



European Ayurveda Resort
Sonnhof Tirol

Pioneers since 2006



*I really
feel really
good...*

PRICE LIST 2022/2023

PANCHAKARMA PROGRAMMES

PANCHAKARMA "LIGHT" WITH TREATMENTS BY A SINGLE THERAPIST

7 nights, 6 treatment days, 12 treatments

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (2 days)
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – stamp massage, **or** Garshan – silk glove massage
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
 - Shirodhara – flowing oil treatment
 - Basti – gentle enema
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Panchakarma guest receives a small, beneficial offering with our compliments

€1,899 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

Tip
Panchakarma programmes
are ideal for problems with
the musculoskeletal
system

*I feel really good
because I feel brand new*

PANCHAKARMA "LIGHT" WITH TREATMENTS BY TWO THERAPISTS

7 nights, 6 treatment days, 12 treatments

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (2 days)
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – stamp massage with two therapists,
or Pizzichilli (Sekka) – flowing oil treatment with two therapists
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
 - Shirodhara – flowing oil treatment
 - Basti – gentle enema
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Panchakarma guest receives a small, beneficial offering with our compliments

€2,399 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

*Great for
vegans!*

*Good
Karma!*
€5 from every programme
goes to the Grow my Tree
sustainability project!

PANCHAKARMA "CLASSIC" PROGRAMME

10 nights, 9 treatment days, 18 treatments

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (3 days)
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Abhyanga – Ayurvedic full body oil massage with one therapist
 - European Ayurveda® anti-stress massage (85 mins)
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – stamp massage with two therapists, **or** Garshan – silk glove massage with two therapists
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
 - 2 Shirodhara – flowing oil treatments
 - 3 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage (25 mins)
 - Padabhyanga – Ayurvedic foot massage (25 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Panchakarma guest receives a small, beneficial offering with our compliments

€3,078 per person

9 treatment days excl. accommodation

(Panchakarma board included in room rate)



PANCHAKARMA "DE LUXE" PROGRAMME

14 nights, 13 treatment days, 27 treatments

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (6 days)
- ☉ 2 Virechana – days of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Prana Healing Massage® (85 mins)
 - Udvartana – herbal powder massages
 - Abhyanga – Ayurvedic full body oil massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (55 mins)
 - Jambira Pinda Sveda – stamp massage with two therapists
 - Garshan – silk glove massage with one therapist
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Udanavata® – abdominal massages
 - Intensive back treatment
 - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
 - Akshi Tarpana – eye treatment
 - 2 Shirodhara – flowing oil treatments
 - 4 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Shiromardana – head and face massage (25 mins)
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - 2 acupuncture treatments to help regulation, performed by Dr Sinop
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Panchakarma guest receives a small, beneficial offering with our compliments

€4,197 per person

13 treatment days excl. accommodation

(Panchakarma board included in room rate)



*I feel
really good
because my
body and soul
feel free*

*I feel really good
because I gain new energy*

PANCHAKARMA "SUPERIOR" PROGRAMME

21 nights, 20 treatment days, 35 treatments

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (6 days)
- ☉ 2-3 Virechana – days of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 5 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Prana Healing Massage® (85 mins)
 - Udvartana – herbal powder massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (85 mins)
 - Jambira Pinda Sveda – stamp massage with two therapists
 - Garshan – silk glove massage with one therapist
 - 2 Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Udanavata® – abdominal massages
 - Intensive back treatment
 - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
 - 3 Shirodhara – flowing oil treatments
 - 6 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Janu Vasti – oil treatment for the knees, **or** Khadi Vasti oil treatment for the back
 - Shiromardana – head and face massage (25 mins)
 - 2 Padabhyanga – Ayurvedic foot massage (25 mins)
 - 3 acupuncture treatments including manual therapy to help regulation, performed by Dr Sinop
 - Individual yoga and meditation session (55 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Panchakarma guest receives a small, beneficial offering with our compliments

€5,997 per person

20 treatment days excl. accommodation

(Panchakarma board included in room rate)



*Good for
symptoms of
Long Covid*

AYURDETOX PROGRAMMES

AYURDETOX – SHORT CLEANSING

Minimum stay: 4 nights

Experience and enjoy a rapid cleansing of body, mind and soul. The results of your pulse diagnosis and consultation inform how your body is prepared for the cleansing ritual, while Ayurvedic treatments help you to let go of waste products and restore energy. We will help you find a long-lasting way to bring balance to your everyday life.

