

PIONEERS SINCE 2006

I FEEL REALLY GOOD

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.

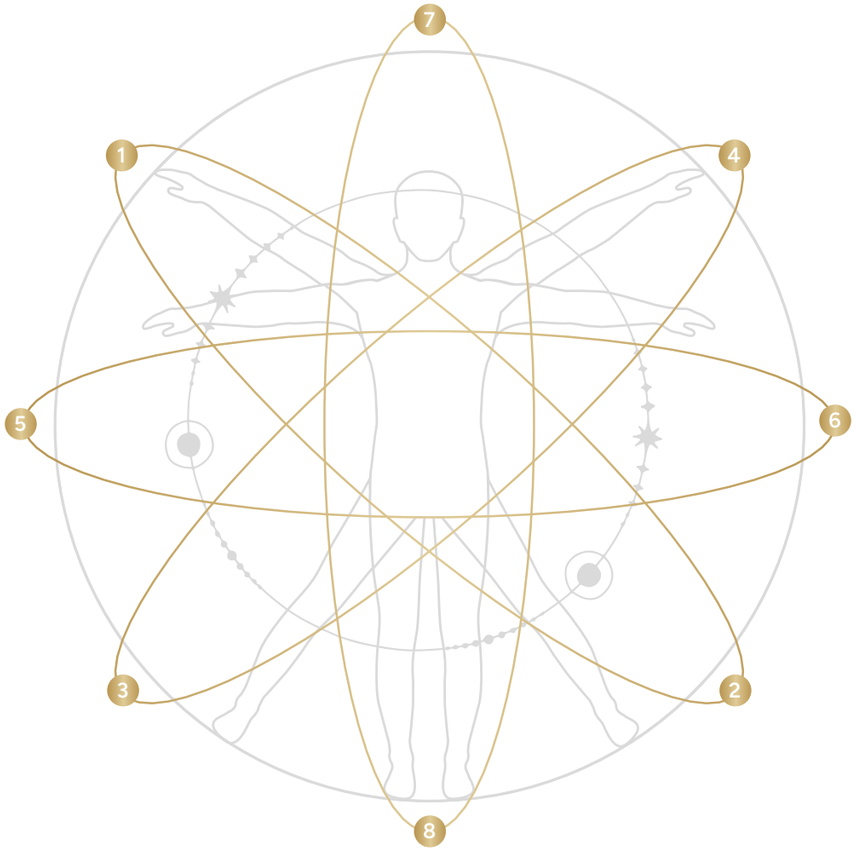


Healing begins within you – and at the Sonnhof, it can unfold even further.

Yours, Elisabeth Naschberger-Mauracher

THE ART OF LONGEVITY

EUROPEAN AYURVEDA®



The **8 pillars** of European 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 mental 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.

EUROPEAN AYURVEDA® PANCHAKARMA PROGRAMMES

PANCHAKARMA "LIGHT" WITH TREATMENTS BY A SINGLE THERAPIST

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

The Panchakarma programme is an intensive cleansing cure that works down to the cellular level. It is considered one of the most profound therapies in Ayurvedic medicine and is used to restore inner balance, support a healthy metabolism and regulate the nervous system. Its aim is to help you feel physically and mentally fit, cleanse body and mind, strengthen the immune system and achieve a lasting improvement in your quality of life. The cure is divided into a preparation/pre-detoxification phase, a cleansing- and a build-up phase.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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

€ 2,326 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

WE CREATE GOOD KARMA

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

EUROPEAN AYURVEDA® 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 seven-day Panchakarma cure is probably one of the most effective ways to activate your body's natural self-healing abilities and take a proactive approach to your health. It helps bring your body, mind and nervous system back into balance. After this week, you'll feel lighter and take away valuable insights and inspiration to incorporate into your everyday life. Panchakarma "Light" is available with synchronised or individual treatments. We recommend the synchronised treatments, as they help release blockages more intensively, balance your energies and accelerate the regeneration process.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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 Synchron-Abhyanga – Ayurvedic full body oil massage
  - Udvartana – herbal powder massage
  - Vishesh – energy massage by two therapists
  - Jambira-Pinda-Sveda – stamp massage with two therapists **or** Pizzichilli (Sekka) – full body oil treatment with two therapists
  - 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

