

I FEEL REALLY GOOD

PIONEERS SINCE 2009

PRICE LIST



European Ayurveda Resort
Sonnhof Tirol



A JOURNEY BACK TO YOURSELF

The Sonnhof is more than a place – it is an experience. An invitation to open up, to let go, and to realign your life with an **open heart** and a clear, **awakened mind**. Here begins your personal **journey of transformation** – a path toward greater awareness, balance, and vitality. In the heart of the Tyrolean mountains, we have created a sanctuary where body, mind, and soul return to harmony.

European Ayurveda® supports you in **releasing old patterns** and **cultivating new habits** that strengthen you from within – not through restriction, but through **freedom, mindfulness, and natural simplicity**.

We know that change is not always easy – but it is always worthwhile. Every step brings you closer to yourself: to inner calm, to clarity, and to a renewed sense of joy.

I hope you can feel what so many people feel at the Sonnhof. The **energy** here is **unique – deep, subtle, and transformative**. The path of healing is rarely straightforward, but the most important step is simply to begin. I believe that everything unfolds in its own perfect timing, for the divine loves us all – and love is eternal.

Our experts accompany you with both skill and empathy. True health arises where you **take responsibility for your own wellbeing**. **Nature holds all the answers** – you are invited to listen again, observe, and act with gratitude.

The energy of this place is palpable – healing, quiet, and vibrantly alive at the same time. And just like life itself, **learning never ends**. Every stay at the Sonnhof is another step on your path toward deeper awareness, ease, and peace.



