

# Price List 2018

Valid starting December 25, 2017



AYURVEDA

PARKSCHLÖSSCHEN





**Dear Guest and Friends of Ayurveda,**

2018 is a special year for us – we are celebrating **25 years of Ayurveda Parkschlösschen**. For 25 years now everything in this unique location has been revolving around Ayurveda. And for 25 years we have been focusing our total expertise, with heartfelt dedication, on the well-being of our guests.

As the **specialist for Panchakarma Detox Cures**, we have continuously expanded our range of offers and in doing so, have placed a special focus on two more important Ayurvedic fields: **Yoga**, the sister discipline of Ayurveda – and **Lifestyle Coaching**, teaching the knowledge of a healthy, Ayurvedic lifestyle.

In addition to our broad spectrum of **Ayurvedic Detox Programmes (NEW: “Ultimate Panchakarma”)** and **Short Ayurveda Getaways**, we also offer exclusive **Yoga Programmes** and regularly give **lectures on various Ayurvedic topics**.

We are not only celebrating 25 years of the Ayurveda Parkschlösschen, but also **25 years of Healthcare with Ayurveda** – celebrate with us, we look forward to seeing you!

*Sincerely yours,  
Carina Freuß*



# Wellbeing at the Parkschlösschen

In order to be able to offer you the best conditions for a healthy time-out with Ayurveda, all our rooms are non-smoker rooms, equipped with pure natural materials wherever possible and free from interference originating from electro-smog and water veins (partly allergy friendly). In terms of “digital detox” there is no Wi-Fi at the Parkschlösschen but our internet room is available to you free of charge 24h a day.

<b>Room rates</b>	Single Occupancy	Double Occupancy
SR cat. I	€ 170.00	-
SR cat. II	€ 215.00	-
DR	€ 215.00	€ 315.00
Jun. suite cat. I	€ 280.00	€ 380.00
Jun. suite cat. II	€ 325.00	€ 425.00

## The room prices include:

- participation in all daily Yoga & exercise programmes
- participation in all daily lectures by our Ayurveda experts
- use of our internet room
- use of our wellness area “Veda Spa“ with sauna, indoor thermal swimming pool & fitness room

## Vegetarian delicacies from our Ayurveda Cuisine

Our vegetarian meals originate primarily from organic farms. These can be prepared as vegan dishes if desired.

**Ayurvedic Full Board € 75.00 p.P.**

Vegan option bookable

## The Ayurvedic Full Board includes:

- all meals
- special foods in accordance with indication
- hot soup in the afternoon
- all drinks: Ayurvedic and healing herbal teas, hot thermal water

(We do not offer any alcoholic beverages, coffee or black tea, at the Parkschlösschen.)

## Upgrade for regular guests

**Have you stayed at the Parkschlösschen three times during the last 10 years?** We would like to thank you for your loyalty by granting you a room upgrade to the next higher room category available.

## Early Booking Discounts

For all reservations confirmed at least three months prior to the beginning of your stay, you can get the following early booking discount:

**5% on a stay of up to or including 6 overnights.**

**10% on a stay of 7 overnights or more.**

This discount will be applied to:

- overnights
- full board
- cost of therapy
- Ayurvedic & alternative practitioners fees

The above offers cannot be combined with one another and apply only to direct reservations made without a travel agent. For early booking discounts the following conditions of reservation are valid and differ from our General Terms and Conditions: Your stay must be paid in full within 14 days of the reservation date. If you cancel your reservation, a refund will not be possible. However, you will be able to postpone your stay once to a date beginning within one year of the date of your original reservation.

**The uniqueness of our Ayurveda programmes lies mainly in the individualization for each guest's personal needs** – since following an extensive consultation a personal treatment plan is drawn up. Our experience shows that each of those individualized programmes tend to differ from the sample treatments suggested in the packages which are presented on the following pages of this price list.

**Speak with us, we will be happy to give you more detailed information!**



# Panchakarma: The Royal Ayurveda Therapy



Panchakarma is based on the age-old and mature medical experience of Ayurveda. Various cleansing and treatment procedures are so deeply and finely interwoven that their healing power becomes much higher in combination than when practiced individually. **This enormous effectiveness accounts for the uniqueness of Panchakarma, the "Royal Ayurveda Therapy".**

The therapy concentrates directly on the causes of illnesses, the disturbed Doshas and the resulting weakened organ systems. Undesired metabolic waste products are removed from the body, and the innate balance of the Doshas is restored as the basis of good health.

