

EVOLVE ZONE



WE CARE FOR YOUR WELLNESS

WE CARE FOR YOUR WELLNESS
Nourish your life. Promote wellness with GLAMOWELL.

Corporate Gift Packs by Proluxe

Transform the way you show appreciation with our unique wellness gift packs. Perfect for leaders, top employees, and special occasions like Diwali, our packs offer long-term, meaningful well-being solutions. Embrace the Glamowell approach and give the gift of health and happiness.

15K Wellness Pack - Comprehensive and Thoughtful

- ★ Nail Art Treatment / Hair Grooming
- ★ Head/Foot Spa
- ★ Vitamin B12 Powder Tea
- ★ Glamowell Philosophy Book
- ★ Glamowell Philosophy Cards
- ★ Glamowell Philosophy Journals
- ★ Free Skin & Hair Tests
- ★ Mobile App Test
- ★ Customized Gift Bag
- ★ Free BMI Test

Each item in this pack contributes to long-term wellness and provides a comprehensive wellness experience.

Join the Movement

Transform your corporate gifting with our WE CARE FOR YOUR WELLNESS packs. Enhance lives with Glamowell's unique approach to well-being.



WE CARE FOR YOUR WELLNESS

WE CARE FOR YOUR WELLNESS
Wellness by Proluxe

Experience the Ultimate Wellness Gift

Our 51K Ultimate Wellness Pack is the epitome of luxury and health, offering a comprehensive wellness experience that goes beyond the ordinary.

51K Ultimate Wellness Pack - The Epitome of Luxury and Health

- ★ Nail/Hair Grooming
- ★ VIP Event Entry Pass
- ★ VIP Film Screening Pass
- ★ Customized Diary
- ★ Customized Gift Bag
- ★ Modeling Test Portfolio Shoot with 10 Edited Photos
- ★ Glamowell Philosophy Book
- ★ Wellness Cards
- ★ Glamowell Philosophy Journals
- ★ Proluxe Spa
- ★ Mani-Pedi / Head Wash with Machine Back Massage
- ★ Free Skin & Hair Test
- ★ Mobile App Test
- ★ Vitamin B12 Powder Tea
- ★ Green Tea Leaves
- ★ Dark Chocolate - ₹600
- ★ Free BMI Test

25% Off On Proluxe Membership Card*

This pack offers the ultimate luxury wellness experience, ensuring long-term engagement and benefits.



Glamowell Training & Program

Detox Session



Glamowell Stress Buster session



Glamowell Leadership Stabilizing session



Glamowell Wellness at desk session



21-Day Wellness Challenge



Wellness Redefined written by an Spiritually blessed Allopathic Doctor

Unleash your ultimate wellbeing with an approach that transcends Homeopathic, Ayurvedic, Allopathic, and Spiritual modalities. Tap into the interconnectedness of your body, spirit, soul, and psyche. Welcome to the future of Wellness Redefined that helps you balance luxuries of life with wellness!"

WELLNESS REDEFINED

This is the only book that focuses and explores holistic well-being. It helps us build a stronger connection between mind, body, spirit, and soul. It guides the reader to lead a balanced lifestyle. It introduces the lifestyle called Glamowell™, a rare combination of drastically different approaches to life.

Concepts

Glamowell™ - a lifestyle conceptualized by the author

11-step comprehensive analysis

2:2 Human Kokoro

New age hospitals

The difference between health, wellness and well-being

The connection between all levels of existence

A lifestyle that is based on traditional wisdom & scientific approach

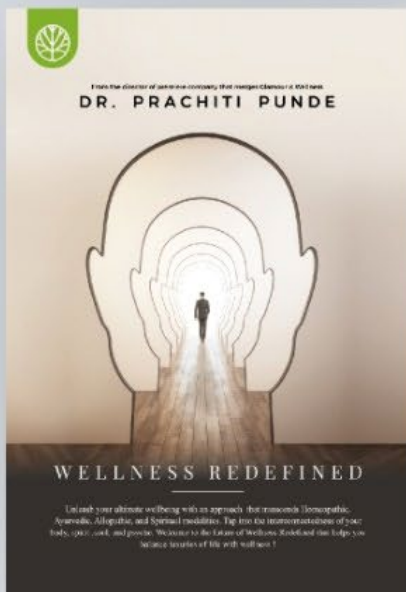
Why it is a must read

Explores the intricate connection between the body, mind, soul & psyche

Emphasizes on the importance of one's mental and spiritual well-being

Eye-opening concepts of psora, psychosis, syphilis & 2:2 Human Kokoro

Well-defined concepts, such as mindfulness techniques & journaling



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Detox written by an Spiritually blessed Allopathic Doctor

Body, Mind & Intellect - Connect 2:2 human Kokoro!

