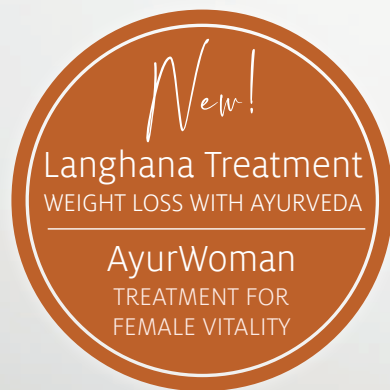


AYURVEDA ★ ★ ★ ★ ★
PARKSCHLÖSSCHEN
2026



Valid from 25 December 2025



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Dear Guests,

Welcome to Ayurveda Parkschlösschen – **your destination for tranquillity, healing and inner balance.** Surrounded by pristine nature and elegant cosiness, we have been passionately dedicated to **holistic health based on traditional Ayurveda for over 30 years.**

Our individually tailored programmes – from intensive Panchakarma cleansing treatments and regenerating detox programmes to shorter Ayurveda breaks – are designed to **reconnect body, mind and soul.** Every stay with us is a step towards **more energy and joy of life!**

With Ayurvedic medical expertise, authentic Ayurvedic tradition and personalised care, we accompany you on your journey to greater vitality, health and lasting well-being.

Sincerely,
*The Preuß family with Katja Lemmler and Kay-Uwe Brehm
as well as the entire Ayurveda Parkschlösschen team*



Brigitte Preuß
Executive Director & Owner



Katja Lemmler
Executive Director



Kay-Uwe Brehm
Member of the executive board



OUR HOUSE TOUR
– WATCH NOW!



People and History

The Ayurveda Parkschlösschen owes its origins to a special experience. After a profound Ayurveda treatment programme, founder Wolfgang Preuß experienced a return to physical and mental health that changed his life. Inspired by this experience, he decided to create a **unique Ayurveda resort in Germany.**

Together with his family, he discovered the ‘old’ Parkschlösschen in 1990, which opened its doors after two and a half years of loving restoration and expansion. **To this day, it is a place where traditional Ayurveda, Ayurvedic medical expertise and personal hospitality go hand in hand.**



The entire House is Therapy

At the Ayurveda Parkschlösschen, every aspect is designed to promote health and well-being. The architecture, materials and colours have been selected according to the universal principles of Ayurveda and create a harmonious environment for a successful Ayurveda programme. Every meal, every treatment,

every yoga exercise, every walk through the large, idyllic park is a step towards well-being and vital energy. The tranquil world of the therapy area merges with the first-class service of a 5-star Ayurveda hotel to create a **unique oasis of regeneration.**

Ayurveda is the “knowledge of life”...



Ayurvedic pulse reading

The “knowledge of life” (“Ayus” = life, “Veda” = wisdom), as Ayurveda is also translated, is considered to be the oldest health teaching in the world.

The basic principles of Ayurveda are its universal applicability and its holistic approach, which recognises the human being as a whole. Against this background, recommendations for body, mind and soul were developed over thousands of years to ensure a **healthy, long and fulfilling life.**

All of our programmes at the Ayurveda Parkschlösschen are based on the practices and methods of this healing art – **professionally executed and finely attuned to the needs of the people of our time.**

Ayurvedic Medical Support

During the initial consultation, **our experienced Ayurvedic practitioners adapt the treatment and programme procedures to your individual needs** – this is the strength of the Parkschlösschen Ayurveda and the basis for the success of your treatment.

Our accompanying Ayurveda medical care includes:

- initial consultation with Ayurvedic pulse reading
- individual therapy schedule
- regular interim consultations
- extensive final consultation
- nutrition and lifestyle guidance



Our Ayurveda practitioners and the entire team work closely together for your well-being – **hand in hand, at every step of the way.**

Programme Overview

AYURVEDA TREATMENTS

Compact Panchakarma	€3,400 <i>p. 10</i>
Classic Panchakarma	€4,090 <i>p. 10</i>
Intensive Panchakarma	€6,645 <i>p. 11</i>
Ultimate Panchakarma	€13,100 <i>p. 11</i>
Langhana Treatment	€3,645 <i>p. 12</i>
Anti-Stress Treatment	€2,390 <i>p. 13</i>
AyurWoman	€1,895 <i>p. 15</i>
Regeneration Treatment	€1,650 <i>p. 16</i>

