

Price List 2012

AYURVEDA AT THE  
PARKSCHLÖSSCHEN





There has long been an awareness of the causal relationship between environment and the human mind and body. Particularly in the present day, knowledge about how to deal with stress, environmental pollution and an unhealthy lifestyle is as relevant and as important as ever. **Ayurveda, the ancient Indic teaching of the science of life**, offers positive solutions to problems caused by modern civilization. It treats classic illnesses of our times effectively, long-term and with natural healing methods.

**The Ayurveda Parkschlösschen** is one of the first "strictly Ayurveda" hotels in Germany, and it has been synonymous with implementing Ayurvedic treatments successfully and effectively for **19 years**. The holistic Parkschlösschen concept focuses on millennium-old Ayurvedic tradition and at the same time integrates many small and previously overlooked details into a larger and more effective whole. An individual therapy plan is formulated for each person, and effective treatments follow diagnosis by a competent Ayurvedic doctor. A caring and understanding staff with years of experience is merged with the healing effect of nature inside and outside of the Parkschlösschen. All this makes the Ayurveda Parkschlösschen what it is, a very special place. **Here you can slow down and come to yourself.**



## PRICES



At the **Ayurveda Parkschlösschen** you sleep deeply and peacefully and wake up feeling refreshed. The retreat hotel is located in its own parkland with more than 11 acres and is surrounded by large old trees and vineyards and even has a gently flowing brook. All of the rooms are non-smoking and are furnished with pure natural materials, free from disturbing influences of electronic smog, water veins or wireless LAN.

The room prices include use of the indoor thermal swimming pool, the sauna, the fitness room, the Internet room and a separate smoking room, as well as participation in all daily Yoga and exercise programmes.

### Room Rates

	Single Occupancy	Double Occupancy
Single room category I	€ 145.00	-
Single room category II	€ 195.00	-
Double room	€ 195.00	€ 290.00
Junior suite category I	€ 260.00	€ 355.00
Junior suite category II	€ 300.00	€ 395.00

**Aurvedic Full Board € 50.00 per person**

### Ayurvedic Full Board

All foods are vegetarian and originate primarily from organic farms. Freshly prepared delicacies with exotic and indigenous herbs form the basis of Ayurvedic gourmet fare and are an essential part of the cure programme. They aid the cleansing processes of the body and produce the energy necessary for all regenerative functions. **This price includes** all prescribed meals, special foods in accordance with a specific medical indication, hot soup in the afternoon, a 24-hour snack buffet and all drinks. These consist of healing Ayurvedic herbal teas, hot thermal water placed in each room twice a day and the drinks at the evening Ayurvedic tea bar.



### Upgrade for regular guests

Have you already been a guest at the Parkschlösschen three times? We would like to thank you for your loyalty by granting you a room upgrade to the next higher room category available. During a 14-day stay, you would, for example, be able to enjoy a spacious junior suite for the same price as a double room and would thereby save 845.00 Euros.

### Early Booking Discounts

For all firm reservations made at least three months prior to the beginning of your stay at the Ayurveda Parkschlösschen, you can apply the following **early booking discounts** to overnights, full board, treatment programmes and doctors' fees:

**5% on a stay of up to or including 6 overnights.**

**10% on a stay of 7 overnights or more.**

The above offers cannot be combined with one another and apply only to direct reservations made without a travel agent. For early booking discounts the following conditions of reservation are valid and differ from our General Terms and Conditions: Your stay must be paid in full within 14 days of the reservation date. If you cancel your reservation, a refund will not be possible. However, you will be able to postpone your stay once to a date beginning within one year of the date of your original reservation.



**The high degree of effectiveness of the Ayurveda concept at the Parkschlösschen lies in the personalized plans of treatment.** The exact state of your health will be determined during a consultation with an Ayurveda physician. At that time a treatment strategy will be designed to suit your specific needs.