€ 2,976 per person

6 treatment days excl. accommodation

(Panchakarma board included in room rate)

TIP

Panchakarma programmes are ideal for problems with the musculoskeletal system

PANCHAKARMA CURE " CLASSIC – LIGHT"

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

In just ten days, you'll bring your body, mind and nervous system back into balance. Your muscles and back will relax as your body gently detoxifies. You'll feel lighter, more flexible and more focused. Your sleep will become deeper, and inner restlessness will give way to a sense of calm and stability. The result is renewed energy and vitality for your everyday life.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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 of 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.

€ 3,405 per person

9 treatment days excl. accommodation

(Panchakarma board included in room rate)

EUROPEAN AYURVEDA® PANCHAKARMA PROGRAMMES

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 relax, heavy metals will be eliminated, and your nervous system will return to a state of balance. You'll feel more agile and find it easier to concentrate. Your sleep will improve, and inner restlessness will ease, helping you reconnect with yourself. These days will give you renewed strength and vitality for everyday life. Your mind will become clearer, and you'll learn to nurture your spirituality more consciously.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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

€ 3,670 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

The gut and its microbiome need around two weeks to fully regenerate. In this time, your muscles have relaxed, and you've taken valuable time for yourself. Chronic pain, restlessness and feelings of overwhelm begin to ease, while your nervous system gradually returns to a state of balance. Mentally, you feel a sense of relief and clarity. You're ready for a fresh start. Your mental and emotional well-being is strengthened, and you learn to express your spirituality and creativity more consciously in every area of your life.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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

€ 5,135 per person

13 treatment days excl. accommodation

(Panchakarma board included in room rate)

EUROPEAN AYURVEDA® PANCHAKARMA PROGRAMMES

PANCHAKARMA "SUPERIOR" PROGRAMME

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

At last, you can truly relax and recharge. European Ayurveda® helps your body release toxins and let go of accumulated burdens. You can feel chronic pain, restlessness and stress easing, as your nervous system returns to balance. Your soul finds the well-deserved rest it needs to recover from the often stressful demands of everyday life. You rediscover your strength, clarity and creativity, and embrace new habits with renewed energy.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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 treatment **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.

€ 7,134 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 therapies" creates a new source of strength within you, bringing about positive change in every aspect of your life. Over a period of four weeks, you give your body the time it needs to fully complete all three phases of the Panchakarma programme, calm your nervous system and experience a reset on every level of your being.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- 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 treatment **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 (25 mins)
  - 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

€ 8,637 per person

27 treatment days excl. accommodation

(Panchakarma board included in room rate)

EUROPEAN AYURVEDA® DETOX 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**
- Final consultation & tips for home
- 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
- Svedana – heat therapy
- Hot water drinking cure, ginger water, EA detox water
- 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

€ 1,202 per person

excl. accommodation

(Detox board included in room rate)

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**
- Final consultation & tips for home
- 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
- 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
- Cure guide and digital ayurveda handbook
- Use of the Ayurveda Spa

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

€ 2,268 per person

6 treatment days excl. accommodation

(Detox board included in room rate)

WE CREATE GOOD KARMA

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

EUROPEAN AYURVEDA® LONGEVITY PROGRAMMES

LONGEVITY CURE

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

Rejuvenation, regeneration, detoxification, and long-lasting revitalization to strengthen body, mind, nervous- 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
- Final consultation & tips for home
- Therapeutic supervision
- Fortifying tonic
- 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)
- Svedana – heat therapy
- 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.

