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Wellness Product & Procedure Plan

The Valeda Wellness Plan for Skin, Hair and Body

BDM Information Pack | Issued: 05.11.2026 | Latest version: valedadoctor.com/en/bdm/plan

2 Plans Product Plan and Procedure Plan	**100** Herbal products in the Product Plan	**16** Ready-made wellness kits
15 Procedures in the Procedure Plan	**3 Areas** Skin care, hair care, body care	**Doctor-guided** Plans advised by Valeda doctors

1. The Valeda Wellness Plan at a glance

Good skin and hair come from the whole person, not from one cream. That is why Valeda offers two plans that work together:

Wellness Product Plan	Wellness Procedure Plan
Herbal products and ready-made kits for skin care, hair care and body care. Used at home and in professional care.	15 natural procedures built on diet, relaxation and detoxification. They follow the principles of Ayurveda.

How a Valeda plan works

1	**Understand the concern**	The professional listens to the client. Valeda doctors in Delhi help with diagnosis from pictures.
2	**Choose the products**	A kit or a set of products is chosen for the skin, hair or body concern.
3	**Add procedures and diet**	Where needed, Valeda doctors advise the Constitutional Diet and suitable procedures.
4	**Follow up**	A home-care and maintenance plan keeps the results going. Progress can be recorded on valedalife.in.

2. Wellness Product Plan

Valeda has 100 herbal products. They are grouped as follows. Prices are in the Price List (scan the QR code on the last page).

Product group	What it includes	Products
Creams	Day, night, protective, sun protective, massage, complexion, cold and astringent creams	**34**
Skin lotions and cleansers	Face wash, cleansers, cleansing milk, toners, moisturising and astringent lotions	**16**
Skin oils	Beauty and massage oils for face and body	**5**
Skin packs	Herbal face and skin packs	**17**
Talcum powder	Rose & Sandal Talc	**1**
Hair care	Hair oils (7), hair tonics (5) and shampoos (8)	**20**
Personal care	Fairness creams, shaving cream, wrinkle-free cream, henna powder	**7**
Total		**100**

Wellness Kits

A kit brings together the products needed for one concern, so the client follows one simple routine. Each kit has a code starting with WPP.

Skin Care Kits (7)

- **WPP-01** Normal Skin Care Kit
- **WPP-02** Dry Skin Care Kit
- **WPP-03** Oily Skin Care Kit
- **WPP-04** Complexion – Skin Polishing Kit
- **WPP-05** Skin Care in Post Acne Scar Kit
- **WPP-14** Skin Care in Blemishes & Pigmentation Kit
- **WPP-15** Skin Care in Acne (Pimples) Kit

Hair Care Kits (5)

- **WPP-06** Normal Hair Care Kit
- **WPP-07** Dry Hair Care Kit
- **WPP-08** Oily Hair Care Kit
- **WPP-09** Lusterless Hair Care Kit
- **WPP-10** Dandruff Management Kit

Body Care Kits (4)

- **WPP-11** Body Care Kit
- **WPP-12** Foot Care Kit
- **WPP-13** Hand Care Kit
- **WPP-16** Face Lifting – Age Miracle Kit

Kit prices

Every kit, with its components and MRP, is in the Kit Price List.

valedadoctor.com/en/bdm/kit-price-list

3. Wellness Procedure Plan

The Valeda Procedure Plan follows the principles of Ayurveda. It balances three basic supports of life: what we eat, how we rest and how we cleanse. Valeda doctors found that following the plan as given produces the best results.

A. Valeda Constitutional Diet		
1	**Constitutional Diet**	A diet planned according to the individual constitution of each person. A diet that suits one person may not suit another, so Valeda identifies the constitution (Kapha, Pitta, Vata or a mix) and suggests the diet that fits. Ayurvedic texts such as the Charak Samhita treat the right diet as the main support for health.

B. Valeda Relaxation		
2	**Yogasan**	Physical postures that bring steadiness and comfort to body and mind. Valeda doctors choose the combination that suits the person.
3	**Pranayam**	Controlled breathing practices for stress, tension and low energy. Useful when there is little time for longer relaxation.
4	**Meditation**	A calm state of mind where thoughts do not pull against each other. It is the seventh of the eight steps of classical Ashtanga Yoga.
5	**Shirodhara**	Warm herbal oil or milk is poured gently on the middle of the forehead. It is part of Panchkarma and relaxes the mind and the whole body.
6	**Massage**	Massage with suitable herbal oils to relax the body and the muscles.
7	**Chromo therapy**	The use of coloured light for relaxation and a sense of wellbeing.

C. Valeda Divine Detoxification		
8	**Kunjal**	A traditional morning practice to clear unwanted contents from the stomach. It also supports digestion.
9	**Neti**	Traditional nose washing using water, thread, pure ghee or milk (Jalneti, Sutraneti, Ghratneti and Dugdhneti). It helps the nose cope with stress and pollution.
10	**Yogic Enema**	A single, simple way to wash the lower intestine. It supports digestive comfort.
11	**Hipbath**	A simple water (hydro) therapy in which the lower body is bathed in water. It supports the abdominal organs.
12	**Shankhprakshalan**	A method of washing the whole digestive tract (stomach, intestine and rectum). People often feel a special sense of wellbeing afterwards.
13	**Mud Pack**	A paste of mud and chosen herbs applied on one part of the body. Mud draws out impurities, based on the earth element in Ayurveda.
14	**Mud Bath**	The same mud and herb treatment applied to the whole body.
15	**Swedan (herbal steam)**	Steam made from certified organic Indian herbs. It supports natural sweating, which modern life often suppresses.

Please note: Valeda doctors advise which procedures suit each person. Procedures such as kunjal, neti, enema and shankhprakshalan should be done only on the advice of a Valeda doctor or a trained practitioner. Products are for external use unless the pack says otherwise.

4. What Valeda brings together

Valeda feature	What it means for the client
Homoeopathic and Ayurvedic care	Care that works on the constitution of the person, so the benefit is deeper and lasts longer.
Yoga	Supports cleansing of the body and helps in keeping a healthy weight.
Acupuncture therapy	Aims to balance the energy channels of the body.
Constitutional diet	Food that suits each person's constitution, as taught in Ayurveda.
Nature care	Uses the healing power of nature.
Valeda external applications with certified organic herbs	Skin that feels confident, looks glowing and has a better texture.

Latest version of this document
valedadoctor.com/en/bdm/plan

Price lists for products and kits
valedadoctor.com/en/bdm/price-list