- ☉ Consultation and pulse diagnosis
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system. Ideal for cleansing and detoxifying
 - Back and foot massage (55 mins)
 - Abhyanga – Ayurvedic full body oil massage
 - Udanavata® – abdominal massage
 - Shirodhara – flowing oil treatment
- ☉ Herbs for the duration of your stay
- ☉ Hot water and ginger drinking treatment
- ☉ Weekly programme of yoga and meditation (plus tips from the "Feel Good" Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every AyurDetox guest receives a small, beneficial offering with our compliments

€897 per person

excl. accommodation

(Detox board included in room rate)

Tip
Perfect for combining
with a Premium
Programme

AYURDETOX – INTENSIVE CLEANSING

7 nights, 6 treatment days

Gentle internal cleansing is combined with full body oil, stamp and herbal powder massages to help release toxins. Additional treatments are tailored to your individual needs and designed to boost your immune system and your digestion.

- ☉ Consultation and pulse diagnosis
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - European Ayurveda® anti-stress massage (85 mins)
 - Jambira Pinda Sveda – stamp massage
 - Shirodhara – flowing oil treatment
 - Udvartana – herbal powder massage
 - 2 Abhyanga – Ayurvedic full body oil massages
 - Intensive back treatment
 - Garshan – silk glove massage with one therapist
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
 - Udanavata® – abdominal massage
 - Basti – gentle enema
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Herbs for the duration of your stay
- ☉ Hot water and ginger drinking treatment
- ☉ Use of the Ayurveda Spa

Feel-good treat: every AyurDetox guest receives a small, beneficial offering with our compliments

€1,851 per person

6 treatment days excl. accommodation

(Detox board included in room rate)



RESET PROGRAMME

7 nights, 6 treatment days, 12 treatments

Restore body, mind and soul back to their natural state and take this opportunity to find inner balance. Our Ayurvedic treatments detoxify and re-energise your body, releasing you from your troubles and helping you to look forward once again. Live in harmony with yourself and with nature.

- ☉ Consultation and pulse diagnosis
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ European Ayurveda® nutritional coaching
- ☉ Fortifying tonic
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - Prista® – European Ayurveda® back massage
 - Vishesh – energy massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Udanavata® – abdominal massage
 - Prana Healing Massage® (85 mins)
 - Individual yoga and meditation session
 - Khadi Vasti (reawaken elementary power) **or** Nasya – nasal treatment
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Basti – gentle enema
 - Mind Detox coaching (55 min)
 - Abhyanga – Ayurvedic full body oil massage
 - Shirodhara – flowing oil treatment
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Reset guest receives a small, beneficial offering with our compliments

€2,133 per person

6 treatment days excl. accommodation

(Detox board included in room rate)



BALANCE PROGRAMMES

RASAYANA INTENSIVE REGENERATION PROGRAMME

10 nights, 9 treatment days, 18 treatments

The main objective of this programme is to regenerate the body and organs. It strengthens the immune system after an illness and creates inner stability, helping you to overcome fatigue and physical strain. As well as promoting good health, Rasayanas have a rejuvenating effect on tissues and organs. Targeted treatments, gentle exercise and a diet based on your Ayurvedic constitutional type create long-lasting regeneration of body, mind and spirit.

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic (3 days)
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - European Ayurveda® anti-stress massage (85 mins)
 - Prana Healing Massage® (85 mins)
 - Udanavata® – abdominal massage
 - Udvartana – herbal powder massage
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Shirodhara – flowing oil treatments
 - Khadi Vasti – “Reawaken elementary power”
 - Prista® – European Ayurveda® back massage
 - Jambira Pinda Sveda – stamp massage
 - Alpienne-Veda – anti-stress massage
 - 2 Basti – gentle enemas
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Padabhyanga – Ayurvedic foot massage (25 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Rasayana guest receives a small, beneficial offering with our compliments

€3,078 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

*I feel really good
because I can be who I am*

IMMUNE SYSTEM BOOSTER PROGRAMME

10 nights, 9 treatment days, 19 treatments

This programme is designed to give you and your immune system a welcome boost. Become centred and re-energised with a combination of oil massages, gentle cleansing, one-to-one yoga sessions and digestive regeneration, to bring your Doshas back into balance. Ideal for creating a strong immune system and an even stronger sense of self.

