

# Price list 2024

valid from  
25. December 2023



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Our sequoia tree, over 100 years old

## Dear Guests,

In our modern world it is increasingly important to pause and take care of **your own physical and mental well-being** – and that is exactly our approach! Since 1993, our focus has been on **promoting your holistic health**, and bringing you **back to inner balance**.

**The Ayurveda Parkschlösschen cosmos offers you the ideal retreat so that body, mind and soul can align in harmony.** From tailor-made Ayurveda programmes to soothing treatments and individual guidance, we are here to help release your full potential of health and vitality.

**Immerse yourself in the world of the Ayurveda Parkschlösschen – the most exclusive 5\* Ayurveda cosmos in Europe.**

Sincerely,  
*The Preuß Family with Kay-Uwe Brehm*  
*as well as the entire Ayurveda Parkschlösschen team*





# Ayurveda

## Ayurveda is translated as the “knowledge of life”...

... “Ayus” meaning life, and “Veda” meaning wisdom. Ayurveda is considered the oldest traditional system of medicine in the world, and the basic principles **are holistic and universally applicable.** Against this background, recommendations for body, mind and soul were developed over thousands of years to insure a **healthy, long and fulfilling life.**

All of our programmes at the Ayurveda Parkschlösschen are based on the applications 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
- creating an individual therapy schedule
- regular interim consultations
- extensive final consultation
- nutrition and lifestyle guidance



Our entire team works hand in hand for your well-being:  
**We are here for you, for anything, and at anytime!**

## Panchakarma

### The Royal Ayurveda Therapy and Parkschlösschen's *Royal Discipline*

The Ayurveda cleansing therapy Panchakarma has been the Ayurveda Parkschlösschen's expertise since 1993. The main purpose of this intensive programme is to activate the self-healing powers of the body and to provide preventive health care. Various cleansing and treatment procedures are intricately interwoven so that their combined healing 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 also know that Panchakarma is ideally suited for recovery and regeneration, e.g. in acute fatigue syndrome or after increased stress due to extreme professional or private challenges.



*Ayurvedic pulse reading*

### Panchakarma is also traditionally used in the case of:

- Chronic illnesses
- Neurovegetative illnesses
- Cardiovascular disorders
- Gynaecological ailments

# Panchakarma

Deep cleansing to achieve physical & mental fitness



Above: Shiroabhyanga

## «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 Bastis
1 x Udvartana	
1 x Vishesh	

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Cost of therapy €3.350  
plus room & full board (p.33)

## «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 Bastis
2 x Vishesh	
1 x Kalari	

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Cost of therapy €4.025  
plus room & full board (p.33)

## «Intensive Panchakarma» 20 Nights

Ayurvedic medical support during your stay\*

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

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Cost of therapy €6.545  
plus room & full board (p.33)

## «Ultimate Panchakarma» 34 Nights

Ayurvedic medical support during your stay\*

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

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Cost of therapy €12.895  
plus room & full board (p.33)

\* More information about our **Ayurvedic medical support** —> p.6

# Summer Panchakarma



## A gentle Ayurvedic cleanse

This Panchakarma programme is specially designed for warm summer days and combines cleansing therapies, harmonising Ayurveda treatments, relaxing yoga and delicious Ayurveda cuisine at a particularly affordable price.

1 MAY - 30 SEPTEMBER

### «Summer Panchakarma» 9 Nights

#### Ayurvedic medical support during your stay\*

2 x Abhyanga	1 x Padabhyanga
1 x Pinda Sveda	1 x Shiroabhyanga
1 x Udvartana	1 x Svedana
1 x Vishesh	3 x Internal Bastis

Cost of therapy €2.590  
plus room & full board (p.33)

\* More information  
→ p.6

# Ayurveda Regeneration Treatment

Go on the ultimate wellness getaway with our light Ayurveda Regeneration Treatment. 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 peace and quiet in our 5-star cosmos.

### «Ayurveda Regeneration Treatment» 6 Nights

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

Cost of therapy €1.615  
plus room & full board (p.33)



# Anti-Stress

Relax & take it slow with Ayurveda

The strain of professional and private demands and constant overstimulation are our daily energy thieves. Get away from this endless spiral and relax sustainably: Decelerate with harmonising full-body synchronous oil massages, a purifying herbal steam bath and the mild cleansing of your digestive tract – for more energy and a strengthened immune system.

