

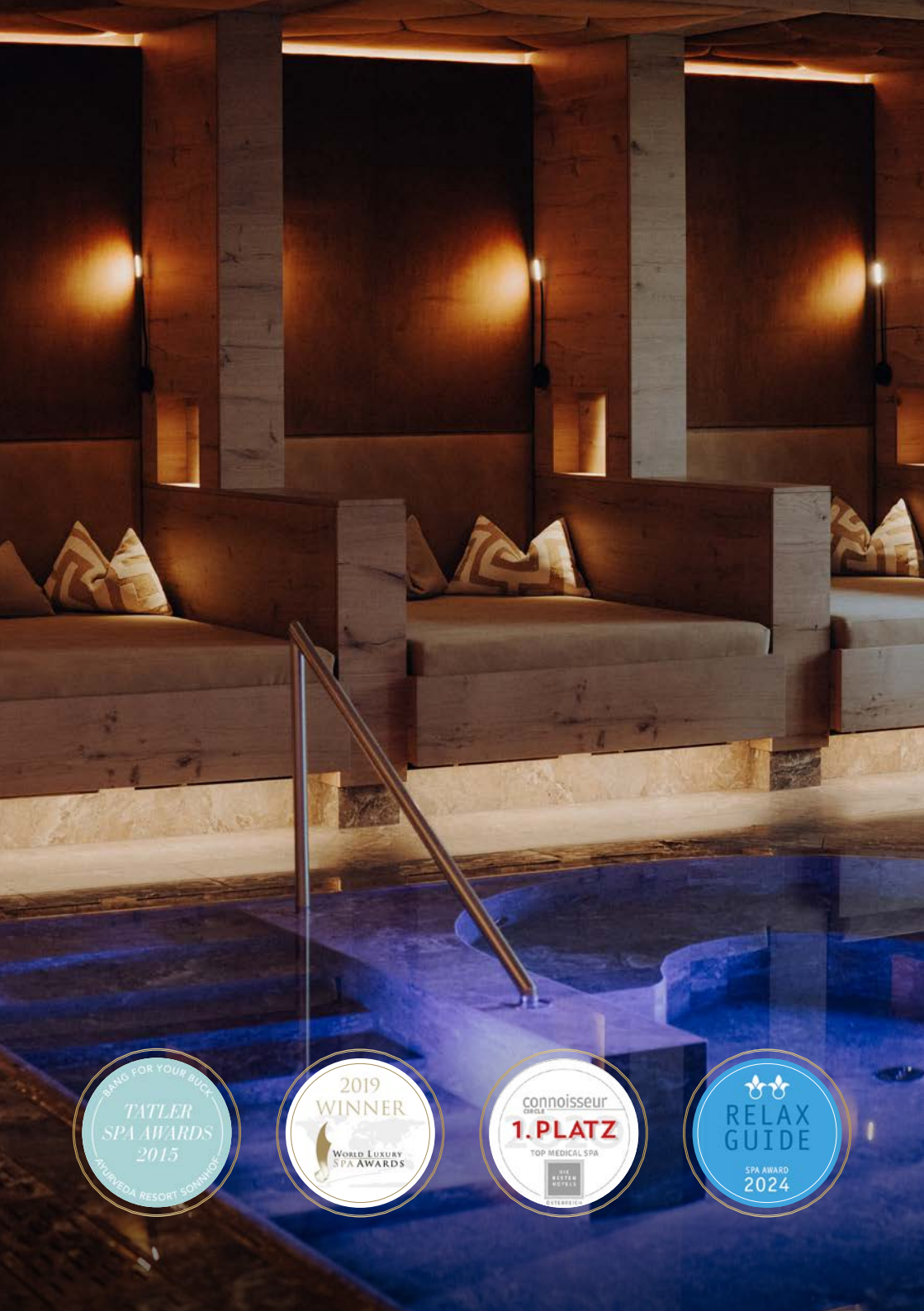
IT'S ALL ABOUT YOU

TREATMENTS & PROGRAMMES

Pioneers since 2006



European Ayurveda Resort
Sonnhof Tirol



DEAR FRIENDS OF EUROPEAN AYURVEDA®!

Make an escape from the everyday life. Immerse yourself in the world of European Ayurveda® and experience this Eastern philosophy of life here in the Tyrolean mountains. Discover yourself. Come closer to yourself. Consciously take time for yourself. Enjoy Ayurvedic treatments, connect with your soul during yoga sessions and find yourself with meditation. The world of European Ayurveda® can be explored at your own personal pace. It's time to experience it for yourself.