**The main purpose of Panchakarma is to activate the selfhealing powers of the body and to provide preventive health care.**

Through experience we know, that the Panchakarma Therapy is also suited to convalescence and regeneration after surgery, before pregnancy and after giving birth or before and after extreme professional or personal challenges in terms of stress reduction.





## **Panchakarma is traditionally used in the case of:**

### **Chronic illnesses**

- Rheumatism and joint pains
- Intestinal disturbances
- Autoimmune diseases
- Pain conditions

### **Neurovegetative illnesses**

- Stress
- Sleep disorders
- Burnout
- Tinnitus

### **Cardiovascular illnesses**

- High blood pressure
- Arteriosclerosis
- Heart diseases

### **Gynaecological ailments**

- Climacterical complaints
- PMS
- Endometriosis
- Infertility
- Polycystic ovary syndrome

9 & 13 nights

# The Panchakarma Cure – Essential detoxification to achieve physical & mental top form



## »Compact Panchakarma«

2 x Abhyanga	2 x Svedana
1 x Udvartana	1 x Shirodara
1 x Garshan	1 x Pinda Sveda
1 x Vishesh	1 x Padabhyanga
1 x Pizzichilli	3 x Gentle internal detoxification

Ayurvedic medical support during your stay

*Cost of therapy € 2,200.00*

**Early booking price**  
**Cost of therapy € 1,980.00**

## »Classic Panchakarma«

1 x Udvartana	1 x Kalari
2 x Vishesh	1 x Pinda Sveda
2 x Abhyanga	1 x Garshan
1 x Pizzichilli	1 x Padabhyanga
2 x Svedana	3 x Gentle internal detoxification
1 x Shirodara	
1 x Shiroabhyanga	

Ayurvedic medical support during your stay

*Cost of therapy € 2,635.00*

**Early booking price**  
**Cost of therapy € 2,371.50**

20 & 34 nights

NEW



## »Intensive Panchakarma«

2 x Udvartana	1 x Pinda Sveda
2 x Vishesh	2 x Kalari
4 x Abhyanga	2 x Padabhyanga
1 x Pizzichilli	2 x Nabi Basti
3 x Svedana	1 x Netra Tarpana
1 x Shirodara	1 x Nasya
1 x Shiroabhyanga	6 x Gentle internal detoxification
1 x Garshan	
1 x Cranio Sakrale	

Ayurvedic medical support during your stay

*Cost of therapy € 4,390.00*

Early booking price  
Cost of therapy € 3,951.00

## »Ultimate Panchakarma«

2 x Udvartana	3 x Padabhyanga
5 x Vishesh	2 x Netra Tarpana
6 x Abhyanga	2 x Pitchu
2 x Pizzichilli	2 x Nasya
2 x Garshan	2 x Samvahana
2 x Pinda Sveda	7 x Gentle internal detoxification
3 x Kalari	
2 x Shiroabhyanga	2 x Physiotherapy
6 x Nabi/Heart Bastis	3 x Personal Meditation
4 x Svedana	3 x Personal Yoga
5 x Shirodara	2 x Ayurveda Coaching

Ayurvedic medical support during your stay

*Cost of therapy € 8,980.00*

Early booking price  
Cost of therapy € 8,082.00

7 nights

## Liver Detox Programme – Tiredness is the pain of the liver



The liver is our central detoxifying organ. All those "little sins" in everyday life – such as too much work, alcohol or unhealthy food, too little exercise, sleep and relaxation – must constantly be compensated for by the liver. Chronic tiredness and lack of energy are the first signs that this vital organ is under stress.

The Liver Detox Programme, based on the Ayurvedic art of healing, is dedicated to a comprehensive natural detoxification of the liver. Therapies which protect and regenerate the liver cells, cleansing Ayurvedic massages in combination with our excellent Ayurveda Cuisine, provide you with a new vitality and long-term energy.

### »Liver Detox Programme«

1 x Abhyanga	3 x Gentle internal detoxification
3 x Liver Pitchu	
2 x Padabhyanga	
2 x Vishesh	daily Ayurvedic
1 x Udvartana	regenerating products
1 x Svedana	for the liver

Ayurvedic medical support during your stay

*Cost of therapy € 1,775.00*

**Early booking price**  
**Cost of therapy € 1,597.50**



# Anti-Stress Programme – Decelerate with Ayurveda

6 nights



Inner peace and serenity should be the basis of a happy and healthy life. However, a flurry of activity, stress and a flood of outside stimuli are constantly robbing our daily energy. Inner energy reserves shrink. We feel tired and worn out and become more susceptible to sickness. Escape from this never-ending spiral, and de-stress yourself long-term.