## «Anti-Stress Programme» 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 Bastis

Cost of therapy €2.355  
plus room & full board (p.33)

\* More information  
→ p.6



# Taking a Break

## Regaining energy the Ayurvedic way!

Forget about your busy schedule, turn off your smartphone and consciously immerse yourself into the wonderful 5\* 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 Pitchu or Nabi Basti

Cost of therapy €675  
plus room & full board (p.33)

## «Taking a Break II» 4 Nights

2 x Ayurveda consultation, 30 min.  
1 x Abhyanga  
1 x Vishesh  
1 x Padabhyanga  
1 x Pitchu or Nabi Basti

Cost of therapy €1.040  
plus room & full board (p.33)



Round off your stay with  
our complementary  
services on p.24





# Ayurveda Weekend

Relaxation  
and Inspiration!

Our Ayurveda Weekend lets you immerse yourself in a world of relaxation and regeneration. Leave your stressful everyday life behind for a moment and treat yourself to some time off. Take a deep breath and let go.

The delicious Ayurveda cuisine, daily yoga sessions, the cosy loungers in the sunny park as well as the inspiring Parkschlösschen atmosphere will leave a lasting impression on you. Immerse yourself in our 5-star Ayurveda cosmos!

## «Ayurveda Weekend» 2 Nights

- 1 x Abhyanga
- introductory lecture on Ayurveda in English
- daily supporting programme (p. 32)
- use of our wellness area “Veda Thermal Baths”  
(thermal swimming pool, sauna and fitness area)

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Cost of therapy € 260  
plus room & full board (p.33)



Arrival possible from  
Monday to Sunday.





*Experience shows that all of our Ayurvedic treatments have a deeply penetrating effect, and they are traditionally a central part of an Ayurveda therapy programme. For this reason, they can only be carried out after a consultation with one of our Ayurvedic practitioners.*

# Ayurvedic Treatments

All treatments at the Ayurveda Parkschlösschen are performed by our specially trained and highly experienced Ayurveda therapists dedicated to your well-being.

The 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 bathroom for post-treatment rest.

*See p.18-21 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 €250

Synchronous full-body massage with gloves made of bourette silk. Traditional treatment to stimulate circulation and metabolism. Also applied for treating cellulite.

## SAMVAHANA €260

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.



## PINDA SVEDA €320

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.

## TAKRACHILLI €410

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.

## ABHYANGA €260

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



## UDVARTANA €275

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.

## PIZZICHILLI €410

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 other treatments. Experience has shown that it has a strong cleansing and relaxing effect.

## VISHESH €250

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.

# SPECIAL Treatments

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

## KALARI €210

Intensive full-body treatment with special massage and mobilisation techniques that activate the energy channels and vital points. Traditionally used to restore or optimise the flow of energy in the organism.

## KARNAPURNAM €150

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

## NASYA €210

Intensive treatment of the shoulder and neck area and sinuses. Traditionally proven effective in treating chronic sinus infections, hay fever and migraine headaches.

## SHIROABHYANGA €175

Head, neck and facial massage. Traditional treatment to relieve muscular tension and to stimulate the lymphatic drainage in the head area. It is described as very relaxing.

## PADABHYANGA €160

A foot and leg massage. Traditionally used for people who suffer from stress and mental strain. Leads to inner calm and deep relaxation.

## PINDA SVEDA, LOCALLY APPLIED €185

Partial massage with cotton bags filled with various herbs, rice or lemon-coconut. Traditionally used to relieve neuromuscular tension.

## INTERNAL BASTIS €120

Therapeutic oil and herbal enemas with a purgative or nourishing effect.

## EXTERNAL BASTIS €135

Locally applied organ-specific oil baths, which have been shown to have healing and calming effects through deeply penetrating warmth and specially selected herbs. Also good for lymph congestion.

## PITCHU €135

Locally applied oil treatment. Traditionally effective in relieving inner restlessness, tension pain, joint pain, nerve pain and lymphatic congestion.

## NETRA TARPANA €135

Eye bath. A locally applied treatment traditionally used for chronic and acute eye illnesses, especially irritation and fatigue.

## SHIRODHARA €150

Oil poured onto the forehead. Traditional treatment that calms the entire autonomic nervous system. It is experienced as harmonising and balancing, especially in the treatment of neurovegetative disorders and stress-induced symptoms.

## TAKRADHARA €150

Buttermilk poured onto the forehead. Traditionally proven effective for calming and cooling the autonomic nervous system. Useful for migraine, sleep and psychosomatic disorders.

## LEPAM €60

Locally applied paste with ginger or quark, mainly applied to painful or swollen areas.

## SVEDANA €125

Herbal steam bath in a “sweat box” or dry sauna. Traditionally effective in removing and sweating away the metabolic wastes released by the massages.