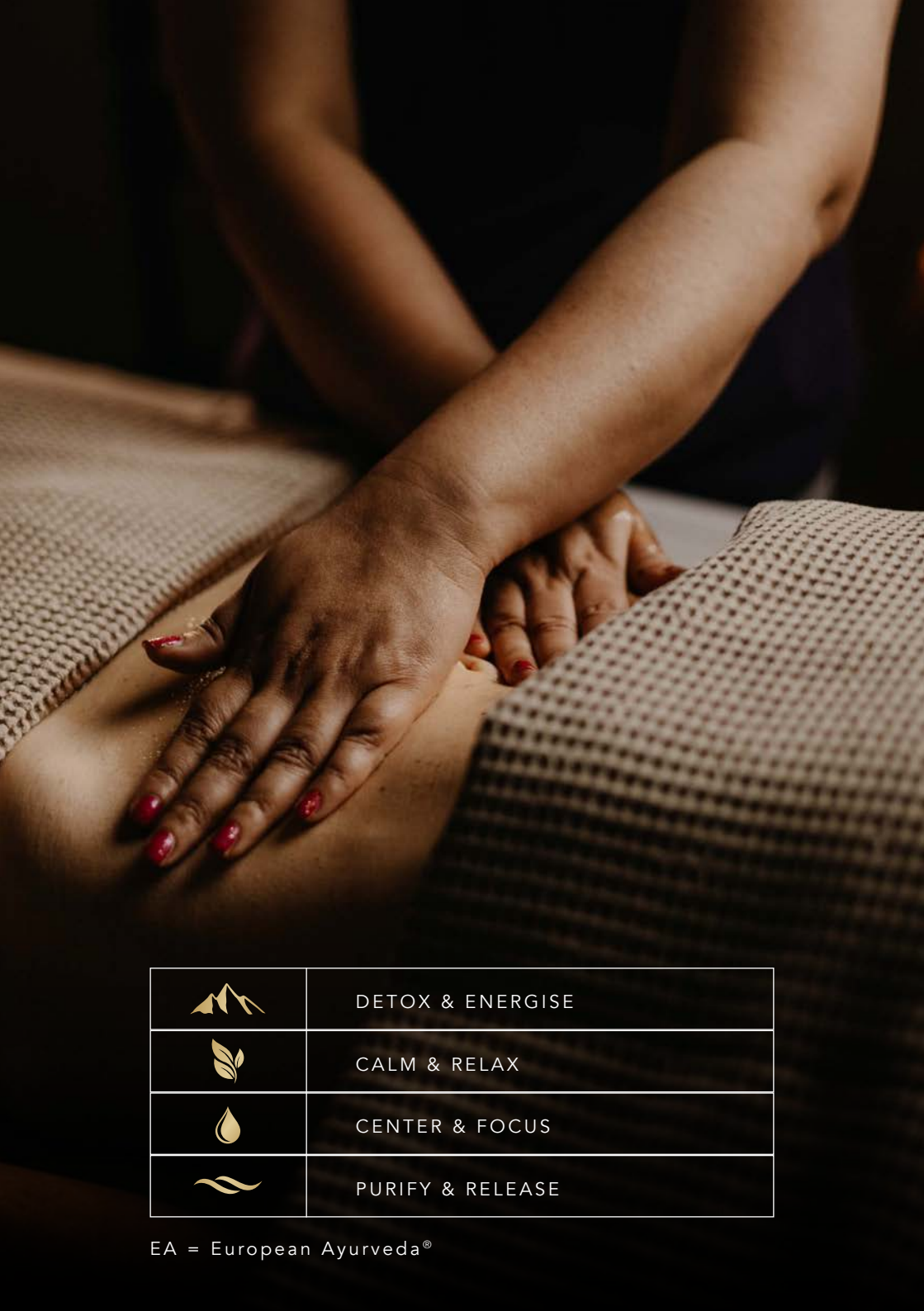
European Ayurveda® takes the holistic teachings of Ayurveda and tailors them for the needs of our fast-paced modern European society. European Ayurveda® offers the ideal formula for greater harmony, health, purity and balance. The teachings of Ayurveda combine regional products, environmental awareness, yoga and meditation - all adapted for a European lifestyle. It offers a symbiosis of medical and therapeutic expertise from the old and new world, diversity of flavours, spiritual clarity and a holistic approach.



**I feel really good because
I have the power to make
positive changes in my life.**

**Your Elisabeth Mauracher
and Helmut Naschberger
with the whole Sonnhof team**





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

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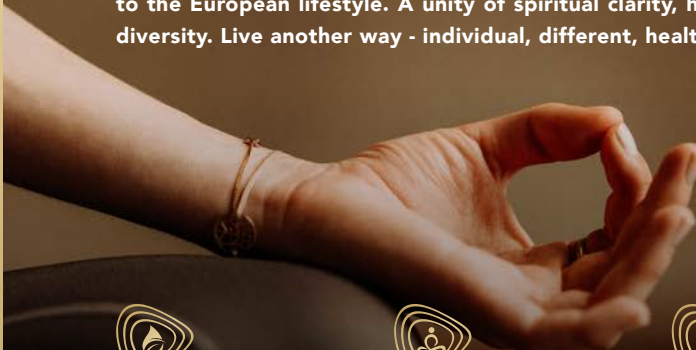
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	DETOX & ENERGISE
	CALM & RELAX
	CENTER & FOCUS
	PURIFY & RELEASE



EA FIELDS OF COMPETENCE AND IT'S PILLARS

European Ayurveda® provides ideal solutions for more harmony, health, clarity, and balance - based on many years of experience with the combination of western conventional medical knowledge and the eastern healing teachings. In this unique interpretation, Ayurveda merges with regional products and environmental consciousness, yoga, and meditation - adapted to the European lifestyle. A unity of spiritual clarity, holistic mindsets, and diversity. Live another way - individual, different, healthy.



EA DETOX

In a world that is dominated by hustle and bustle and a fast pace of life, health and tranquility are precious. European Ayurveda® encounters this zeitgeist with gentle and intensive detox of body, mind, and soul. Enjoy your new attitude towards life. Be blessed with lightness, clarity and the realization that less can be more.



EA BALANCE

Slowing down with European Ayurveda® and years of medical expertise: Letting go mentally and physically of work, stress, and the feeling of having to be available all the time. Find your inner balance, focus on your strengths, and fill up with new energy, in order to master your everyday life successfully.



EA ENERGY

Become the captain of your life again and take your destiny into your own hands! European Ayurveda® gives you the tools to unfold your full potential. Utilize the energy, vitality and clarity that comes with an Ayurvedic lifestyle to define the new you and enjoy life to the fullest!



CONSULTATION & TREATMENT

Complementary medicine, Ayurvedic expertise and TCM

Attuned to your needs: pulse diagnosis, complementary diagnostic and treatment methods as well as traditional Chinese medicine (TCM) and manual practices are part of your personal treatment plan.



HEALING SPIRIT

Mindfulness, energy work and personal development

Whether Mental- & Mind-Detox®, coaching or lectures: Individual mental support through EA Energy Medicine helps you redesign your life path. Experience your spirituality in healing circles, breathwork sessions or by chanting mantras and connect with your inner essence.



YOGA & MEDITATION

Yoga, Pranayama and guided meditations

Instructions on yoga, meditation and healing ceremonies according to the teachings of European Ayurveda® direct your attention to your inner self. Experience relaxation, clarity and harmony and feel yourself and your needs.



CREATIVITY

Self-realization and zest for life

Where or how can you unwind and express your soul? Rediscover yourself with dancing, music, painting, writing or journaling. Find your inner child and let your visions become reality!



AYURVEDIC NUTRITION

'One man's meat is another man's poison'

A combination of vegetarian and vegan Ayurvedic nutrition and regional products from our own farm result in intuitive and Dosha supporting dishes in harmony with nature. Our dishes satisfy your hunger as well as providing lasting nourishment for body and soul.