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutische Begleitung
- ☉ Fortifying tonic (3 days)
- ☉ European Ayurveda® immune booster (3 days)
- ☉ Gut regeneration
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - European Ayurveda® anti-stress massage (85 mins)
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Abhyanga – Ayurvedic full body oil massages with two therapists
 - 2 Shirodhara – flowing oil treatments
 - Prana Healing Massage® (85 mins)
 - 2 Khadi Vasti (reawaken elementary power) **or** Gamathi® – European Ayurveda® leg treatment
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Jambira Pinda Sveda – stamp massage
 - Prista® – European Ayurveda® back treatment
 - Mukabhyanga – Ayurvedic head, face and foot massage
 - Udanavata® – abdominal massage
 - 3 Basti – gentle enemas
 - 2 individual yoga and meditation sessions (55 mins)
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

Feel-good treat: every Immune System Booster guest receives a small, beneficial offering with our compliments

€3,175 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)



AYURVEDA PLUS PROGRAMME



EA Expert Dr Alaettin Sinop

CONSULTATION

(medical history, consultation, physical examination if required)

Duration: approx. 30 mins, €148

ACUPUNCTURE TREATMENT

(body and ear acupuncture including short history, pulse and tongue diagnosis, manual therapy if required)

Duration: approx. 30 mins + 25 mins relaxation, €148

NEUROCYBERNETIC THERAPY / HNC*

(kinesiological tests with manual corrections)

*We recommend two sessions to achieve a base level of improvement

Full session: approx. 45 mins, €222

The Ayurveda PLUS programme combines traditional Western medicine with Ayurvedic healing. The 18 different treatments, all individually tailored to your needs, can assist with releasing toxins and weight loss, as well as metabolic and sleep disorders and chronic illnesses. Along with an Ayurvedic diet, the programme helps you to make positive changes in your life.

The process starts with a consultation and pulse diagnosis, to determine your individual needs. We will then create a personalised treatment plan, based on your medical history, consisting of therapeutic supervision, relaxation and Ayurvedic treatments. In your concluding consultation, we help you to implement this new balance in your body, spirit and soul into your everyday life.

Please note

you will be issued an invoice for these medical services that you may be able to submit to your private health insurance provider.

*I feel really good
because I listen to my body*

AYURVEDA PLUS INTENSIVE PROGRAMME

10 nights, 9 treatment days, 19 treatments

- ☉ Consultation and pulse diagnosis
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - 2 acupuncture treatments by Dr Alaettin Sinop (body and ear acupuncture including short history, pulse and tongue diagnosis, manual therapy if required)
 - 2 Abhyanga – Ayurvedic full body oil massages
 - Vishesh – energy massage
 - Jambira Pinda Sveda – stamp massage
 - 2 acupuncture meridian massages
 - Shirodhara – flowing oil treatment
 - Udanavata® – abdominal massage
 - Khadi Vasti – oil treatment for the back
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Neurocybernetic massage therapy / HNC (kinesiological tests with manual corrections)
 - Udvartana – herbal powder massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Prista® – European Ayurveda® back treatment
 - Gamathi® – European Ayurveda leg treatment
 - Intensive back treatment
 - Basti – gentle enema
- ☉ Svedana – heat therapy
- ☉ Hot water and ginger drinking treatment
- ☉ Herbs for the duration of your stay
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

€2,962 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

Good Karma!

€5 from every programme goes to the Grow my Tree sustainability project!

*I feel really good
because I've found myself*

PREMIUM PROGRAMME

MENTAL & MIND DETOX®: FOR A HAPPY AND FULFILLED LIFE

Are you ready to change? Do you want to love your life and feel energized? We can help you to live your dreams and let your thoughts become the architects of your life. In a nutshell, this programme helps you to change your life.

Do you want to...

- ... live a happy and fulfilled life?
- ... feel a closer connection to yourself and your soul?
- ... love yourself just as you are?
- ... be successful in everything you do?
- ... change your inner self and transform your troubles?
- ... live to your full potential?
- ... support yourself and know your worth?
- ... live your dreams?
- ... discover what your purpose is?