Harmonising full-body synchronous oil-massages, a clarifying herbal steam bath and mild cleansing of the digestive tract activate the body's own detox functions gently and effectively.

The result is regained energy and a strengthened immune system.

## »Anti-Stress Programme«

1 x Udvaartana	1 x Svedana
1 x Vishesh	1 x Shirodara
1 x Abhyanga	1 x Padabhyanga
1 x Pizzichilli	3 x Gentle internal detoxification

Ayurvedic medical support during your stay

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*Cost of therapy € 1,540.00*

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**Early booking price**

**Cost of therapy € 1,463.00**

2 & 4 nights

## Taking a Break – Regaining energy the Ayurvedic way



Forget about your appointment book, turn off your mobile phone, and gently enter into the world of the Ayurveda Parkschlösschen. Yoga exercises and harmonising oil massages are pure sources of energy, even if you do not have much time.

Take advantage of the hotel relaxation zones. In the wellness area “Veda Spa” there are aroma saunas, a natural cosmetics department, indoor thermal swimming pool and a sports department.

### Early booking price

Cost of therapy I    € 451.25

Cost of therapy II    € 674.50

### »Taking a Break I«

- 1 x Abhyanga
- 1 x Pitchu or Nabi Basti
- 1 x Padabhyanga

Ayurvedic medical support during your stay

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*Cost of therapy € 475.00*

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### »Taking a Break II«

- 1 x Abhyanga
- 1 x Pitchu or Nabi Basti
- 1 x Padabhyanga
- 1 x Vishesh

Ayurvedic medical support during your stay

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*Cost of therapy € 710.00*

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# A Day of Ayurveda – Get to know the Ayurveda Parkschlösschen

1 day



Take some time out just for yourself, and forget about all of your responsibilities. At the Ayurveda Parkschlösschen everything revolves around YOU. We will pamper you for a day with a synchronous oil massage and our Ayurveda Cuisine, while at the same time you can become acquainted with Ayurveda, the oldest art of healing.

"A Day of Ayurveda" is also an ideal gift for those special people in your life.

## »A Day of Ayurveda«

- introduction session about Ayurveda\*
- Abhyanga synchronous oil massage
- Ayurveda Cuisine: vegetarian midday & evening meal, including beverages
- participation in daily standard programmes (Yoga & exercises, lectures by our Ayurveda experts)
- use of the wellness area "Veda Spa" (thermal pool, sauna, fitness studio)
- comfortable double room for the day

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*Daily package € 325.00*

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*\* Optionally, it is also possible to book an extensive and individual Ayurvedic consultation with one of our Ayurvedic practitioners (additional cost: from € 90.00 up).  
Our reception team will be happy to advise you.*

## AYURVEDIC TREATMENTS

Experience shows, all our Ayurvedic treatments have a deeply penetrating effect and they are traditionally part of an Ayurvedic cure. For this reason, they can be carried out only after a consultation with our Ayurvedic practitioners.

### Synchronous Massages

These massages are given by two therapists, each using both hands. The oils and herbal supplements are organically cultivated and applied in keeping with your individual requirements.

#### Abhyanga

€ 175.00

Synchronous full-body oil massage, traditionally used for harmonisation and detoxification, promotes by experience relaxation and well-being.

#### Vishesh

€ 155.00

Similar to Abhyanga, but administered faster and with stronger pressure. Vishesh means "deep massage" or "connective tissue massage". Based on experience, Vishesh stimulates and revitalises the mind, body and metabolism.

#### Garshan

€ 160.00

Synchronous full-body massage with gloves made of burette silk. Stimulates the circulation and metabolism, through experience advisable in treating cellulitis.



**Samvahana****€ 170.00**

Samvahana is a gentle and harmonising massage which has, according to the Ayurvedic teachings, an exceptionally positive effect on the physical and emotional well-being of women. The body is treated in various steps using silk, brushes and almond and rose oil.

**Udvaartana****€ 180.00**

Synchronous full-body peeling massage with a paste of oil with grains, herbs, salt or healing clay. Produces intensive metabolic stimulation of cells and organs, as well as of the circulation. Based on experience, invigorating and detoxifying.

**Pinda Sveda****€ 210.00**

This treatment is carried out as a synchronous full-body massage using cotton bags filled with various herbs, grain, rice or other ingredients. It loosens tension and opens blockages.