TRAINING & COACHING

Develop your potential, find your calling and drive your passion

Learn the teachings of European Ayurveda® and recognise your true purpose. Go through life with ease, finding joy in your life and work. Step away from merely having a job, and towards your calling: make your passion a success.



NATURE & EXERCISE

Gentle exercise in nature, places of spiritual energy, forest bathing and grounding

Body, mind and soul make an inseparable entity, and since a healthy mind can only live in a healthy body, we consider nature and exercise to be important components of your well-being: for a life in balance.

WE ARE HERE FOR YOU

OUR EA TEAM OF EXPERTS

With profound expertise, specialists from India, an experienced doctor and the Sonnhof team of experts we bring the holistic concept of Ayurveda into the western way of life. Gently and in an effective way. Everything can be. Nothing has to be.



ELISABETH MAURACHER

Owner

- Pioneer and visionary of European Ayurveda®
- European Ayurveda® and mindful empowerment expert
- Female business coach
- Founder of Glory Female Life: earn what you deserve!



GAURAV SHARMA

Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- State-certified Ayurvedic practitioner
- Touch for Health Coach



RAJAT VASHISHT

Pulse diagnosis and Ayurvedic naturopathy

- Trained as a specialist Ayurvedic physician (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- State-certified Ayurvedic practitioner
- Nutrition coach and certified Bach Flower Remedy consultant



DR. ALAETTIN SINOP

Specialist for general medicine with focus on Naturopathy

Naturopathic services:

- Acupuncture/TCM
- Ayurvedic medicine/herbal medicine
- Consultations and Pulse Diagnosis
- Manual medicine/Chirotherapy
- Neural therapy/Homeosiniatry
- Neurocybernetic massagetherapy/HNC

Conventional medical services:

- Medical check-up
- Non-invasive diagnostic methods (sonography, ECG)
- Laboratory tests



CHRISTINE SCHNEIDER

European Ayurveda® Specialist, Organization & treatment support

- Organization & Assistance of the Ayurveda Specialists
- Feel-good Assistant



SARAH SCHURIAN-BERGMEISTER

European Ayurveda® Specialist, Organization & treatment support

- Naturopath
- Psychoenergetic kinesiologist
- Nutritionist
- Ayurveda Lifestyle Coach



HARALD NIEDERL

Psychosocial counsellor

- Expert in mental & emotional health
- Logotherapy and existential analysis according to Victor E. Frankl



VIJAYA KUMARI

Spiritual Teacher

- Yoga teacher for traditional yoga
- Yoga nidra, breathwork, rituals, ceremonies and mantra chanting
- Energy work



WHAT MAKES EUROPEAN AYURVEDA® SO SPECIAL

The traditional science of Ayurveda originates from India. Many insights and practices have retained their validity for centuries – however, the needs and health problems of modern-day Europeans differ significantly from the needs of ancient Indians, for whom Ayurveda was originally created. For this reason, we have developed European Ayurveda®. Modern European Ayurveda® recognizes the differences in terms of climate, culture and dietary habits of people in India and Europe. The European Ayurveda® cuisine, for example, is characterized by regional, seasonal ingredients and spices that our guests already know. It is important to us that we offer a concept – and also a diet – that can be continued at home easily.

ssure, compare themselves with others permanently and tend to fear the future instead of living in the here and now. Many feel driven and stressed every day. Our aim is to take this pressure off our guests, to increase their health and longevity. Therefore, our massages are slower and gentler, so that the guest can relax deeply.

In yoga and meditation, we also set different priorities. At the European Ayurveda Resort Sonnhof, we practice mindful yoga, which is focused on experiencing the practice and not on performance or acrobatics. In contrast to many people in India, who encounter meditation at an early age, people in Europe often find it difficult to find into stillness and peace of mind. That is why we have developed short, guided meditations and rituals that our guests can integrate more easily into their everyday lives. Ultimately, European Ayurveda® is seeing people as a whole and empowering them to live a happier, healthier life - whether on the Indian subcontinent or in the heart of Europe!

How EA changes your life...
... and the principles of the European Ayurveda® Lifestyle can be found on our website.



- EUROPEAN AYURVEDA®**
- Regional and seasonal
 - Modern, practical and with a state-of-the-art approach
 - Holistic focus on body, mind and soul
 - Adapted to the lifestyle and habits of people in Europe and the western world

PULSE DIAGNOSIS

A pulse diagnosis determines your individual dosha make-up and constitutional type.

The Ayurveda specialist places their index, middle and ring fingers on the inside of your wrist and feels your pulse with varying degrees of pressure. In addition to a pulse- and eye-diagnosis, your lifestyle will also be examined during the consultation, including your eating habits and digestion, sleeping patterns, stress, problems, etc. Using the pulse diagnosis and the results of the consultation, the specialist can then determine your constitutional mix of bio-energies as well as any current disturbances or pre-existing imbalances. Using anamnesis, our Ayurveda practitioners, doctors, physicians and specialists will then work with you to develop an individual treatment plan.



Gaurav Sharma, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India; provides Ayurvedic diagnosis and treatment alongside his wife Rajat Vashisht, Bachelor of Ayurveda, Medicine and Surgery (BAMS), India.

PULSE DIAGNOSIS

Duration: approx. 45 mins – **on request**

MEANING OF LIFE CONSULTATION

Two 45-minute consultations, including preparation time – **on request**

EUROPEAN AYURVEDA® NUTRITION TALK

Duration: approx. 45 mins – **on request**

OUR CONCEPT FOR A HEALTHY, LONG AND FULFILLING LIFE

In our modern society, we are experiencing a remarkable demographic change: people in Europe are getting older and older. Steady progress in medicine, better living conditions and an improved quality of life contribute to this development. At the same time, new questions arise: What makes life really worth living?

A long life alone is not necessarily a guarantee for happiness. Many older people suffer from chronic illnesses, physical limitations and mental challenges. These problems can significantly impair the quality of life.

The holistic approach of European Ayurveda® offers proven therapies and routines for longevity and healthy ageing. A mindful lifestyle, a balanced diet, regular exercise and stress management make a decisive contribution to how your body and mind develop over the decades.