On the following pages you will find a variety of basic therapy plans which our physicians consider to be particularly effective. **At the beginning of the cure, you will discuss the course of your treatment in detail with the doctor, who will adjust a basic therapy plan to meet your specific needs or medical indication.** The basic therapy plan is intended to give you an idea of the approximate content and duration of your cure at the Parkschlösschen. The short programmes entitled "**Taking a break**" or "**A day of Ayurveda**" offer time-out away from everyday stress and a brief first-hand exposure to Ayurveda. If you have a week to spend on yourself, we recommend the basic therapy plans called "**Anti-Stress**", "**Intensive Physio**", "**Detox Week**" or "**Beauty Week**", for purposeful and effective regeneration. For deep cleansing, for long-lasting weight reduction and for treating chronic illnesses, **a classical Ayurveda cleansing therapy** such as "Sattwam", "Panchakarma" or "Reducing with Ayurveda" would be suitable. We would be glad to help you select a basic therapy plan which is optimal for you in terms of time and contents.



14 days  
minimum

## Sattwam – intensive cure

### The most effective treatment from a medical standpoint



Sattwam therapy is an **especially intensive form of classical Panchakarma therapy**. The word "Sattwam" originates from Sanskrit and means clarity or pure intelligence. Analogous to the meaning of the word "Sattwam", the Sattwam cure with its intensive Ayurvedic therapy results in a natural and healthy balance of body, mind and spirit.

The cure, lasting from 14 to 21 days, **combines the most effective methods of healing, regenerating and revitalizing the organism in cases of chronic, neurovegetative and cardiologic illnesses**. The list of the various parts of the cure is long. It includes special herbal decoctions for mobilising toxins, measures for ridding the body of these toxins with oily substances such as Ghee and castor oil, synchronous oil massages and herbal oil treatments for specific organs, as well as intensive intestinal cleansing.



## Indications for Sattwam therapy:

### Chronic illnesses

- Rheumatism and joint pains
- Autoimmune diseases
- Pain conditions
- Intestinal disturbances

### Neurovegetative illnesses

- Tinnitus
- Burnout
- Stress
- Sleep disorders

### Cardiovascular illnesses

- High blood pressure
- Arteriosclerosis
- Heart diseases

## "Sattwam"

*Cost of therapy per day  
pre-estimated at € 300.00  
incl. individual medical care*

---

*Minimum booking 13 nights*

The total price of your stay will depend on the contents and extent of the treatment plan decided upon by you and your Parkschlösschen physician. The treatments and the doctor's fee will be determined according to the price list valid at that time.

## Early booking price

*Pre-estimated  
Cost of therapy € 270.00 per day*

14 days

## Panchakarma 14 days – get into top shape mentally and physically



Would you like to free your body systematically and long-term from any toxins and waste products which might have collected? Would you be interested in gaining additional energy for your daily challenges? The royal Ayurveda therapy called Panchakarma cleanses all of the paths of communication in the body and restores the natural balance of your spirit-body system.

The course of treatment follows a clear logic which is thousands of years old, but the details are fine-tuned individually. The systematic cleansing of the body is as gentle as befits the human organism. Cosy warm treatments, accompanied by intensive medical care, deep repose and Yoga bring you back to your very own real balance.

### "Panchakarma 14 days"

1 x Udvartana	1 x Kalari
1 x Vishesh	1 x Pinda Sveda
2 x Abhyanga	1 x Garshan
1 x Pizzichilli	1 x Padabhyanga
2 x Svedana	1 x Back massage
1 x Shirodara	3 x Gentle internal detoxification

Individual medical care

---

*Cost of therapy € 2,410.00*

---

*Minimum booking 13 nights*

### Early booking price

*Cost of therapy € 2,169.00*

# Panchakarma 10 days – basic detoxification

10 days



We will free you of everything that robs you of energy: fat-soluble and water-soluble toxins, overweight and stress. Our methods include harmonising synchronous oil massages, a cleansing herbal steam bath, gentle internal detoxification, light vegetarian food and a lot of rest. This is how you find your way back to more productivity and get into top physical shape.