**Pizzichilli****€ 250.00**

Whole body luxury oil treatment or "royal oil treatment". The massage is performed in complete synchrony by two therapists while a constant stream of warm oil is flowing over the entire body. Stimulates the metabolism of skin and organs even more powerfully than other treatments. Through experience we know it has a strong detoxifying and relaxing effect.

## Special Treatments

Local (partial) massages and oil treatments carried out with various herbal oils.

### **Kalari**

€ 130.00

This massage is aimed at optimising or restoring the flow of energy. Specially fine-tuned massage and mobilisation techniques are used, taking the energy paths and the vital points into consideration. Based on experience, very energising and rejuvenating.

### **Nasya**

€ 140.00

Intensive treatment of the shoulder/neck area and sinuses. Has proven effective in treating chronic sinus infections, hay fever, migraine and headaches.

### **Netra Tarpana**

€ 110.00

Eye bath - local treatment which has proven effective in chronic and acute eye infections, particularly eye irritation and fatigue.

### **Pinda Sveda, locally applied**

€ 150.00

Partial massage with herbal rice bags. Suited for all neuromuscular disorders, mental stress and complaints relating to the neck and lumbar vertebrae.

### **Karnapurnam**

€ 120.00

Special ear oil bath for tinnitus, ear ache, jaw pains and dryness in the ear. To be booked only in combination with a Panchakarma cure.

**Padabhyanga****€ 110.00**

A foot and leg massage which results in deep relaxation. This massage is ideal for calming down those who are stressed and overworked.

**Shiroabhyanga****€ 110.00**

A head, throat, neck and facial massage. It relieves tension, stimulates the lymph drainage and has a calming effect.

**Svedana****€ 75.00**

Herbal steam bath. A moist heat treatment of induced sweating. The waste products released by the massage treatments are removed by the blood stream and excreted as sweat.

**Shirodara****€ 110.00**

Oil poured onto the forehead. Calms the entire vegetative nervous system. Is perceived as harmonising and balancing, especially while treating neuro-vegetative disorders and stress-induced symptoms.

**Bastis****€ 70.00 - 100.00**

Therapeutic herbal internal cleansing with purgative or regenerative effect and local oil baths suitable for the specific indication with an (empirically) healing and calming effect through deeply penetrating warmth and special herbs.

**Pitchu****€ 100.00**

Local oil treatment for various pains caused by tension. Through experience, also indicated for internal unrest, joint pains and lymphatic blockage.

## YOGA

**Yoga is the sister discipline of Ayurveda.** It centres the mind, strengthens the body and helps to harmonise both. In this way, Yoga promotes regeneration and is the perfect complement to our Ayurvedic treatments. With this in mind, we offer **twice daily gentle Hatha Yoga in a group session** at the Parkschlösschen. If desired, you can also book **Personal Yoga** classes.

For all those, who wish to delve more deeply into the topic of Yoga, we have developed the individual **“Private Yoga Retreat”**.

**Our reception team will be happy to advise you!**



3 & 6 nights

## Private Yoga Retreat – exclusive individual Programme



Yoga just for me – spoil yourself with the luxury of a private Yoga Retreat!

Benefit from Yoga sessions tailored to suit you and you alone, which you compile together with one of our Yoga instructors. Additionally, you can also practice Hatha Yoga in a group, twice daily. Also enjoy relaxing Ayurvedic oil massages and the comfort and exclusiveness of the Ayurveda Parkschlösschen.

Find your way to inner calmness as well as balance and gain added mobility, enhanced resilience and vitality!

### Early booking price

Cost of therapy I	€ 707.75
Cost of therapy II	€ 983.25/ € 1,154.25

### »Private Yoga Retreat I«

1 x Abhyanga  
1 x Pitchu or Nabi Basti  
1 x Padabhyanga  
3 x Personal Yoga (60 min.)  
Ayurvedic medical support during your stay

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*Cost of therapy € 745.00*

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### »Private Yoga Retreat II«

1 x Abhyanga  
1 x Pitchu or Nabi Basti  
1 x Padabhyanga  
1 x Pinda Sveda  
3 or 5 x Personal Yoga (60 min.)  
Ayurvedic medical support during your stay

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*Cost of therapy € 1,035.00 / 1,215.00*

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## Yoga & Exercise

Our professionally equipped fitness studio can be used between 7:00 a.m. and 9:00 p.m. without extra charge. Participation in Yoga groups (daily) is also free of charge. Individual trainings with a personal trainer will be charged.