€ 4,088 per person

9 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, a balanced nervous system and health of body, mind and soul.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- Therapeutic supervision
- Fortifying tonic
- 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
- Cure guide and digital ayurveda handbook
- 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

€ 2,326 per person

6 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

WE CREATE GOOD KARMA

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

EUROPEAN AYURVEDA® 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 and nervous system are 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
- Final consultation & tips for home
- Therapeutic supervision
- Fortifying tonic
- 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
- Cure guide and digital ayurveda handbook
- 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

€ 2,976 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- and nervous system are 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
- Final consultation & tips for home
- Therapeutic supervision
- Fortifying tonic
- 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
- Cure guide and digital ayurveda handbook
- 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

€ 3,687 per person

9 treatment days excl. accommodation

(Restorative Ayurvedic diet included in room rate)

EUROPEAN AYURVEDA® LONGEVITY PROGRAMMES

RASAYANA "DE LUXE" PROGRAMME

14 nights, 13 treatment days, 27 treatments, 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 nervous system.

- Consultation and pulse diagnosis – **individual tailoring of your treatment plan**
- European Ayurveda® nutritional coaching
- Final consultation & tips for home
- Therapeutic supervision
- Fortifying tonic
- 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
  - Shiroabhyanga – soothing head massage with flowing oil treatment
  - Khadi Vasti – "Reawaken elementary power"
  - Prista© – European Ayurveda® back massage
  - Jambira Pinda Sveda – stamp massage with two therapists
  - Abhyanga – Ayurvedic full body oil massage
  - Upana – Alpine salt and oil scrub to release stressful energy and strengthen the immune system
  - Mukabhyanga
  - 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
- Cure guide and digital ayurveda handbook
- 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

€ 4,989 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 € 172

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.

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

Duration: approx. 30 mins + 25 mins relaxation € 169

NEUROCYBERNETIC THERAPY / HNC*
(kinesiological tests with manual corrections)
*We recommend two sessions to achieve a base level of improvement

Full session: approx. 45 mins € 256

EUROPEAN AYURVEDA® LONGEVITY PROGRAMMES

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**
- Final consultation & tips for home
- 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)
  - Udvartana – 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
- Cure guide and digital ayurveda handbook
- Weekly programme of yoga and meditation
- Use of the Ayurveda Spa

€ 3,549 per person

9 treatment days excl. accommodation
(Restorative Ayurvedic diet included in room rate)

WE CREATE GOOD KARMA

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

EUROPEAN AYURVEDA® EMOTION 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 reset your nervous system and feel 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**
- Final consultation & tips for home
- 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
- Svedana – heat therapy
- 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
- Use of the Ayurveda Spa

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

€ 2,618 per person

6 treatment days excl. accommodation

(Detox board included in room rate)

EUROPEAN AYURVEDA® EMOTION PROGRAMMES

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, your nervous system strengthens and you become 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**
- Final consultation & tips for home
- Therapeutic supervision
- European Ayurveda® nutritional coaching
- Fortifying tonic
- 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)
- Svedana – heat therapy
- 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.

€ 3,707 per person

9 treatment days excl. accommodation

(Detox board included in the room price)

WE CREATE GOOD KARMA

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

EUROPEAN AYURVEDA® FEMININE BALANCE CURE

10 nights, 9 treatment days, 14 treatments, 4 consultations

The European Ayurveda® Feminine Balance programme is a journey back to yourself – to your femininity, your intuition and your inner strength. Hormonal changes, menopause, new phases of life and the challenges of everyday life can throw us off balance. This special time out invites you to slow down, allow your nervous system to settle and reconnect with your inner voice. European Ayurveda®, spirituality and mindful self-awareness accompany you on your journey back to yourself.