Our **experienced yoga teachers** can be booked for private yoga and meditation classes. —> p.24



# 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 care and regeneration without overstraining the organism.

**At the Ayurveda Parkschlösschen we therefore offer 2 x daily Hatha yoga group classes, followed by meditation, as an additional service. You also have the option of booking one of our exclusive individual yoga programmes.**

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 Pitchu or Nabi Basti

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*Cost of programme €945  
plus room & full board (p.33)*

## «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 Pitchu or Nabi Basti

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*Cost of programme €1.510  
plus room & full board (p.33)*



# Complementary Services

PRIVATE YOGA CLASS*	60 min.   €100	90 min.   €135
PRIVATE YOGA CLASS FOR 2 PERSONS*	60 min.   €125	90 min.   €160
AYURVEDA PSYCHOLOGY CONSULTATION	90 min.   €200	
PRIVATE MEDITATION CLASS	2x60 min.   €240	
CRANIOSACRAL THERAPY	60 min.   €160	
PHYSIOTHERAPY	60 min.   €120	
YOGATHERAPY	60 min.   €120	
AYURVEDIC & CLASSIC COSMETICS	see pages 26-29	

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

# AYURVEDIC Cosmetics

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

*For that reason we have chosen the certified natural cosmetics brand **PHARMOS NATUR**. It 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.*



## VATA FACIAL €170

*For Vata skin constitution*

Foot exfoliation, gentle face cleansing, aloe vera fresh plant leaf application, skin care, lymphatic drainage, manual trigeminus therapy, warm stamp massage with Himalayan crystal salt, intensively nurturing facial mask, hand massage – resulting in beautiful skin that radiates. (about 90 min.)

## PITTA FACIAL €170

*For Pitta skin constitution*

Foot exfoliation, pampering face cleansing, aloe vera fresh plant leaf application, skin care, traditional Ayurvedic marma points massage, manual trigeminus therapy, nurturing facial mask, hand massage – resulting in the skin feeling silky soft. (about 90 min.)

## KAPHA FACIAL €170

*For Kapha skin constitution*

Foot exfoliation, activating head acupressure, gentle face cleansing, aloe vera fresh plant leaf application, skin care, lymphatic drainage, warm stamp massage with Himalayan crystal salt, invigorating facial massage, rich facial mask, hand massage – giving skin a healthy glow. (about 90 min.)

## HEALING FACE THERAPY €170

Facial treatment with rose quartz crystals. Gentle exfoliation, aloe vera fresh plant leaf application, skin care, deep-acting lymphatic drainage, acupressure with warm herbal stamps, decongestive massage with rose quartz crystals, facial mask, foot massage. (about 90 min.)

## HAND REJUVENATION TREATMENT €85

Gentle exfoliation, hand massage, relaxing marma points hand massage, aloe vera hand treatment, finishing care. (about 45 min.)

## HAND REJUVENATION TREATMENT INCL. MANICURE €160

(about 90 min.)

## FOOT REJUVENATION TREATMENT €85

Herbal exfoliation, foot massage, marma points foot massage, circulation-stimulating foot treatment with Revitalising Oil, finishing care. (about 45 min.)

## FOOT REJUVENATION TREATMENT INCL. PEDICURE €160

(about 90 min.)



# CLASSIC Cosmetics



## CLASSIC FACIAL TREATMENT €150

*for women*

Cleansing, exfoliation, purification, aloe vera fresh plant leaf application, eyebrow correction, massage of face and décolleté or lymphatic drainage, herbal aroma concentrate, hydrating mask, day skin care. (about 80-90 min.)

## INTENSIVE FACIAL TREATMENT €190

*for women and men*

Cleansing, aromatic compress, exfoliation, eyebrow correction, purification, aloe vera fresh plant leaf application, lymphatic drainage, herbal aroma concentrate, massage of face, neck and décolleté, foot massage, smoothing mask for face and décolleté, day skin care. (about 110-120 min.)



*Also for our classic cosmetic treatments we only use pure natural cosmetics from PHARMOS NATUR.*

## NATURE OF MEN TREATMENT €150

*for men*

Cleansing, aromatic compress, exfoliation, purification, aloe vera fresh plant leaf application, lymphatic drainage, herbal aroma concentrate, intensive facial massage with eye serum, moisturising mask, day skin care. (about 80-90 min.)

## INTENSIVE ANTI-AGING TREATMENT €225

*for women and men with any skin type*

Visible reduction of wrinkles and stimulation of collagen production with herbal anti-aging products: cleansing, eyebrow correction, aloe vera fresh plant leaf application, lymphatic drainage, massage of face, neck and décolleté, anti-aging mask, anti-aging serum, eye serum, moisturising mask, foot exfoliation and massage, day skin care. (about 110-120 min.)