<b>Personal Yoga</b> (60 min.)	€ 90.00
<b>Personal Yoga</b> (90 min.)	€ 125.00
<b>Complete Yoga programme</b> (3 x 60 min. incl. individual Yoga manual)	€ 270.00
<b>Complete Yoga programme</b> (5 x 60 min. incl. individual Yoga manual)	€ 450.00
<b>Physiotherapy</b> (60 min.)	€ 110.00
<b>Craniosacral therapy</b> (60 min.)	€ 135.00



## NATURAL COSMETICS

### Ayurveda Cosmetic Treatments at the Parkschlösschen

Our cosmetic treatments are carried out exclusively with top-line ila products. They contain only top-quality plant or mineral ingredients coming from sustainably produced resources - and nothing else. 100% natural cosmetics for radiant beauty in both body and soul.

#### **ila Vata Facial** (for Vata skin constitution)

€ 150.00

Based on the luxuriant Rainforest Line: foot peeling, gentle face cleansing, lymph drainage, manual trigeminus therapy, warm stamp massage with Himalaya crystal salt, intensively nurturing facial – resulting in beautiful skin that radiates. (about 90 min.)

#### **ila Pitta Facial** (for Pitta skin constitution)

€ 150.00

Based on the Glowing Radiance Line: foot peeling, pampering face cleansing, traditional Ayurvedic Marma point massage, manual trigeminus therapy, nurturing facial – resulting in the skin feeling silky soft. (about 90 min.)



**ila Kapha Facial** (for Kapha skin constitution)

€ 150.00

Based on the Marine Flora Line: activating acupuncture of the head, gentle face cleansing and beauty care, lymph drainage, warm stamp massage with Himalaya crystal salt, invigorating facial massage, rich facial mask – giving skin full of brilliance. (about 90 min.)

**Crystal Healing Face Therapy**

€ 150.00

Facial treatment with warm rose quartz crystals, deep-acting lymph drainage, acupuncture with warm bolus bags, peeling with garnet, jade facial mask, fragrant rose cream. (about 90 min.)

**Hand Rejuvenation Cure**

€ 65.00

Gentle peeling, hand bath, relaxing Marma hand massage, mask with rose gel and aloe vera. (about 45 min.)

**Hand Rejuvenation Cure including manicure** (about 90 min.)

€ 125.00

**Foot Rejuvenation Cure**

€ 65.00

Lemon grass and Vetivert peeling, Marma point foot massage. (about 45 min.)

**Foot Rejuvenation Cure including pedicure** (about 90 min.)

€ 125.00

## Classic Cosmetic Treatments

### **Classic Facial Treatment** (Ladies)

€ 120.00

Cleansing, cleansing mask, elimination of impurities, eyebrow correction, classic massage of face and décolleté, hydrating mask, day skin care. (about 80-90 min.)

### **Intensive Facial Treatment** (Ladies)

€ 165.00

Cleansing, aromatic compress, cleansing mask, eyebrow correction, elimination of impurities, lymph drainage, hydrating mask, natural aroma concentrate, massage of face, neck and décolleté, foot massage, smoothing mask for face and décolleté, moisturizing mask, day skin care. (about 110-120 min.)

### **Intensive Facial Treatment** (Gentlemen)

€ 120.00

Cleansing, aromatic compress, cleansing mask, elimination of impurities, herbal aroma concentrate, lymph drainage, facial massage, smoothing mask for face and eyes, hydrating mask, day skin care. (about 80-90 min.)

**Intensive Anti Aging Treatment** (Ladies/Gentlemen with any skin type) € 190.00

Visible reduction of wrinkles and stimulation of the production of collagen by herbal anti aging products: cleansing, intensive hydrating mask, lymphatic drainage, massage of face, neck and décolleté, anti aging mask, lifting serum, eye cream, day care, eyebrow correction, foot peeling and massage. (about 110-120 min.)

<b>Manicure</b> (about 45 min.)	€ 60.00
<b>Manicure</b> including hand massage and hand pack (about 60 min.)	€ 85.00
<b>Cosmetic Pedicure</b> including foot massage and foot care (about 45 min.)	€ 65.00
<b>Cosmetic Foot Reflexology</b> (about 30 min.)	€ 50.00
<b>Lip or Eye Mask, Neck Pack</b> (each about 15 min.)	€ 15.00
<b>Dyeing of Eyebrows and Eyelashes</b>	€ 50.00
<b>Only Eyelashes</b>	€ 35.00
<b>Only Eyebrows</b>	€ 20.00
<b>Plucking of brows</b>	€ 10.00
<b>Facial Lymph Drainage</b> including mask (about 45 min.)	€ 65.00



## Contact

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Healing  Holidays