Let our Ayurveda physicians give you detailed information.

## "Panchakarma 10 days"

2 x Abhyanga	2 x Svedana
1 x Udvardana	1 x Shirodara
1 x Garshan	1 x Pinda Sveda
1 x Vishesh	1 x Padabhyanga
1 x Pizzichilli	3 x Gentle internal detoxification

Individual medical care

---

*Cost of therapy € 2,180.00*

---

*Minimum booking 9 nights*

**Early booking price**

*Cost of therapy € 1,962.00*

14 days

## Reducing with Ayurveda – detox and exercise



Bring your body into balance through deeply effective detoxification, and change to regular exercise and healthy, slimming foods. Reducing with Ayurveda does not mean to fast, but rather to give your body what it actually needs - not more, and not less.

Reducing with Ayurveda means to pamper your body with massages and herbal steam baths which activate your metabolism. Experience at the same time the joy of movement. Improve your fitness through personal trainings and daily exercise programmes. In Ayurveda, effective weight reduction and enjoyment go hand-in-hand.

### "Reducing with Ayurveda"

3 x Udvartana	1 x Kalari
2 x Vishesh	3 x Gentle internal detoxification
1 x Abhyanga	3 x Personal Training
2 x Svedana	1 x Diet counseling
1 x Pinda Sveda	

Individual medical care

---

*Cost of therapy € 2,415.00*

---

*Minimum booking 13 nights*

### Early booking price

*Cost of therapy € 2,173.50*

7 days

## Anti-Stress Programme – decelerate with Ayurveda



Inner peace and serenity should be the basis of a happy and healthy life. However, a flurry of activity, stress and a flood of outside stimuli are constantly robbing our daily energy. Inner energy reserves shrink. We feel tired and worn out and become more susceptible to sickness. Escape from this never-ending spiral, and de-stress yourself long-term.

Harmonising full-body synchronous oil-massages, a clarifying herbal steam bath and mild cleansing of the digestive tract activate the body's own detox functions gently and effectively.

The result is regained energy and a strengthened immune system.

### "Anti-Stress Programme"

1 x Udvartana	1 x Svedana
1 x Vishesh	1 x Shirodara
1 x Abhyanga	1 x Kalari
1 x Pizzichilli	3 x Gentle internal detoxification

Individual medical care

---

*Cost of therapy € 1,545.00*

---

*Minimum booking 6 nights*

### Early booking price

*Cost of therapy € 1,467.75*

7 days

## Beauty Week – the Ayurvedic beauty formula



Inner beauty that radiates outward – that is the result of our Ayurvedic Beauty Week. In this programme we have combined relaxing Ayurvedic oil massages, effective beauty care treatments and natural Ayurvedic cosmetics. The ingredients of the products used in all of the treatments contain ecologically grown herbs and flowers, pure oils and fresh, natural substances.

Complement these soothing treatments with daily Yoga practice and going to the sauna. Take part in exercise programmes, or spend time relaxing in our indoor thermal pool.

### "Beauty Week"

1 x Abhyanga	1 x Facial care
1 x Samvahana	1 x Intensive anti-aging treatment
1 x Padabhyanga	1 x Ayurvedic cosmetic treatment
1 x Floral bath	

Individual medical care

---

*Cost of therapy € 1,020.00*

---

*Minimum booking 6 nights*

**Early booking price**

*Cost of therapy € 969.00*

7 days

# Intensive Physio

the Ayurveda programme for the spinal column and joints



Personal physiotherapy combined with harmonizing Ayurvedic full-body oil massages make a noticeable difference in the process of becoming healthy.

In this programme physiotherapeutic measures are aimed specifically at your problems and result in a change which you feel immediately after the treatment. Ayurvedic treatments aid in regenerating your body, soul and spirit as a whole.