Feel joy and vitality at any age:

Doshas and Prakriti:

Health and illness directly reflect the balance and interaction of the doshas in your body. As a result, they have a significant influence on the ageing process. When you come into harmony with your individual constitution (Prakriti), you strengthen your ability to evolve physically and mentally at any age.

Conscious nutrition:

Conscious eating in harmony with nature (i.e. seasonal and regional produce) promotes optimal digestion, corrects imbalances in the body, can prevent illness and diseases and delays the ageing process.

Achar Rasayana:

In order to lead a healthy life in a healthy society, you need rasayana – a „young, agile mind“. The ability to adapt to social changes and new behaviours is of great relevance for social health, just like optimism and resilience.

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

EXPERIENCE DEEP RELAXATION WITH ALL YOUR SENSES

Let us support you on your regeneration journey and guide you to self discovery. Our treatments are perfectly designed to help you simply enjoy the moment and focus on your inner self. The mix of classic Ayurveda, tailored to our western world, frees you from all your burdens, both physical and psychological.

EA BODY TREATMENTS



DETOX &
ENERGISE



CALM &
RELAX



CENTER &
FOCUS



PURIFY &
RELEASE

ABHYANGA

Duration: approx. 55 / 80 mins € 135 / € 197



Gentle full-body oil massage, attuned to the bio-energies Vata, Pitta and Kapha. Subtle energy therapy and well-tempered herbal oils penetrate deep into the skin and release fat-soluble toxins from the tissues. The massage has an invigorating effect on your skin, muscles, veins, heart, circulation and nervous system.

ABHYANGA WITH TWO THERAPISTS

Duration: approx. 55 mins € 245



Abhyanga with two therapists. Good for sleep, circulatory and digestive problems and helps you to find inner balance.


MUKABHYANGA

Duration: approx. 55 mins € 135



Your face, head, neck and feet are gently massaged with warm oil. Marma reflex zones around your eyes, forehead, chin, lips and ears are activated. This soothing massage promotes inner strength and mental purity while nourishing both the nervous system and the senses. Mukabhyanga is helpful for head problems, tension headaches, neck tension and insomnia.

PADABHYANGA

Duration: approx. 25 mins € 69 


The Ayurvedic foot and leg massage helps with relaxation, regeneration and vitalisation, reduces headaches, and improves sleep and vision. Through targeted treatment of the Marmas, Padabhyanga releases blockages, allowing energy to flow again and freeing the mind.

SHIROABHYANGA

Duration: approx. 55 mins € 182 

Give your head a break. This special head therapy is one of our most beautiful treatments. It strengthens the consciousness and promotes a clear and alert mind. You will experience a sense of complete well-being, inner peace and harmony, particularly in cases of sleep disorders, stress or migraines.

SHIRODHARA - FLOWING OIL TREATMENT

Duration: approx. 25 mins € 99 

Soothing head treatment, which has a very calming effect on the autonomic nervous system. It is excellent for stress symptoms, insomnia and migraines. The oil on the forehead has a harmonising and balancing effect.


Please note: Only possible in combination with an Ayurvedic full body oil massage.

PRANA HEALING MASSAGE® BY SONNHOF

Duration: approx. 80 mins € 219 

Massage to activate and harmonise your energy centres and channels. Balancing your energy flow brings your body, mind and soul into perfect harmony. You can also select your own personal chakra essence during this treatment.

VISHESH

Duration: approx. 55 / 80 mins € 135 / € 197 

Similar to Abhyanga, but with more pressure and speed. The treatment has a stimulating and vitalising effect on the body, mind and metabolism.

VISHESH WITH TWO THERAPISTS

Duration: approx. 55 mins € 245

Vishesh with two therapists. Equalises energy levels, vitalises, stimulates the nervous system and balances the body.

UDANAVATA® - EUROPEAN AYURVEDA® SPECIALIST ABDOMINAL TREATMENT

Duration: approx. 55 mins € 135 

This special massage and energy point treatment has a strengthening and purifying effect on the tissues and supports detoxification. It stimulates the venous and lymphatic drainage systems and removes blockages in the abdominal area, and can be used to treat bloating, prolonged stomach tension and digestive problems. It helps on a psychological level with exam anxiety, lack of energy, sleep problems, inner restlessness and negative moods.

EA ANTI-STRESS MASSAGE

Duration: approx. 55 / 80 mins € 135 / € 197 

This Ayurvedic full body massage with warm herbal oil warms your temper, helps you to relax, strengthens your neural system and provides mental clarity. The treatment focuses on the head, neck, shoulders and abdomen. It is ideal in cases of exhaustion, insomnia and nervousness.


SAMVAHANA - MAHARANI

Duration: approx. 55 mins € 245 

The Samvahana is considered the queen of the Snehana massages and is an Indian ritual for women only. The individual treatment with silk cloths, brushes, precious oils, fragrant essences, gemstones and a rose milk and salt peeling regulates the body's energies and increases Ojas, the vital life essence. This treatment is carried out by two therapists.


We advise booking early!

SIGNATURE ELFENZAUBER® TREATMENT BY SONNHOF

Duration: approx. 80 mins € 195 

This signature treatment was developed in collaboration with our team of doctors and therapists and is surprisingly unique in every way. The treatment uses energetic essences in their purest form, which are all carefully selected at the beginning of the ritual. An interplay of harmonising fragrances and gentle massage techniques.

EA GLORY HEALING MASSAGE

Duration: approx. 80 mins € 253 

This chakra-opening full-body oil massage with pure gold makes you glow and clears your skin of toxins. Thanks to the energising and heart-opening effect of gold, you will not only radiate from the inside out, but also from the outside. The treatment has a warming and anti-inflammatory effect due to the special massage technique, it strengthens your immune system and helps to overcome dissatisfaction and sadness, as well as emotional stress. Just feel how you are able to let go little by little and arrive fully and completely in your body.

with gold

EA FOR THE MUSCULOSKELETAL SYSTEM


 DETOX &
ENERGISE

 CALM &
RELAX

 CENTER &
FOCUS

 PURIFY &
RELEASE

KHADI-VASTI

Duration: approx. 45 mins € 139 

Problem areas are treated at the source using a ring of dough filled with oil. Oils with restorative or dissolving properties are used, depending on the problem being treated. Khadi-Vasti is mainly used in the spinal area but can also be used on the abdomen, hips or over the heart, as the symptoms occur. The substances of the oil penetrate deep into the tissue and have an anti-inflammatory and painrelieving effect. This treatment strengthens femininity and opens the chakras, especially the root chakra. The procedure can help with joint and nerve pain, sciatica, muscle tension, insomnia, headaches, nervousness, hypertension, intervertebral disc problems and fertility.