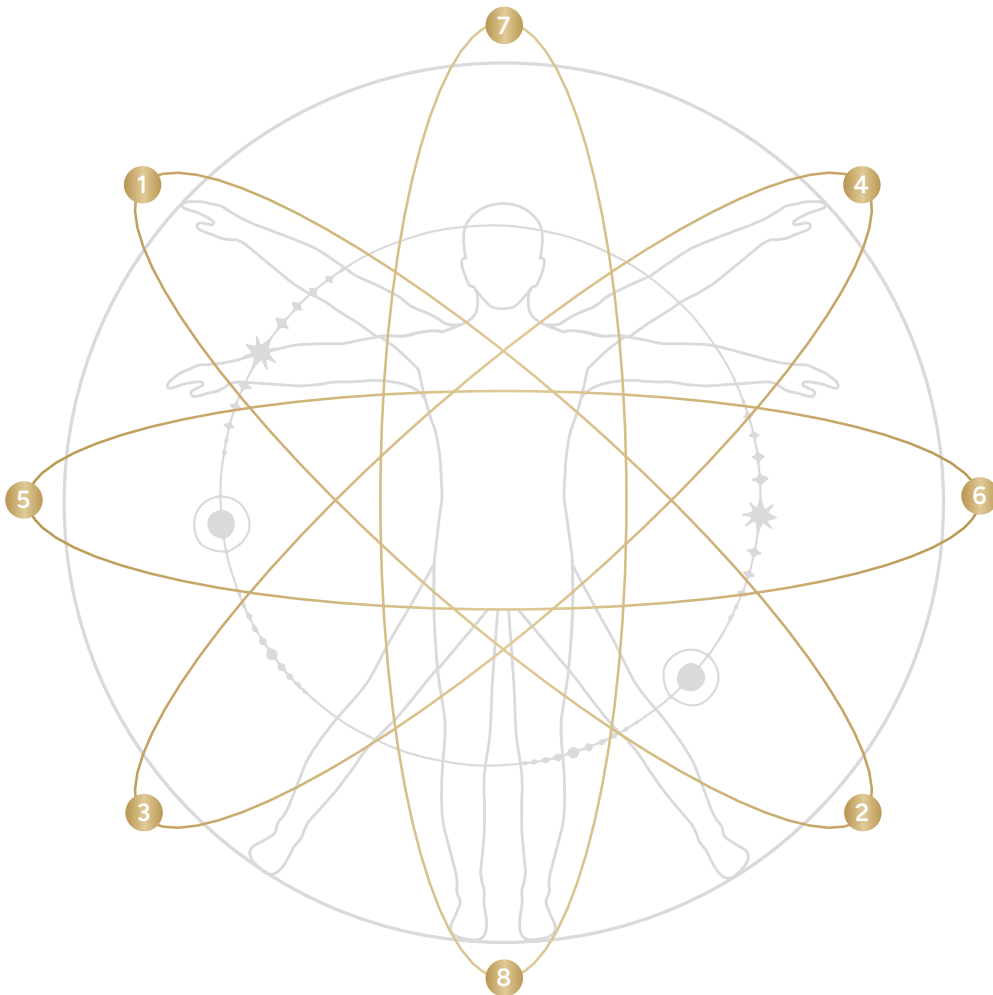
Healing begins within you – and at

the Sonnhof, it can unfold even further.

Yours, Elisabeth Naschberger-Mauracher

THE ART OF LONGEVITY

EUROPEAN AYURVEDA®



The **8 pillars** of European Ayurveday® are a living, holistic path to health, **longevity** and inner balance. At the European Ayurveda Resort Sonnhof, they are individually tailored to your life stage, your Dosha, and your personal goals – for lasting transformation and healing on all levels.

What we want to give you: a healthy body, mental strength, and emotional balance to support a harmonious, fulfilling life. European Ayurveda® is rooted in decades of experience and unites knowledge from medicine, Ayurveda, and mind health into one holistic concept.

DIE 8 SÄULEN DES EUROPEAN AYURVEDA®

1 BODY MEDICINE

Traditional Ayurvedic diagnostic methods – such as pulse diagnosis – and Ayurvedic treatments from our experienced expert team activate self-healing and dissolve blockages in a truly individual and holistic way.

- 🌀 **Goal: pain relief, body awareness, targeted regeneration and prevention.**
-

2 GUT HEALTH

Through targeted elimination of toxins in our Panchakarma, Detox, Balance & Longevity programmes, body, mind, and soul are purified and relieved of inner burdens.

- 🌀 **Goal: lightness, heavy metal detox, reduction of inflammation, activation of metabolism.**
-

3 EMOTIONAL & MENTAL HEALTH

Personalised coaching, mindfulness practices and herbal medicine strengthen resilience and help release inner tension.

- 🌀 **Goal: serenity, emotional wellbeing, and mental strength.**
-

4 SLEEP

Regeneration happens (also) in sleep. Ayurvedic treatments, movement, nutrition, and natural rhythms create the foundation for deep and restorative sleep.

- 🌀 **Goal: hormonal balance, cell repair, mental freshness.**

5 NUTRITION

The right nutrition begins with understanding your personal constitution (Dosha). European Ayurveda® strengthens the digestive fire (Agni) and combines tailored nutrition concepts with modern insights on fasting, micronutrients, and gut health.

- 🌀 **Goal: holistic wellbeing, stable weight, glowing skin, a healthy gut, and cellular regeneration.**
-

6 IMMUNE SYSTEM

The Ayurvedic principle of Ojas stands for vital resilience. European Ayurveda® strengthens it through nutrition, treatments, herbs, spiritual practices, gut balance, and healthy daily rhythms.

- 🌀 **Goal: infection resistance, cell protection, more life energy.**
-

7 SENSE OF PURPOSE

A sense of meaning is the foundation of a healthy and happy life. It protects against exhaustion and inner emptiness. Creativity, nature connection, rituals, and spiritual impulses help you reconnect with yourself – and give life new depth.

- 🌀 **Goal: self-efficacy, willpower, and self-realization.**
-

8 MOVEMENT

Gentle movement in nature, yoga and breathing exercises activate the energy system (Prana) and promote flexibility, grounding, and vital inner strength.

- 🌀 **Goal: mobility, stress reduction, centring, vitality into old age.**

EA PANCHAKARMA PROGRAMMES

PANCHAKARMA "HIGH-LIGHT" WITH TREATMENTS BY TWO THERAPISTS

7 nights, 6 treatment days, 12 treatments, 3 consultations

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.

