

# Swastha

## Welcome to Swastha: Your Journey to a Healthier You Nutrition-only Programs

### Choose Your Path to Wellness

- 1 Month: ₹3,000
- 3 Months: ₹7,500
- 6 Months: ₹13,500
- 12 Months: ₹24,000



### What You Get:

Weekly Consultation with a Clinical Nutritionist  
Personalised Diet Plan & Weekly Challenges  
Adjustments made if needed  
Guidance for Lifestyle Modification  
Supplement Guidance (if needed)

## READY TO START YOUR TRANSFORMATION?

### CONTACT US TODAY!

☎ 63090 50999

✉ [info@argalarevive.com](mailto:info@argalarevive.com)

📍 Plot No. 450, Rd no. 19,  
Jubilee Hills,  
Hyderabad

🌐 [www.argalarevive.com](http://www.argalarevive.com)