Indications: Joint and nerve pain, sciatica, muscle tension, insomnia, headaches, anxiety, hypertension, spinal pain, decrease of fertility.

*I feel really
good because
I can let go.*

PRISTA® - EUROPEAN AYURVEDA® SPECIALIST BACK MASSAGE

Duration: approx. 55 mins € 135   



A very effective and intensive treatment that consists of an intensive back massage with warm herbal pads to free the body from blockages. Tension is released using a special herbal oil.

ACUPUNCTURE MERIDIAN MASSAGE (APM)

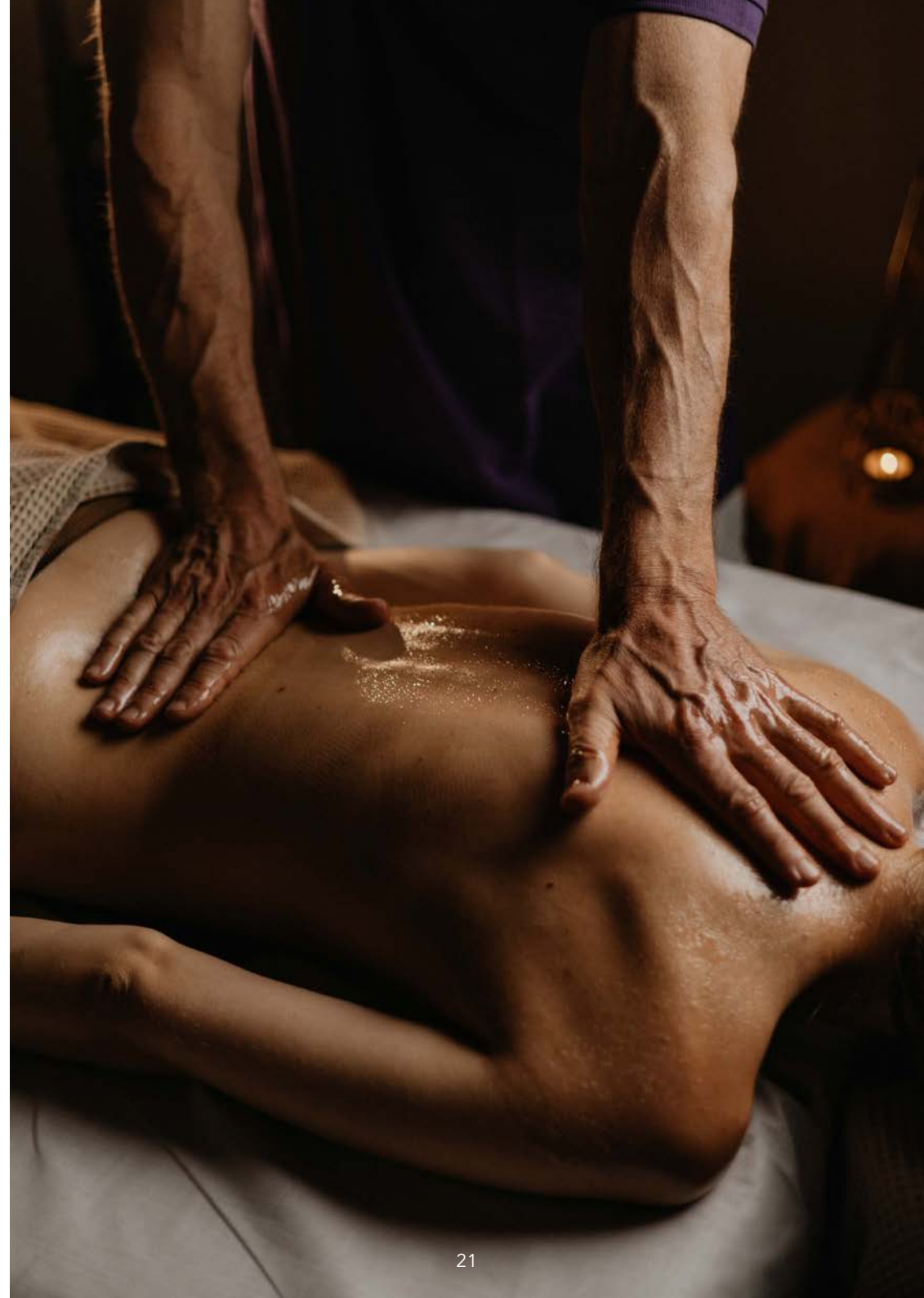
Duration: approx. 55 mins € 154 **Energy tape: € 5**   

The aim of the acupuncture meridian massage is to bring the body's Qi energy back into flow throughout the body and to equalise energy imbalances. APM is a symbiosis of meridian massage, acupuncture without needles and energetic spinal therapy, but also involves moxibustion (a heat therapy in traditional Chinese medicine), non-invasive cupping and Gua Sha (traditional Chinese scraping massage). APM is used to strengthen the body's centre and organs, for feelings of coldness, for spinal and joint complaints, to support pregnancy and to strengthen the body in cases of exhaustion and stress. Other indications are sleep disorders and digestive problems, energy blockages and scars. APM can be very helpful in acute, subacute, chronic and „silent“ diseases and brings your energy back into flow.

JANU VASTI

Duration: approx. 45 mins € 135  

A special Ayurvedic treatment in which warm oil is poured onto the knee area. This relieves knee pain and helps to keep your joints supple.



