



AYURVEDA ★ ★ ★ ★ ★
PARKSCHLÖSSCHEN
2027



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Dear Guests,

A warm welcome to the Ayurveda Parkschlösschen – your special retreat for renewed energy, inner harmony, and holistic well-being. For more than three decades, we have dedicated ourselves to authentic Ayurveda, combining traditional knowledge with modern Ayurvedic medical expertise.

Every stay invites you to let go of everyday life, recharge your batteries, and bring your body, mind, and soul back into harmony. Whether it's a classic Panchakarma treatment, a soothing detox program, or a customised short-term Ayurvedic programme – every stay is tailored with the utmost care to your personal needs.

With decades of experience in Ayurvedic medicine, authentic Ayurvedic knowledge, and attentive personal care, we support you in strengthening your health, releasing new vitality, and achieving long-term well-being.

Sincerely,
*The Preuß family with Katja Lemmler and Secil Hacıhasanoglu
as well as the entire Ayurveda Parkschlösschen team*



Brigitte Preuß
General Manager & Owner



Katja Lemmler
General Manager



Carina Fernandez Preuß
Healing Practitioner & Owner



Secil Hacıhasanoglu
Host



People and History

OUR HOUSE TOUR
– WATCH NOW!



The Ayurveda Parkschlösschen owes its origins to a special experience. After an intensive Ayurvedic treatment, the founder, Wolfgang Preuß, returned to profound regeneration and well-being 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 gates after two and a half years of dedicated 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 treatment. Every meal, every therapy, every

yoga exercise, every walk through the large, idyllic park is a step towards well-being and new vitality. 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...

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 sees 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 programmes and treatments at the Ayurveda Park-schlösschen are based on the practices and methods of this healing art – **professionally implemented and finely attuned to the needs of the people of our time**.

Ayurvedic
pulse reading

Ayurvedic Medical Support

During the initial consultation, **our experienced Ayurvedic practitioners adapt the treatment and programme procedures to your individual needs** – this is the unique quality 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
- an individualised therapy schedule
- regular interim consultations
- extensive final consultation
- nutrition and lifestyle guidance



Programme Overview

PANCHAKARMA – Ayurveda Longevity Treatment

Compact Panchakarma	€3,565 <i>p.10</i>
Classic Panchakarma	€4,300 <i>p.10</i>
Intensive Panchakarma	€7,125 <i>p.11</i>
Ultimate Panchakarma	€13,600 <i>p.11</i>
Langhana Treatment <i>Weight loss with Ayurveda</i>	€3,815 <i>p.12</i>

SHORTER TREATMENTS

Anti-Stress Treatment	€2,460 <i>p.13</i>
AyurWoman	€2,035 <i>p.15</i>
Regeneration Treatment	€1,760 <i>p.16</i>

BREAKS & RETREATS

Taking a Break I	€735 <i>p.17</i>
Taking a Break II	€1,130 <i>p.17</i>
Ayurveda Weekend	€275 <i>p.18</i>
Day Spa Deluxe	€495 <i>p.19</i>
Private Yoga Stay	€1,695 <i>p.29</i>

Complete price overview, including 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 effect 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/ menopausal symptoms
- Burn-out prevention

Panchakarma



WATCH NOW:
OUR AYURVEDIC
PRACTITIONER
EXPLAINS THE
TREATMENT



Ayurveda Longevity Treatment – Deep Cleansing for Optimal Physical and Mental Well-being

«Compact Panchakarma» 9 Nights

7 Synchronous treatments

1 x Abhyanga
1 x Garshan
2 x Pinda Sveda
1 x Udvartana
2 x Vishesh

7 Single treatments

1 x Padabhyanga
1 x Shirodhara
2 x Svedana
3 x Internal Bastis

Cost of therapy €3,565
plus room & full board (p. 38-39)

«Classic Panchakarma» 13 Nights

8 Synchronous treatments

2 x Abhyanga
1 x Garshan
2 x Pinda Sveda
1 x Udvartana
2 x Vishesh

9 Single treatments

1 x Kalari
1 x Padabhyanga
1 x Shiroabhyanga
1 x Shirodhara
2 x Svedana
3 x Internal Bastis

Cost of therapy €4,300
plus room & full board (p. 38-39)

«Intensive Panchakarma» 20 Nights

11 Synchronous treatments 20 Single treatments

3 x Abhyanga	1 x Kalari
1 x Garshan	2 x Nabi Basti
1 x Pinda Sveda	1 x Nasya
1 x Pizzichilli	1 x Netra Tarpana
2 x Udvartana	2 x Padabhyanga
3 x Vishesh	1 x Pristabhyanga
	1 x Shiroabhyanga
	2 x Shirodhara
	3 x Svedana
	5 x Internal Bastis
	1 x Craniosacral therapy

