

IT'S ALL ABOUT YOU

PIONEERS SINCE 2009

LONGEVITY TREATMENTS & PROGRAMMES



European Ayurveda Resort
Sonnhof Tirol



WE'RE DELIGHTED TO WELCOME YOU!

Arrive. Let go. Renew.

At the European Ayurveda Resort Sonnhof, your journey to greater health, vitality, and inner balance begins. Nestled in the heart of the Tyrolean mountains, this is a place where you can fully reconnect with yourself. **Recognised as one of the world's leading Ayurveda centres** (FALSTAFF Travel), the Sonnhof has received numerous international awards.

Our European Ayurveda® Detox programmes are designed to help you release what no longer serves you, stimulate your metabolism, and awaken new life energy. European Ayurveda® represents a contemporary, European interpretation of the ancient Ayurvedic healing tradition – thoughtfully adapted to the needs of our time. Here you will find space for true regeneration, daily rituals, high-quality treatments, mindful nutrition, yoga, and meditation.

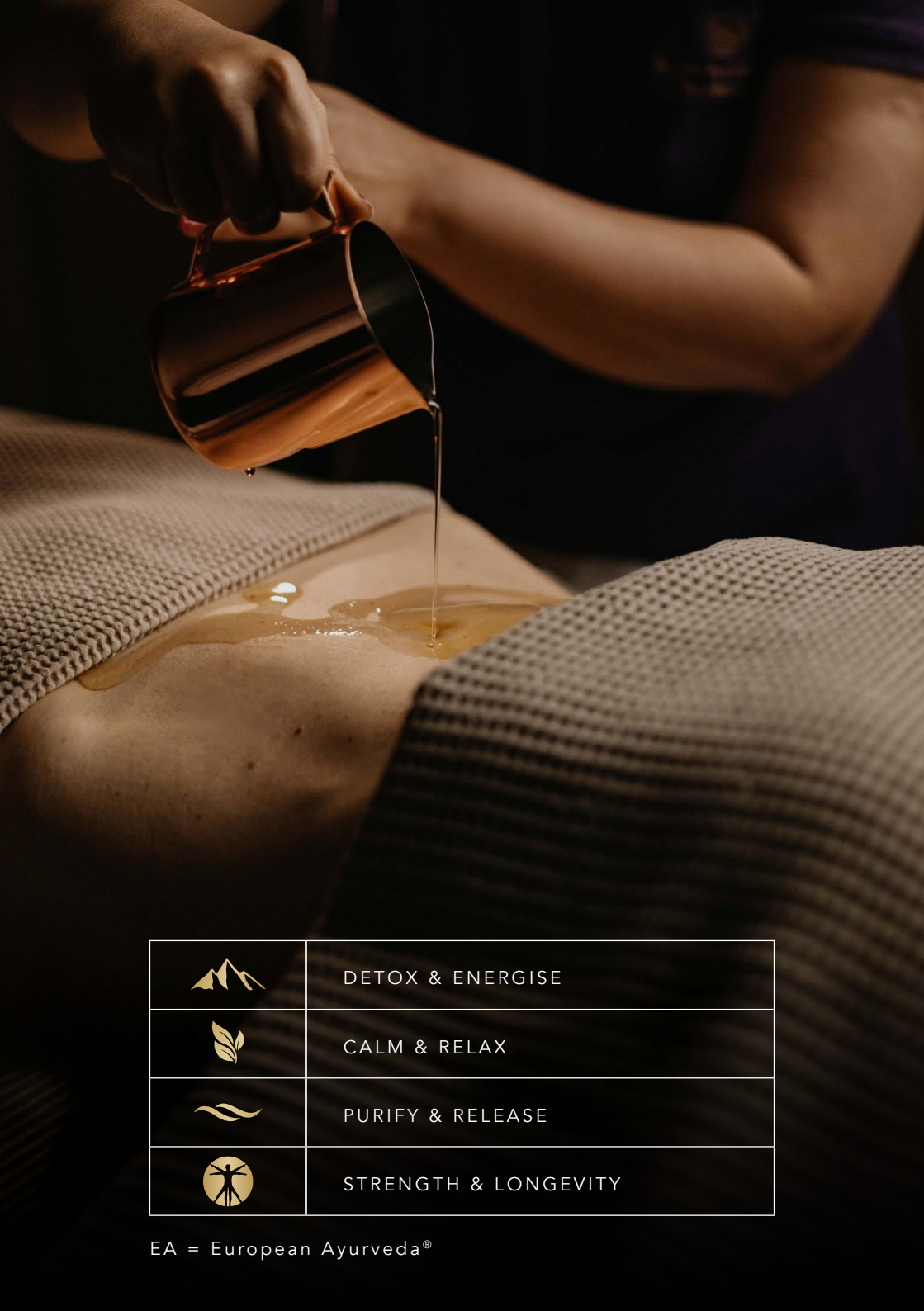
At the heart of our work lies a new understanding of longevity: living a long life as a conscious and fulfilling journey – filled with health, lightness, and inner strength. Our holistic Longevity concept is built on eight interwoven pillars, developed from more than 20 years of expertise – all to support a life of balance and vitality.



