

I FEEL REALLY GOOD

PRICE LIST

Pioneers since 2006



European Ayurveda Resort
Sonnhof Tirol

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 helps 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
- ☉ Use of the Ayurveda Spa

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

€ 2,708 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 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
- ☉ Use of the Ayurveda Spa

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

€ 2,116 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

We create good Karma

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

Great for Vegans!

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. Improve your sleep and let restlessness subside. These ten days will provide you with strength, vitality and clarity in 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 (80 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
- ⊙ Use of the Ayurveda Spa

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

€ 3,433 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. You will also feel mentally relieved and free, ready to start life with energy and newfound knowledge about European Ayurveda®. You are making a fresh start. Your psyche will be strengthened and you will learn to develop your spirituality and creativity in all areas of life.

- ⊙ 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® (80 mins)
 - Udvartana – herbal powder massages
 - Abhyanga – Ayurvedic full body oil massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (80 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** back massage
 - Akshi Tarpana – eye treatment **or** Mind-Detox coaching (55 mins)
 - 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
- ⊙ Use of the Ayurveda Spa

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

€ 4,766 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, 37 treatments

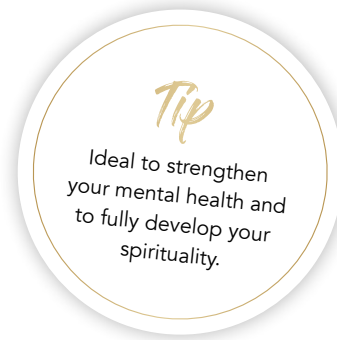
At last, you can recover completely, your body gently releases toxins and ballast thanks to a lot of expert knowledge about European Ayurveda®. You feel chronic pain, anxiety and stress leaving your body. Your soul receives the well-deserved rest it needs to recover from your often stressful everyday life. You will find new strength, clarity and creativity and establish new habits with fresh 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.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - 2 Vishesh – energy massage by two therapists
 - Abhyanga – Ayurvedic full body oil massage
 - Prana Healing Massage® (80 mins)
 - Udvartana – herbal powder massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (80 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 tretment **or** Akshi Tarpana – eye treatment
 - 2 Shirodhara – flowing oil treatments
 - 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
 - Back massage (25 mins)
 - 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
 - 6 Basti – gentle, inner purification and strengthening
 - Individual yoga- and meditation-sessions **or** Mind-Detox Coaching (55 mins)
 - Letting-go ritual (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
- ⊙ Use of the Ayurveda Spa

€ 6,596 per person

20 treatment days excl. accommodation

(Panchakarma board included in room rate)



PANCHAKARMA "SUPREME" PROGRAMME

28 nights, 27 treatment days, 46 treatments

The "queen of Ayurvedic cures" creates a new centre of power within you that will change your life in a holistically positive way. Over a period of 4 weeks, you give your body the time to fully implement the 3 phases of the Panchakarma treatment, experience a reset on all levels of your being and dissolve emotional blockages.

- ⊙ 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.:
 - 3 Abhyanga – Ayurvedic full body oil massages with two therapists
 - 3 Vishesh – energy massage by two therapists
 - Abhyanga – Ayurvedic full body oil massage
 - Prana Healing Massage® (80 mins)
 - Udvartana – herbal powder massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (80 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
 - Nasya - nasal tretment **or** Akshi Tarpana – eye treatment
 - 2 Shirodhara – flowing oil treatments
 - 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
 - Intensive back treatment **and** back massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
 - Back and foot massage (55 mins) **and** Padabhyanga – Ayurvedic foot massage (25 mins)
 - 4 acupuncture treatments including manual therapy to help regulation, performed by Dr Sinop
 - Foot reflexology massage **or** Shiromardana - head and face massage (25mins)
 - EA Glory Healing Massage® (80 mins)
 - Acupuncture meridian massage **or** osteopathic treatment (approx. 50 mins)
 - Khadi-Vasti (45 mins)
 - European Ayurveda® anti-stress massage (55 mins)
 - Mukabhyanga (55 mins)
 - Alpienne Veda anti-stress **or** Alpienne Veda sports massage (55 mins)
 - 6 Basti – gentle, inner purification and strengthening
 - Individual yoga and meditation session (55 mins)
 - Mind-Detox coaching (55 mins) **and** Letting-go ritual (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
- ⊙ Use of the Ayurveda Spa