Cost of therapy €7,125

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

«Ultimate Panchakarma» 34 Nights

20 Synchronous treatments 36 Single treatments

6 x Abhyanga	2 x Kalari
2 x Garshan	4 x Nabi/Heart Basti
3 x Pinda Sveda	2 x Nasya
1 x Pizzichilli	2 x Netra Tarpana
2 x Udvartana	4 x Padabhyanga
6 x Vishesh	2 x Pichu
	2 x Shiroabhyanga
	5 x Shirodhara
	4 x Svedana
	7 x Internal Bastis
	2 x Craniosacral therapy

Inclusive

2 x Ayurveda coaching, 60 min.
3 x Private meditation class, 60 min.
3 x Private yoga class, 60 Min.

Cost of therapy €13,600

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



All Panchakarma programmes include Ayurvedic medical support throughout the course of treatment, Ayurvedic herbal preparations, and detox drinks.

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



Langhana Treatment

Weight Loss with Ayurveda

The **holistic** Langhana treatment 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 regain energy.

«Langhana Treatment» 11 Nights

With Ayurvedic medical support throughout the treatment, Ayurvedic herbal preparations, and detox drinks

7 Synchronous treatments

1 x Garshan
2 x Udvartana
2 x Vishesh
2 x Pinda Sveda

8 Single treatments

3 x Svedana
1 x Pinda Sveda, locally applied
1 x Kalari
3 x Internal Bastis

Inclusive

1 x Lifestyle guidance

WATCH NOW:
OUR AYURVEDIC
PRACTITIONER
EXPLAINS THE
TREATMENT



Cost of therapy €3,815
plus room & full board (p. 38-39)

Anti-Stress Treatment

De-Stress
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 new energy and a strengthened immune system.**

«Anti-Stress Treatment» 6 Nights

With Ayurvedic medical support throughout the treatment, Ayurvedic herbal preparations, and detox drinks

4 Synchronous treatments

1 x Abhyanga
1 x Udvartana
1 x Vishesh
1 x Pinda Sveda

6 Single treatments

1 x Padabhyanga
1 x Shirodhara
1 x Svedana
3 x Internal Bastis

Cost of therapy €2,460
plus room & full board (p. 38-39)



WATCH NOW: OUR
AYURVEDIC PRACTITIONER
EXPLAINS THE TREATMENT







Women's health in focus

Through gentle Ayurvedic treatments, mindful yoga and **targeted stomach massages**, the **AyurWoman treatment provides holistic support helping women to strengthen their mental and hormonal balance.** Particularly during times of hormonal change – **such as menopause** – warmth, touch and mindfulness can help to calm **the nervous system and promote inner balance and a new sense of body awareness.**

«AyurWoman» 6 Nights

With Ayurvedic medical support throughout the treatment

3 Synchronous treatments

- 1 x Abhyanga
- 1 x Samvahana
- 1 x Pinda Sveda

6 Single treatments

- 1 x Shirodhara
- 2 x Udarabhyanga
- 1 x Pichu
- 1 x Nabi Basti
- 1 x Padabhyanga

Cost of therapy € 2,035
plus room & full board (p. 38-39)



WATCH NOW: OUR
AYURVEDIC PRACTITIONER
EXPLAINS THE TREATMENT

Regeneration Treatment



WATCH NOW:
OUR AYURVEDIC
PRACTITIONER
EXPLAINS THE
TREATMENT



Regaining energy the Ayurvedic way!

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

With Ayurvedic medical support throughout the treatment

3 Synchronous treatments

1 x Abhyanga
1 x Garshan
1 x Vishesh

4 Single treatments

1 x Padabhyanga
1 x Pichu
1 x Shiroabhyanga
1 x Shirodhara

Cost of therapy €1,760
plus room & full board (p. 38-39)

Taking a Break

The perfect wellness getaway

Forget about your busy schedule, turn off your smartphone 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 Synchronous treatment