Feel what truly matters.

And allow yourself to unfold
the full potential of your life.

With warmest regards,
**Elisabeth Naschberger-Mauracher &
Helmut Naschberger and
the entire Sonnhof team**



*I feel
really
good*

CONTENTS

- 06 – 07** Competence & Expertise of European Ayurveda®
- 08 – 09** Our European Ayurveda® Expert Team
- 10 – 11** What makes European Ayurveda® so unique
- 12 – 15** The Art of Longevity – Longevity & European Ayurveda®
- 16 – 20** European Ayurveda® Body Treatments
- 21 – 23** European Ayurveda® for the Musculoskeletal System
- 24 – 26** European Ayurveda® Detox Treatments
- 27 – 29** European Ayurveda® Classic Treatments
- 30 – 31** Medical Healthcare
- 32 – 33** Cosmetic Treatments
- 34 – 35** Emotional & Spiritual Support and Places of Power
- 36 – 37** Spiritual Expertise: Clearings, Yoga & Meditation
- 38 – 39** Spa Etiquette

	DETOX & ENERGISE
	CALM & RELAX
	PURIFY & RELEASE
	STRENGTH & LONGEVITY



EUROPEAN AYURVEDA® FIELDS OF COMPETENCE

World of European Ayurveda® offers the perfect solutions for greater harmony, health, and balance – built on many years of experience in combining Western medical knowledge with the ancient wisdom of Ayurveda. In this unique approach, Ayurveda meets Longevity, Coaching and Yoga, regional products and sustainability – all tailored to the European way of life. It is a fusion of mental clarity, holistic thinking, and a one-of-a-kind concept for a long and healthy life. Live differently – individually, lightheartedly, and full of energy.



EA DETOX

In a world defined by constant rush and relentless pace, peace and health are precious. European Ayurveda® counters this hectic spirit with a gentle yet powerful detox for body, mind, and soul. Rediscover a new sense of vitality – and embrace the clarity, lightness, and the liberating realisation that sometimes less truly is more.



EA BALANCE & LONGEVITY

Slowing down through European Ayurveda® means letting go – physically, mentally, and emotionally. Instead of offering only short-term relief, European Ayurveda® has always embraced a holistic approach aimed at long-term quality of life and healthy longevity. At its heart are regeneration, resilience, and the things that truly strengthen you – from within, from the heart, and from the soul.



EA ENERGY

Take back the helm of your life and steer your own course! European Ayurveda® gives you the tools to unlock your full potential. Harness the energy, vitality, and clarity that come with an Ayurvedic lifestyle to shape your new self – and enjoy life in all its fullness.

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. From the pulse diagnosis and consultation insights, the balance of your three bioenergies (Doshas) is determined, and any current disturbances, emerging imbalances, or already manifest conditions can be identified.



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.

AYURVEDIC PULSE DIAGNOSIS

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

PURPOSE & LIFE COACHING

Two sessions of approx. 45 mins each incl. preparation – **on request**

EUROPEAN AYURVEDA® NUTRITION CONSULTATION

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

WE ARE HERE FOR YOU

OUR EUROPEAN AYURVEDA® 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 NASCHBERGER-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



DEEPA NAIK

Pulse diagnosis & Ayurvedic naturopathy

- Trained as an Ayurveda specialist (Bachelor of Ayurveda, Medicine & Surgery, BAMS, India)
- State-certified Ayurvedic practitioner
- Nutrition coach



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/Chiropractic
- Neural therapy/Homeosiniatry
- Neurocybernetic massagetherapy/HNC

Conventional medical services:

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



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



CAROLINE HUISMAN

Yoga & Spiritual Teacher

- Yoga teacher
- Rituals and ceremony

WHAT MAKES EUROPEAN AYURVEDA® SO SPECIAL

The ancient healing system of Ayurveda originates from India. Many of its insights and practices have stood the test of time across centuries and cultures. However, the needs and health challenges of modern Europeans differ from those of the people for whom Ayurveda was originally created. This is why we developed European Ayurveda® here in Tyrol.

