

Check list

for your individual Parkschlösschen programme

Ayurveda is a complex holistic healing concept . To help you find the therapy best suited to your needs, we have compiled a short checklist. This will allow you to decide on an individual and unique programme from our wide selection.

If you need help, please call us between 8 a.m. and 10 p.m. daily, also on weekends:
Tel. 00 49 (0)6541 7050.

Panchakarma – “Classic 10 days” or “Intensive 14 days”

You would like to...

- ... detox thoroughly
- ... cleanse your entire system
- ... receive personal medical advice
- ... catch up on sleep and rest
- ... spend 10 days (2 weekends and 6 working days)
- ... plan on 14 days
- ... lose some weight
- ... gently alter your eating patterns
- ... be full of energy again

Sattwam - 14 to 21 days

You would like to...

- ... free your body of chronic, neurovegetative and cardiologic diseases
- ... do a full-scale and lasting detox at the same time
- ... experience all effective steps of the Panchakarma treatment
- ... withdraw from everyday life for two or three weeks

Energetic and Slim - Reducing with Ayurveda – 14 days

You would like to...

- ... lose weight long-term
- ... detox gently but intensively
- ... relax and begin to improve your physical condition after detoxification
- ... have individual care and medical care
- ... to set up an individual and fine-tuned training programme which fits into your everyday life, with a personal trainer

Vaya Sthapan ® - the Ayurvedic AntiAging Programme – 12 days

You would like ...

- ... to take positive steps in dealing with the aging process
- ... a detailed Ayurvedic diagnosis
- ... to identify personal risk factors and devise a targeted strategy
- ... have personal sports advice and treatment
- ... to undergo a complete detox
- ... to begin a gentle exercise programme
- ... to improve or intensify your sports routine

Detoxification Week – 7 days

You would like to...

- ... avoid Ghee and castor oil
- ... nonetheless do an intensive detox
- ... stay no more than a week
- ... have personal medical advice and treatment
- ... really rest
- ... enjoy a really good night's sleep again

Beauty Week – 7 days

You would like to

- ... get away from it all for a few days
- ... be pampered by our beauty specialist
- ... but still not go without Ayurvedic treatments

Anti-Stress Programme – 7 days

You would like to...

- ... escape from your stressful everyday life
- ... gain new energy reserves
- ... have a short medical check up
- ... relax and become fit again within 6 days
- ... detox and replace your body and mind
- ... take part in sports – and have especially fine-tuned personal training

Everyday Break – 3 or 5 days

You would like to...

- ... learn more about Ayurveda
- ... discover what it can offer you
- ... relax completely
- ... be totally spoiled
- ... distance yourself from everyday life for two or four days
- ... get to know the Parkschlösschen