AYURVEDA BREAKS

Taking a Break I	€690 <i>p. 17</i>
Taking a Break II	€1,060 <i>p. 17</i>
Ayurveda Weekend	€265 <i>p. 18</i>
Day Spa Deluxe	€495 <i>S. 19</i>
Private Yoga Stay I	€960 <i>p. 29</i>
Private Yoga Stay II	€1,530 <i>p. 29</i>

Complete price overview, plus room & full board → p. 38-39

Panchakarma

Panchakarma – The Royal Ayurveda Therapy and Parkschlösschen's Royal Discipline

The Ayurvedic cleansing treatment **Panchakarma** has been the **Ayurveda Parkschlösschen's core competence since 1993**. The main purpose of this intensive programme is to activate the body's own self-regeneration capabilities while providing preventive health care. Various cleansing and treatment procedures are intricately interwoven so that their combined effects become much more potent than when applied individually. **This accounts for the uniqueness of Panchakarma, the "Royal Therapy of Ayurveda".**

From the experience of our many regular guests, we know that Panchakarma is ideally suited for recovery and regeneration, in case of acute fatigue syndrome or after increased stress due to extreme professional or private challenges.



Panchakarma is also traditionally used in the case of:

- Chronic illnesses
- Neurovegetative illnesses
- Cardiovascular disorders
- Gynaecological ailments
- for Burn-out prevention

Panchakarma Cleansing Treatments



«Compact Panchakarma» 9 Nights

Ayurvedic medical support during your stay*

2 x Abhyanga	1 x Padabhyanga
1 x Garshan	1 x Shirodhara
1 x Pinda Sveda	2 x Svedana
1 x Pizzichilli	3 x Internal Basti
1 x Udvartana	
1 x Vishesh	

*Cost of therapy €3,400
plus room & full board (p. 38-39)*

«Classic Panchakarma» 13 Nights

Ayurvedic medical support during your stay*

2 x Abhyanga	1 x Padabhyanga
1 x Garshan	1 x Shiroabhyanga
1 x Pinda Sveda	1 x Shirodhara
1 x Pizzichilli	2 x Svedana
1 x Udvartana	3 x Internal Basti
2 x Vishesh	
1 x Kalari	

*Cost of therapy €4,090
plus room & full board (p. 38-39)*

Deep cleansing to achieve optimal physical & mental fitness

«Intensive Panchakarma» 20 Nights

Ayurvedic medical support during your stay*

4 x Abhyanga	1 x Pinda Sveda,
1 x Garshan	locally applied
1 x Pinda Sveda	1 x Shiroabhyanga
2 x Udvartana	1 x Shirodhara
1 x Pizzichilli	3 x Svedana
2 x Vishesh	6 x Internal Basti
1 x Kalari	1 x Craniosacral
2 x Nabi Basti	therapy
1 x Nasya	
1 x Netra Tarpana	
2 x Padabhyanga	

Cost of therapy €6,645
plus room & full board (p. 38-39)

«Ultimate Panchakarma» 34 Nights

Ayurvedic medical support during your stay*

6 x Abhyanga	2 x Shiroabhyanga
2 x Garshan	5 x Shirodhara
3 x Pinda Sveda	4 x Svedana
2 x Pizzichilli	7 x Internal Basti
2 x Udvartana	2 x Craniosacral therapy
5 x Vishesh	2 x Ayurveda coaching
2 x Kalari	60 min.
6 x Nabi/Heart Basti	3 x Private meditation class,
2 x Nasya	60 min.
2 x Netra Tarpana	3 x Private yoga class,
4 x Padabhyanga	60 min.
2 x Pichu	

Cost of therapy €13,100
plus room & full board (p. 38-39)

*More information about our **Ayurvedic medical support** —> p. 7

NEW



Langhana Treatment

Weight Loss with Ayurveda

The **holistic** Langhana programme supports **weight regulation** through targeted Ayurvedic treatments, a tailored diet and individual consultation. **The focus is on stimulating the metabolism**, which, together with exercise, helps to shed excess weight and gain new energy.