- Consultation and pulse diagnosis – individual tailoring of your treatment plan
- 2 Coachings with our Emotional Healing experts
- Final consultation & tips for home
- Therapeutic supervision
- Virechana – purification day (optional)
- Treatments tailored to suit your personal medical history, e.g.:
  - Abhyanga – Ayurvedic full body coconut oil massage
  - Mukabhyanga – ayurvedic head, face & foot massage
  - Vishesh – energy massage
  - Shirodhara – flowing oil treatment
  - Calm & Glow Massage – Ayurvedic four-hand-massage for head and feet
  - EA Glory Healing Massage (75 mins)
  - EA Leg Massage "Releasing old burdens"
  - Khadi Vasti (Ritual for femininity)
  - EA® specialist back massage
  - Let-Go Ritual (25 mins)
  - Roots & Release – Ayurvedic back and foot massage (massage with one therapist, 50 mins)
  - Individual treatment – suited for your needs
  - Udanavata© – abdominal massage
  - Individual yoga, breathwork or Emotional Healing session
- Svedana – heat therapy
- Hot water drinking cure, ginger water, EA detox water
- Herbs for the duration of your stay
- Mindset Workbook - heal and transform your thoughts
- Weekly programme of yoga and meditation
- Use of the Ayurveda Spa

€ 2,755 per person

9 treatment days excl. accommodation

(Ayurvedic light diet included in the room price)



EUROPEAN AYURVEDA® FRESH SUMMER PROGRAMME „LIGHT“

7 nights, 6 treatment days, 10 treatments, 3 consultations

You’re keeping everything going – but your energy is running low? You’re tired, yet you can’t switch off. Your mind is constantly racing, and true rest feels out of reach. This is where your summer escape begins – and your journey back to yourself. Through European Ayurveda®, nature, coaching and rituals, you’ll help your nervous system regain balance and rebuild your energy for the long term.

- Consultation and pulse diagnosis – individual tailoring of your treatment plan
- Coaching with our Emotional Healing experts
- Final consultation & tips for home
- Therapeutic supervision
- Virechana – purification day (optional)
- Treatments tailored to suit your personal medical history, e.g.:
  - Abhyanga – Ayurvedic (cooling) full body coconut oil massage
  - EA Glory Healing Massage (75 mins)
  - EA Leg Massage “Releasing old burdens”
  - Sports massage
  - Roots & Release – Ayurvedic back and foot massage (50 mins)
  - EA® specialist back massage
  - Abhyanga – Ayurvedic full body oil massage
  - Shirodhara – flowing oil treatment
  - Udanavata© – abdominal massage
  - Individual yoga, breathwork or Emotional Healing session
- Svedana – heat therapy
- Hot water drinking cure, ginger water, EA detox water
- Herbs for the duration of your stay
- Mindset Workbook - heal and transform your thoughts
- Weekly programme of yoga and meditation
- Use of the Ayurveda Spa

€ 1,995 per person

6 treatment days excl. accommodation

(Ayurvedic light diet included in the room price)

EUROPEAN AYURVEDA® EMOTION PROGRAMMES

EUROPEAN AYURVEDA® FRESH SUMMER PROGRAMME „CLASSIC“

10 nights, 9 treatment days, 12 treatments, 4 consultations

Do you feel it’s time for a break? Everyday life asks a lot of you, yet moments to truly recharge have become few and far between. You long for calm, clarity and renewed energy. Your summer escape invites you to let go. Through European Ayurveda®, soothing treatments, coaching and time spent in nature, you can begin to release what weighs you down – physically, mentally and emotionally.

- Consultation and pulse diagnosis – individual tailoring of your treatment plan
- 2 Coachings with our Emotional Healing experts
- Final consultation & tips for home
- Therapeutic supervision
- Virechana – purification day (optional)
- Treatments tailored to suit your personal medical history, e.g.:
  - Abhyanga – Ayurvedic (cooling) full body coconut oil massage
  - Mukabhyanga – ayurvedic head, face & foot massage
  - Vishesh – energy massage (50 mins)
  - Vishesh (75 mins)
  - EA Glory Healing Massage (75 mins)
  - EA Leg Massage “Releasing old burdens”
  - Sports massage
  - Roots & Release – Ayurvedic back and foot massage (50 mins)
  - EA® specialist back massage
  - Individual treatment – suited for your needs
  - Udanavata© – abdominal massage
  - Individual yoga, breathwork or Emotional Healing session
- Svedana – heat therapy
- Hot water drinking cure, ginger water, EA detox water
- Herbs for the duration of your stay
- Mindset Workbook - heal and transform your thoughts
- Weekly programme of yoga and meditation
- Use of the Ayurveda Spa