DETOX

This is a comprehensive book that goes beyond the physical overview of detoxification to delve into the mental, emotional, and spiritual aspects of our lives. It emphasizes on the importance of cleansing not only the body but also the mind and intellect.

Concepts

Self-Dependence for life, through teachings of all modalities of Healing

Home Test for Mind, Body & Intellect Diagnosis

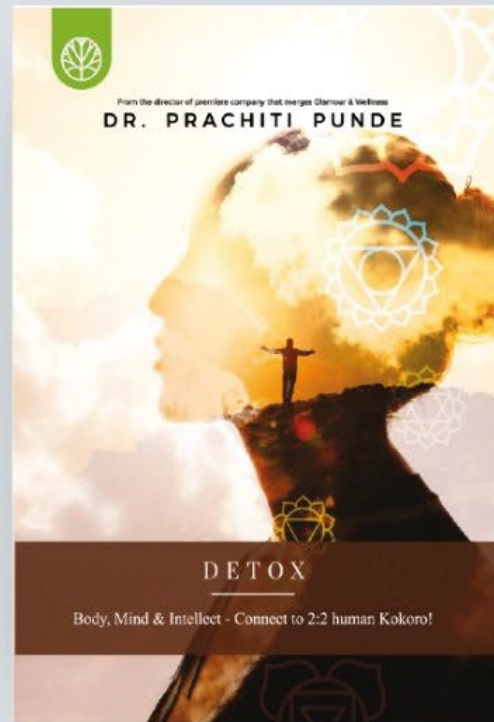
Heal Pains, Aches, and Diseases from Home

Tap into higher intelligence through our techniques

Importance of Spleen - Adrenaline Glands

Meridian Flushing and Chakra Flushing techniques

Parasympathetic nervous system and practices



ABOUT AUTHOR

Dr. Prachiti Punde has been an Integrated Medical Practitioner since 2006. She graduated from the course in MBBS, which she completed in 1988. After practicing medicine for a year, she decided to venture deeper into the field and opted to study osteopathy. For a combined two years, during this time, she also acquired extensive knowledge of the human mind and its psychology. She has been a spiritual healer since she was 10 years old and has a deep understanding of the human mind and its psychology. She has been a spiritual healer since she was 10 years old and has a deep understanding of the human mind and its psychology. She has been a spiritual healer since she was 10 years old and has a deep understanding of the human mind and its psychology.

Dr. Prachiti's deep-rooted belief in holistic living and her dedication to bringing positive change in people's lives motivated her to write "Detox: Mind, Body & Intellect". As an author, she has gracefully integrated her vast knowledge and experience in the field of medicine, energy healing, and spirituality into this book. A combination of scientific and spiritual wisdom that's written by an allopathic doctor.

As an allopathic doctor and a spiritual practitioner, Dr. Prachiti is an author who brings a unique perspective to the world of wellness.