«Langhana Treatment» 11 Nights

Ayurvedic medical support during your stay*

1 x Garshan	2 x Pinda Sveda
4 x Svedana	1 x Kalari
1 x Pinda Sveda local	3 x Internal Basti
2 x Udvartana	1 x Lifestyle guidance
2 x Vishesh	

Cost of therapy €3,645
plus room & full board (p. 38-39)

WANT TO KNOW
MORE ABOUT
OUR LANGHANA
TREATMENT?



*More information about our **Ayurvedic medical support** —> p. 7

Anti-Stress Treatment

Take it slow with Ayurveda

The strain of professional and private demands and constant over-stimulation are our daily energy thieves. Get away from this endless spiral and relax and **de-stress sustainably**: decelerate with harmonising full-body synchronous oil massages, and the mild cleansing of your digestive tract – **for more energy and a strengthened immune system.**

«Anti-Stress Treatment» 6 Nights

Ayurvedic medical support during your stay*

1 x Abhyanga	1 x Padabhyanga
1 x Pizzichilli	1 x Shirodhara
1 x Udvartana	1 x Svedana
1 x Vishesh	3 x Internal Basti

Cost of therapy €2,390

plus room & full board (p. 38-39)

*More information about our **Ayurvedic medical support** —> p. 7



WHAT HAPPENS
DURING AN ANTI-STRESS
TREATMENT?





AyurWoman

NEW

Ayurveda for balanced femininity

With gentle Ayurvedic treatments, mindful yoga and **targeted abdominal massages**, the AyurWoman programme **provides women with holistic support in strengthening their emotional and hormonal balance**. Warmth, touch and mindfulness help to **calm the nervous system**, promote inner peace and a new level of body awareness.

«AyurWoman» 6 Nights

2 x Ayurveda consultation, 30 min.	1 x Pichu
1 x Abhyanga	1 x Samvahana
1 x Shirodhara	1 x Nabi Basti
2 x Udarabhyanga	1 x Pinda Sveda
	1 x Padabhyanga

*Cost of therapy €1,895
plus room & full board (p. 38-39)*



Complete your stay
with our complementary
services on p. 33

Regeneration Treatment

The perfect wellness getaway

Would you like to relax, unwind and recharge your batteries for a week? Then this **pampering programme** is just right for you! Enjoy daily Ayurvedic massages, our exclusive vegetarian Ayurveda cuisine and **find relaxation and regeneration in our 5-star Ayurveda cosmos.**



«Regeneration Treatment» 6 Nights

2 x Ayurveda consultation, 30 min.	1 x Padabhyanga
1 x Abhyanga	1 x Pichu
1 x Garshan	1 x Shiroabhyanga
1 x Vishesh	1 x Shirodhara

*Cost of therapy €1,650
plus room & full board (p. 38-39)*

Taking a Break

Regaining energy the Ayurvedic way!

Forget about your busy schedule, turn off your smart-phone and consciously immerse yourself into the wonderful **5-star Ayurveda cosmos of the Ayurveda Parkschlösschen**. A specially concerted selection of harmonising oil massages gives you deep inner peace and relaxation.

«Taking a Break I» 2 Nights

1 x Ayurveda consultation, 30 min.
1 x Abhyanga
1 x Padabhyanga
1 x Pichu

Cost of therapy €690

plus room & full board (p. 38-39)

«Taking a Break II» 4 Nights

2 x Ayurveda consultation, 30 min.
1 x Abhyanga
1 x Vishesh
1 x Padabhyanga
1 x Pichu

Cost of therapy €1,060

plus room & full board (p. 38-39)



Our daily yoga and meditation sessions optimally support the Ayurveda programmes.

→ p. 33

Ayurveda Weekend

Relaxation
and Inspiration

Experience pure **relaxation and rejuvenation** during our Ayurveda Weekend. The **four-handed Abhyanga synchronised oil massage** is an unforgettable pampering experience that will leave you feeling energised and revitalised. Let yourself be enchanted by our exquisite Ayurvedic cuisine, daily yoga sessions, idyllic park and the unique atmosphere of the Parkschlösschen. **Immerse yourself in our 5-star Ayurveda cosmos!**



«Ayurveda Weekend» 2 Nights

- 1 x Abhyanga synchronised oil massage
- Daily supporting programme (p.40)
- Daily lectures from our Ayurveda experts
- 2 x daily Hatha yoga group classes
- Daily meditation sessions
- Use of our wellness area "Veda Thermal Baths"
(thermal swimming pool, Bio sauna, Infrared sauna, Finnish sauna and fitness area)

*Cost of therapy €265
plus room & full board (p. 38-39)*

Day Spa Deluxe

A day of
indulgence

Escape the routines of everyday life and allow us to pamper you. Enjoy our delicious Ayurvedic cuisine and look forward to the highlight of your “self-care day”: **a deeply relaxing Abhyanga synchronised oil massage that harmonises body and mind** and provides pure relaxation.

