

Checklist

for your
Personal Parkschlösschen Programme

Ayurveda is a multifaceted holistic medicine. To enable you to find the best therapy design, we have created a short checklist. You can choose the right programme from our diverse menu, and this will be adjusted to your individual needs during your first meeting with your doctor. We would like you to have optimal benefits from the Parkschlösschen.

We would be glad to give you advice any day of the week, also on weekends, between 8:00 a.m. and 10:00 p.m.

PANCHAKARMA - 10 or 14 days

Would you like to...

- ...have a basic detox?
- ...thoroughly cleanse your entire organism?
- ...have individual medical care and advice?
- ...catch up on deep sleep and get a good rest?
- ...plan on 10 days (2 weekends + 6 work days)?
- ...plan on 14 days?
- ...lose a little weight?
- ...gently change your eating and drinking habits?
- ...feel full of energy again?

SATTWAM - 14 to 21 days

Would you like to...

- ...free your body of chronic neurovegetative and cardiological illnesses?
- ...at the same time detox intensively and long-term?
- ...experience all the effective steps of a Panchakarma treatment?
- ...retreat from your everyday life for two to three weeks?

FULL OF VITALITY AND SLIM - Ayurvedic weight loss - 14 days

Would you like to...

- ...finally reduce your weight long-term?
- ...detox gently and intensively?
- ...relax but get into shape after the detox?
- ...have individual and medical care?
- ...have a personal trainer (individual training) help you design a fitness programme suitable for daily use?

ANTI-STRESS PROGRAMME - 7 days

Would you like to...

- ...get away from your stressy everyday life?
- ...relax and become fit again within 6 days?
- ...detox and decelerate your body and spirit?
- ...have individual medical care and advice?
- ...be able to sleep deeply again?
- ...be away from home for a week at the most?

BEAUTY WEEK - 7 days

Would you like to...

- ...get away from it all for a few days?
- ...let yourself be pampered by our beautician
- ...but at the same time not go without Ayurvedic treatments?

INTENSIVE PHYSIO PROGRAMME - 7 days

Would you like to...

- ...get acquainted with Ayurveda?
- ...relieve stress and tension in your musculoskeletal system?
- ...become more flexible physically?
- ...relieve aches and pains?
- ...mobilize healthy sequences of movement?
- ...have physiotherapy fine-tuned to your needs?

TAKING A BREAK - 3 or 5 days

Would you like to...

- ...get better acquainted with Ayurveda?
- ...find out what Ayurveda can do for you?
- ...just for once really relax?
- ...become totally and completely pampered?
- ...distance yourself from everyday life for two or five days?
- ...get to know the Parkschlösschen?