



European Ayurveda Resort  
Sonnhof Tirol

*Pioneers since 2006*



*I  
feel really  
good...*

PRICE LIST 2023/2024

## EA® PANCHAKARMA PROGRAMMES

### PANCHAKARMA "HIGH-LIGHT" WITH TREATMENTS BY TWO THERAPISTS

7 nights, 6 treatment days, 12 treatments

One whole week just for you. The Panchakarma cure lasting 7 days is probably one of the most effective methods to activate your self-healing powers, which help you to do something for your health as a preventive measure. After this week you will feel lighter and inspired with valuable insights for your everyday life. Panchakarma "Light" is available as a cure with a single therapist or with two therapists. We recommend the treatment with two therapists, however, as this will release your blockades intensively, balance your energies and the regeneration effect will be faster.

- ☉ 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.:
  - 2 Abhyanga treatments by two therapists – Ayurvedic full body oil massages
  - Udvartana – herbal powder massage
  - Vishesh energy massage by two therapists
  - Jambira-Pinda-Sveda by two therapists – stamp massage **or** Pizzichilli (Sekka) – oil pouring body treatment
  - Udanavata® – abdominal massage
  - Nasya – nasal treatment, **or** Prista® – European Ayurveda® back massage
  - Shirodhara – flowing oil treatment
  - Basti – gentle, inner purification and strengthening
  - 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 drinking cure, ginger water, EA® detox water
- ☉ 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

€2,555 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

Tip

Panchakarma programmes are ideal for problems with the musculoskeletal system

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*I feel really good  
because I feel brand new*

### PANCHAKARMA "LIGHT" WITH TREATMENTS BY A SINGLE THERAPIST

7 nights, 6 treatment days, 12 treatments

The Panchakarma treatment is an intensive cleansing cure and has an effect right up to the cellular level. It is called the most profound treatment in Ayurvedic medicine and is used to restore the balance of the elements and the metabolism. The main intention is to be or become physically and mentally fit, in other words to cleanse body and mind and to strengthen the immune system, in order to have a lasting positive influence on the quality of life. The cure is divided into a preparation/pre-detoxification phase, a cleansing phase and a build-up phase.

- ☉ 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, inner purification and strengthening
  - 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 drinking cure, ginger water, EA® detox water
- ☉ 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

€1,997 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

*Good Karma!*

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

*Great for vegans!*

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## PANCHAKARMA "CLASSIC" PROGRAMME

10 nights, 9 treatment days, 18 treatments

Bring your body back into balance in ten days. Your back and musculoskeletal system will be relaxed, heavy metals will be released, you will feel more agile again and you will be able to concentrate better. You will sleep better, and your inner restlessness will subside - you will find yourself. These days will provide you with strength and vitality for your everyday life. Your mental health will be strengthened and you will learn to fully develop and live your spirituality.

- ☉ 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
  - 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, inner purification and strengthening
  - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
  - Shiromardana – head and face massage (25 mins)
  - Back and foot massage (55 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ 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**

€3,239 per person

**9 treatment days excl. accommodation**

(Panchakarma board included in room rate)



## PANCHAKARMA "DE LUXE" PROGRAMME

14 nights, 13 treatment days, 27 treatments

It takes about two weeks for the intestines and the intestinal flora to regenerate completely. Your muscles are relaxed, you have taken valuable time for yourself. Chronic pain, restlessness, and the feeling of being stressed out will subside - even after a COVID-19 disease. You will also feel mentally relieved and free, ready to start life with energy and newfound knowledge about European Ayurveda®. You have a fresh start. Your mind will be strengthened, and you will learn to fully develop and live your spirituality.

- ☉ 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, inner purification and strengthening
  - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
  - Shiromardana – head and face massage (25 mins)
  - Back and foot massage (55 mins)
  - 2 acupuncture treatments to help regulation, performed by Dr Sinop
- ☉ Svedana – heat therapy
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ 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**

€4,497 per person

**13 treatment days excl. accommodation**

(Panchakarma board included in room rate)

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



## PANCHAKARMA "SUPERIOR" PROGRAMME

21 nights, 20 treatment days, 35 treatments

At last, you can recover completely, your body gently releases toxins and ballast thanks to a lot of expert knowledge about European Ayurveda®. You feel chronic pain, anxiety and stress leaving your body - even after a COVID-19 disease. Your soul receives the well-deserved rest it needs to recover from your often stressful everyday life. You strengthen yourself and find new energy.

- ☉ 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, inner purification and strengthening
  - 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)
  - Padabhyanga – Ayurvedic foot massage (25 mins)
  - Back and foot massage (55 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 drinking cure, ginger water, EA® detox water
- ☉ 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

€6,299 per person

20 treatment days excl. accommodation

(Panchakarma board included in room rate)

Good for  
symptoms of  
Long Covid

## EA® 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
  - European Ayurveda® anti-stress 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 drinking cure, ginger water, EA® detox water
- ☉ 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

€975 per person

excl. accommodation

(Detox board included in room rate)

I feel really  
good because  
I gain new  
strength

Good  
Karma!