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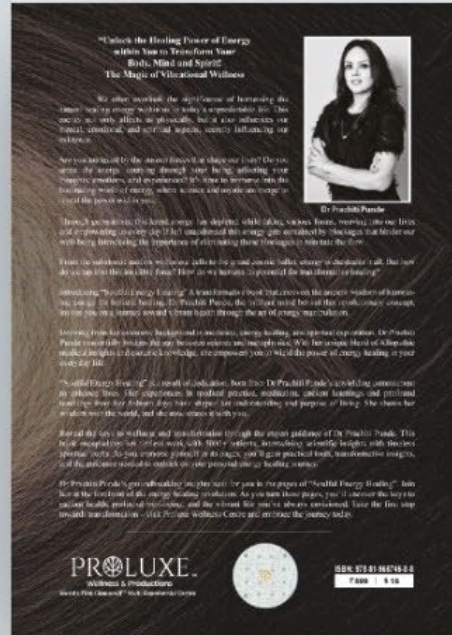
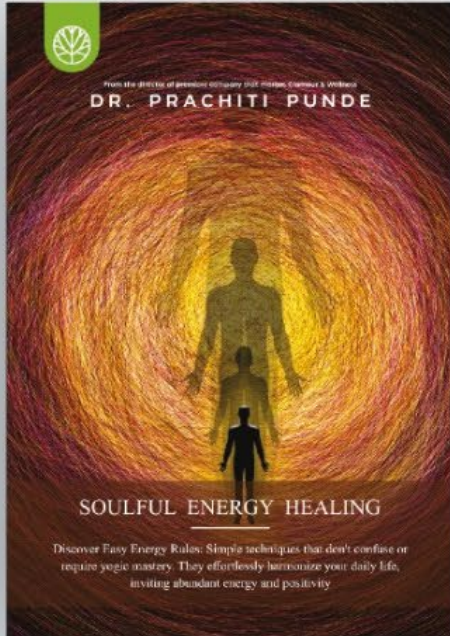


Soulful Energy Healing written by Spiritually Blessed Allopartic

Discover Easy Energy Rules: Simple techniques that don't confuse or require yogic mastery. They effortlessly harmonize your daily life, inviting abundant energy and positivity

SOULFUL ENERGY HEALING

This is a book that embraces boundless holistic wellness, where glamour, psyche and vitality intertwine.



Concepts

Psychology & Scope of Energy

Energy Transference

Types of Blockages

16 levels of human consciousness

Human Energy Systems

Electric & Magnetic Vibes

Good & Bad Vibes

ABOUT AUTHOR

Dr. Prachiti Punde has been an Integrated Medical Practitioner since 2008. She pursued a five-year course in MBBS, which she completed in 2010. After practicing medicine for a year, she decided to delve deeper into the field and opted to study neurophysiology for an additional two years. During this time, she also acquired extensive knowledge of the human mind and its psychology. She has been a certified Hermeticalist in terms of Energetics and Chiropractic. She always had the ability to acquire a clear understanding of psychic knowledge and a keen understanding of emotions, giving her a deeper vision of her future. She began practicing and teaching various and advanced yoga when she was 11 years which impressed her to mend and build her life purpose which she always desired. "Constantly seeking for a thorough and multidisciplinary spiritual direction, Allopartic wellness practitioner" Following the path of wisdom and spreading knowledge, she completed her M.P. and D.D. U.P. U tapping certificates to become an authorized life coach. She has always been aware of her relations through a clear perspective. A multifaceted practitioner across the very beginning, which she later made effort to convey a Message in Holisticness. Being a therapist and representing constant motivation herself, she has created more than 10000 clients worldwide. "Whatever she is teaching and practicing through these books is a result of the in-depth, sincere, and vast experience, plus contact of the health with various health applied and experience from her clients. She practiced holistic medical wellness practices that could be integrated to treat disease and health issues providing sustainable well-being."

"WELLNESS AND MINDFUL AWARENESS LEADS TO HARMONIOUS SUCCESS"
- Dr. Prachiti Punde

Dr. Prachiti's deep-rooted belief in holistic living and her dedication to bringing positive change in people's lives encouraged her to write "Soulful Energy Healing". "As an author, she has precisely integrated her vast knowledge and experience in the field medicine, energy healing, and spirituality into this book. A rare blend of scientific and spiritual wisdom that's written by an allopartic doctor!"

Dr. Prachiti Punde is a passionate and dedicated individual who has made it her mission to educate people on the importance of holistic living. She believes that by awakening our mind, body, and intellect we align ourselves to higher intelligence where the flow state can easily be accessed. An inner state of flow leads to our overall well-being and fulfilling life. Her endless efforts towards spreading awareness about holistic living and her unconventional approach to medicine have garnered her a considerable following among her patients and peers.