EA DETOX TREATMENTS



DETOX & ENERGISE



CALM & RELAX



CENTER & FOCUS



PURIFY & RELEASE

GAMATHI® - EUROPEAN AYURVEDA® SPECIAL LEG TREATMENT

Relaxing / revitalising

Duration: approx. 55 mins € 135

Revitalise your tired legs and feet, cleanse your tissues and strengthen your connective tissue. This treatment is a combination of cupping, massage and relaxation using high-quality oils. It can also help with vein problems.

Draining / decongesting

Duration: approx. 55 mins € 135

GARSHAN - MASSAGE WITH SILK GLOVES

Duration: approx. 55 mins € 138

Duration including anti-cellulite wrap: approx. 80 mins € 192

Our silk glove massage includes techniques that activate lymph flow and remove water retention. This perfectly prepares your body for the subsequent body wrap, which activates fat metabolism, stimulates the tissues and prevents the accumulation of toxins. Garshan supports weight loss, improves blood circulation and the appearance of your skin, reduces cellulite and feelings of coldness, combats chronic fatigue and increases performance and energy flow. The treatment also helps improve blood circulation.

UPANA

Duration: approx. 55 mins € 135



Salt oil peeling that uses the power of the Alps to cleanse harmful energies and strengthen your immune system. Optimal for purifying and detoxifying.

UDVARTANA

Duration: approx. 55 mins € 135



This full body massage with herbal powder stimulates the metabolism, warms the body, cleanses the tissues, reduces water retention and stimulates motor function. Udvartana can also be used to reduce fatty tissues (a build-up of waste products) and for general lethargy, while giving you a pleasant peeling effect. It nourishes, cleanses and smooths the skin, helping to treat cellulite.

UDVARTANA WITH TWO THERAPISTS

Duration: approx. 55 mins € 249

Udvartana full body massage with two therapists.

JAMBIRA PINDA SVEDA

Duration: approx. 55 mins € 149



Full body treatment with warming lemon pads, which focuses on troublesome areas. Highly effective anti-cellulite treatment that has a positive effect on muscles, helps with joint problems and relieves tension.

JAMBIRA PINDA SVEDA WITH TWO THERAPISTS

Duration: approx. 55 mins € 249

Jambira Pinda Sveda with two therapists.

Handmade!

We make our own
high-quality organic
massage pads

I feel really good because my body feels light.

PIZZICHILLI OR SEKKA - ROYAL BODY OIL INFUSION

Duration: approx. 55 mins € 275



The Pizzichilli Royal Infusion combines oil pouring and synchronised oil massage into a single Ayurvedic royal body treatment. The Pizzichilli is an Ayurvedic body treatment that uses a stream of warm oil - optimal for purifying and detoxifying your body. It stimulates the metabolism of your skin and organs even more intensively than other treatments and experience shows that this relaxing treatment has a strong detoxifying and cleansing effect, along with anti-inflammatory and mobilising properties.

EA CLASSIC TREATMENTS



DETOX & ENERGISE



CALM & RELAX



CENTER & FOCUS



PURIFY & RELEASE

Our therapists are trained masseurs with basic medical knowledge. They are comprehensively trained in European Ayurveda® and are constantly undergoing further training. This allows us to provide individual treatment and care of the highest quality.

ALPINE VEDA ANTI-STRESS MASSAGE

Duration: approx. 55 mins € 135



Let your spirit be warmed by this full-body massage with St. John's wort massage milk. The treatment focuses on the head, neck, shoulders and abdomen and is ideal in cases of exhaustion, insomnia and nervousness.

ALPINE SPORTS MASSAGE WITH MARMOT OIL

Duration: approx. 55 mins € 135



This full-body massage with marmot oil relieves tension, promotes circulation, warms up the body, soothes and relaxes the musculoskeletal system. The treatment is excellent for rheumatism, lower back pain and joint problems, while strengthening both your immune system and your performance.

EAR CANDLE TREATMENT

Duration: approx. 25 mins € 55



Natural treatment passed down from the Hopi Indians. Our ear candles are made from beeswax, herbs, chamomile and St. John's wort, which gives you a long-lasting, soothing, relaxing and light feeling in the ear area.

FOOT REFLEX MASSAGE

Duration: approx. 25 mins € 69



Massaging reflex zones on your foot stimulates the corresponding areas and systems of the body.

FULL BODY LYMPH DRAINAGE

Duration: approx. 55 mins € 117



Using special pressure techniques, this treatment stimulates your lymphatic channels to drain toxins from the tissues.

BACK MASSAGE

Duration: approx. 25 / 55 mins € 69 / € 135



This treatment has a relaxing effect, promotes circulation and strengthens the back muscles.



medical healthcare

AYURVEDA PLUS

Do you want to strengthen your immune system, lose weight healthily, find inner peace and improve your lifestyle for the long term? Then our Ayurveda PLUS treatments are just what you need. The combination of European Ayurveda® and complementary medical techniques not only deepens the healing process, but also supports self-awareness and leads to inner peace.



CONSULTATION

Duration: approx. 30 mins € 158

Anamnesis, consultation,
physical examination if necessary

ACCUPUNCTURE TREATMENT

Duration: approx. 30 mins

+ 25 mins resting time € 158

Body and ear acupuncture including
a brief initial anamnesis as well
as pulse and tongue diagnosis,
if applicable, manual techniques

NEUROCYBERNETIC MASSAGE THERAPY / HNC *

Long session: approx. 45 mins € 240

Kinesiological testings
with manual corrections

* Two sessions are recommended
for a basic treatment.

Dr. Alaettin Sinop is a conventional GP and naturopath who uses natural remedies and has been integrating them into different Ayurvedic therapies for many years. This is how the „Ayurveda PLUS Programme“ was created. Ayurveda Plus specialises in diseases that are common in western society. It is a unique combination of therapies that can only be found in one place: at the European Ayurveda Resort Sonnhof in the Tyrolean mountains.





BEAUTY TREATMENTS

PHARMOS NATURAL COSMETICS

The products of PHARMOS NATUR unite the regenerating effect of adaptogenic healing & rejuvenating plants. Due to the high vibration, light energy and substantial active ingredients, the skin is supplied with everything it needs to stay soft and healthy, all without alcohol or preservatives. The regenerating and lasting effect is already apparent after the first application – simply by the power of nature alone.