€ 2,565 per person

9 treatment days excl. accommodation

(Ayurvedic light diet included in the room price)

EUROPEAN AYURVEDA® RETREATS

Discover the world of European Ayurveda® at your own pace. Choose one of our retreats and enjoy the Sonnhof Signature Cuisine full-board experience. Select the Ayurveda treatments that suit you best. Mindful yoga and meditation sessions accompany you on your personal journey.

"FOUNTAIN OF YOUTH" REGENERATIVE WEEK

Minimum stay: 7 nights

- Consultation and pulse diagnosis
- European Ayurveda® nutritional coaching
- Abhyanga – Ayurvedic full body oil massage
- Vishesh – energy massage
- Udanavata© – abdominal massage
- Mukabhyanga – Ayurvedic head, face and foot massage
- Padabhyanga – Ayurvedic foot massage (25 mins)
- Shirodhara – flowing oil treatment
- Prista© – European Ayurveda® back treatment
- Udvartana – herbal powder massage
- European Ayurveda® anti-stress massage
- Weekly programme of yoga and meditation
- Use of the Ayurveda Spa

€ 1,620 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

€ 1,624 per person excl. accommodation

EUROPEAN AYURVEDA® RETREATS

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

€ 1,542 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

€ 999 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

€ 390 per person excl. accommodation

ROOM RATES

All rates are per person per night incl. full board, excl. local tax.		26.12.2027 – 06.01.2028
SONNHOF single room	from € 254	from € 269
OM SPIRIT double room	from € 238	from € 248
SHINE ON double room	from € 249	from € 258
SONNHOF SPIRIT junior suite *new Design*	from € 279	from € 289
SONNHOF SPIRIT DELUXE junior suite *new Design*	from € 283	from € 293
TIROL MEETS INDIA junior suite	from € 259	from € 269
ALPIENNE SPIRIT junior suite *new Design*	from € 281	from € 291
ALPIENNE SPIRIT DELUXE junior suite *new Design*	from € 287	from € 297
HARMONIE SPIRIT junior suite	from € 262	from € 272
VEDA SPIRIT suite	from € 312	from € 345
SONNHOF apartment {not in the hotel complex}	from € 245	from € 255
SHINE ON apartment {not in the hotel complex}	from € 269	from € 279

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 Grander energised water.** All our rooms are non-smoking. Out of consideration for other guests, we also ask you not to smoke on the balconies. Free underground parking.

Your private energising space. Your personal wellness oasis. Your individual retreat.
Select your personal energising space from twelve 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 take various steps to use resources more responsibly throughout our hotel. Most of our rooms and shared spaces are cleaned using Effective Microorganisms (EM). We continuously work to eliminate plastic and single-use products from our kitchen and working environment, choosing reusable and natural materials instead. Since 2023, our hotel has been powered by electricity from renewable energy sources.

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





SONNHOF single room
20sqm, oak floor, shower/WC, make-up mirror, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet, safe, desk and balcony.





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.





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





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

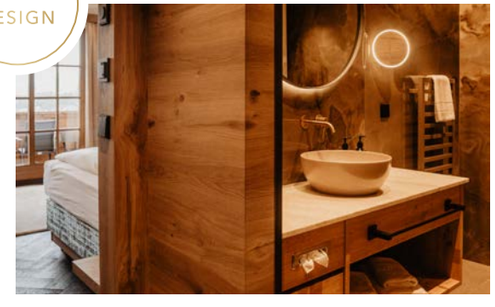




SONNHOF SPIRIT DELUXE **junior suite**

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.