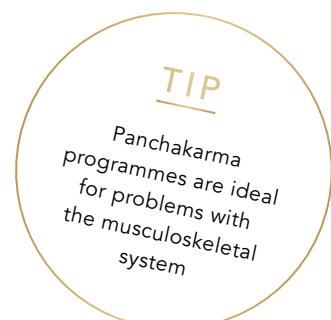
- ☉ Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (2 days)
- ☉ Virechana – day of purification
- ☉ Treatments 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

€ 2,835 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)



PANCHAKARMA "LIGHT" WITH TREATMENTS BY A SINGLE THERAPIST

7 nights, 6 treatment days, 12 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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
 - 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

€ 2,216 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)



PANCHAKARMA CURE “ CLASSIC – LIGHT”

10 nights, 9 treatment days, 18 treatments, 3 consultations

In just ten days, you bring body and mind back into balance. Your muscles and back relax while your body gently detoxifies. You feel lighter, more flexible, and focused. Your sleep deepens, inner restlessness fades – and you rediscover a sense of calm and strength. This time gifts you energy and vitality for everyday life.

- ☉ Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee intake 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
 - European Ayurveda® Anti-Stress Massage **or** Vishesh – Energy Massage (50 mins)
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – stamp massage
 - Glory Healing Massage (75 mins)
 - Prana Healing Massage® (75 mins)
 - 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)
 - Roots & Release – Ayurvedic back and foot massage (50 mins)
- ☉ Svedana – heat therapy
- ☉ Hot water drinking cure, ginger water, EA detox water
- ☉ Herbs for the duration your stay
- ☉ Mindset Workbook – heal and transform your thoughts
- ☉ Cure guide and digital ayurveda handbook
- ☉ Weekly programme for yoga and meditation
- ☉ Use of the Ayurveda Spa

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

€ 3,245 per person

9 treatment days excl. accomodation

(Panchakarma board included in room rate)

PANCHAKARMA "CLASSIC" PROGRAMME

10 nights, 9 treatment days, 18 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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 (75 mins)
 - Udvartana – herbal powder massage
 - Jambira Pinda Sveda – stamp 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)
 - Roots & Release – Ayurvedic back and foot massage (50 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

€ 3,496 per person

9 treatment days excl. accommodation

(Panchakarma board included in room rate)

PANCHAKARMA "DE LUXE" PROGRAMME

14 nights, 13 treatment days, 27 treatments, 4 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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® (75 mins)
 - Udvartana – herbal powder massages
 - Abhyanga – Ayurvedic full body oil massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (75 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 (50 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)
 - Roots & Release – Ayurvedic back and foot massage (50 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

€ 4,899 per person

13 treatment days excl. accommodation

(Panchakarma board included in room rate)

PANCHAKARMA "SUPERIOR" PROGRAMME

21 nights, 20 treatment days, 37 treatments, 5 consultations

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 – **individual tailoring of your treatment plan**
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Snehana – administration of ghee to loosen waste products (ca. 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® (75 mins)
 - Udvartana – herbal powder massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (75 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)
 - Roots & Release – Ayurvedic back and foot massage (50 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

TIP

Ideal to strengthen your mental health and to fully develop your spirituality.

€ 6,796 per person

20 treatment days excl. accommodation

(Panchakarma board included in room rate)

PANCHAKARMA "SUPREME" PROGRAMME

28 nights, 27 treatment days, 46 treatments, 6 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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® (75 mins)
 - Udvartana – herbal powder massage
 - Shiroabhyanga – soothing head massage with flowing oil treatment
 - European Ayurveda® anti-stress massage (75 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)
 - Roots & Release – Ayurvedic back and foot massage (50 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® (75 mins)
 - Acupuncture meridian massage
 - Khadi-Vasti (45 mins)
 - European Ayurveda® anti-stress massage
 - Mukabhyanga
 - Alpienne Veda anti-stress **or** Alpienne Veda sports massage
 - 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

€ 8,226 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 – **individual tailoring of your treatment plan**
- ☉ 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
 - 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