Modern European Ayurveda® acknowledges the differences in climate, culture, and eating habits between India and Europe. For example, the European Ayurveda® cuisine is based on regional, seasonal ingredients and familiar spices – making it easy for our guests to continue their new lifestyle and even recreate the recipes at home. There are also differences in the treatments themselves: While traditional Indian applications are strongly body-focused, European Ayurveda® goes beyond the physical level, because many of our guests' issues are rooted not only in the body, but also in the mind and emotions. People in the Western world often live under constant pressure, comparing themselves to

others and thinking ahead rather than living in the present moment. Many feel driven and stressed every day. Our goal is to release this pressure – for greater health, inner balance, and improved quality of life (Longevity) well into old age. That's why our massages are individually tailored to the specific needs of each guest, helping them slow down and truly relax.

We also take a different approach to yoga and meditation. At the European Ayurveda Resort Sonnhof, we practise mindful, gentle yoga that focuses on the experience of the practice itself – not on performance, acrobatics, or maximum flexibility.

Unlike many people in India, who grow up with meditation from an early age, it is often difficult for us in Europe to simply sit still on a cushion. That's why we have developed short, guided meditations and simple rituals that can easily be integrated into daily life. Ultimately, our aim is always the same: to meet people exactly where they are – whether on the Indian subcontinent or at our place of power in the heart of Europe!



EUROPEAN AYURVEDA®

- Regional and seasonal
- Modern, practical, and in tune with the spirit of the times
- A holistic approach to body, mind, and soul
- Tailored to the lifestyle and habits of people in Europe and the Western world
- Individually adapted to each guest's personal needs

THE ART OF LONGEVITY

FOR A HEALTHY, LONG AND
FULFILLING LIFE.

Longevity begins where you reconnect with yourself – physically, mentally, and emotionally. Where energy flows, clarity arises, and your body comes back into balance.



At the European Ayurveda Resort Sonnhof, **longevity** means conscious processes that sustainably strengthen your health – on a cellular level, within your nervous system, and in your mental experience.

Our cures, programmes, and targeted treatments not only nourish Ojas – the essence of life – but also support cellular metabolism, promote regeneration, and guide you back to your natural rhythm.

More energy. More clarity. More you.

Healthy **longevity** begins where body, mind, and emotions come into harmony. Alongside treatments, detox programmes and conscious relief for the body, we also support you on a mental and emotional level – through Spiritual & Empowerment Coaching, Meditation, Mentoring, and our unique Mental & Mind-Detox®.

You will benefit from the expertise of an experienced interdisciplinary team: Ayurvedic doctors, a psychosocial counsellor, a conventional medical doctor, therapists and coaches who are all dedicated to continually evolving the art of Ayurvedic longevity within European Ayurveda®.

For over 20 years, we have been combining proven Ayurvedic principles with the latest findings from cellular health, **longevity medicine**, and health psychology – for more lightness, inner order, and a consciously lived life in the here and now.

"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"

THE ART OF LONGEVITY

EUROPEAN AYURVEDA®



The **8 pillars** of European Ayurveda® 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.

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.

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. Classic Ayurveda, tailored to the needs of our western world, frees you from burdens – both physical and psychological.

EUROPEAN AYURVEDA® BODY TREATMENTS



DETOX &
ENERGISE



CALM &
RELAX



PURIFY &
RELEASE



STRENGTH &
LONGEVITY

ABHYANGA

Duration: approx. 50 / 75 mins € 139 / € 199



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. 50 mins € 250



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

MUKABHYANGA

Duration: approx. 50 mins € 139



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 € 72



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

SHIROABHYANGA

Duration: approx. 50 mins € 187



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 € 102



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. 75 mins € 222



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. 50 / 75 mins € 139 / € 199



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. 50 mins € 250



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

UDANAVATA® - EUROPEAN AYURVEDA® SPECIALIST ABDOMINAL TREATMENT

Duration: approx. 50 mins € 139



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. 50 / 75 mins € 139 / € 199



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.