«Day Spa Deluxe»

- Introductory lecture on Ayurveda
- 1 x Abhyanga synchronised oil massage
- Ayurveda Cuisine: vegetarian lunch and dinner, including drinks
- Use of our wellness area “Veda Thermal Baths” (thermal swimming pool, Bio sauna, Infrared sauna, Finnish sauna and fitness area)
- Beverages: medicinal herbal and Ayurvedic teas, hot thermal water
- Participation in the daily yoga & meditation sessions and lectures by our Ayurveda experts
- Double room available for use as a day room
- Arrival possible until 10 a.m.



Daily flat rate 495 €*

Further information about our additional services → p. 40

* We are happy to arrange a detailed, personal consultation with one of our Ayurvedic practitioners (additional charge of €120)



Ayurvedic Treatments

Experience shows that all of our Ayurvedic treatments have deeply penetrating effects, and they are **traditionally a core component of an Ayurvedic detox**. For this reason, they can only be carried out after a consultation with one of our Ayurvedic practitioners.

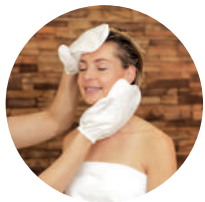
All treatments at the Ayurveda Parkschlösschen are performed by our highly experienced Ayurveda therapists dedicated to your well-being. **In accordance with traditional Ayurveda, women are only treated by women and men only by men.**

The organic Ayurvedic oils and herbal supplements used are individually selected according to the indication. Wherever possible, you will be provided with a private relaxation room and bath-room for post-treatment rest.

See p. 22-25 for our Ayurvedic treatments —————>

TRADITIONAL *Synchronous Massages*

The speciality of synchronous massages lies in the simultaneous stimulation of both halves of the brain through the four-handed treatment of both halves of the body. Through this, the autonomic nervous system responds by sending relaxation impulses to the cardiovascular and respiratory systems, affecting blood pressure, digestion and metabolism.



GARSHAN €255

Synchronous full-body massage with massage gloves. Traditional treatment to stimulate circulation and metabolism. Also recommended for cellulite.

ABHYANGA €265

Synchronous full-body oil massage. Traditionally applied for reducing and harmonising Vata as well as promoting deep relaxation and well-being.

VISHESH €255

Similar to Abhyanga, but administered faster and with more pressure and speed. Vishesh means “**deep massage**” or “**connective tissue massage**”. Traditional treatment for stimulating and vitalising the mind, body and metabolism.

SAMVAHANA €265

Loving, gentle and balancing synchronous massage using silk, brushes, almond and rose oil to treat the whole body. **According to Ayurvedic teachings it is a treatment for women with exceptionally positive effects on physical and emotional well-being.**



UDVARTANA €280

Synchronous full-body exfoliating massage with a paste of oil, grains, herbs, salt or healing clay. Traditionally used to intensively stimulate the metabolism of cells and organs, as well as the circulation. Invigorating and cleansing.



PINDA SVEDA €325

Warming synchronous full-body massage with cotton bags filled with various herbs, rice, lemon-coconut or other natural ingredients. Traditionally used to relieve tension and strengthen the tissues.

PIZZICHILLI €420

Full-body oil treatment or “royal oil treatment” with 7 litres of warm oil. Stimulates the metabolism of skin and organs even more powerfully than the other treatments. Experience has shown that it has a strong cleansing and relaxing effect.

TAKRACHILLI €420

Full-body treatment with 9 litres of buttermilk mixture. Highly recommended for skin problems or inflammations, as Pitta is reduced and the skin is slightly cooled.

SPECIAL Treatments

Traditional individual treatments, locally applied (partial) massages, oil and herbal treatments.

UDARABHYANGA €105

Abdominal massage to stimulate the digestive system and lymphatic drainage by releasing fascial adhesions.

KARNAPURNAM €155

Special ear oil bath, traditionally used for tinnitus, ear and jaw pain and dryness in the ear.

