



AYURVEDA

PARKSCHLÖSSCHEN



AYURVEDA – EXCLUSIVELY
at the Ayurveda Parkschlösschen



The people and the story

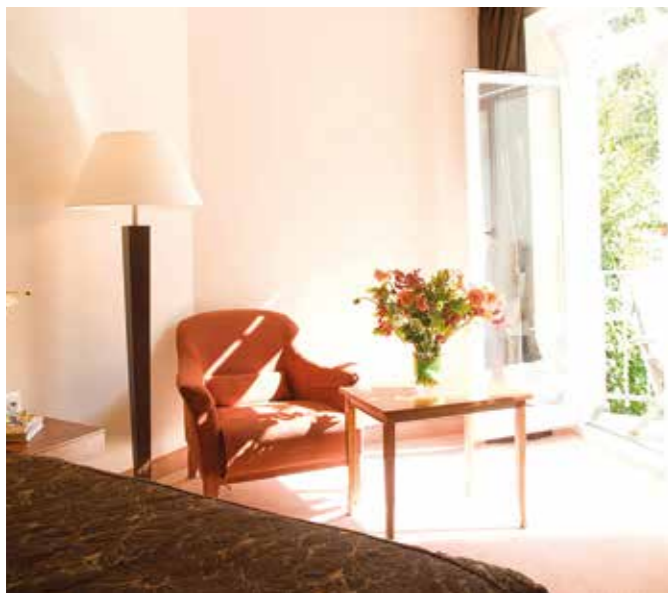
The Ayurveda Parkschlösschen has many builders, but only one founder. For entrepreneur Wolfgang Preuß, the experience of an Ayurveda cure more than 3 decades ago was simply a milestone. After years of intensive work, he reached a new state of physical health and mental relaxation for the first time. This experience determined and laid the foundation for the creation of the Ayurveda Parkschlösschen. Preuß's idea was to establish Ayurveda in Germany at a very high level and according to authentic principles. Together with his wife, they developed the concept of a first-class Ayurveda health retreat where many people could share his positive Ayurveda experience.

After discovering the „old“ Parkschlösschen in 1990, two and a half years of construction was needed before this vision became reality. Since then, the implementation of this holistic health project has been a matter close to the heart of the Preuß family and the **whole team**. Traditional Ayurveda, Ayurvedic medical competence and intensive attention to the guests still distinguish every stay at the Parkschlösschen.

Life and work

The staff of the Parkschlösschen not only practice Ayurveda, they live it: The balance of various human and professional skills, as well as the harmony among the staff, flow into the loving care of the guests. After many years of working together, it is the heartfelt gestures and helping hands of the staff which make a stay at the Ayurveda Parkschlösschen so unique.





The whole hotel is therapy

The Ayurveda Parkschlösschen is a house of health. The architecture, the materials, the colours have all been chosen according to universal Ayurvedic insights and knowledge, and together they create a greater healing entity. Everything has an effect – thus building the optimal framework for a lasting and successful Ayurveda cure. Every meal, every treatment, every Yoga exercise, every walk through the spacious and grand hotel park is a step in the direction of well-being and life energy.

The quiet world of the Ayurveda therapy area at the Parkschlösschen combines with the 5-star hotel's first-class service to become a one of a kind symbiosis. We are there for our guests, round the clock.



Detox & Regeneration

Regeneration and prevention have been principles of Ayurvedic naturopathy for over 5,000 years. In this holistic science, health is understood as a dynamic balance of forces that permeate all levels of life. One's individual balance of forces is as unique as one's face, stature and personality, and yet it continuously creates itself anew in exchange with the environment.

The Ayurvedic practitioners at the Parkschlösschen practice all the traditional diagnostic methods of Ayurveda to assess the individual's state of health. This includes above all time, attention and trained perception. A particularly fine diagnostic instrument of authentic Ayurveda is the Ayurvedic pulse reading. This records the health and bodily functions of the entire person with incomparable precision and thus forms the basis for holistic treatment.



Health and well-being

What makes the Parkschlösschen's Ayurveda so special is above all the tailor-made programmes. After the thorough Ayurvedic consultation, an individual treatment plan is shaped for every guest. The finely tuned combination of traditional treatments and Ayurvedic detox preparations is as distinctive as each individual person.