"MIND RELAXING" FOOT FLOW MASSAGE

Duration: approx. 50 mins € 139 


Touch that resonates deeply. Experience a unique foot relaxation massage that gently harmonises body and mind. Our **Mind Relaxing Foot Flow Massage** is a soothing invitation to let go – with flowing movements and mindful touch. It calms the nervous system, stimulates the flow of energy, and helps to restore balance in times of inner restlessness – especially beneficial for those whose minds are constantly on the go. This massage is more than just a treatment – it's a moment of pause that nourishes the soul and brings a sense of lightness.

EA LEG MASSAGE "RELEASING OLD BURDENS"

Duration approx. 50 mins € 139 

Let go. Arrive. Renew. Wrapped in warm oil and guided by mindful, flowing massage strokes, this treatment gently leads you back to your inner balance. This **European Ayurveda® Leg Massage** invites you to release old emotional and physical tension and rediscover a sense of lightness. It supports the cleansing of your energy system, activates the metabolism, and helps stagnant energies to flow again. The treatment creates space for new clarity. It also calms the nervous system and strengthens emotional resilience. A gentle new beginning – for a stressed-out self, a busy mind, and a soul longing to breathe freely again.

EA GLORY HEALING MASSAGE

Duration: approx. 75 mins € 258 

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

EUROPEAN AYURVEDA® FOR THE MUSCULOSKELETAL SYSTEM



DETOX &
ENERGISE



CALM &
RELAX




PURIFY &
RELEASE



STRENGTH &
LONGEVITY


KHADI VASTI - "RITUAL FOR FEMININITY"

Treatment duration: approx. 45 mins € 142 

Khadi Vasti is a deeply nourishing Ayurvedic treatment designed to strengthen and harmonize the pelvic area – the center of femininity. During a warm herbal oil bath, gentle heat unfolds its soothing effect, supporting the uterus and reproductive system, promoting hormonal balance, and guiding the body into deep regeneration. On an emotional level, Khadi Vasti creates a sense of safety, releases tension, and supports inner healing. On a spiritual level, it opens the connection to feminine creative power, strengthens intuition and self-confidence, and nurtures the bond with one's own femininity.

Ideal for women who wish to reconnect with their center, honor their feminine energy, and draw new life force from within.

KADHI VASTI - "INTENSIVE BACK THERAPY"

Treatment duration: approx. 45 mins € 142 

A deeply effective Ayurvedic treatment for the lower back, sacrum, and lumbar spine. A ring made of herbal dough is placed on the lower back and filled with warm, medicated herbal oil. The soothing warmth penetrates deep into the tissues, relieves tension, nourishes the intervertebral discs, and calms irritated nerve structures. The treatment concludes with a targeted, intensive back massage to enhance the effect and activate the energy flow.


Ideal for back pain, sacroiliac joint issues, chronic tension, and Vata imbalance.

JANU VASTI - "AYURVEDIC KNEE THERAPY"

Treatment duration: approx. 45 mins € 142 

A deeply effective Ayurvedic oil treatment for the knee area. Healing herbal oil is poured into a dough ring placed around the knee. The gentle warmth penetrates the joints, nourishes the tissues, and stimulates blood circulation. Particularly recommended for joint problems, tension, and strain – ideal for anyone wishing to strengthen their knees and improve mobility.