Then it's time to make a positive change.

If you have a dream and want to realise it with all your heart, then don't let anything stop you. What we put into life, we get back from it in abundance. So dream big and don't be scared of a challenge! Put your worries to one side and do what fulfils you. That's what dreams are for: they show us what we are capable of. They bring out our courage and power. Your dreams are the key to your well-being and happiness. Believe in yourself!

- ⦿ Mental & Mind Detox® with our mind coaches (90 mins)
- ⦿ Workbook with long-term plan for home
- ⦿ Individual yoga session (50 mins)
- ⦿ Personal healing meditation (25 mins)
- ⦿ "Free your thoughts" head and face massage
- ⦿ Membership of the "Feel Good" Facebook community

€487 per person excl. accommodation

NUTRITION: EAT TO BE HAPPY

In this premium programme, you will learn the importance of food as an energy source and how to healthily integrate it into your everyday life.

Do you want to...

- ... have a renewed energy for life and look forward to each new day?
- ... eat healthily, simply and in a way that suits you?
- ... maintain your well-being without restrictions?
- ... know what is good for you and make it a daily habit?
- ... feel happy in your body and enjoy life to the full?
- ... do regular exercise and experience your full physical potential?
- ... feel totally balanced?

- ⦿ Individual nutritional coaching with our Ayurveda experts (60 mins)
- ⦿ Group cookery course (3 hours) at our Lindhof farm (excl. transfer to farm)
- ⦿ Workbook with long-term plan and tips for home
- ⦿ Consultation (30 mins) on diet implementation at home
- ⦿ Membership of the "Feel Good" Facebook community

€497 per person excl. accommodation

EXERCISE: MOVE TO BE HAPPY

Make exercise part of your daily routine and rediscover your body. In this premium programme, you will learn what your body needs to stay fit and healthy.

Do you want to...

- ... feel truly light and free?
- ... love your body in all its beauty?
- ... exercise in a way that suits you?
- ... maintain your well-being without restrictions?
- ... know what is good for you and make those things part of your routine?
- ... feel happy in your body, feel comfortable in your everyday routine and enjoy life to the full?
- ... do regular exercise and experience your full physical potential?

- ⦿ Initial exercise checkup (45 mins)
- ⦿ Individual exercise session (55 mins)
- ⦿ Individual yogi or Qigong session
- ⦿ "Straighten up" back massage (25 mins)
- ⦿ "Let go" foot massage (25 mins)
- ⦿ Workbook with long-term plan for home
- ⦿ Membership of the "Feel Good" Facebook community

€487 per person excl. accommodation

Tip
We recommend booking a regular programme along with your premium programme

AYURVEDA PROGRAMMES

If you'd like to gently discover the world of European Ayurveda for yourself, choose one of our programmes. Enjoy Sonnhof Signature Cuisine full board and a choice of Ayurvedic treatments. Gentle Yoga and meditation sessions guide you on your individual path at your own pace. When you feel ready, you can further your knowledge of Ayurveda with weekly lectures or book an additional consultation or personal nutritional advice.

AYURVEDA SHORT STAY

Minimum stay: 3 nights

Discover the world of European Ayurveda. Detoxify your body with a herbal powder massage and soothe your soul with an Ayurvedic full body massage and flowing oil treatment. Discover your true self with gentle Yoga and meditation sessions, and free yourself from stress and disturbances in the Ayurveda Spa.

- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Shirodhara – flowing oil treatment
- ☉ Udvartana – herbal powder massage
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

€335 per person excl. accommodation

AYURVEDA RELAX AND WELL-BEING DAYS

Minimum stay: 5 nights

If you're looking to treat yourself to some me-time and forget the daily grind for a while, this break with two full body oil massages, a flowing oil treatment and a salt and oil scrub is just the ticket. Relax and find yourself with Yoga and meditation. Re-energise and strengthen your immune system with an Ayurvedic energy massage.

- ☉ Vishesh – energy massage to strengthen the nervous system
- ☉ Abhyanga – Ayurvedic full body oil massages with two therapists
- ☉ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
- ☉ Shirodhara – flowing oil treatment
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ European Ayurveda® anti-stress massage (85 mins)
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

€849 per person excl. accommodation



ROYAL AYURVEDA

Minimum stay: 7 nights

Discover your regal self. Indulge in a unique combination of six different Ayurvedic treatments in seven days. Four specific treatments and two full body massages provide every part of your body with all the attention it craves.