PRISTABHYANGA €165

Ayurvedic back treatment to alleviate back pain.

PADABHYANGA €165

A foot and leg massage to promote inner peace and deep relaxation in cases of stress and mental strain.

SHIROABHYANGA €180

Head, neck and facial massage. Traditional treatment to relieve muscular tension and promote lymphatic drainage.

INTENSIVE SHIRODHARA €195

Head and face massage with oil poured on the forehead. Traditional treatment for calming the autonomic nervous system.

KALARI €215

Intensive full-body treatment with special massage and mobilisation techniques. Traditional treatment to activate the energy channels and vital points.

NASYA €215

Intensive treatment of the shoulder and neck area and paranasal sinuses. Traditionally applied for migraines, hay fever and chronic complaints.

LEPAM €60

Locally applied paste with ginger or quark, traditionally applied to painful or swollen areas of the body.

INTERNAL BASTIS €120

Therapeutic oil and herbal enemas with nourishing or draining effects.

SVEDANA €125

Herbal steam bath. Traditional treatment to support the removing and sweating out of metabolic residues.

EXTERNAL BASTIS €135

Locally applied organ-specific oil baths with deeply penetrating warmth and special medicinal herbs for a soothing effect.

PICHU €140

Locally applied oil treatment, traditionally used for tension, joint and nerve pain, lymph congestion and inner restlessness.

NETRA TARPANA €140

Eye bath. Local treatment traditionally used for chronic complaints, irritation, fatigue and adhesions of the eyes.

SHIRODHARA €155

Oil poured on the forehead. Traditional treatment to calm the autonomic nervous system, for neurovegetative disorders and to alleviate the effects of stress.

TAKRADHARA €155

Buttermilk poured on the forehead to cool and calm the nervous system, traditionally used for migraines and sleep problems as well as psychosomatic complaints.

PINDA SVEDA, LOCALLY APPLIED €190

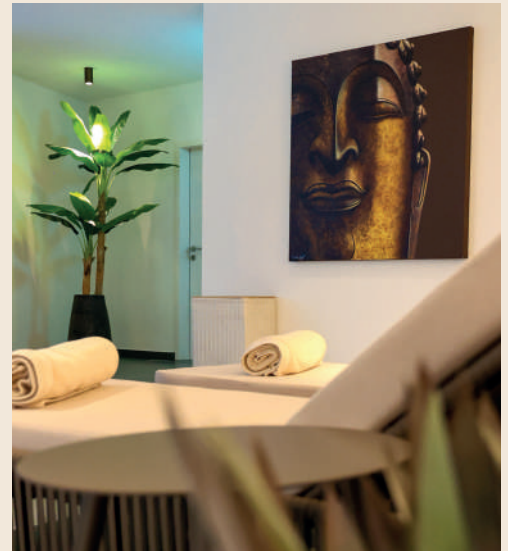
Partial massage with cotton bags filled with herbs, rice or lemon-coconut. Traditionally applied to ease neuromuscular tension.



Ayurvedic Sauna Experience

In our **newly designed sauna area**, detox and relaxation meet the wisdom of Ayurveda. Look forward to **three saunas tailored to the constitutional types Vata, Pitta and Kapha**. Enjoy soothing infusions for a sauna experience that brings body and mind into harmony.

- **Bio sauna:** Gentle heat and high humidity calm the **Vata Dosha** and provide stability
- **Infrared sauna with salt stones:** Harmonises the **Pitta Dosha** and supports the skin and respiratory tract
- **Finnish sauna:** Supports the detox processes and is particularly suitable for balancing the **Kapha dosha**





Our experienced yoga
teachers can be booked for
private yoga and meditation
classes. → p. 33



Yoga and Meditation

Yoga and meditation optimally complement the holistic health approach of the Ayurveda programmes. They are effective means of promoting long-term preventive health care and regeneration without overstraining the organism.

At the Ayurveda Parkschlösschen we offer two daily Hatha yoga group classes, followed by meditation, as an additional service. Alternatively, you can opt for one of our “Private Yoga Stays”.