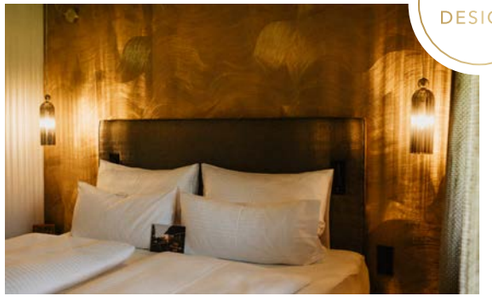
NEW DESIGN



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.

NEW DESIGN



ALPIENNE SPIRIT DELUXE **junior suite**

42sqm, double room with separate living room, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet access, safe and panoramic balcony.



TIROL MEETS INDIA **junior suite**

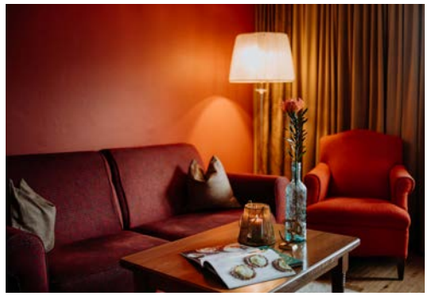
35sqm, double room with lounge area, wood floor, walk-in wardrobe, shower, separate WC, hairdryer, bathrobe, slippers, telephone, radio, satellite TV, Internet access, safe and panoramic balcony.

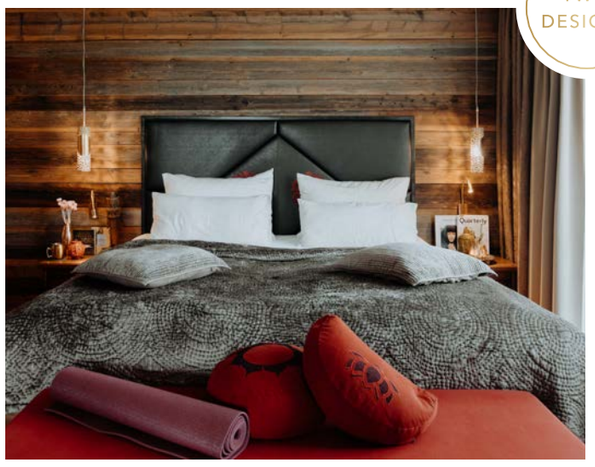


HARMONIE SPIRIT **junior suite**

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.

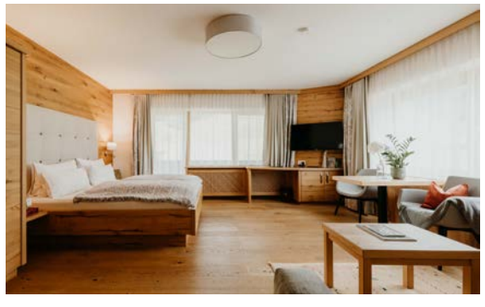
TWO DESIGNS





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.



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).**



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.

