium**

COSMETOLOGY

GYM

AEROBICS

YOGA

SLIMMING

SPA

POOL

Mind
Body
Soul



 equilibrium

equilibrium

A 'Healthy Body' is an over-rated statement, there is more to healthy living than just the body. Human beings are comprised of an inner being, an outer being and a holistic being; and to keep ourselves healthy we need to keep the three beings in perfect shape. A perfect equilibrium of the three beings of a human body leads to healthy living.

Welcome to Equilibrium, the place to bring your three beings in a perfect balance.

- **Cosmetology**
- **Slimming**
- **Gymnasium**
- **Dance & Aerobics**
- **Spa & Pool**
- **Yoga**



“Good health is a state of complete harmony of the mind, body & soul”



Bring your outer being in equilibrium with your inner health. Get the confidence of a positive body image at the Aesthetics, Cosmetology and Slimming centre at Equilibrium. The centre has one of the most advanced facilities in India for Aesthetic Medicine & Surgery to make sure your looks inspire awe in others and confidence in yourself.



- VASER Liposuction & Body Contouring
- Rhinoplasty (Nose Surgery)
- Abdominoplasty (Tummy tuck)
- Breast – Augmentation, Reduction & lift
- Laser Hair Removal & Face lift
- Non Surgical Treatments (Botox & Fillers)
- Direct Hair Implantation
- Slimming

“A thing of beauty is joy forever”



Beauty
Slimming
Cosmetology

 equilibrium



**Strength
Endurance
Cardio**

 **equilibrium**



A healthy mind resides in a healthy body.

These may well be the most cliched words ever, but there-in lies the essence of perfect health. Equilibrium brings the best and the most advanced fitness equipments from around the world together with experienced and professional trainers to set you on the path to a perfect body. So, now you know where lies the way to a perfect health - Equilibrium.

- **Cardiovascular Exercises**
- **Strength & Endurance**
- **Weight Training**
- **Kick Boxing**



**“A healthy mind
resides in a healthy body”**



equirobics

Aim for the best toned body to make your neighbours go gaga. Bring your heart and body in sync with your energy needs at the customized Aerobics sessions at Equilibrium. The experienced trainers devise the most suitable programme to get you more than just in shape.

equiyoga

Bring your Holistic being in equilibrium with the rest of the body at special yoga sessions. Pamper your soul under the guidance of experienced yoga expert and expertise yourself in various yoga techniques to bring your soul to the inner peace.

“Blessed are the flexible, for they shall not be bent out of shape.”

Aerobics
Dance
Yoga



equilibrium

A serene spa-themed background featuring a stack of white towels on the left, a large green leaf in the center, and three lit candles (one in a glass holder, one white, one yellow) on the right. The scene is reflected in water at the bottom. The text 'Massage Spa treatments Swimming' is overlaid in white.

Massage Spa treatments Swimming

The logo for 'equilibrium' features a stylized grid of red and white squares to the left of the text.

equilibrium

equispa

The inner being of a human body needs a different kind of care to keep away the toils of age and everyday stress. Revitalize your inner self with the exotic massages and other spa treatments in the guidance of experienced masseurs and experts. The way to your inner best!

- Massages • Mud Bath • Hot Spring
- Aromatherapy • Steam & Sauna

equatics

A baby knows how to swim at the time of birth and forgets it as he grows. Get close to what mother nature has taught you even before birth and pamper yourself with the splashes of pool water with your family in a 30 feet wide indoor pool.

- Swimming • Aqua Aerobics
- Hydrotherapy • Relaxation

“He who has health, has hope.
And he who has hope, has everything.”