PRISTA® - EA BACK SPECIAL MASSAGE

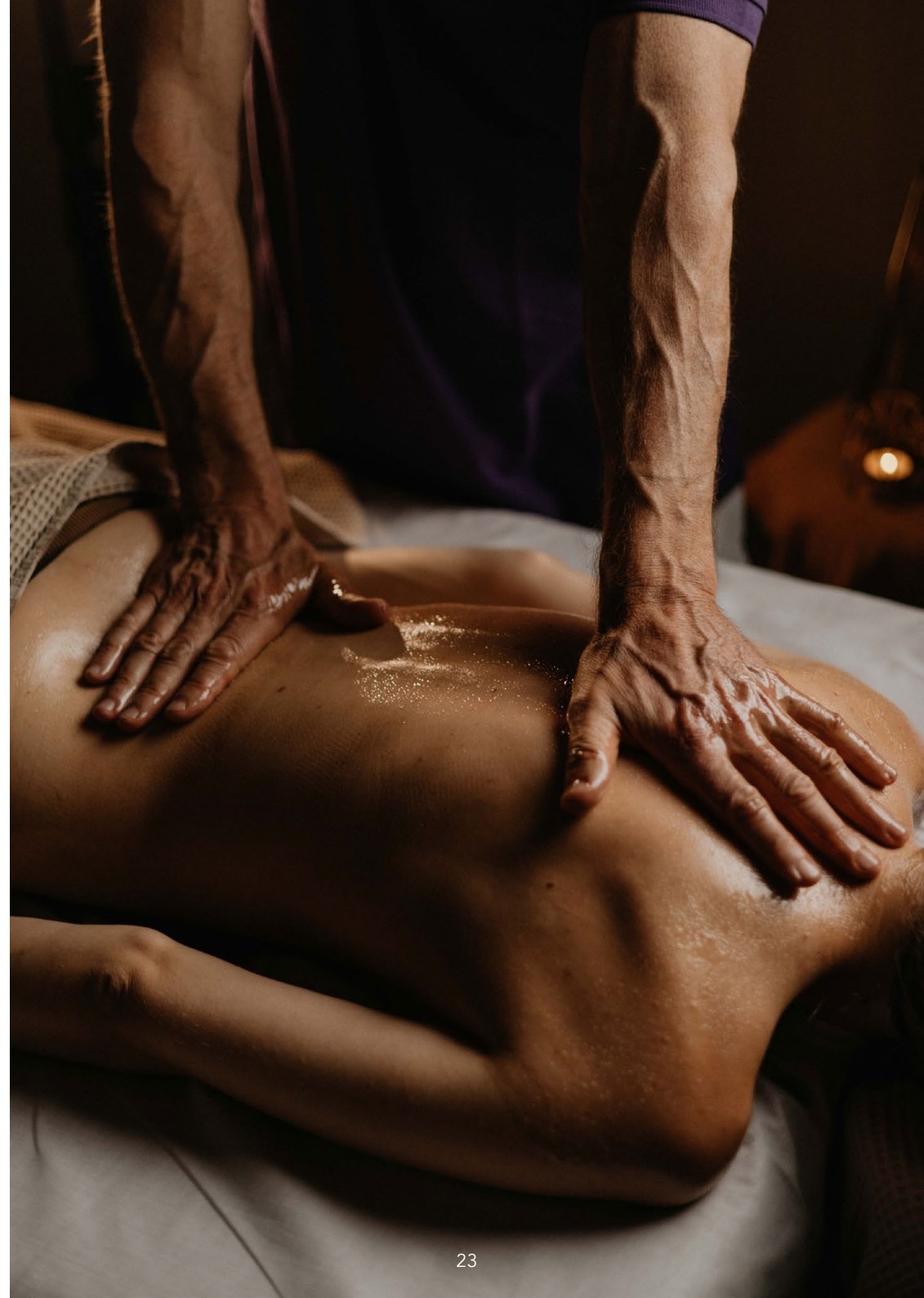
Treatment duration: approx. 50 mins € 139 

A highly effective and intensive treatment combining warm herbal compresses with a deep back massage to release blockages and tension. A special herbal oil is used to loosen tight muscles and stimulate the flow of energy throughout the body.

ACUPUNCTURE MERIDIAN MASSAGE (APM)

Treatment duration: approx. 50 mins € 158 

The goal of APM is to restore the flow of Qi (life energy) throughout all body systems and balance energetic disharmonies. APM combines meridian massage, needle-free acupuncture, and energetic spinal therapy with additional techniques such as moxibustion (heat therapy from Traditional Chinese Medicine), gentle cupping, and Gua Sha (traditional Chinese scraping massage). It is used to strengthen the body's core and organs, address cold sensitivity, spinal and joint issues, support pregnancy, and boost the organism during exhaustion and stress. Other indications include sleep disturbances, digestive problems, energetic blockages, and scar treatment. APM can be beneficial for acute, subacute, chronic, or "silent" conditions by restoring the natural energy flow in the body.