€ 1,145 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, 2 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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
- ☉ Cure guide and digital ayurveda handbook
- ☉ 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

€ 2,220 per person

6 treatment days excl. accommodation

(Detox board included in room rate)



EA ENERGY PROGRAMMES

EMOTIONAL HEALING PROGRAMME "LIGHT"

7 nights, 6 treatment days, 13 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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® (75 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

€ 2,495 per person

6 treatment days excl. accommodation

(Detox board included in room rate)

EMOTIONAL HEALING CURE “INTENSIVE”

10 nights, 9 treatment days, 19 treatments, 3 consultations

A holistic detox, release, and realignment. Do you want to detox physically and mentally? This cure helps you cleanse the body, let go of emotional baggage, and replenish your energy reserves. By releasing old patterns and limiting beliefs, you become emotionally strengthened and ready to turn your visions into reality. Allow yourself to be holistically reset through physical treatments, coaching, and yoga sessions – and step into your power and creativity.

- ☉ Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ European Ayurveda® nutritional coaching
- ☉ Fortifying tonic (3 days)
- ☉ Virechana – purification day
- ☉ 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® (75 mins)
 - Khadi Vasti (reawaken elementary power) **or** Nasya – nasal treatment
 - Padabhyanga – Ayurvedic foot massage (25 mins)
 - EA Glory Healing Massage (75 mins)
 - EA Leg Massage **or** Foot Flow Massage
 - Alpienne-Veda Anti-Stress Massage
 - Mukabhyanga – ayurvedic head, face & foot massage
 - 2 Basti – gentle inner purification and strengthening
 - Abhyanga – Ayurvedic full-body oil massage
 - Shirodhara – flowing oil treatment
 - 2 Mind Detox Coaching sessions (55 mins)
 - Let-Go Ritual (25 mins)
 - Individual yoga & meditation session **or** breathwork (55 mins)
- ☉ Hot water drinking cure, ginger water, EA detox water
- ☉ Herbs for the duration of your stay
- ☉ Cure guide and digital ayurveda handbook
- ☉ Weekly programme of yoga and meditation
- ☉ Mindset Workbook - heal and transform your thoughts
- ☉ Use of the Ayurveda Spa

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

€ 3,533 per person

9 treatment days excl. accomodation

(Detox board included in the room price)



EA BALANCE & LONGEVITY PROGRAMMES

LONGEVITY CURE

10 nights, 9 treatment days, 19 treatments, 3 consultations

Rejuvenation, regeneration, detoxification, and long-lasting revitalization to strengthen body, mind, and immune system – adapted to the European lifestyle and rooted in classical Ayurvedic principles.

- ☉ Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- ☉ European Ayurveda® nutritional coaching
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic (3 days)
- ☉ Microbiome-strengthening protocol
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - European Ayurveda® anti-stress massage (75 mins)
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Abhyanga – Ayurvedic full body oil massages with two therapists
 - Shirodhara – flowing oil treatment
 - Prana Healing Massage® (75 mins)
 - Khadi Vasti (reawaken elementary power)
 - EA Leg Massage **or** Foot Flow Massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Glory Healing Massage
 - Intensive Back Massage
 - Mukabhyanga – Ayurvedic head, face and foot massage
 - Udanavata® – abdominal massage
 - 2 Basti – gentle inner purification and strengthening
 - Individual yoga and meditation session (55 mins)
 - 2 Mind-Detox Coaching sessions (55 mins)
- ☉ Hot water drinking cure, ginger water, EA detox water
- ☉ Herbs for the duration of your stay
- ☉ Cure guide and digital ayurveda handbook
- ☉ Weekly programme of yoga and meditation
- ☉ Mindset Workbook - heal and transform your thoughts
- ☉ Use of the Ayurveda Spa

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

€ 3,982 per person

9 treatment days excl. accomodation

(Restorative Ayurvedic diet included in room rate)

EA BALANCE & LONGEVITY PROGRAMMES

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

7 nights, 6 treatment days, 12 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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
 or Jambira Pinda Sveda – stamp massage 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