€ 7,997 per person

27 treatment days excl. accommodation

(Panchakarma board included in room rate)

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
- ⦿ Use of the Ayurveda Spa

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

€ 1,045 per person

excl. accommodation

(Detox board included in room rate)

I feel really good because I gain new strength

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 (80 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
- ⦿ 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

€ 2,116 per person

6 treatment days excl. accommodation

(Detox board included in room rate)

We create good Karma
 € 5 from every programme goes to the Grow my Tree sustainability project!

EA ENERGY PROGRAMMES

EMOTIONAL HEALING PROGRAMME

7 nights, 6 treatment days, 13 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. Let yourself reset holistically through physical treatments, coaching and yoga sessions and find your strength and creativity.

- ☉ 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® (80 mins)
 - Individual yoga and meditation session **or** breathwork
 - Khadi Vasti (reawaken elementary power) **or** Nasya – nasal treatment
 - Letting-go ritual (25 mins)
 - 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
- ☉ Use of the Ayurveda Spa

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

€ 2,395 per person

6 treatment days excl. accommodation

(Detox board 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
- ☉ Therapeutic supervision
- ☉ 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 (80 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® (80 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
- ☉ Use of the Ayurveda Spa

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

€ 3,505 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)



EA BALANCE & LONGEVITY PROGRAMMES

RASAYANA "HIGHT-LIGHT" PROGRAMME WITH TREATMENTS BY TWO THERAPISTS

7 nights, 6 treatment days, 12 treatments

The main aim of the Rasayana cure is to regenerate the body and its organs. The immune system is strengthened after illnesses, inner stability is restored, states of exhaustion and stress are overcome and you feel holistically rejuvenated.

- ⊙ Consultation and pulse diagnosis
- ⊙ European Ayurveda® nutritional coaching
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Fortifying tonic (2 days)
- ⊙ Virechana – days of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 2 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Vishesh – energy massage by two therapists
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Udanavata® – abdominal massages
 - Udvartana – herbal powder massage
 - Intensive back treatment
 - Shirodhara – flowing oil treatment
 - 2 Pizzichilli (Sekka) – full body oil treatment with two therapists
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
 - 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
- ⊙ Use of the Ayurveda Spa

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

€ 2,708 per person

6 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

*I'm feeling good,
because I can let go.*

RASAYANA "LIGHT" PROGRAMME WITH TREATMENTS BY A SINGLE THERAPIST

7 nights, 6 treatment days, 12 treatments

Rasayanas not only promote health, but also vital energy and have a rejuvenating effect on body tissue and organs. Targeted treatments, a diet tailored to your constitutional type and gentle exercise promote longevity and health of body, mind and soul.

- ⊙ Consultation and pulse diagnosis
- ⊙ European Ayurveda® nutritional coaching
- ⊙ Concluding consultation
- ⊙ Therapeutic supervision
- ⊙ Fortifying tonic (2 days)
- ⊙ Virechana – days of purification
- ⊙ Treatments tailored to suit your personal medical history, e.g.:
 - 2 Abhyanga – Ayurvedic full body oil massages
 - Vishesh – energy massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Udanavata® – abdominal massages
 - Udvartana – herbal powder massage
 - Intensive back treatment
 - Shirodhara – flowing oil treatment
 - European Ayurveda® anti-stress massage (55 mins)
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
 - 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
- ⊙ Use of the Ayurveda Spa

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

€ 2,116 per person

6 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)



RASAYANA "CLASSIC" PROGRAMME

10 nights, 9 treatment days, 18 treatments

The main aim of the Rasayana cure is to regenerate the body and its organs. The immune system is strengthened after illnesses, inner stability is restored, states of exhaustion and stress are overcome. Rasayanas not only promote health, but also have a rejuvenating effect on body tissue and organs. Targeted treatments, a diet tailored to your constitutional type and gentle exercise bring about a lasting balance for 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 (80 mins)
 - Prana Healing Massage® (80 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
- ☉ Use of the Ayurveda Spa