BIO-LIFTING

Duration: approx. 80 mins including 5 mins consultation € 178

New impulses for genuine and fast lifting and regeneration. An even, smooth and rejuvenated complexion makes you glow from the inside out.

DETOX-FACE

Duration: approx. 80 mins including 5 mins consultation € 178

A rich combination of effective herbs activates the lymphatic flow, cleanses, and decongests the tissue and improves the elasticity and resilience of your skin. Small veins are less visible, the skin is clear and well toned.

LOVE YOUR AGE POWER TREATMENT

Duration: approx. 80 mins including 5 mins consultation € 189

Pure nature for mature skin with rejuvenating power. Collagen power suppliers improve the firmness of the skin, boost it and make you feel happy! Smoothing out wrinkles and fine lines. The depth of wrinkles will be visibly reduced and the connective tissue strengthened.

EXCLUSIVE ROHINI REGENERATING TREATMENT

Duration: approx. 80 mins including 5 mins consultation € 252

This intensive treatment ritual treats your skin with precious adaptogenic plants. Their intelligence is exceptional. They unfold their full power where it is most needed. In this way, every skin gets exactly what it needs. Genuine regeneration and a smooth care that goes deep down and glows from the inside out.

THALGO COSMETICS

THALGO is a pioneer in Thalassotherapy and its efficient and unique product and treatment concepts are trend-setters in the cosmetics industry. All their products contain algae and maritime active ingredients, which are gentle on the skin, and they have very high bioavailability thanks to their unique mineral composition.

ERASING THE SIGNS OF TIME: MARITIME SILICIUM

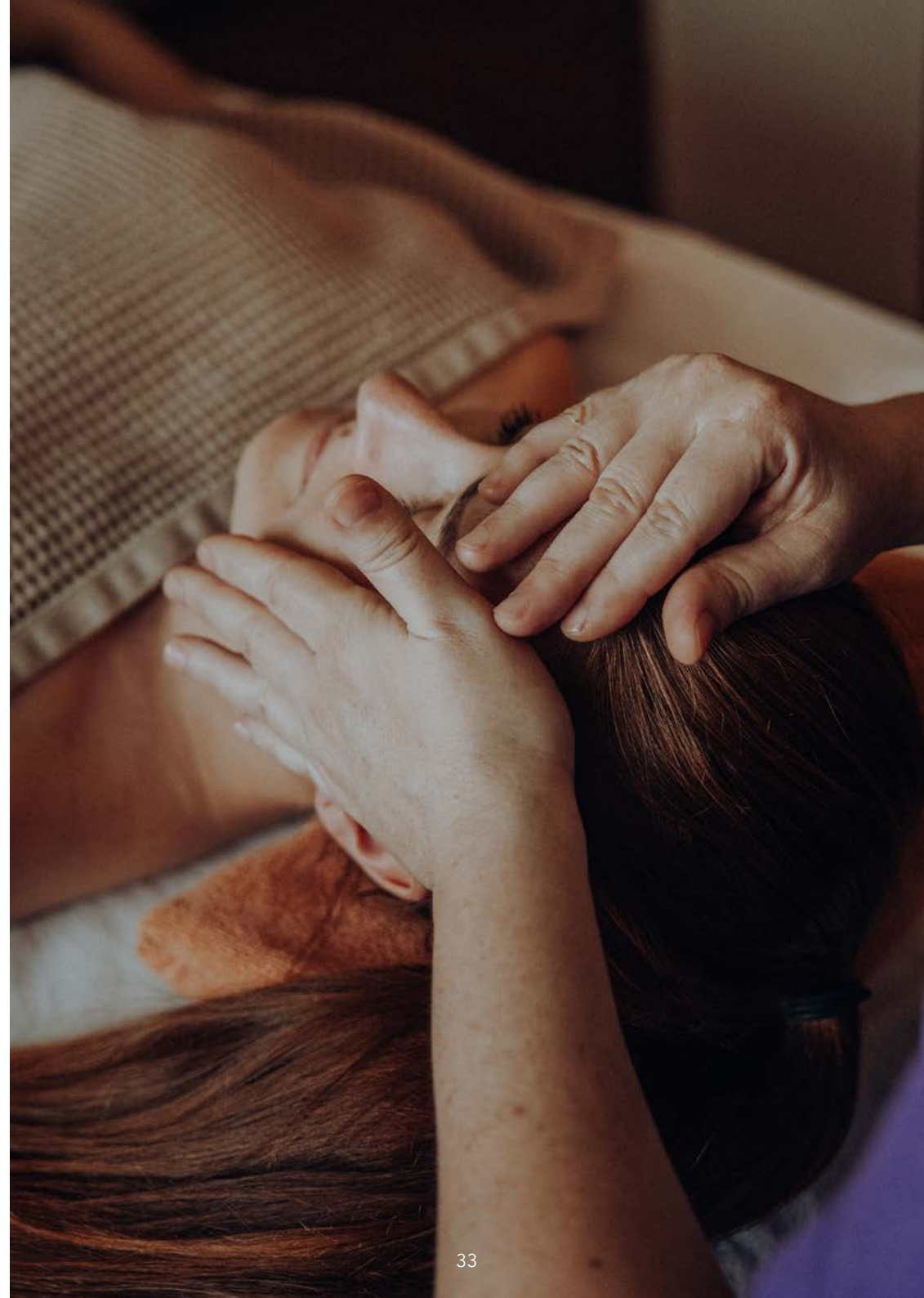
Duration: approx. 80 mins including 5 mins consultation € 197

Makes your skin look „lifted“ thanks to an effective active ingredient formula with marine silicon, collagen and hyaluron. This sculpting double mask works instantly to redefine the shape of your face and gives your complexion a radiant glow. You can look forward to a visibly rejuvenated appearance and a smooth but firm skin texture.

FOR MEN: OCEAN CARE BEAUTY TREATMENT

Duration: approx. 80 mins including 5 mins consultation € 187

Our OCEAN CARE treatment combats the signs of ageing! In this facial treatment, your skin is revitalised and refreshed with algae extracts. The maritime mask uses a mix of marine and plant ingredients to smooth and moisturise your skin. The result? Resilient and vibrant skin that looks as good as it feels.