As an allopartic doctor and a spiritual practitioner, Dr. Prachiti is an author who brings a unique perspective to the world of wellness.
Dr. Prachiti Punde

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MAGNETIC PERSONALITY

This is the only book that focuses on building personality stepwise right from weight loss, body language & posture skin-hair care, winning communication with toxic people and understanding personality types with solutions and fostering resilience. It guides the reader to building rock solid foundations of character ethics at inner core to build roaring confidence and conquer all potentials, explaining how to win and be consistent in action plus how to reap the benefits towards Magnetic Personality.

Concepts

Glamowell™ - a lifestyle conceptualised by author

Theory of Personality

Power of Resilience

ABC of Impression Management

Stepwise Guide to weight loss, diet & exercise Communication styles

Confidence

Capturing Attention

Public Speaking and more

Why it is a must read

Explore in depth understanding of confidence & powerful personality

Emphasises the importance of identifying hair, skin & overall grooming

Eye opening concepts of communication rules, personal needs and social laws

Well defined step wise chapters with theory and integration of worksheets to ensure action

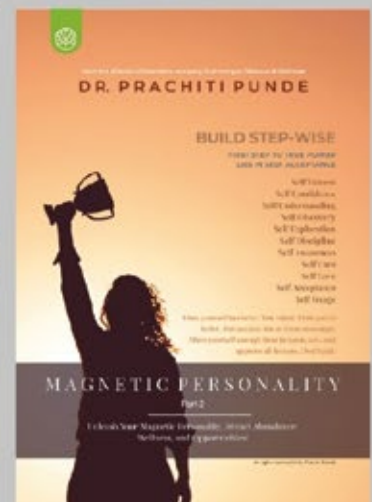
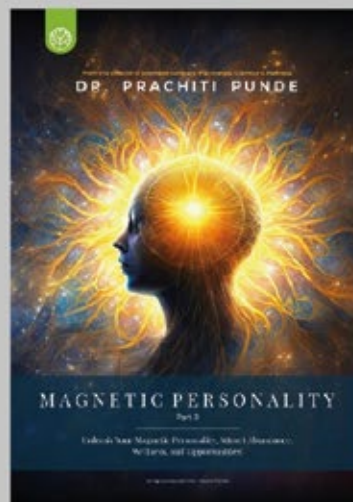


A complete transformation designed in 3 structured parts

Available on



Proluxe Wellness Mobile App



My Future Self written by an
Spiritually blessed Allopathic Doctor

Your daily companion to accelerate your
dreams & desires into achievable goal.
With clarity & applicable tools

MY FUTURE SELF

The My Future Self Journal is a transformative journaling tool that allows individuals to envision and manifest their ideal future through goal setting, self-reflection, and actionable steps, empowering them to shape their destiny and create a fulfilling life.

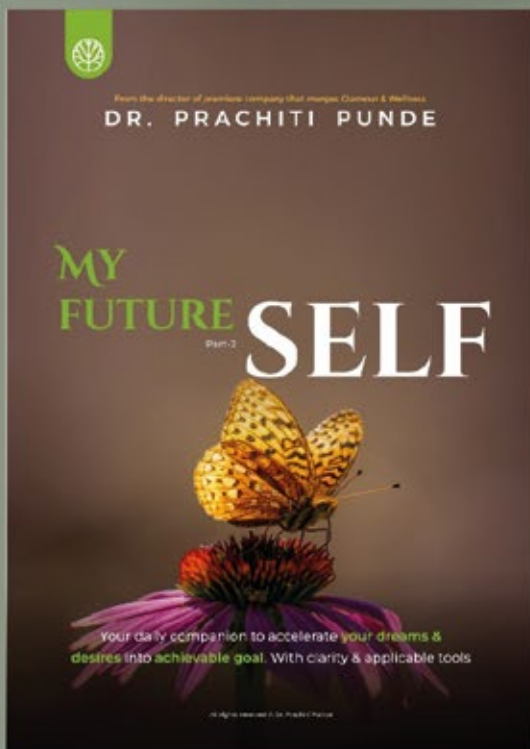
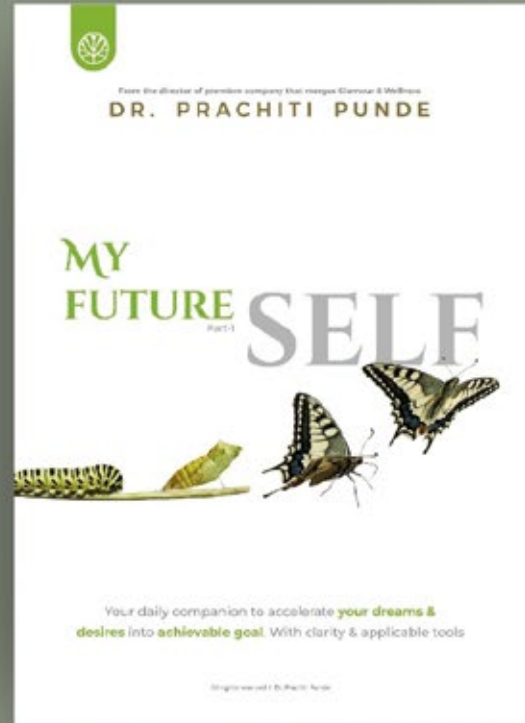
How to Use?