- ☉ Consultation and pulse diagnosis
- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Prana Healing Massage® (85 mins)
- ☉ Jambira Pinda Sveda – stamp massage
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Abhyanga – Ayurvedic full body oil massages with two therapists
- ☉ Intensive back massage
- ☉ European Ayurveda® anti-stress massage (85 mins)
- ☉ Shirodhara – flowing oil treatment
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

€1,420 per person excl. accommodation

“FOUNTAIN OF YOUTH” REGENERATIVE WEEK

Minimum stay: 7 nights

The aim of this rejuvenation week is to delay, stop or even reverse signs of premature ageing. This soothing bespoke treatment programme benefits health, boosts the immune and nervous systems, promotes physical strength and regularises digestion. Carefully selected oils promote a clear complexion and soft, smooth skin. This is a deep treatment programme that warms the entire body and stimulates the elimination of toxins and waste products.

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Abhyanga – Ayurvedic full body oil massage
- ☉ Vishesh – energy massage
- ☉ Udanavata® – abdominal massage
- ☉ Mukabhyanga – Ayurvedic head, face and foot massage
- ☉ Padabhyanga – Ayurvedic foot massage (25 mins)
- ☉ Shirodhara – flowing oil treatment
- ☉ Prista® – European Ayurveda® back treatment
- ☉ Udvartana – herbal powder massage
- ☉ European Ayurveda® anti-stress massage (55 mins)
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Use of the Ayurveda Spa

€1,399 per person excl. accommodation

*I feel really good
because I take the
time to rest and
recover*

ROOM RATES

May 2022 to May 2023



All rates are per person per night incl. full board, excl. local tax.

01.05.2022 – 25.12.2022
07.01.2023 – 01.05.2023

25.12.2022 – 07.01.2023

SONNHOF single room	ab € 205	ab € 215
OM SPIRIT double room	ab € 190	ab € 210
SHINE ON double room	ab € 209	ab € 225
SONNHOF SPIRIT junior suite	ab € 217	ab € 229
TIROL MEETS INDIA junior suite	ab € 217	ab € 229
ALPIENNE SPIRIT junior suite	ab € 219	ab € 229
HARMONIE SPIRIT junior suite	ab € 220	ab € 235
VEDA SPIRIT suite	ab € 255	ab € 295
SONNHOF apartment	ab € 195	ab € 205

Single occupancy surcharge: **from €75**, single occupancy surcharge for VEDA SPIRIT suite: **from €90**
Sonnhof Signature Cuisine full board comprises: Ayurvedic breakfast buffet, lunchtime Pitta buffet, afternoon Vata snack with tea ceremony and fruit, dinner. Excludes drinks. **The majority of the ingredients used in our cooking are organic and from our nearby farm. We also use Grander energised water.** All our rooms are non-smoking. Out of consideration for other guests, we also ask you not to smoke on the balconies. Free underground parking.

*I feel really good because
I am in harmony with myself*

Your private energising space. Your personal wellness oasis. Your individual retreat.

Select your personal energising space from eight different room categories. For your well-being and health, your room is free of electromagnetic currents. You are welcome to use the free Wi-Fi in our lounge. Tune into yourself. Take a break.



Your SONNHOF apartment

35 – 40sqm double room with wood floor, seating area with sofa, shower & WC, hairdryer, bathrobe, slippers, satellite TV and balcony. **Our apartment is just a two minute walk from the hotel itself.**



Your SONNHOF single room

20sqm, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe, desk and balcony.



Your SHINE ON double room

22 – 25sqm double room, wood floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe and balcony.



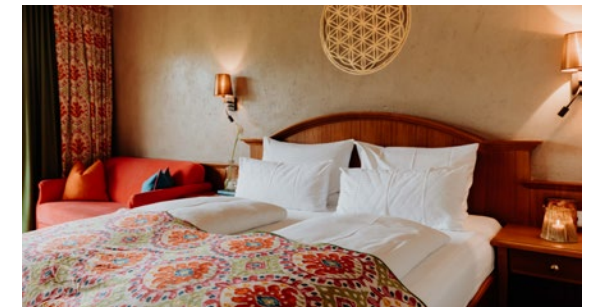
Your OM SPIRIT double room

30sqm double room finished in reclaimed wood, seating area, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet, safe, desk and balcony.