Spoil yourself with the luxury of a Private Yoga Retreat

«Private Yoga Stay I» 3 Nights

1 x Ayurveda consultation, 30 min.
2 x Private yoga class, 90 min.
1 x Abhyanga
1 x Padabhyanga
1 x Pichu

*Cost of programme €960
plus room & full board (p. 38-39)*

«Private Yoga Stay II» 6 Nights

2 x Ayurveda consultation, 30 min.
4 x Private yoga class, 60 min.
1 x Abhyanga
1 x Padabhyanga
1 x Pinda Sveda
1 x Pichu

*Cost of programme €1,530
plus room & full board (p. 38-39)*

Outdoor Yoga

NEW

Experience the soothing effects of yoga surrounded by nature!

When the weather is nice, we cordially invite you to enjoy yoga sessions outdoors **on our new yoga deck**. Surrounded by fresh air, the gentle sounds of nature and warm sunshine, a very special atmosphere creates harmony between body and mind. Our experienced yoga teachers will guide you through gentle exercises and provide individual instruction.

Enjoy this little break in the great outdoors!









Complementary Services

PRIVATE YOGA CLASS*	60 min. €100	90 min. €135
PRIVATE YOGA CLASS FOR 2 PERSONS*	60 min. €125	90 min. €160
PRIVATE MEDITATION CLASS	2 x 60 min. €240	
CRANIOSACRAL THERAPY	60 min. €160	
YOGA THERAPY	60 min. €120	
PHYSIOTHERAPY	60 min. €120	
AYURVEDIC & CLASSIC COSMETICS		see p. 34-35

**With 180 min. private yoga class a digital yoga manual is included*

Cosmetics

In our cosmetics department, instead of just superficially emphasising your personal beauty, we use truly **in-depth techniques and high-quality ingredients**.

The certified natural cosmetics brand **PHARMOS NATUR** uses the 100% pure, aloin-free, active substance-rich and regenerating aloe vera plant gel instead of water. The highlight in every cosmetic treatment is the aloe vera fresh plant leaf. 100% natural cosmetics for radiant beauty that appeal to body and mind equally.



**PHARMOS
NATUR**

AYURVEDA COSMETICS

VATA-FACIAL €170

PITTA-FACIAL €170

KAPHA-FACIAL €170

HEALING FACE THERAPY €170

CLASSIC COSMETICS

CLASSIC FACIAL
TREATMENT €160
for women

NATURE OF MEN
TREATMENT €160
for men

CLASSIC COSMETICS

INTENSIVE FACIAL TREATMENT

€190

for women and men

INTENSIVE ANTI-AGING TREATMENT

€225

for women and men with any skin type

HAND REJUVENATION TREATMENT

€90

HAND REJUVENATION TREATMENT INCL. COSMETIC MANICURE

€165

COSMETIC MANICURE

€70

COSMETIC PEDICURE INCL. FOOT MASSAGE & FOOT CARE

€90

FOOT REJUVENATION TREATMENT

€90

FOOT REJUVENATION TREATMENT INCL. COSMETIC PEDICURE

€165

BROW & LASH DYEING

€65

LASH DYEING

€40

BROW DYEING

€30

BROW PLUCKING

€10

Rooms

Our comfortable, 58 classic-modern non-smoking suites and rooms are all furnished wherever possible with pure and high-quality natural materials. Fresh thermal water flows in drinking quality from all the taps.

In each room you have the possibility of listening to Vedic recitations, Ayurveda Gandharva Veda music or guided meditations. In accordance to our “**Digital Detox**” culture, the whole house is a Wi-Fi-free zone. However, all our rooms are equipped with a dLAN cable and our internet room is available to you free of charge 24h a day.