€ 2,856 per person

6 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

RASAYANA "LIGHT" PROGRAMME WITH TREATMENTS BY A SINGLE THERAPIST

7 nights, 6 treatment days, 12 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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
 - 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

€ 2,216 per person

6 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)



RASAYANA "CLASSIC" PROGRAMME

10 nights, 9 treatment days, 18 treatments, 3 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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 (75 mins)
 - Prana Healing Massage® (75 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

€ 3,533 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

RASAYANA "DE LUXE" PROGRAMME

14 Übernachtungen, 13 Behandlungstage, 27 Anwendungen, 4 consultations

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 – **individual tailoring of your treatment plan**
- ☉ 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 (75 mins)
 - Prana Healing Massage® (75 mins)
 - 2 Udanavata® – abdominal massage
 - Udvartana – herbal powder massage
 - Pizzichilli (Sekka) – full body oil treatment with two therapists
 - 2 Shirodhara – flowing oil treatments
 - Shiroadhyanga – 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
 - Acupuncture meridian massage
 - 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

€ 4,899 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 € 165

ACUPUNCTURE TREATMENT

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

Duration: approx. 30 mins + 25 mins relaxation € 165

NEUROCYBERNETIC THERAPY / HNC*

(kinesiological tests with manual corrections)

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

Full session: approx. 45 mins € 250

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

AYURVEDA PLUS INTENSIVE PROGRAMME

10 nights, 9 treatment days, 19 treatments, 2 consultations

- ☉ Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- ☉ Concluding consultation
- ☉ Therapeutic supervision
- ☉ Fortifying tonic
- ☉ Virechana – day of purification
- ☉ Treatments tailored to suit your personal medical history, e.g.:
 - acupuncture treatment 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)
 - Neurocybernetic massage therapy / HNC (kinesiological tests with manual corrections)
 - 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)
 - Udvertana – herbal powder massage
 - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
 - Prista® – European Ayurveda® back treatment
 - European Ayurveda® leg massage
 - 2 Intensive back treatments
 - 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

€ 3,392 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)



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.

"FOUNTAIN OF YOUTH" REGENERATIVE WEEK

Minimum stay: 7 nights

- ⊙ Consultation and pulse diagnosis
- ⊙ European Ayurveda® nutritional coaching
- ⊙ Therapeutic support
- ⊙ 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
- ⊙ Weekly programme of yoga and meditation
- ⊙ Use of the Ayurveda Spa

€ 1,608 per person excl. accommodation

ROYAL AYURVEDA

Minimum stay: 7 nights

- ⊙ Consultation and pulse diagnosis
- ⊙ Mukabhyanga – Ayurvedic head, face and foot massage
- ⊙ Prana Healing Massage® (75 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 (75 mins)
- ⊙ Shirodhara – flowing oil treatment
- ⊙ Weekly programme of yoga and meditation
- ⊙ Use of the Ayurveda Spa

€ 1,596 per person excl. accommodation

SPIRITUAL HEALING RETREAT

Minimum stay: 5 nights

- ☉ Consultation & pulse diagnosis
- ☉ 2 Abhyanga – Ayurvedic full-body oil massages
- ☉ Head, face & foot massage
- ☉ Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
- ☉ Glory Healing Massage **or** Prana Healing Massage® (75 mins)
- ☉ Shirodhara – flowing oil treatment
- ☉ Inner Child Healing coaching **or** Mind Detox Coaching
- ☉ Letting-Go Ritual **or** Aura Clearing (25 mins)
- ☉ Individual yoga or meditation session **or** Breathwork (55 mins)
- ☉ Mindset Workbook

€ 1,469 per person excl. accommodation

AYURVEDA RELAX AND WELL-BEING DAYS

Minimum stay: 5 nights

- ☉ 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 (75 mins)
- ☉ Weekly programme of yoga and meditation
- ☉ Use of the Ayurveda Spa