Complete the suggested tasks

Reflect on your performance
after the completion of the tasks

Introspect to give honest answers

Repeat the tasks to initiate
habit formation



Benefits

Activities help in self-analysis

Focus on formation of mindful habits

Laced with thoughts that provide
new approach to life

Envision and execute behavioural
changes

Mindful activities that foster
growth mindset

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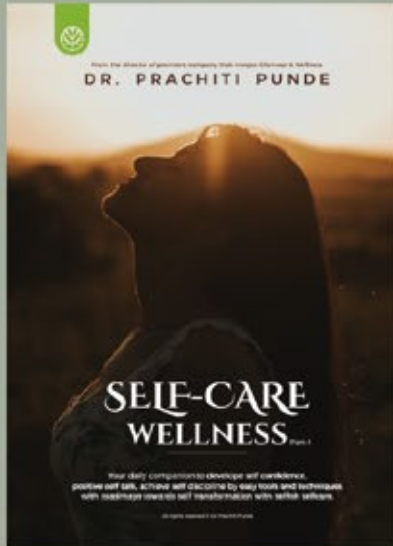
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SELF CARE WELLNESS

A guided framework to incorporate self care practices essential for empowering individuals to cultivate a healthy and balanced lifestyle.



Benefits

- Encourages prioritizing self
- Initiates better self analysis
- Improves self awareness
- Thoughts & Ideas foster betterment
- Helps you assess strengths & weaknesses

A complete transformation designed in 2 structured parts

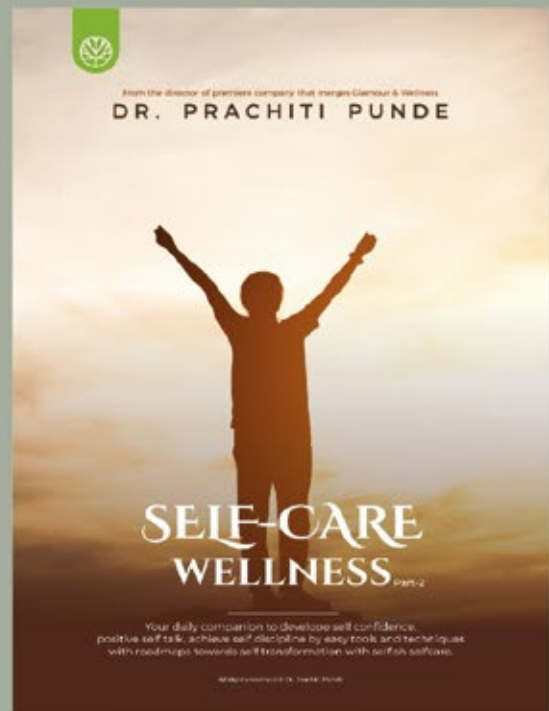
Available on



Your daily companion to develop self confidence, positive self talk, achieve self discipline by easy tools and techniques with roadmaps towards self transformation with selfish selfcare.

How to Use?