Your SONNHOF SPIRIT junior suite

35sqm redesigned double room with lounge area, oak floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet access, safe and panoramic balcony.



Your TIROL MEETS INDIA junior suite

35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet access, safe and panoramic balcony.



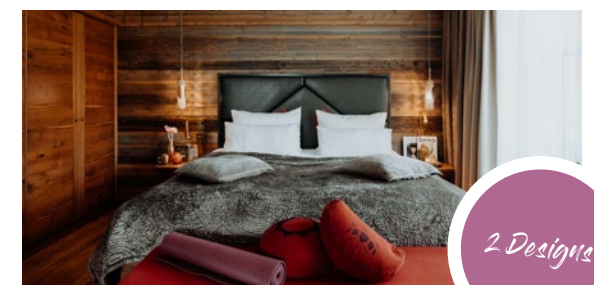
Your ALPIENNE SPIRIT junior suite

35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet access, safe and panoramic balcony.



Your HARMONIE SPIRIT junior suite

42sqm, double room with separate living room, wood floor, shower, separate WC, double basin, cosmetic mirror, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe, panoramic balcony and silk duvets.



Your VEDA SPIRIT suite

42sqm, double room with separate lounge area, wood floor, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe, desk, panoramic balcony and silk duvets.

3 Designs

2 Designs



European Ayurveda Resort Sonnhof Tirol

General Information

Getting here

Drive via the Inntalautobahn motorway, exit at Kiefersfelden (toll-free), exit Kufstein Nord (toll road) or Weyarn, along the main road towards Bayrischzell. Innsbruck 90km, 1 hour; Salzburg 119km, 1 hour 20 mins; Munich airport 135km, 1 hour 30 mins.

Transfers: Taxi transfer from the hotel to Kufstein railway station: approx. €30. Please contact us for airport transfer charges.

Arrival and departure

Your room will be available at 2pm on the day of arrival. Please check out by 11am. If you depart early, the full rate for the booked stay will be charged.

Booking

A deposit is required at the time of booking, payable by credit card or by bank transfer to the following account: Sparkasse Kufstein: IBAN: AT67 2050 6077 0005 1662 BIC: SPKUAT22XXX

Room service

Our room service charges range from €5 to €10 depending on the size of the order.

Rates include

Sonnhof Signature Cuisine full board with Ayurveda breakfast buffet, Pitta lunch buffet, Vata afternoon snack with tee ceremony and fruit, dinner. Excludes drinks. The majority of the ingredients used in our cooking are organic and from our nearby farm. We also use Grander energised water.

- Weekly exercise programme
- Use of the Ayurveda Spa
- Free Wi-Fi in the lounge
- Underground car park

Payment options

Cash, debit cards, VISA, Mastercard, American Express

Cancellation charges

- Up to one month prior to scheduled arrival – no charge
- Between 30 and two days prior to scheduled arrival – 60% of the room and programme rate
- One day prior to scheduled arrival – 100% of the room and programme rate

Ayurveda Spa cancellations

Please give at least 24 hours' notice if you wish to cancel a treatment at the Ayurveda Spa; less than 24 hours' notice will incur a charge of 70% of the price for the missed treatment.

Single occupancy surcharge

Double room €75/night
VEDA SPIRIT suite €90/night

Thanking you for your recommendation

As our way of saying thank you for every recommendation that leads to a booking, we offer an Ayurveda bonus voucher of €50 – so recommend us and start planning your next break at the Sonnhof!

Gift vouchers

A Sonnhof voucher is the perfect gift for loved ones or business partners. If you are using a voucher, please let us know at the time of booking.

In harmony with nature: sustainability matters!

Chemical-free cleaning. Effective Microorganisms (EM) create positive environments thanks to antioxidative, fermentative, regenerative, energetic and communicative effects. More than 80 different EMs feed on each other's metabolic products: this provides a self-cleaning mix that we at the Sonnhof can trust.

This price list supersedes all previous price lists.

May be subject to change at short notice.

We do not accept liability for misprints or errors.

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