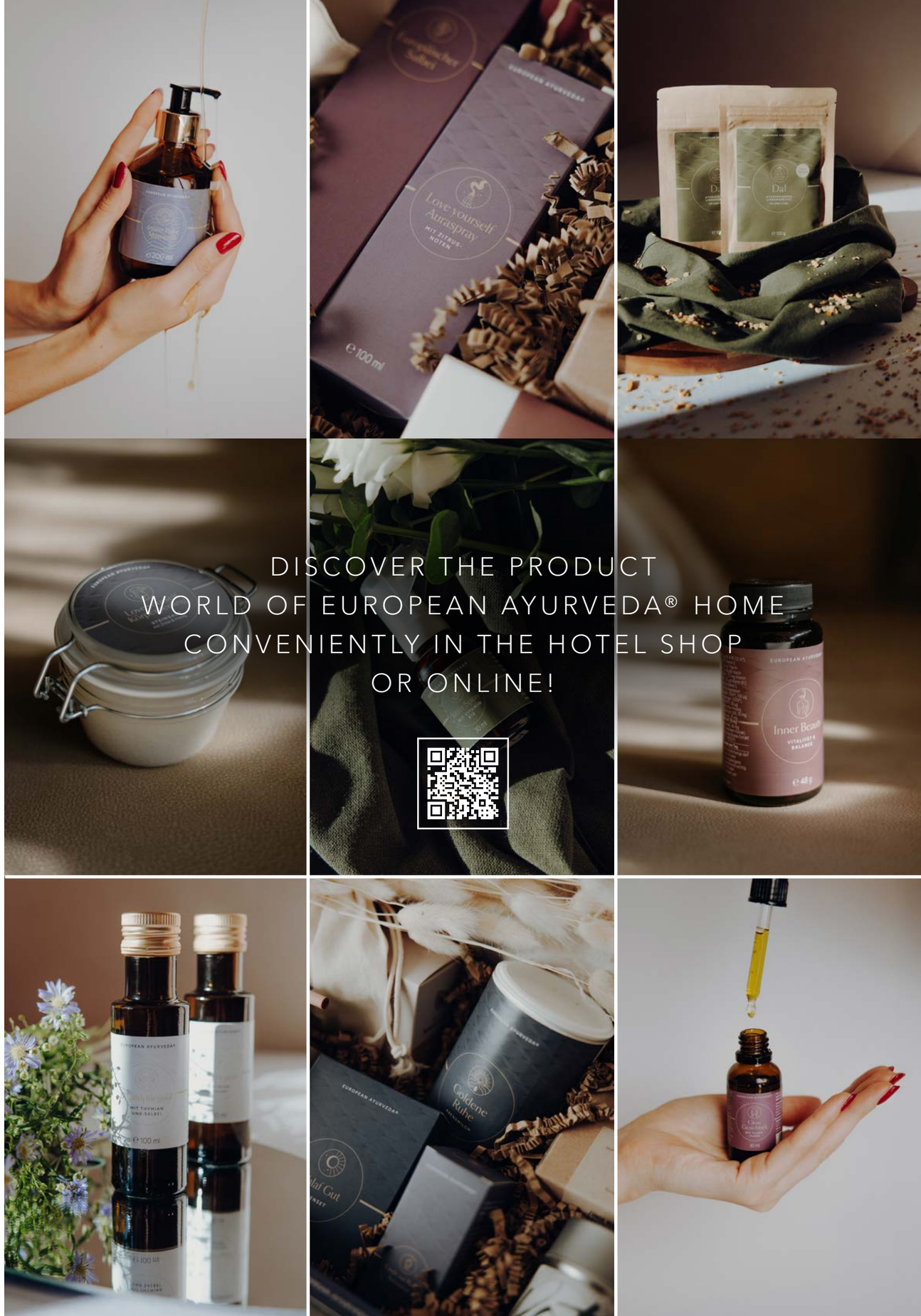


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AYURVEDA VIEWS AGEING AS AN ACTIVE, MANAGEABLE PROCESS. WITH RASAYANA THERAPIES, AN INDIVIDUALLY ALIGNED LIFESTYLE, AND MENTAL CLARITY, BIOLOGICAL AGEING CAN BE SLOWED – AS ALSO SHOWN BY EPIGENETICS.*

DR ALAETTIN SINOP
Medical Doctor specialized in Naturopathy

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



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. € 40 - 45**. 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 tea ceremony and fruit, dinner. Excludes drinks. The majority of the ingredients used in our cooking are organic and from our nearby farm. We also use Grander energised water.
- 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!
We use Effective Microorganisms (EM) to clean most of our rooms and shared spaces. These are a blend of different microorganisms that interact with one another and support each other's growth. At the Sonnhof, we have chosen this natural approach to cleaning as part of our ongoing efforts to reduce the use of conventional cleaning products.

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.

WEBSITE INSTAGRAM ONLINE SHOP APP DOWNLOAD

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