1 x Abhyanga

2 Single treatments

1 x Padabhyanga

1 x Pichu

Inclusive

1 x Ayurveda consultation

Cost of therapy €735

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

«Taking a Break II» 4 Nights

2 Synchronous treatments

1 x Abhyanga

1 x Vishesh

2 Single treatments

1 x Padabhyanga

1 x Pichu

Inclusive

2 x Ayurveda consultation

Cost of therapy €1,130

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



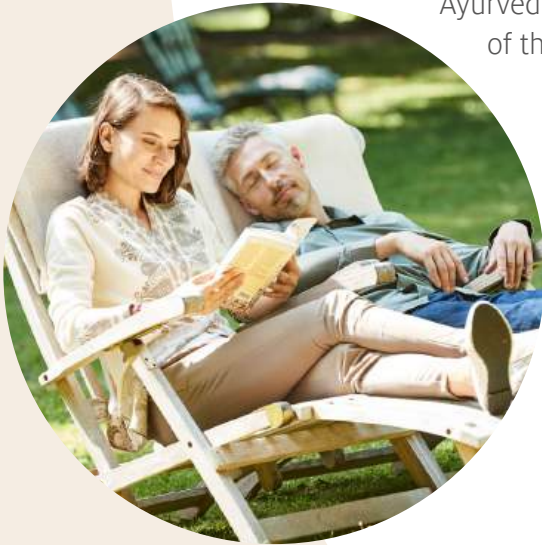
Our daily yoga and meditation sessions optimally support our Ayurveda programmes.

→ p. 29

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 lectures from our Ayurveda experts
- 2 x daily Hatha yoga group classes
- Daily meditation sessions
- Use of our wellness area “Veda Thermal Spa” (thermal swimming pool, Bio sauna, Infrared sauna with salt wall, Finnish sauna and fitness area)

*Cost of programme €275
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.



Perfect
as a gift!

«Day Spa Deluxe»

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

Daily flat rate €495*

Further information about our additional services —> p. 40

* We are happy to arrange a detailed, personal 60 minute consultation with one of our Ayurvedic practitioners (additional charge of €130).



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, the majority of treatments can only be carried out following 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. You will be provided with a private relaxation room and bathroom for post-treatment rest wherever possible.

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. This is achieved through the four-handed treatment of both halves of the body. As a reaction to this, the autonomic nervous system responds by sending relaxation impulses to the cardiovascular and respiratory systems, affecting blood pressure, digestion and metabolism.



GARSHAN €270

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



ABHYANGA €275

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

VISHESH €265

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

SAMVAHANA €285

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 €300

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

PINDA SVEDA €350

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 €440

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.

SPECIAL Treatments

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

UDARABHYANGA €110

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

KARNAPURNAM €180

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

PRISTABHYANGA €180

Ayurvedic back treatment to alleviate back pain.

PADABHYANGA €180

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

SHIROABHYANGA €190

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

INTENSIVE SHIRODHARA €200

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

KALARI €230

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

NASYA €235

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

LEPAM €65

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

INTERNAL BASTIS €130-140

Therapeutic oil and herbal enemas with nourishing or draining effects.

SVEDANA €135

Herbal steam bath. Traditional treatment to support the removal of metabolic residues via heat and perspiration.

EXTERNAL BASTIS €145-150

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

PICHU €150

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

NETRA TARPANA €150

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

SHIRODHARA €170

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

TAKRADHARA €170

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 €210

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

Wellness Area Veda Thermal Spa



Unwind and recharge in our spacious spa, featuring the Veda thermal pool, a separate sauna area, an extensive fitness center, and a natural cosmetics studio. In the adjacent bamboo garden with its outdoor lounging area, you can sunbathe and relax in tranquility.

The sauna area is designed according to Ayurvedic principles and offers a soothing sauna experience for **all Dosha constitutions**. Look forward to a **Bio sauna**, a **Finnish sauna**, and an **Infrared sauna with a Himalayan salt wall**, and enjoy the warmth that harmonises body and mind.







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 2 x daily Hatha yoga group classes, followed by meditation, as an included service. Alternatively, you can opt for our “Private Yoga Stay”.



Spoil yourself with the luxury of a Private Yoga Retreat

«Private Yoga Stay» 6 Nights

2 x Ayurveda consultation
4 x Private yoga class, 60 min.

3 Synchronous treatments

1 x Abhyanga
1 x Padabhyanga
1 x Pinda Sveda

1 Single treatment

1 x Pichu

Cost of programme €1,695
plus room & full board (p. 38-39)

Yoga Outdoors

Experience the benefits of yoga surrounded by nature!