EMOTIONAL AND SPIRITUAL SUPPORT

FIND YOURSELF WITH EUROPEAN AYURVEDA®

More and more people no longer see real meaning in their lives. They can no longer cope with the pressure to perform in today's society and with the demands that life constantly places on each and every one of us. The result: They fall into a veritable existential crisis. They suffer from self-doubt, negative thoughts, chronic stress, exhaustion, sleeping disorders and other mental and physical symptoms.

Harald Niederl can assist you in discovering your individual values, help you find your purpose and can support you in challenging life questions; guiding you to find your individual answers.



Harald Niederl

Expert in mental & emotional health, psychosocial counselor based on logotherapy and existential analysis according to Viktor E. Frankl.

THIS IS HOW WE SUPPORT YOU

- Counselling on the topics of stress management and burnout prevention (60 mins) € 130
- Emotional and spiritual counselling (60 mins) € 130

YOGA & MEDITATION

YOUR INDIVIDUAL YOGA SESSION

You learn to calm your mind, stop the running thoughts and find a place of power in everyday life. Connect yourself to the body and create awareness for your actions.

SPIRITUAL YOGA

Dive deep into your inner world with the help of breathwork, mantras and rituals and awaken your spiritual self.

YOGA NIDRA

Discover your deepest layers of consciousness and slip into a yogic sleep state through deep relaxation.

EMOTIONAL RELEASE

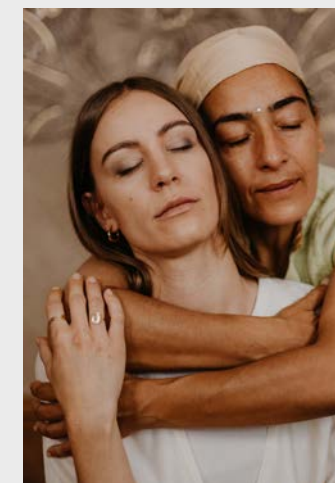
Change old beliefs, release emotional blockages and strengthen your confidence.

Special yoga session of your choice

(approx. 60 min) € 110

Spiritual Coach Vijaya

Having grown up in Bangalore, India, Vijaya's path led her to Delhi, London and finally into the heart of the Tyrolean mountains. Her deep wisdom was passed on to her directly from her ancestors. As a trained Sivananda yoga teacher, she helps you to find balance through simple techniques and shows you the way to connect with your pure, inner self.





MENTAL & MIND DETOX COACHING & MEDITATION

MENTAL DETOX LIFESTYLE COACHING

Take your consciousness to the next level. Through simple exercises and practical input, you will learn how to overcome mental blocks and gain self-confidence. Learn to deal with your fears, tackle them head on and transform them into positive energy. Use this energy to realise your visions and gain a new, fulfilled sense of self. I feel really good because I am mindfully conscious of myself.

Coaching session (approx. 55/85 mins) € 268 / € 409

BUSINESS EMPOWERMENT COACHING WITH ELISABETH MAURACHER

Your Spiritual Business & Money Empowerment Coaching for spiritual growth, moneyflow, leadership, success and fulfillment in your business.

I take you on a journey to your inner genius, to your truth and to your creative power hidden within. For you can lead your business with ease and joy. Grow into a successful and fulfilled leader of your business.

Together we will discover the magic of your life and show you how to use the universal laws for your life and business in order to create a life of abundance.

Coaching session (approx. 55 mins) only available in German

price on request

PRIMORDIAL SOUND MEDITATION COURSE WITH CAROLINE

Experience the deep meaning of primordial sound meditation and feel its effects on your entire being in just four sessions. Feel connected to yourself and to your environment. I feel really good because I am connected to myself.

1st session: Dive into the world of primordial sound meditation and choose your personal primordial sound.

2nd session: Receive your personal mantra through a ceremony and meditation session.

3rd session: Learn about the significance of primordial sound and discover how to practise fulfilling meditation for the rest of your life.

4th session: Reach new states of consciousness through regular meditation.

Approx. 3.5 hours (over one or two days, including workbook)

on request



Peace, relaxation and absolute well-being are our top priorities at the European Ayurveda® Center - we therefore ask you to turn off your mobile phone. Give yourself and others the opportunity to enjoy absolute silence and focus on the inner self.

SPA ETIQUETTE

CONSULTATION AND RESERVATION

We recommend booking early at the spa reception in order to secure your preferred date. We offer a wide range of treatments and our experienced experts will be happy to help and advise you. Please feel free to express any wishes, preferences or concerns during the treatment, so that you can have the best experience possible.

YOUR HEALTH IS OUR PRIORITY

We kindly ask you to inform us about any health conditions - such as allergies or anything similar - when booking your treatments so that we can give you the best possible treatment and cater to your individual needs. We tailor all of our treatments to your personal requirements and your physical state of health.

TAKE YOUR TIME

For the optimal therapy experience and outcome, we recommend that you arrive at the spa lounge a few minutes before your treatment begins and relax with a cup of tea. Your therapist will then pick you up personally.

THE RIGHT CLOTHING

We kindly ask you to wear a bathrobe to your treatments. For body treatments we have disposable briefs available for both men and ladies. A bathing bag is provided in your room, in preparation for your visit to the spa.

SPA ACCESS

The sauna area (naked area) may only be used by persons over the age of 16. Thank you for your cooperation.

DELAYS AND CANCELLATIONS

Out of respect for other guests, we regret that a late arrival will result in a shorter treatment at the full price. Please inform us of cancellations at least 24 hours before the start of the treatment. Cancellations made later than this are going to be charged at 70 percent of the amount. In case of no-show, the full price is going to be charged.



European Ayurveda Resort
Sonnhof Tirol

THERE ARE SOME PLACES
THAT MAKE YOU FEEL REALLY GOOD.
SOMETIMES IT'S IMPOSSIBLE TO TELL WHY.
BUT THE SECRET IS OFTEN IN THE DETAILS.
IT'S THE CAREFULLY CHOSEN PERSONAL TOUCHES
AND THE SMALL ACTS OF KINDNESS THAT TURN
A GOOD PLACE INTO A WONDERFUL PLACE.

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All previous price lists lose their validity with the publication of this price list. We reserve the right to make changes!

No liability assumed for errors and misprints.