€ 967 per person excl. accommodation

AYURVEDA SHORT STAY

Minimum stay: 3 nights

- ☉ 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

€ 380 per person excl. accommodation

ROOM RATES

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

27.12.2026 – 06.01.2027

SONNHOF single room	starting from € 242	starting from € 249
OM SPIRIT double room	starting from € 226	starting from € 239
SHINE ON double room	starting from € 239	starting from € 248
SONNHOF SPIRIT junior suite <i>new Design</i>	starting from € 267	starting from € 278
SONNHOF SPIRIT DELUXE junior suite	starting from € 270	starting from € 282
TIROL MEETS INDIA junior suite	starting from € 247	starting from € 260
ALPIENNE SPIRIT junior suite	starting from € 247	starting from € 260
HARMONIE SPIRIT junior suite	starting from € 250	starting from € 268
VEDA SPIRIT suite	starting from € 296	starting from € 335
SONNHOF apartment {not in the hotel complex}	starting from € 228	starting from € 238
SHINE ON apartment {not in the hotel complex}	starting from € 255	starting from € 265

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.

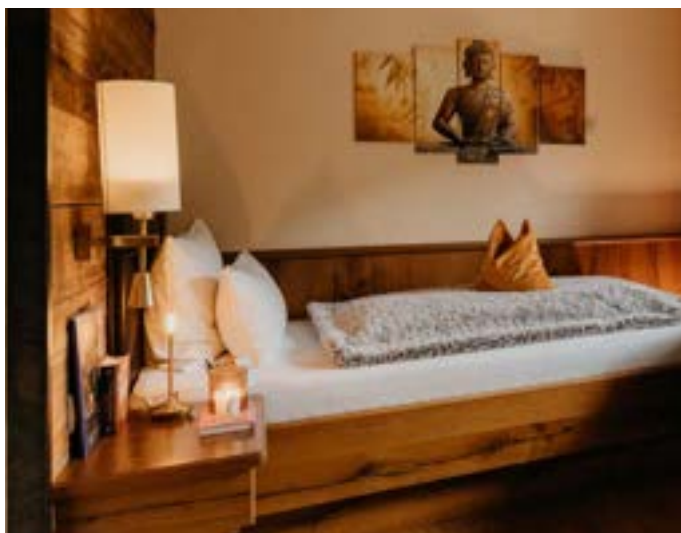
Select your personal energising space from eleven different room categories. For your well-being and health, your room is free of electromagnetic currents. You are welcome to use the free Wi-Fi in our lounge. Tune into yourself. Take a break.

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.



INFO

All our rooms are equipped with ZES energy and regeneration mattresses and Memon technology.



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

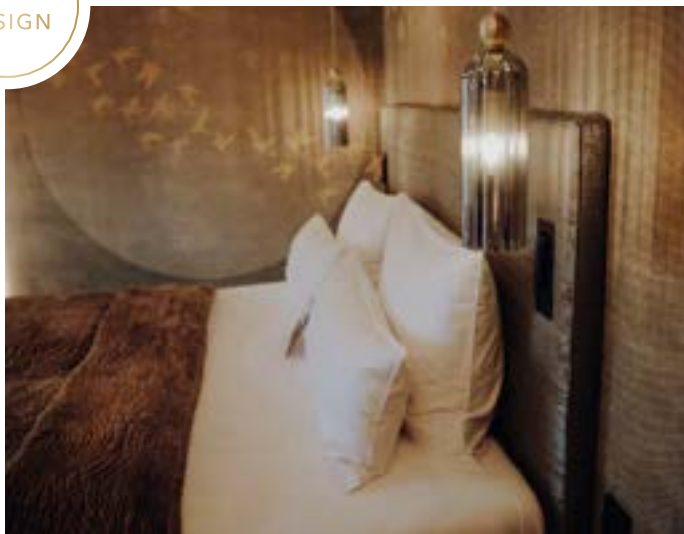
30sqm double room finished in reclaimed wood, seating area, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, flat screen TV, Internet, safe, desk and balcony.



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.

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.



