

# tattva

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## BOOK OF SERVICES



TATTVA is an aesthetics clinic from Ashwini Wellness, to SOLVE ANY BEAUTY PROBLEM. We offer laser, skin, hair, body, dental and intimate needs' services. All our procedures are done by the doctors themselves.

TATTVA's goal is to be the gold standard for aesthetic healthcare in Bhubaneswar, backed by the best dermatologists, surgeons, dentists, and state-of-the-art technology, devices, and infrastructure.

TATTVA's promise is to unlock the beauty within, and help you manifest your 'perfect' self. We hope the next pages will encourage you to speak with us.

Welcome to TATTVA.

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 **801-8888-111, 809-3012-763**

[www.clinictattva.com](http://www.clinictattva.com)



## MEDIFACIALS

A standard facial just pampers the skin, but does not treat the skin and its related conditions. Medifacials are new-age facials performed under the supervision of dermatologists that rejuvenate the skin from underneath.

## HYDRO-GLOW FACIAL

Exfoliation, Cleansing, Extraction, and Hydration to your face at one go, with no downtime. We will uncover a new layer of skin via gentle exfoliation and relaxing resurfacing, and then hydrate it with “boosters,” or serums geared toward your specific skin goals. This is sometimes also referred to as “hydradermabrasion”.

## HOLLYWOOD FACIAL

A quick facial with no downtime that is perfect for instantly getting that 'no make-up glow'!

Hollywood facial (also called carbon laser facial) is an advanced laser treatment that improves skin tone, tightens pores, reduces pigmentation and the appearance of wrinkles. This is a safe, and highly accepted treatment by many celebrities which will uncover a new glow to your skin.

## VAMPIRE FACIAL

Contrary to its scary, popular name, a "vampire" facial actually rejuvenates the skin, and improves scars, spots, and fine lines!

Vampire facial is a cosmetic procedure that combines micro-needling with PRP (platelet-rich-plasma). Microneedles activate healing processes that stimulate elastin and collagen production.

## CHEMICAL PEELS

Peel open to a new you!

This procedure involves the application of an active agent on the skin that prompts the old and damaged layer of the skin to peel off, leaving behind a younger and even toned glowing skin. The chemical agents used vary, but usually consist of glycolic acid, salicylic acid etc.



## **LASER HAIR REMOVAL**

If you are frequently thinking of waxing, shaving, or plucking your unwanted hairs, our advanced laser hair reduction techniques can help you to ease away your long-term troubles in a few minutes - and that too in a painless way!

Talk to our doctors today to opt from a variety of laser hair reduction services below:

### **FACIAL HAIR REMOVAL**

Wide range of lasers and a deeply experienced staff on site, to tackle any kind of facial hair reduction need.

### **BODY HAIR REMOVAL**

Full or partial hair reduction on any body part such as hands, legs, etc.

### **EAR HAIR REMOVAL**

That typical problem of ungainly ear-hair in Indian men, now has a quick and simple solution!

### **BEARD SHAPING**

A specialized application of the facial hair service that can give definition to beard lines in men.



# HAIR GROWTH TREATMENTS

## LLLT - LOW LEVEL LASER THERAPY

Absolutely painless laser called as 'cold laser'!

LLLT or Low Level Laser Therapy increases blood flow in the scalp and stimulates metabolism in the shedding or resting phase hair follicles, resulting in the production of anagen hair. Hence with weekly-to-monthly treatments, one notices new denser hair growth.

## MESOTHERAPY

For hair growth, and for controlling micro-inflammations that can cause hairfall if left untreated.

Mesotherapy is a non-surgical alternative hair regrowth procedure that activates hair follicles by boosting vitamins and stimulating blood flow to the scalp. This is done by injecting necessary vitamins, amino acids and growth factors into the scalp by our experienced doctors.

## P-R-P TREATMENT

Enhance existing hair follicles and get thicker hair in just a few sittings!

P-R-P increases blood supply to the follicles using your own blood plasma thus, initiating and perpetuating the hair growth phase.

## ALLOPECIA (HAIR LOSS) TREATMENTS

When it comes to any type of hair-loss, acting early is always better than acting late!