SINGLE ROOM CATEGORY I

Single occupancy €240

SINGLE ROOM CATEGORY II

Single occupancy €290



DOUBLE ROOM

Single occupancy €290

Double occupancy €450



JUNIOR SUITE CATEGORY I

Single occupancy €370

Double occupancy €530

JUNIOR SUITE CATEGORY II

Single occupancy €420

Double occupancy €580

Complete Price Overview

<i>Prices include full board</i>	Persons	Compact Panchakarma	Classic Panchakarma	Intensive Panchakarma	Ultimate Panchakarma	 Langhana Treatment	Anti-Stress Programme	 AyurWoman
SINGLE ROOM CAT. I	1	€6,415*	€8,445*	€13,345*	€24,490*	€7,330*	€4,400*	€3,905*
SINGLE ROOM CAT. II	1	€6,865*	€9,095*	€14,345*	€26,190*	€7,880*	€4,700*	€4,205*
DOUBLE ROOM	1	€6,865*	€9,095*	€14,345*	€26,190*	€7,880*	€4,700*	€4,205*
	2	€12,560*	€16,500*	€26,090*	€47,960*	€14,330*	€8,620*	€7,630*
JUNIOR SUITE CAT. I	1	€7,585*	€10,135*	€15,945*	€28,910*	€8,760*	€5,180*	€4,685*
	2	€13,280*	€17,540*	€27,690*	€50,680*	€15,210*	€9,100*	€8,110*
JUNIOR SUITE CAT. II	1	€8,035*	€10,785*	€16,945*	€30,610*	€9,310*	€5,480*	€4,985*
	2	€13,730*	€18,190*	€28,690*	€52,380*	€15,760*	€9,400*	€8,410*

*Plus tourism tax per person and overnight stay

<i>Prices include full board</i>	Persons	Regeneration Treatment	Taking a Break I	Taking a Break II	Ayurveda Weekend	Private Yoga Stay I	Private Yoga Stay II
SINGLE ROOM CAT. I	1	€3,660*	€1,360*	€2,400*	€935*	€1,965*	€3,540*
SINGLE ROOM CAT. II	1	€3,960*	€1,460*	€2,600*	€1,035*	€2,115*	€3,840*
DOUBLE ROOM	1	€3,960*	€1,460*	€2,600*	€1,035*	€2,115*	€3,840*
	2	€7,140*	€2,660*	€4,680*	€1,810*	€3,840*	€6,900*
JUNIOR SUITE CAT. I	1	€4,440*	€1,620*	€2,920*	€1,195*	€2,355*	€4,320*
	2	€7,620*	€2,820*	€5,000*	€1,970*	€4,080*	€7,380*
JUNIOR SUITE CAT. II	1	€4,740*	€1,720*	€3,120*	€1,295*	€2,505*	€4,620*
	2	€7,920*	€2,920*	€5,200*	€2,070*	€4,230*	€7,680*

*Plus tourism tax per person and overnight stay

All Inclusive and Ayurveda Cuisine

Additional services included for you:

- Personalised guest service
- Regular lectures from our Ayurveda experts
- 2 x Daily Hatha yoga group classes with meditation
- Regular guided meditation sessions
- Use of the wellness area, “Veda Thermal Baths” with bio sauna, Finnish sauna, and an Infrared sauna with salt stones and thermal swimming pool
- Use of our fitness area

***ATTENTION:** *We do not offer alcoholic and caffeinated beverages and do not use conventional sugar. On the purgative days (1-2 days), only light soups are served.*



Ayurvedic full board* includes:

- All meals exclusively vegetarian, **vegan upon request**
- Tailored nutrition for individual dietary requirements
- Freshly prepared afternoon soup every day
- All drinks: medicinal herbal and Ayurvedic teas, thermal water
- Hot drinking water room service 2 x daily
- A diverse Ayurvedic buffet on Sundays
- Ayurvedic herbal preparations

Ayurvedic Full Board €95 p.p. per day



Discount and Upgrade

Early bird discount 5%

You can take advantage of an early bird discount for all bookings made at least 3 months before the start of your stay. This will be deducted from the cost of accommodation, full board, treatment package and Ayurvedic medical care.



Upgrade for regular guests

Have you stayed at the Ayurveda Parkschlösschen 3 x 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.

Both discount models cannot be combined and only apply to direct bookings without travel agents. The following booking conditions, which differ from our General Terms and Conditions, apply to the early bird discount: The reserved stay must be paid in full within 14 days of the booking date. No refund is possible in the event of cancellation. However, you can postpone the booking once within a year.

BOOK NOW AND
ENJOY AN EARLY BIRD
DISCOUNT!



Contact

We would be happy to advise you personally and without obligation.

Give us a call or send us an email! We look forward to hearing from you.



TELEPHONE

+49 (0)6541 7050

E-MAIL

rezeption@parkschloesschen.de

WEBSITE

ayurveda-parkschloesschen.com

ONLINE SHOP

ayurveda-parkschloesschen.de/en

HEALTH BLOG

gb.parkschloesschenblog.de

SOCIAL MEDIA

[@ayurvedaparkschloesschen](https://www.instagram.com/ayurvedaparkschloesschen)



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All information and prices are valid until further notice.

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