Your **TIROL MEETS INDIA** junior suite

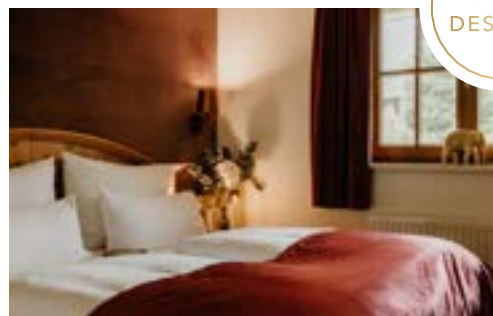
35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet access, safe and panoramic balcony.



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.

TWO
DESIGNS



Your **HARMONIE SPIRIT** junior suite

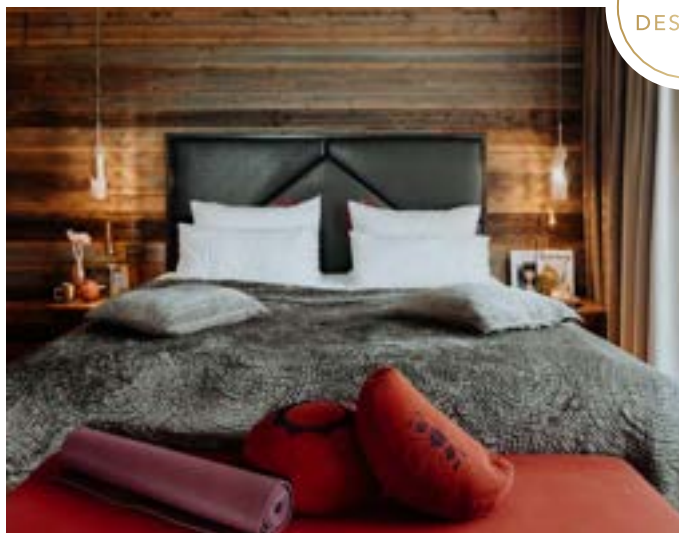
42sqm, double room with separate living room, wood floor, shower, separate WC, double basin, cosmetic mirror, hairdryer, bathrobe, slippers, telephone, radio, flat-screen TV, Internet access, safe, panoramic balcony and silk duvets.

TWO
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 **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).**

GUIDED BY EXPERTS

Our experienced team of Ayurveda specialists will work with you to create an individual treatment plan, based on the ancient method of Ayurvedic pulse diagnosis.

“An Ayurvedic retreat such as Panchakarma is a profound cleansing process on physical, mental, and emotional levels. Studies show significant improvements in inflammation markers, stress parameters, and metabolic balance,” explains Ayurveda physician Gaurav Sharma (BAMS).

During the consultation, the ayurveda specialist feels your pulse using varying degrees of pressure. Your lifestyle is also carefully examined - including your eating habits and digestive health, sleep patterns, stress levels, and any current health concerns.

In addition to the traditional Ayurvedic expertise, our medical team created a symbiosis of the knowledge of conventional physicians and holistic techniques to ensure a lasting effect. The medical director of the European Ayurveda Resort Sonnhof, Dr. Alaettin Sinop, has been working for many years as a specialist in general medicine with numerous natural healing methods and their integration into Ayurvedic forms of therapy.



Our Ayurveda physicians
Gaurav Sharma, Bachelor of Ayurvedic Medicine and Surgery (BAMS, India), with his wife Rajat Vashisht, BAMS and – since 2024 – Deepa Naik, BAMS.



AYURVEDA VIEWS AGEING AS AN ACTIVE, MANAGEABLE PROCESS. WITH RASAYANA THERAPIES, AN INDIVIDUALLY ALIGNED LIFESTYLE, AND MENTAL CLARITY, BIOLOGICAL AGEING CAN BE SLOWED – AS ALSO SHOWN BY EPIGENETICS.*

DR ALAETTIN SINOP

Medical Doctor specialized in Naturopathy

*Peterson et al., Sci Rep 2016: “Effects of Panchakarma on metabolic health”



DISCOVER THE PRODUCT
WORLD OF EUROPEAN AYURVEDA® HOME
CONVENIENTLY IN THE HOTEL SHOP
OR ONLINE!





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

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.