This programme is especially recommendable for those with problems related to the spinal cord in the areas of the neck, chest and lumbar vertebrae, as well as those with complaints related to the shoulders, knees and hips.

## "Intensive Physio"

1 x Abhyanga                      1 x Craniosacral therapy  
1 x Kalari                         3 x Physiotherapy

Individual medical care

---

*Cost of therapy € 845.00*

---

*Minimum booking 6 nights*

## Early booking price

*Cost of therapy € 802.75*

3 or 5 days

## Taking a Break – regaining energy the Ayurvedic way



Forget about your appointment book, turn off your mobile phone, and gently enter into the world of the Ayurveda Parkschlösschen. Yoga exercises and harmonising oil massages are pure sources of energy, even if you do not have much time.

Take advantage of the hotel relaxation zones. In the Veda Thermal Spa area there are aroma saunas, a steam bath a beauty department, the indoor thermal swimming pool and the sports department.

### Early booking price

*Cost of therapy € 446.50/3 days*

*Cost of therapy € 646.00/5 days*

### "Taking a Break 3 days"

1 x Abhyanga

1 x Pitchu or Nabi-Basti

1 x Padabhyanga

Individual medical care

---

*Cost of therapy € 470.00*

---

*Minimum booking 2 nights*

### "Taking a Break 5 days"

1 x Abhyanga

1 x Pitchu or Nabi-Basti

1 x Padabhyanga

1 x Kalari

Individual medical care

---

*Cost of therapy € 680.00*

---

*Minimum booking 4 nights*

# A Day of Ayurveda – get to know the Aurveda Parkschlösschen

1 day



Take some time out just for yourself, and forget about all of your responsibilities. At the Ayurveda Parkschlösschen everything revolves around YOU. We will pamper you for a day with a synchronous oil massage and our gourmet cuisine, while at the same time you can become acquainted with Ayurveda, the oldest art of healing.

"A Day of Ayurveda" is also an ideal gift for those special people in your life.

## "A Day of Ayurveda"

- 1 x Pulse diagnosis by our Ayurvedic physician
- 1 x Dosha consultation
- 1 x An informative talk about Ayurveda
- 1 x Abhyanga

- Vegetarian gourmet midday meal and evening meal, including beverages
- Participation in standard programmes (easy Yoga and breathing exercises, lectures by our physicians and Ayurveda experts)
- Use of the spa area (thermal pool, sauna, steam bath and fitness studio)
- Comfortable double room for the day

---

*Cost of therapy € 270.00*

---

*Would you like to lengthen your stay with an overnight?  
For an extra overnight, we offer you a special price of  
115.00 Euros incl. breakfast.*

## Ayurveda

All Ayurveda massages and treatments have a deeply penetrating medical effect. For this reason, they can be carried out only after a consultation with our Ayurveda physicians.

### Synchronous Ayurvedic Treatments

These massages are given by two therapists, each using both hands. Most of the ingredients for our treatments are organically grown and freshly prepared to suit different types of people.

#### Abhyanga

€ 170.00

A synchronous full-body massage with warm sesame oil. It has a harmonising and detoxifying effect that promotes lasting relaxation and well-being.

#### Vishesh

€ 150.00

Similar to Abhyanga, but administered faster and with stronger pressure. Vishesh means "deep massage" or "connective tissue massage". Stimulates and revitalises the mind, body and metabolism.

#### Garshan

€ 160.00

Synchronous full-body massage with gloves made of burette silk. Stimulates the circulation and metabolism. Effective in treating cellulitis.

### **Samvahana**

€ 170.00

Samvahana is a gentle and harmonising massage which has an exceptionally positive effect on the physical and emotional well-being of women. The body is treated in various steps using silk, brushes and almond and rose oil.