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

## AYURDETOX – INTENSIVE CLEANSING

7 nights, 6 treatment days, 12 treatments

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, inner purification and strengthening
- ☉ Weekly programme of yoga and meditation (plus tips from the “Feel Good” Facebook community)
- ☉ Herbs for the duration of your stay
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ Use of the Ayurveda Spa

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

€1,997 per person

**6 treatment days excl. accommodation**

(Detox board included in room rate)



## RESET PROGRAMME FOR BODY, MIND AND SOUL

7 nights, 6 treatment days, 12 treatments

You want to cleanse yourself physically and mentally? This treatment helps you to detox your body, free it from toxins and fill it with new energy. By purifying the mind and letting go of old patterns and beliefs, you will be strengthened to be in harmony with yourself again. Reset to your inner self through physical applications and coaching as well as yoga sessions.

- ☉ 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, inner purification and strengthening
  - Mind Detox coaching (55 mins)
  - Abhyanga – Ayurvedic full body oil massage
  - Shirodhara – flowing oil treatment
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ 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**

€2,239 per person

**6 treatment days excl. accommodation**

(Detox board included in room rate)



# EA® BALANCE PROGRAMMES

## RASAYANA INTENSIVE REGENERATION PROGRAMME

10 nights, 9 treatment days, 18 treatments

The main goal 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 soul.

- ☉ 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, inner purification and strengthening
  - 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 drinking cure, ginger water, EA® detox water
- ☉ 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**

€3,239 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, inner purification and strengthening
  - 2 individual yoga and meditation sessions (55 mins)
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ 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**

€3,307 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, €155**

### ACUPUNCTURE TREATMENT

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

**Duration: approx. 30 mins + 25 mins relaxation, €155**

### NEUROCYBERNETIC THERAPY / HNC\*

(kinesiological tests with manual corrections)

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

**Full session: approx. 45 mins, €235**

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 a first brief medical anamnesis as well as a 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)
  - Udvertana – 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, inner purification and strengthening
- ☉ Svedana – heat therapy
- ☉ Hot water drinking cure, ginger water, EA® detox water
- ☉ 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

**€3,109 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 a new  
beginning with  
a life that is in  
balance.*





## 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

**€345 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 – Ayurvedic energy massage to strengthen the nervous system
- ☉ Abhyanga – Ayurvedic full body oil massage with two therapists
- ☉ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system. Ideal for cleansing and detoxing.
- ☉ 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

**€888 per person excl. accommodation**



### ROYAL AYURVEDA

**Minimum stay: 7 nights**

Discover your regal self. Indulge in a unique combination of different Ayurvedic treatments in seven days. Five 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

**€1,467 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 regulates. 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

**€1,447 per person excl. accommodation**

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

# ROOM RATES

May 2023 to May 2024



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

01.05.2023 – 11.12.2023  
07.01.2024 – 01.05.2024

28.12.2023 – 07.01.2024

<b>SONNHOF</b> single room	starting from € 215	starting from € 225
<b>OM SPIRIT</b> double room	starting from € 205	starting from € 220
<b>SHINE ON</b> double room	starting from € 220	starting from € 235
<b>SONNHOF SPIRIT</b> junior suite	starting from € 228	starting from € 238
<b>TIROL MEETS INDIA</b> junior suite	starting from € 230	starting from € 241
<b>ALPIENNE SPIRIT</b> junior suite	starting from € 230	starting from € 241
<b>HARMONIE SPIRIT</b> junior suite	starting from € 236	starting from € 245
<b>VEDA SPIRIT</b> suite	starting from € 275	starting from € 305
<b>SONNHOF</b> apartment	starting from € 199	starting from € 210

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 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 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 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 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.

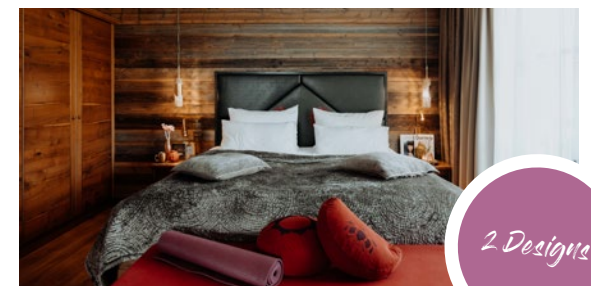


**Your HARMONIE SPIRIT junior suite**  
42sqm, double room with separate living room, wood floor, shower, separate WC, double basin, cosmetic mirror, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe, panoramic balcony and silk duvets.

3 Designs



**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 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.

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. €35. 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.

Hinterthiersee 16 • 6335 Thiersee • Tirol • Austria • T +43 5376 5502 • info@sonnhof-ayurveda.at  
Online Shop: shop.european-ayurveda.at • Blog: www.european-ayurveda.at

**WWW.SONNHOF-AYURVEDA.AT**