The foundation for all the programmes offered are the applications and methods of Ayurvedic healing science. The massages in particular are extremely beneficial for the entire organism. They release tension, stimulate detoxification and activate nerve cells, while the in-house organic herbal oils work deep in the tissues to cleanse and nourish the body. Among the treatments the oil synchronous massages are synonymous with deep relaxation. Two pairs of hands working in sync simultaneously activate both halves of the brain and stimulate the self-healing powers

The healing effect of Ayurveda at the Parkschlösschen lies in the sum of innumerable gentle gestures and in the concentrated and attentive care in the hands of experienced therapists and Ayurveda experts. While our guests are relaxing, the body's own healing powers are stimulated.



It is written in the ancient Vedic texts that women should only be massaged by women and men only by men. At the Ayurveda Parkschlösschen, we adhere to the original interpretation of Ayurvedic teachings out of conviction and many years of experience.



Health you can eat

Fine Ayurvedic cuisine is our passion. Creative, refined and rich in variety, we whet your appetite for healthy Ayurvedic nutrition. Natural and fresh food, aromatic herbs and original preparation form the basis of the Parkschlösschen Ayurveda Cuisine. Freshly prepared, finely balanced and easily digestible, the vegetarian/vegan gourmet cuisine eases the metabolism and provides vital energy.

A balanced and type-appropriate diet is the best prerequisite for a long healthy life. The season and one's particular dispositions determine what foods are good for a person.

We make this new understanding of healthy eating deliciously simple: our in-house training kitchen and our chefs will inspire you to cook! To keep you motivated, the Ayurveda Parkschlösschen's book „**The Art of Ayurvedic Cooking**“, with its 80 varied recipes, is your gourmet guide for home.

Inspired by a love of cooking and deep understanding of Ayurvedic principles, the cooks at the Ayurveda Parkschlösschen create delicious meals. The pleasure that goes into its preparation, the beautifully set table, the smile while the food is being served; a meal at the Ayurveda Parkschlösschen is an event, an extraordinary experience of taste and well-being.



Harmony and serenity

Yoga is a source of relaxation, joy, stillness, inner self and unity. The sister discipline of Ayurveda quiets the mind, strengthens the body and helps to harmonize both. In this way, Yoga promotes our regeneration - and gives us sustainable serenity and joy of life.

Twice a day, we offer Hatha Yoga group classes at the Ayurveda Parkschlösschen. They are particularly gentle and complement the healing effects of the Ayurveda treatments in an optimal way, without overstraining the body. Further, specific breathing exercises (Pranayama) and meditation are part of the group sessions. Private Yoga classes can be booked in addition.

In stretching and bending the joints, muscles and tendons stretch and the body becomes more flexible and stronger.





Clarity and inner peace

There is always a concluding group meditation that is open to all guests, as part of our daily yoga sessions. Through meditation, the mind regains its clarity. In the regularly returning tranquillity, the mind connects with the knowledge resources of the subconscious, recognises and releases unhealthy habits and clarifies the motives for one's own actions.

In self-knowledge and in deep concentration on the essentials, the ego's structures slowly disappear. The consciousness behind it expands and reunites with the source of all being. It recognises the meaning of life and leads us to wisdom and inner peace.

The experienced yoga and meditation teachers at the Ayurveda Parkschlösschen can be booked for private yoga classes and meditation introductions.

Beauty and vitality

People are beautiful when they appear relaxed, cheerful and full of life, and when their bodies radiate purity and freshness. Ayurveda provides both, because it brings inner harmony and health.

Nevertheless, one can also help from the outside. The best way is with high quality and most importantly all-natural cosmetics. The Ayurveda Parkschlösschen has set itself the goal of utilizing in its cosmetics department the best products that can be found on the market. The focus is not only to work on the surface, but to use really profound techniques with the best ingredients and to combine them with the ancient knowledge of Ayurveda.

The result is Vata, Pitta and Kapha facials exclusively designed and individually tailored for the Ayurveda Parkschlösschen – for pure, radiant beauty and energy.





“My expectations were surpassed by every staff member’s loving care and attention.” Mrs. H.

„I feel 5 years younger and completely rejuvenated.“
Mrs. B.

“Thank you for taking such good care of me!”
Mrs. B.

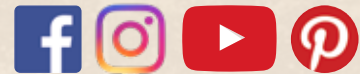
„This was a unique experience and an eye opener.“
Mrs. P.

“I felt totally nurtured through the whole stay and a sense of deep tranquility.” K.



Contact

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