### **Udvardana**

€ 175.00

Synchronous full-body peeling massage using a paste made of sesame oil and grains. Produces intensive metabolic stimulation of cells and organs, as well as of the circulation. Invigorating and detoxifying.

### **Pinda Sveda**

€ 210.00

This treatment is carried out as a synchronous full-body massage using cotton bags filled with various herbs, grain, rice or other ingredients. It loosens tension and opens blockages.

### **Pizzichilli**

€ 250.00

Whole body luxury oil treatment or "royal oil treatment". Pleasant climax of the Panchakarma treatment. The massage is performed in complete synchrony by two therapists while a constant stream of oil is flowing over the entire body. Stimulates the metabolism of skin and organs even more powerfully than other applications. Has a very strong detoxifying and relaxing effect.

## Special Treatments

Local (partial) massages and oil treatments carried out with various herbal oils, depending on the medical indication.

### **Kalari massage**

€ 130.00

This massage is aimed at optimising or restoring the flow of energy. Specially fine-tuned massage and mobilisation techniques are used, taking the energy paths (Nadis) and the vital points (Marmas) into consideration. This massage is very energising and rejuvenating.

### **Nasya**

€ 145.00

Intensive treatment of the shoulder/neck area and sinuses. Very effective treatment of chronic sinus infections, hay fever, migraine and headaches.

### **Netra Tarpana**

€ 100.00

An eye bath. A local treatment for chronic and acute eye infections, particularly eye irritation and fatigue.

### **Pinda Sveda, local**

€ 150.00

Partial massage with herbal rice bags. Very effective for all neuromuscular disorders, mental stress and complaints relating to the neck and lumbar vertebrae.

### **Karnapurnam**

€ 120.00

Special ear treatment for tinnitus, ear ache, jaw pains and dryness in the ear. To be booked only in combination with a "Sattwam" cure.

### **Padabhyanga**

€ 110.00

A foot and leg massage which results in deep relaxation. This massage is ideal for calming down those who are stressed and overworked.

### **Svedana**

€ 75.00

Herbal steam bath. Usually administered after Abhyanga or Vishesh. A moist heat treatment of induced sweating. The toxins released by the massage treatments are removed by the blood stream and excreted as sweat.

### **Shirodara**

€ 110.00

Oil poured onto the forehead. Calms the entire vegetative nervous system. Produces harmony and balance. This treatment is used primarily to treat neuro-vegetative disorders and stress-induced symptoms.

### **Bastis**

€ 70.00 - € 100.00

Therapeutic herbal internal cleansing with purgative or regenerative effect and oil baths suitable for the specific indication with a healing and calming effect through deeply penetrating warmth and special herbs.

### **Pitchu**

€ 100.00

Local oil treatment for various pains caused by tension. Also indicated for internal unrest, joint pains and lymphatic blockage.



**Pure Nature - Ayurvedic Cosmetics**

Our range of classic cosmetic treatments is complemented by pure, natural Ayurvedic treatments. Our therapists prepare Ayurvedic cosmetics – made from avocados, bananas, almonds or honey – according to your individual skin and Dosha type. Irrespective of whether facial treatments or floral baths, let your mind and body relax with natural fragrances and balancing treatments.

**Floral Bath****€ 70.00**

After a relaxing massage of your neck, enjoy a bath according to your Dosha type - made from blossoms, honey and sweet cream. It goes without saying that all ingredients are grown under environmentally friendly conditions. Surrounded by soft music, enjoy this bathing ritual with its Dosha balancing and beautifying effect, and experience deep inner well-being.

**Ayurvedic Cosmetic Treatment****€ 90.00**

According to your individual skin type, your face will be cleaned with Ubatana (Ayurvedic peeling) and treated with a freshly prepared mask. Enjoy the nourishing effect of natural products such as sweet cream, butter milk, honey or avocado on your skin. Experience deep relaxation after a face and décolleté massage with pure floral oil.