When the weather is nice, we cordially invite you to enjoy yoga sessions outdoors – **on our 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 MEDITATION CLASS

2 x 60 min. | €300

CRANIOSACRAL THERAPY

70 min. | €165

YOGA THERAPY

60 min. | €140

PHYSIOTHERAPY

60 min. | €140

AYURVEDA & CLASSIC COSMETICS

see p. 34-35

**180 minutes or more of private yoga
includes a digital yoga manual*

PRIVATE YOGA CLASS*

60 min. | €120

90 min. | €180

PRIVATE YOGA CLASS FOR 2 PERSONS*

60 min. | €150

90 min. | €225

Our experienced yoga instructors are also available for private yoga sessions. These are ideal for establishing or deepening your own personalised yoga practice for at home.

In addition, we offer the following special sessions: pelvic floor yoga, hip yoga, hormone yoga, facial yoga, and “belly yoga”.

Cosmetics

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

The 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.



AYURVEDA COSMETICS

Vata-Facial	€170
Pitta-Facial	€170
Kapha-Facial	€170
Healing Face Therapy	€170

CLASSIC COSMETICS

Classic Facial Treatment <i>for women</i>	€160
Nature of Men Treatment <i>for men</i>	€160
Intensive Facial Treatment <i>for women and men</i>	€190
Intensive Anti-Aging Treatment <i>for women and men with any skin type</i>	€225

CLASSIC COSMETICS

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 | €250

SINGLE ROOM CATEGORY II

Single occupancy | €300



DOUBLE ROOM

Single occupancy | €300

Double occupancy | €475



JUNIOR SUITE CATEGORY I

Single occupancy | €390

Double occupancy | €565

JUNIOR SUITE CATEGORY II

Single occupancy | €450

Double occupancy | €625

Complete Price Overview

<i>Prices include full board</i>	Persons	Compact Panchakarma	Classic Panchakarma	Intensive Panchakarma	Ultimate Panchakarma	Langhana Treatment	Anti-Stress Treatment	AyurWoman
SINGLE ROOM CAT. I	1	€6,805*	€8,980*	€14,325*	€25,840*	€7,775*	€4,620*	€4,195*
SINGLE ROOM CAT. II	1	€7,255*	€9,630*	€15,325*	€27,540*	€8,325*	€4,920*	€4,495*
DOUBLE ROOM	1	€7,255*	€9,630*	€15,325*	€27,540*	€8,325*	€4,920*	€4,495*
	2	€13,385*	€17,635*	€28,150*	€50,830*	€15,275*	€9,090*	€8,240*
JUNIOR SUITE CAT. I	1	€8,065*	€10,800*	€17,125*	€30,600*	€9,315*	€5,460*	€5,035*
	2	€14,195*	€18,805*	€29,950*	€53,890*	€16,265*	€9,630*	€8,780*
JUNIOR SUITE CAT. II	1	€8,605*	€11,580*	€18,325*	€32,640*	€9,975*	€5,820*	€5,395*
	2	€14,735*	€19,585*	€31,150*	€55,930*	€16,925*	€9,990*	€9,140*

**plus visitor's tax charged by the city and municipality of Traben-Trarbach, per person per night*

<i>Prices include full board</i>	Persons	Regeneration Treatment	Taking a Break I	Taking a Break II	Ayurveda Weekend	Private Yoga Stay
SINGLE ROOM CAT. I	1	€3,920*	€1,455*	€2,570*	€995*	€3,855*
SINGLE ROOM CAT. II	1	€4,220*	€1,555*	€2,770*	€1,095*	€4,155*
DOUBLE ROOM	1	€4,220*	€1,555*	€2,770*	€1,095*	€4,155*
	2	€7,690*	€2,860*	€5,040*	€1,940*	€7,560*
JUNIOR SUITE CAT. I	1	€4,760*	€1,735*	€3,130*	€1,275*	€4,695*
	2	€8,230*	€3,040*	€5,400*	€2,120*	€8,100*
JUNIOR SUITE CAT. II	1	€5,120*	€1,855*	€3,370*	€1,395*	€5,055*
	2	€8,590*	€3,160*	€5,640*	€2,240*	€8,460*

**plus visitor's tax charged by the city and municipality of Traben-Trarbach, per person per night*

All Inclusive and Ayurveda Cuisine

Additional services included for you:

- Personalised guest service
- Daily 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 Spa” with Bio sauna, Finnish sauna, Infrared sauna with salt wall and thermal swimming pool
- Use of our fitness area

**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 on request, and predominantly organic**
- Freshly prepared meals, no frozen foods
- 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 full board €110 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 3x 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 any 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-parkschloesschenshop.de/en

HEALTH BLOG

gb.parkschloesschenblog.de

SOCIAL MEDIA

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All information and prices are valid until further notice.

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