**MANICURE €70**  
(about 45 min.)

**MANICURE INCL. HAND MASSAGE  
& HAND TREATMENT €100**  
(about 60 min.)

**COSMETIC PEDICURE  
INCL. FOOT MASSAGE  
& FOOT CARE €90**  
(about 45 min.)

**COSMETIC FOOT  
REFLEXOLOGY €60**  
(about 30 min.)

**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. Your stay with us is free of disturbing influences through electro-smog and water veins and, upon request, allergy-friendly. Fresh thermal water flows in drinking quality from all the taps.

In each room you also have the possibility of listening to Vedic recitations, Ayurveda Gandharva Veda music or guided meditations. In accordance to our “**Digital Detox**” culture we choose to keep the whole house a Wi-Fi-free zone. 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 €230

## SINGLE ROOM CATEGORY II

Single occupancy €280



## DOUBLE ROOM

Single occupancy €280

Double occupancy €430



## JUNIOR SUITE CATEGORY I

Single occupancy €360

Double occupancy €510

## JUNIOR SUITE CATEGORY II

Single occupancy €410

Double occupancy €560

# All Inclusive and Ayurveda Cuisine

## Additional services included for you:

- personal guest service
- regular lectures from our Ayurveda experts
- Hatha yoga group classes twice daily
- participation in daily meditation
- use of our wellness area, “Veda Thermal Baths” with 2 saunas, thermal pool
- use of our fitness area

**\*ATTENTION:** We do not offer alcoholic and caffeinated beverages and do not use conventional sugar. The course of treatment requires a special diet plan, so breakfast is omitted on some days. On the purgative days (1-2 days), only light soups are served.



## Ayurvedic full board\* includes:

- all meals
- special dietary food according to indication
- hot drinking water room service 2 x daily
- daily changing afternoon soup
- all drinks: medicinal herbal and Ayurvedic teas, thermal water
- a diverse Ayurvedic buffet on Sundays

**Ayurvedic Full Board €95 p.p**

# Complete Price Overview

Prices in €	Persons	Compact Panchakarma	Classic Panchakarma	Intensive Panchakarma	Panchakarma Ultimativ	Summer Panchakarma	Ayurveda Regeneration	Anti-Stress Programme	Taking a Break I	Taking a Break II	Ayurveda Weekend	Private Yoga Stay I	Private Yoga Stay II
<b>SINGLE CAT. I</b>	1	6.275	8.250	13.045	23.945	5.515	3.565	4.305	1.325	2.340	910	1.920	3.460
<b>SINGLE CAT. II</b>	1	6.725	8.900	14.045	25.645	5.965	3.865	4.605	1.425	2.540	1.010	2.070	3.760
<b>DOUBLE</b>	1	6.725	8.900	14.045	25.645	5.965	3.865	4.605	1.425	2.540	1.010	2.070	3.760
	2	12.280	16.110	25.490	46.870	10.760	6.950	8.430	2.590	4.560	1.760	3.750	6.740
<b>JS CAT. I</b>	1	7.445	9.940	15.645	28.365	6.685	4.345	5.085	1.585	2.860	1.170	2.310	4.240
	2	13.000	17.150	27.090	49.590	11.480	7.430	8.910	2.750	4.880	1.920	3.990	7.220
<b>JS CAT. II</b>	1	7.895	10.590	16.645	30.065	7.135	4.645	5.385	1.685	3.060	1.270	2.460	4.540
	2	13.450	17.800	28.090	51.290	11.930	7.730	9.210	2.850	5.080	2.020	4.140	7.520

Plus €1.40 guest contribution per person and overnight stay





# Contact and Upgrade

We would be delighted if you decided to stay at the Ayurveda Parkschlösschen and would be happy to advise you personally and without obligation.

**Call us or send us an e-mail!**

## Upgrade for regular guests\*

Have you stayed at the Ayurveda Parkschlösschen three times 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.

*\* The upgrade is non-transferable and only applies to direct bookings without a travel agent.*

**TELEPHONE**  
+49 (0)6541-7050

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[ayurveda-parkschloesschen.com](http://ayurveda-parkschloesschen.com)

**ONLINE SHOP**  
[ayurveda-parkschloesschenshop.de/en](http://ayurveda-parkschloesschenshop.de/en)

**HEALTH BLOG**  
[gb.parkschloesschenblog.de](http://gb.parkschloesschenblog.de)



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All information and prices are valid until further notice.

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