We take a very personalized approach to understanding hair loss. Speak to our doctors about your slightest concerns around hair loss.

## HAIR TRANSPLANT

From Bollywood stars to the average office-goer next door transplants can and are instantly transforming the appearance of thousands. Talk to our experts to explore a custom transplantation service in the most hygienic settings



## ANTI-AGEING

### BOTOX & DERMAL FILLERS

Just because you had wrinkles, doesn't mean that you have to live with them forever! While aging isn't reversible, you can still choose to avoid those extra lines on your face. Speak to our doctors to explore if this is a good option for you. Sometimes you don't know that you need them!

### DARK CIRCLES REDUCTION

They say eyes are the windows into the soul. Don't carry unnecessary burden around your portals in the form of dark circles - especially when they are avoidable! The causes of dark circles can range from simple allergies, to stress, to volume loss, etc. A quick chat with our experts will help you figure out what's causing yours, and how to manage it.

### LASER SKIN REJUVENATION

The passing years bestow wisdom, but slowly deprive us of essential collagen from our skins, making them dull, shaggy, and hyperpigmented. By using advanced laser technologies, we can stimulate lost collagen to grow back & get pigment producing cells to fade away.

### THREADLIFT

Threadlift is a cosmetic procedure that offers a minimally invasive alternative to facelift surgery. It tightens the face by using a medical-grade thread to "pull" the skin from within.

### HYDRABOOSTER

A smart, and a very well-accepted nonsurgical way to naturally smoothen & hydrate the skin from inside out. The results can be seen immediately after the procedure. And, the skin will continue to improve for another 2 to 3 months. Results are expected to last as far as an year!



# AESTHETIC GYNAECOLOGY

Aesthetic gynaecology is a remarkable breakthrough that empowers women to improve their intimate area appearance and structural integrity by creating youthful rejuvenated vagina. It is performed using laser techniques and is absolutely safe and quick without need for any hospitalization or anaesthesia.

Our laser powered services are pain-free, with minimal recovery time, and offer immediate effects. Ask for a private consultation to discuss 1:1 with our expert doctors.

## FOREVER 18 VAGINAL REJUVENATION

For those women looking for intimate area rejuvenation and couples seeking sexual enhancement we deliver Vaginal Rejuvenation, Vaginal Tightening, Vulval Whitening, and also Hymenoplasty (reconstruction of broken hymen), Labioplasty, Wrinkles and Age-spot removals

## MOMMY MAKEOVER

Women who have given birth are often concerned about the impact of childbirth on their bodies. Depigmentation - under arms, neck, groin and pubic areas, Stretch marks due to pregnancy, Scar marks due to caesarian etc. are typical concerns. These can all be resolved with our quick and comfortable services

## NEWLY-WEDS

We treat for Vaginismus and Dysparunea to help those couples facing painful intercourse issues.





## DE-PIGMENTATION SERVICES

Unwanted pigmentation can be frustrating. Which is why your doctor may discuss the following treatments:

### GLUTATHIONE TREATMENT / INFUSION

Take out the free radicals that can accelerate skin ageing!

Glutathione is a strong antioxidant with anti-melanogenic properties. Hence it serves as an excellent depigmentation agent scavenging free radicals from the body to treat all sorts of pigmentation issues (including hyperpigmentation, age spots, wrinkles or uneven skin tone).

### MELASMA PACKAGE

Men and women in their 30/40s often notice brownish and black patches. This is a common problem, but effective treatments will vary from person-to-person. Seek our doctors' guidance for the best protocol to follow for your skin.

### FRECKLES

Goodbye tiny brown spots!

Those tiny brown spots are due to overproduction of melanin from teenage days. And can be managed via a wide range of treatments involving lasers and chemical peels.

### UNWANTED PIGMENTATION

Any unwanted dark spots from pimples, post-inflammatory, etc. can be targeted and managed via regimens specially designed for you, at TATTVA.



## COSMETIC DENTISTRY

Beauty is incomplete without a dazzling smile to match. Introducing TATTVA's dental services to help you manifest your perfect self. Cheers to a happier world!