- Fill in the checklists
- Complete the suggested tasks
- Carry out the recommended activities
- Reflect on your performance after the completion of the tasks
- Introspect to give honest answer



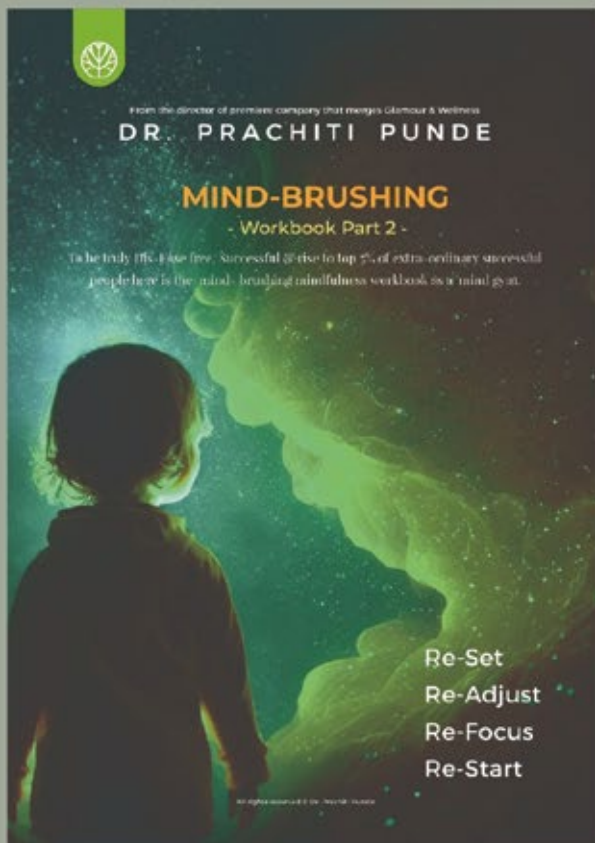
Mind Brushing Self written by an Spiritually blessed Allopathic Doctor

MIND BRUSHING

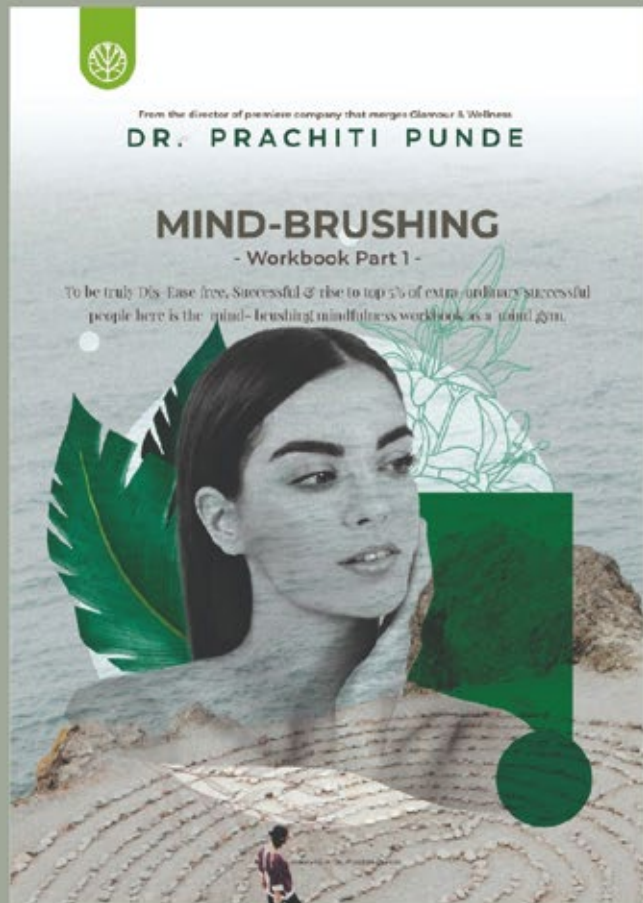
A creative and introspective journal that prompts mindfulness and self-reflection through thought-provoking writing prompts and artistic exercises.

How to Use?

- Complete the suggested tasks
- Reflect on your performance after the completion of the tasks
- Introspect to give honest answer
- Make sure you note down the thoughts
- Keep documenting your progress



To be truly Dis-Ease free, Successful & rise to top 5% of extra-ordinary successful people here is the mind-brushing mindfulness workbook as a 'mind gym'.