EUROPEAN AYURVEDA® DETOX TREATMENTS



DETOX &
ENERGISE



CALM &
RELAX



PURIFY &
RELEASE



STRENGTH &
LONGEVITY

GARSHAN - MASSAGE WITH SILK GLOVES

Duration: approx. 50 mins € 139



Duration including anti-cellulite wrap: approx. 75 mins € 199



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. 50 mins € 139



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

JAMBIRA PINDA SVEDA

Duration: approx. 50 mins € 154



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. 50 mins € 260



UDVARTANA

Duration: approx. 50 mins € 139



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.





PIZZICHILLI OR SEKKA - ROYAL BODY OIL INFUSION

Duration: approx. 50 mins € 285



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.

EUROPEAN AYURVEDA® CLASSIC TREATMENTS



DETOX &
ENERGISE



CALM &
RELAX



PURIFY &
RELEASE



STRENGTH &
LONGEVITY

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. 50 mins € 139



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. 50 mins € 139




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 € 59 


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 € 73 



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

FULL BODY LYMPH DRAINAGE

Duration: approx. 50 mins € 125 

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

BACK MASSAGE

Duration: approx. 25 / 50 mins € 73 / € 139  

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

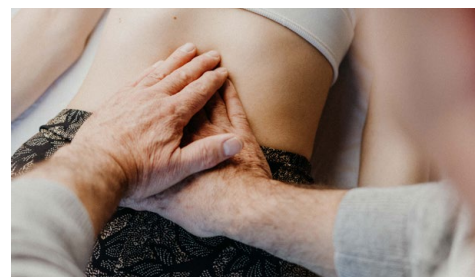


medical healthcare

INFO
The treatment
can be deducted
from the health
insurance.

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 € 165

Anamnesis, consultation,
physical examination if necessary

ACCUPUNCTURE TREATMENT

Duration: approx. 30 mins

+ 25 mins resting time € 165

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 € 250

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.



COSMETIC 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 € 182

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 € 182

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 € 195

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 € 262

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.

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.