### SAME DAY ROOT CANAL

What's painful must be solved quickly!

### LASER TEETH WHITENING

Ever dreamt about that dazzling smile while watching those Close-Up toothpaste commercials? Now this is possible with us. Not with toothpaste for sure :)

### GUM BLEACHING (GINGIVA DEPIGMENTATION)

Actually yes! Now it's possible to lighten your gum colour and give a sparkle to your smile. It can be treated by various advanced techniques without any pain and in very little time at TATTVA.

### THE NO-BRACES BRACES LOOK

Heard about no-makeup make up look? This is something just like that! We have a sequence of removable clear aligners that are virtually invisible braces, and can straighten your teeth.

### HIGH SMILE SOLUTIONS (GINGIVAL SMILE)

Are you concerned about your high smile (Gingival smile) line? Well, you are in right place then! We correct smiles to help our patients show off their pearly whites without fear of gum lines.



## **COSMETIC DENTISTRY** (contd.)

### **AESTHETIC TOOTH FILLING**

Natural looking restoration within minutes. Enhance the appearance of your smile. Go as far as enhancing how your teeth operate including the force and form of your bite.

### **HOLLYWOOD SMILE**

Get your teeth polished, scaled, and veneered for that perfect smile.

### **PAINLESS EXTRACTION**

What?! Yes. Extract your wisdom tooth with minimal pain in little time.

### **ORTHODONTICS**

Enter the world of dental alignment with orthodontics and aids. Perfect your smile with our invisible braces and say goodbye to traditional metal braces forever!

### **OTHER DENTAL PROCEDURES**

We also excel at a longer list of dental procedures. Just ask if you have any questions!



# BODY SHAPING

## CRYOLYPOLYSIS

Revolutionary, painless, and nonsurgical fat reduction procedure!

Cryolipolysis uses cold temperatures to reduce fat deposits in certain areas of the body. Best of all, you can go through the settings while reading a book, or while watching the TV!

## INJECTION LYPOLYSIS

Non-surgical cellulite correction by injecting FDA approved fat-dissolving solutions.

## CELLULITE TREATMENT

A perfect solution for stubborn fat.

Our custom cellulite management can address your concerns about resistant fatty areas on thighs, buttocks, etc.

## DCT - DOUBLE CHIN TREATMENT

A combination treatment using injectables and hi-frequency ultrasound to remove double chins and improve facial presence.

## LIPOSUCTION

Contour your body into the shape of your dreams, with the help of the top surgeon in Odisha.



# GENERAL DERMATOLOGY

## PSORIASIS

To control moderate to severe psoriasis.

Psoriasis treatments aim to stop quickly dividing psoriating skin cells through topical therapy, phototherapy, and oral or injected medication. Phototherapy/Excimer laser helps in control of moderate to severe psoriasis. Periodic treatments may be recommended.

## VITILIGO

To control vitiligo and bring back lost melanin through medicines and laser therapy.

We target to achieve complete repigmentation in the affected areas which is caused due to an autoimmune disorder destroying pigment cells.

## SKIN INFECTIONS

Skin infections are caused by many kinds of germs. The symptoms of every infection may vary but all of them exhibit some form of rash, swelling, pain, pus, etc. Treatment depends on the type of infection and severity of symptoms. Possible options include medication, application of specific lotions or a procedure to remove and/or drain out pus.

## NAIL DISEASES

Nail disorders can arise at any age & can often be symptoms of other skin conditions. May need a combination of diagnostic, medicinal, & surgical approach for a complete recovery.



# GENERAL DERMATOLOGY (contd.)

## PAEDIATRIC DERMATOLOGY SERVICES

Dermatology for children: from newborns to adolescents.

Diagnosis and treatment of skin problems in children require special skills and expertise, Services offered in paediatric dermatology are quite varied including diagnosis of skin conditions, performing surgical operations like biopsies, removal of lesions, etc. as well as laser treatment of vascular birthmarks.

Kids are precious. Discuss any concern, however small, with a doctor right-away!

## GERIATRIC DERMATOLOGY SERVICES

Dermatology for older patients.