**Combination Floral Bath/Ayurvedic Cosmetic Treatment****€ 150.00**

## Beauty

### Classic Cosmetic Treatments with AVEDA products

#### **Facial Cleansing Treatment** (*Ladies*)

€ 80.00

Cleansing, cleansing mask, elimination of impurities, facial lymph drainage, hydrating mask, day skin care (60 minutes).

#### **Classic Facial Treatment** (*Ladies*)

€ 110.00

Cleansing, cleansing mask, elimination of impurities, eyebrow correction, classic massage of face and décolleté, hydrating mask, day skin care (80-90 minutes).

#### **Intensive Facial Treatment** (*Ladies*)

€ 150.00

Cleansing, aromatic compress, cleansing mask, eyebrow correction, elimination of impurities, lymph drainage, hydrating mask, natural aroma concentrate, massage of face, neck and décolleté, foot massage, smoothing mask for face and décolleté, moisturizing mask, day skin care (about 110-120 minutes).

#### **Intensive Anti-Aging Treatment** (*for Ladies/Gentlemen with any skin type*) € 190.00

Visible reduction of wrinkles and stimulation of the production of collagen by cleansing masks, cure with ampoules, lymphatic drainage, lifting serum, eye cream, day care, eyebrow correction und foot massage (about 110-120 minutes).

**Facial Cleansing Treatment** (*Gentlemen*)

€ 80.00

Cleansing, cleansing mask, elimination of impurities, facial lymph drainage, hydrating mask, day skin care (50-60 minutes).

**Intensive Facial Treatment** (*Gentlemen*)

€ 110.00

Cleansing, aromatic compress, cleansing mask, elimination of impurities, herbal aroma concentrate, lymph drainage, facial massage, smoothing mask for face and eyes, hydrating mask, day skin care (80-90 minutes).

**Manicure** including hand massage and hand pack (about 45 minutes)

€ 50.00

**Cosmetic Pedicure** including foot massage and foot care (about 45 minutes)

€ 50.00

**Foot Reflexology** (about 30 minutes)

€ 50.00

**Lip Mask** (about 15 minutes)

€ 15.00

**Neck Pack** (about 15 minutes)

€ 15.00

**Eye Mask** (about 15 minutes)

€ 15.00

**Dyeing of Eyebrows and Eyelashes**

€ 40.00

**Only eyelashes**

€ 25.00

**Only eyebrows**

€ 15.00

**Plucking of brows**

€ 10.00

**Facial Lymph Drainage** including mask (about 45 minutes)

€ 60.00



## Exercise

Our professionally equipped fitness studio can be used between 7:00 a.m. and 9:00 p.m. without extra charge. Participation in Yoga groups and in any other group sports (daily) is also free of charge. Individual sports with a personal trainer will be charged.

Personal sports training	€ 80.00
Training manual	€ 25.00
Complete programme (2 appointments, incl. manual)	€ 160.00
Personal Yoga training	€ 80.00
Personal autogenic training	€ 80.00
Classical full-body sports massage	€ 120,00
Fitness check	€ 50.00
Lactate testing	€ 120.00
Craniosacral therapy	€ 135.00

**The following exercise sessions will be carried out regularly as group training. However, they can also be booked individually with a personal trainer.**

Yoga, Thera-Band, Flexi-Bar, Medi-Swing, Nordic Walking, Pilates, training for the back and other problem zones.

## Contact

Ayurveda Parkschlösschen Bad Wildstein • Wildbadstr. 201 • D-56841 Traben-Trarbach, Germany

Tel. +49-(0)6541 - 705 - 0 • Fax +49-(0)6541 - 705 - 120

[www.parkschloesschen.de](http://www.parkschloesschen.de) • [info@parkschloesschen.de](mailto:info@parkschloesschen.de)

[www.ayurveda-parkschloesschenblog.de](http://www.ayurveda-parkschloesschenblog.de)

All information and prices are valid until further notice.