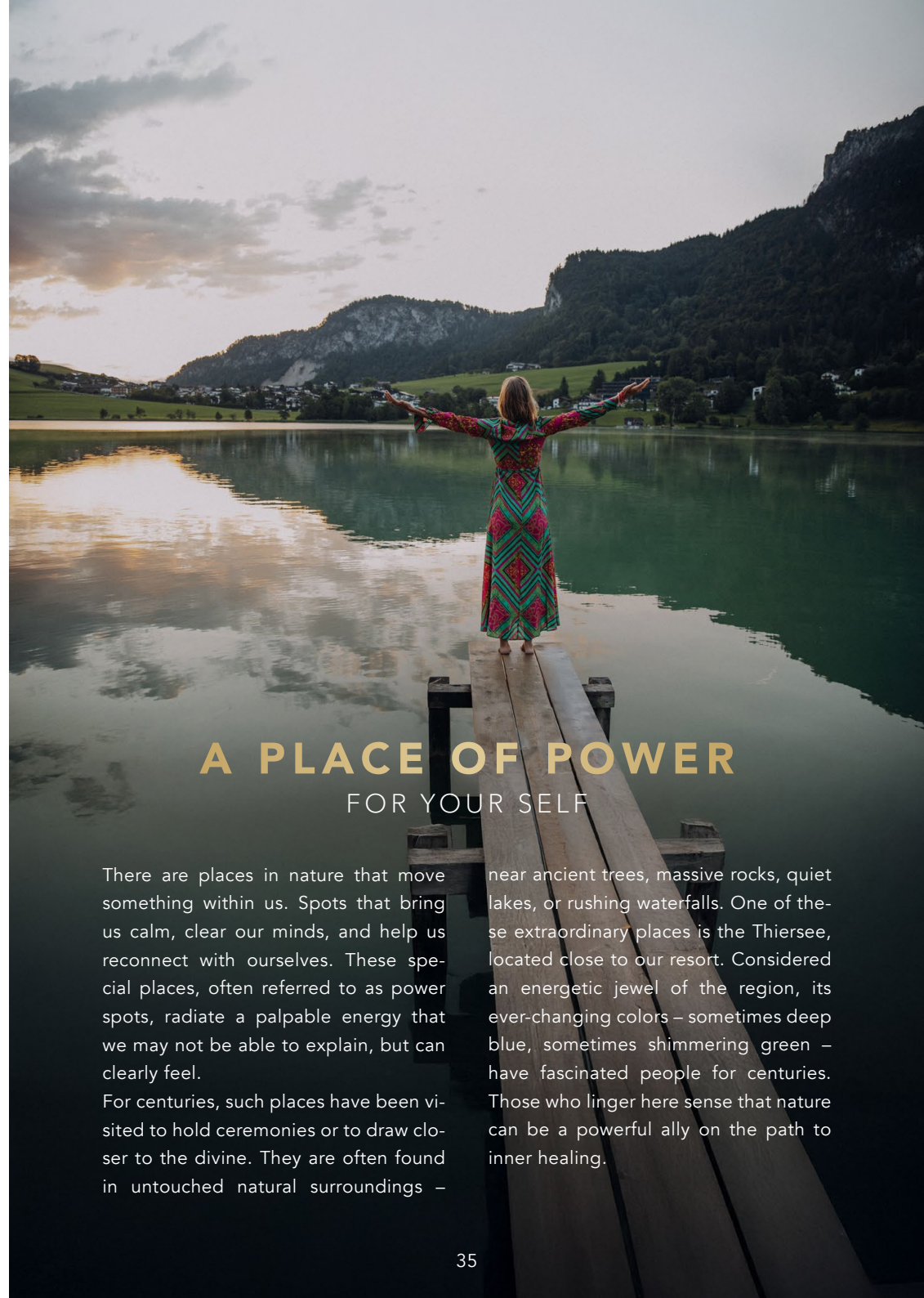


Harald Niederl

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) € 140
- Emotional and spiritual counselling (60 mins) € 140



A PLACE OF POWER FOR YOUR SELF

There are places in nature that move something within us. Spots that bring us calm, clear our minds, and help us reconnect with ourselves. These special places, often referred to as power spots, radiate a palpable energy that we may not be able to explain, but can clearly feel.

For centuries, such places have been visited to hold ceremonies or to draw closer to the divine. They are often found in untouched natural surroundings –

near ancient trees, massive rocks, quiet lakes, or rushing waterfalls. One of these extraordinary places is the Thiersee, located close to our resort. Considered an energetic jewel of the region, its ever-changing colors – sometimes deep blue, sometimes shimmering green – have fascinated people for centuries. Those who linger here sense that nature can be a powerful ally on the path to inner healing.

AURA & CHAKRA CLEARING

Through the gentle practice of Aura & Chakra Clearing, your energy field is purified and your energy flow is stimulated.

AURA CLEARING

Boost your Well-being

Duration: 25 mins € 65

Aura Clearing is a gentle method to release your energy field from burdensome influences. Through healing sounds, blockages are removed – creating clarity, inner balance, and a sense of lightness and positive energy.

CHAKRA TREATMENT

Your Path to Inner Balance

Duration: 55 mins € 129

Chakras are energy centers that influence our well-being. During the clearing, blockages are released, energy is activated and strengthened with affirmations. This gentle treatment promotes healing, restores balance, and replenishes your inner strength.



Spiritual Teacher Ria Sharma

- > Rituals and ceremonies
- > Member of the Brahmin caste
- > Chakra Clearing Specialist
- > Expert in working with the energy body

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. 55 mins) € 115

OUR SPIRITUAL COACHES



Caroline Huisman

- > Certified yoga teacher trained under Deepak
- > Rituals and Ceremonies
- > Chakra Yoga



Vijaya Kumari

- > Certified Sivananda yoga teacher
- > Yoga Nidra, Breathwork and Mantra Chanting
- > Rituals, Ceremonies, Energy Work



*Life is
Balance*

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.

WHETHER ON-SITE OR ONLINE –
STAY INSPIRED AND DISCOVER MORE:



WEBSITE



INSTAGRAM



ONLINE SHOP



APP DOWNLOAD

Hinterthiersee 16 • 6335 Thiersee • Tirol • Austria • +43 5376 5502 • info@sonnhof-ayurveda.at

WWW.SONNHOF-AYURVEDA.AT

© G'spür Contentagentur | Responsible for the content: Ayurveda-Resort Sonnhof GmbH & Co KG | Photos: Katharina Kraus, Marion Payr, Charly Schwarz, Melanie Skowronek. 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.