We take a wholesome approach to factors that contribute to the skin health of older adults. Discuss privately with our doctors for what might be uniquely relevant to you.





## DERMATO SURGERY

### EAR-LOBE REPAIR

Bring ears back into shape!

Earlobe repair surgery or lobuloplasty is generally recommended for ear lobes that are split open or torn with age. This is a short cosmetic surgery procedure that involves realigning the edges to bring back the lost shape.

### EAR PIERCING

Yes, you can get a piercing anywhere. But why not get the piercing under the supervision of certified doctors with all aseptic precautions?

### ACNE INJECTION

Acne-free skin that feels like porcelain (well, almost!).

Cortisone injections are used for treating severe and painful acne. This treatment is appropriate for tender, swollen nodules. Cortisone shot is a steroid injection directly into the acne cyst or nodule. It contains a small amount of triamcinolone that has anti-inflammatory properties.

### KELOID TREATMENT

Scars may not always heal in their usual way. If you are getting raised or keloidal scars, do visit us early!





# DERMATO SURGERY (contd.)

## SKIN TAGS REMOVAL

Get rid of ungainly and unwanted tags in a totally painless and bloodless manner. It takes just 1-2 minutes.

Even Maggi takes longer (seriously).

## VIRAL WARTS

Bid warts adieu!

Viral wart removal can be done via Laser / Cryosurgery. This is a two-step process that does not hurt the skin around the wart. To completely remove a wart, the treatments may be needed every 1 to 3 weeks, for a total of 2 to 4 times.

## CYST REMOVAL

No cysts no more!

Cyst removal may be performed under local anaesthesia, with aesthetically pleasant techniques that leave minimal to no scars after healing



## SPECIAL SERVICES

### PRE-BRIDAL PACKAGE

Individually curated procedures to make you ready for the Big-Day!

You are entering a new life. We are here to help you with the best preparation.

### HYMENOPLASTY SSSSSSHH!

We can reconstruct broken hymens for women patients who seek these services.

### TATTOO REMOVAL

It is okay to make mistakes!

It is smarter to fix those mistakes. TATTVA can help, just ask.

### BIRTHMARK REMOVAL

Yes! A birthmark can be corrected if you don't like it.

And depending on the type of birthmark, the process will probably be completely painless.

### UNDERARM WHITENING

Bid an adieu to dark underarms!

Get rid of your pigmented underarms at Tattva, and wear your favorite apparels more confidently.





FOR BOOKINGS & ENQUIRIES  
 **801-8888-111**  
**809-3012-763**

# OUR EXPERTS



## Dr. SUBRAT KUMAR JENA

Plastic Surgery  
Chairman - ASHWINI Group, MBBS (SCB Medical College), MS (Ortho, BHU),  
FICS (Orthopaedics), M.Ch. (Plastic Surgery, BGU Germany)



## Dr. MONALI PATTNAIK

Dermatology  
Ex-AIIMS, MBBS (MKCG), MD (Skin & VD, SCB Medical College), DNB (NBE,  
Delhi), Member, Royal College of Physicians UK (SCE),  
IADVL (O) in Lasers & Aesthetics



## Dr. TAIYABA ISHRAT

Aesthetic Gynaecology  
Ex-AMRI, MBBS (VSSMC, BURLA), DGO (Bangalore Medical College), DNB (New  
Delhi), Fellow, Aesthetic Gyn (Dubai)



## Dr. LIPSA PADHI

Dentistry & Cosmetology  
BDS (Utkal University), Fellow, Aesthetic Medicine (Apollo, Bhubaneswar),  
Certified from American Academy of Aesthetic Medicine (Dallas, USA)



## Dr. SHEETAL KOTNI

Restorative Dentistry & Endodontics  
BDS (MCOBS, Manipal), MDS (KIMS), Certified Aesthetic Dentist, Root Canal  
Specialist, Microendodontist, (Root Canal Foundation, Chennai)



## Dr. SONIKA DASH

Orthodontics & Dentofacial Orthopedics  
BDS (RGUHS), MDS (KIMS), Postgraduate Diploma in Clinical Cosmetology (Pune)