Benefits

- Initiate healthy self awareness
- Learn to confront self during crisis
- Focus on habit formation
- Encourages mindfulness
- Helps you handle negativity

Available on



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MASTER RELATIONS

This is the only book that focuses on building relationships stepwise right from parents, family, friends, society to toxic behaviours and personality types with solutions and fostering resilience. It guides the reader to spiritual, human and universal laws explaining why situations and traumas happen plus how to reap the benefits towards mastering relations.

Concepts

Glamowell™ - a lifestyle conceptualised by author

Human behaviours

Understanding the language

Parents, family, partners, friends, society toxic people

Stepwise navigation to hurt emotions

Triangulation, Triggers, self-regulation, and more

Inner child wounds & trauma responses

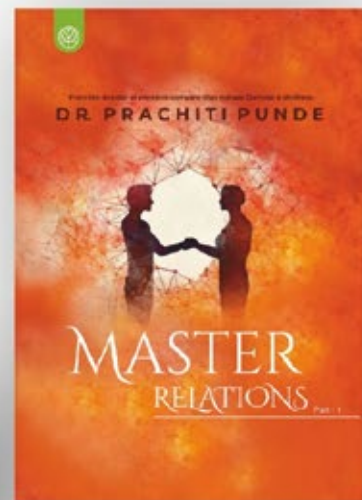
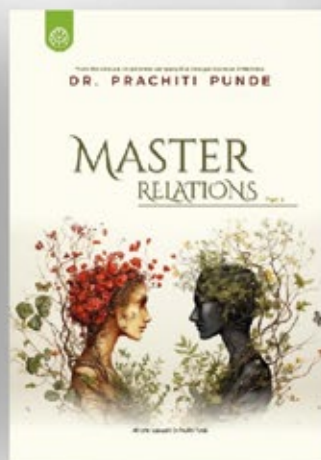
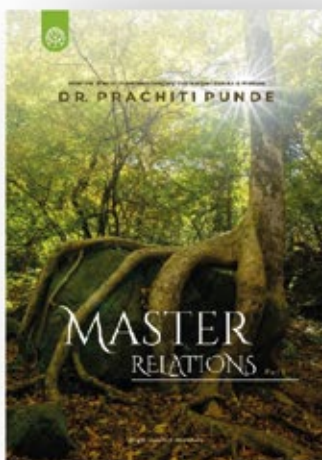
Why it is a must read

Explore in depth understanding breaking cycles and healing trauma

Emphasises the importance of identifying toxic, safe and unsafe people

Eye opening concepts of spiritual rules, soul needs and universal laws

Well defined step wise chapters with theory and integration of worksheets to ensure action



A complete transformation designed in 3 structured parts

Available on :-



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Awaress Cards Design by an Spiritually blessed Allopathic Doctor

AWARENESS CARDS

How to Use?

- Pick a card each day
- Read the card & understand your task
- Commit to complete the task on that day itself
- Keep the cards handy for frequent use
- Set a time for practicing these activities



USP

- A unique platform to explore your inner world
- A tool to reflect on your behavioural patterns & initiate self discovery
- A medium to navigate through the A-Z concepts of self-awareness
- A guide towards a deeper understanding of self

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Wellness Cards Design by an Spiritually blessed Allopathic Doctor

WELLNESS CARDS



USP

This unique set of cards can be easily followed by anyone

A guide to help you explore the essence and the true meaning of wellness



How to Use?

Pick a card each day

Read the card & understand your task

Commit to complete the task on that day itself

Practice to inculcate habits of Wellness

Keep the cards handy for frequent use

Take time out for practicing these activities

Turn your focus to the present if you are distracted from this practice



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Mindfulness Cards Design by an Spiritually blessed Allopathic Doctor

MINDFULNESS CARDS

USP

A simple, quick and practical way to incorporate mindfulness into your routine

Each card encourages better connection with self & others



How to Use?

Pick a card each day

Read the card & understand your task

Commit to complete the task on that day itself

Keep the cards handy for frequent use

Set a time for practicing these activities



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