



Personalized Ayurvedic Healing for Modern Living

SOMA Alive helps restore balance and vitality through personalized Ayurvedic telemedicine, addressing fatigue, hormonal imbalances, stress, and metabolic issues with time-tested care.

AyurEssence™ Bundle

A personalized Ayurvedic wellness blueprint designed to identify and balance your unique body-mind type, this bundle tackles fatigue, hormonal shifts, digestive troubles, anxiety, and more. It includes **Show Me the Light™** Dosha Assessment to reveal your core constitution and imbalances, **Harmonious Days™** Daily Routine to align your habits for better energy and calm, and **PrakritiFuel NutriFit™** Plan with tailored food and nutrition guidance to restore balance from the inside out.



AyurGlow™ Skin Care Services

Natural inside out healing for skin that tells your story beautifully. Nurture your skin with Ayurveda's secrets for radiant beauty.

Pure Non-Toxic Vitability™

From safer products to healthier food choices, we help you create a nurturing environment to live clean and strong.



Panchakarma Rejuvenation Retreat™

Deep detox, renewed life force. Immerse yourself in an authentic Panchakarma experience in Kerala, India.

Mane™ Holistic Hair Revival

Is your hair dull, straw like, brittle, or thinning? Transform your hair naturally with Ayurvedic principles. Rebuild your crown from the roots



L-Nutra & ProLon Metabolic Health Program

Experience a science-backed metabolic reset that blends Ayurveda with the 5-day ProLon fast-mimicking program—kickstarting autophagy and supporting lasting metabolic change.



Affiliate Wellness Products

Thoughtfully crafted for your well-being: herbal teas, oils, skincare, haircare, and supplements—each toxin-free, lab-tested, and practitioner-approved.

Why SOMA Alive Works When Others Fail

Led by Sajini Thomas, a Board-Certified Ayurvedic Practitioner with over 60 years of lived experience, this practice offers a unique approach to wellness by combining the ancient wisdom of Ayurveda with modern science and lifestyle medicine. Focused on total root-cause healing, each program is personalized to your unique constitution rather than following one-size-fits-all protocols. Services are 100% virtual, making them accessible to individuals anywhere in the world.



Balance, Told by You

I went from struggling with fatigue and weight gain to feeling vibrant and energized. As a Kapha/Vata I can now see how eating even healthy foods can cause weight gain. I know now what foods are best for my constitution, how much to consume and what spices to use to keep in balance. The personalized approach made all the difference. ”

– a Happy Client

I was waking up in the middle of the night, I was planning to retire at 70 and move to a tiny house in the wilderness and I knew nothing much about Ayurveda and daily routines. Then I consulted with SOMA Alive and got acquainted with the concept of living in sync with nature, and now I live a conscious life and know how to keep my Kapha/Vata constitution in balance. ”

– Dean S.

Are You Ready to Feel Like Yourself Again? Take the First Step Toward Holistic Healing

Book your FREE Ayurvedic Discovery Call today and begin your personalized journey toward balance, clarity, and renewed energy.



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