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

€ 3,433 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

RASAYANA "DE LUXE" PROGRAMME

14 Übernachtungen, 13 Behandlungstage, 27 Anwendungen

Body, mind and soul form an inseparable unit. Regenerate your entire system during this 2-week treatment and find inner stability. For deep cleansing, regeneration and resilience – for example after illness, exhaustion or major stress. Feel like yourself again and strengthen your energy centers.

- ☉ Consultation and pulse diagnosis
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic (6 days)
- ☉ 2 Virechana – day of purification (alternative possible)
- ☉ 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 (80 mins)
 - Prana Healing Massage® (80 mins)
 - 2 Udanavata® – abdominal massage
 - Udvartana – herbal powder massage
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Shirodhara – flowing oil treatments
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - Khadi Vasti – “Reawaken elementary power”
 - Prista® – European Ayurveda® back massage
 - Jambira Pinda Sveda – stamp massage with two therapists
 - Abhyanga – Ayurvedic full body oil massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Mukabhyanga (55 mins)
 - Acupuncture meridian massage **or** osteopathic treatment (approx. 50 mins)
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - Back massage (25 mins)
 - Shiromardana – head and face massage (25 mins)
 - 4 Basti – gentle, inner purification and strengthening
 - Individual yoga- and meditation-sessions **or** Mind-Detox Coaching (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
- ☉ Use of the Ayurveda Spa

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

€ 4,591 per person

13 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

medical healthcare

The Ayurveda PLUS programme combines traditional Western medicine with Ayurvedic healing. The 19 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.

CONSULTATION

(medical history, consultation, physical examination if required)

Duration: approx. 30 mins € 158

ACUPUNCTURE TREATMENT

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

Duration: approx. 30 mins + 25 mins relaxation € 158

NEUROCYBERNETIC THERAPY / HNC*

(kinesiological tests with manual corrections)

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

Full session: approx. 45 mins € 240

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.

AYURVEDA PLUS PROGRAMME

*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)
 - 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, 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
- ⦿ Use of the Ayurveda Spa

€ 3,285 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

*We create
good Karma*

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

AYURVEDA PROGRAMMES

If you'd like to gently discover the world of European Ayurveda® for yourself, choose one of our programmes. Enjoy the 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
- ⊙ Use of the Ayurveda Spa

€ 364 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 (80 mins)
- ⊙ Weekly programme of yoga and meditation
- ⊙ Use of the Ayurveda Spa

€ 930 per person excl. accommodation

ROYAL AYURVEDA

Minimum stay: 7 nights

Discover your royal 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® (80 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 (80 mins)
- ⊙ Shirodhara – flowing oil treatment
- ⊙ Weekly programme of yoga and meditation
- ⊙ Use of the Ayurveda Spa

€ 1,550 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
- ⊙ Use of the Ayurveda Spa

€ 1,555 per person excl. accommodation

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

ROOM RATES

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

28.12.2024 – 07.01.2025

SONNHOF single room	starting from € 227	starting from € 235
OM SPIRIT double room	starting from € 217	starting from € 230
SHINE ON double room	starting from € 232	starting from € 245
SONNHOF SPIRIT junior suite <i>new Design</i>	starting from € 255	starting from € 267
SONNHOF SPIRIT DELUXE junior suite	starting from € 260	starting from € 272
TIROL MEETS INDIA junior suite	starting from € 237	starting from € 249
ALPIENNE SPIRIT junior suite	starting from € 237	starting from € 249
HARMONIE SPIRIT junior suite	starting from € 240	starting from € 258
VEDA SPIRIT suite	starting from € 286	starting from € 325
SONNHOF apartment {not in the hotel complex}	starting from € 215	starting from € 225
SHINE ON apartment {not in the hotel complex}	starting from € 245	starting from € 255

Single occupancy surcharge: **from € 75**, single occupancy surcharge for VEDA SPIRIT suite: **from € 90**
Sonnhof Signature Cuisine full board comprises: Weekly programme with yoga, meditation, lectures and hikes.
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 Grandeur 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.

Your private energising space. Your personal wellness oasis. Your individual retreat.
Select your personal energising space from eleven 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.

Sustainability: At the European Ayurveda Resort Sonnhof, we do everything we can to reduce our ecological footprint while ensuring the highest standards for our guests. Our rooms and premises are mainly cleaned with effective microorganisms. We are continuously working to remove plastic and disposable products from our kitchen and working environment. Instead, we rely on recyclable and natural materials. Since 2023, our hotel is supplied with green electricity from renewable energy sources.



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 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 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.

new
Design



Your SONNHOF SPIRIT junior suite
35sqm redesigned double room with lounge area, wood floor, wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet access, safe and panoramic balcony.

2 Designs



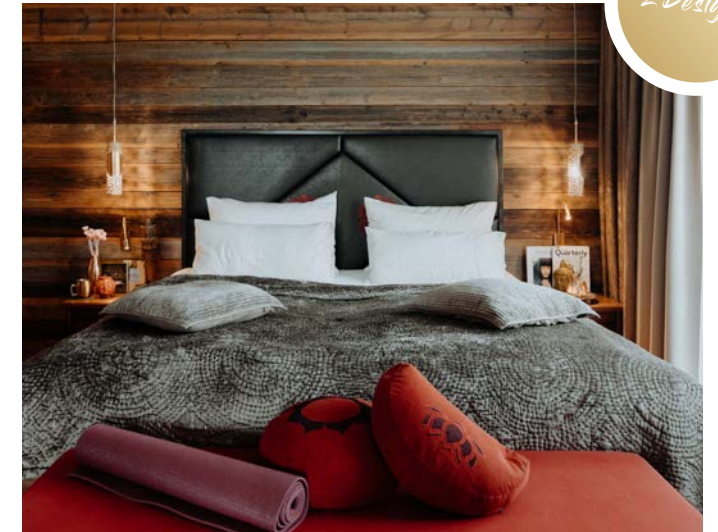
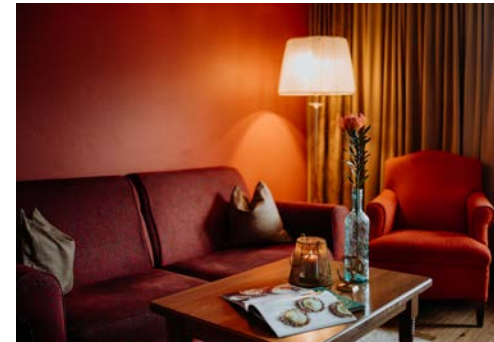
Your HARMONIE SPIRIT junior suite
42sqm, double room with separate living room, wood floor, shower, separate WC, double basin, cosmetic mirror, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe, panoramic balcony and silk duvets.

new
Design



Your SPIRIT DELUXE junior suite
42sqm, double room with living room, wood floor, wardrobe, desk, shower separate WC, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe and panoramic balcony.

2 Designs



Your VEDA SPIRIT suite
45sqm, 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.

new
Design



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 SONNHOF apartment
35 – 40sqm, double room with wood floor, sitting area with sofa, shower/WC, hairdryer, bathrobe, slippers, satellite TV and balcony. **Our apartment is about two minutes' walk from the hotel (not directly in the hotel complex).**



Your SHINE ON apartment
35 – 40sqm, double room with wood floor, sitting area with sofa, shower/WC, hairdryer, bathrobe, slippers, SAT-TV and private sauna. **Our apartment is about two minutes' walk from the hotel (not directly in the hotel complex).**



European Ayurveda Resort Sonnhof Tirol

General Information

Getting here

Drive via the Inntalautobahn motorway, exit at Kiefersfelden (toll free), exit Kufstein Nord (toll free) 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.

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WWW.SONNHOF-AYURVEDA.AT

