

IT'S ALL ABOUT YOU

PIONEERS SINCE 2006

LONGEVITY TREATMENTS & PROGRAMMES

EUROPEAN AYURVEDA®
Resort Sonnhof Tirol

WE'RE DELIGHTED TO WELCOME YOU!

From Cocoon to Butterfly

There are places we visit. And there are places that change something within us.

The European Ayurveda Resort Sonnhof is one of these places. A place of strength nestled in the Tyrolean mountains, a sanctuary that offers you a protected space to reconnect with yourself and feel truly at home within.

Here, you can let go and retreat into yourself, just like a butterfly in its cocoon. Like a caterpillar, we too sometimes need a sheltered space in which to transform. Not to become someone else, but to rediscover what has always been within us.

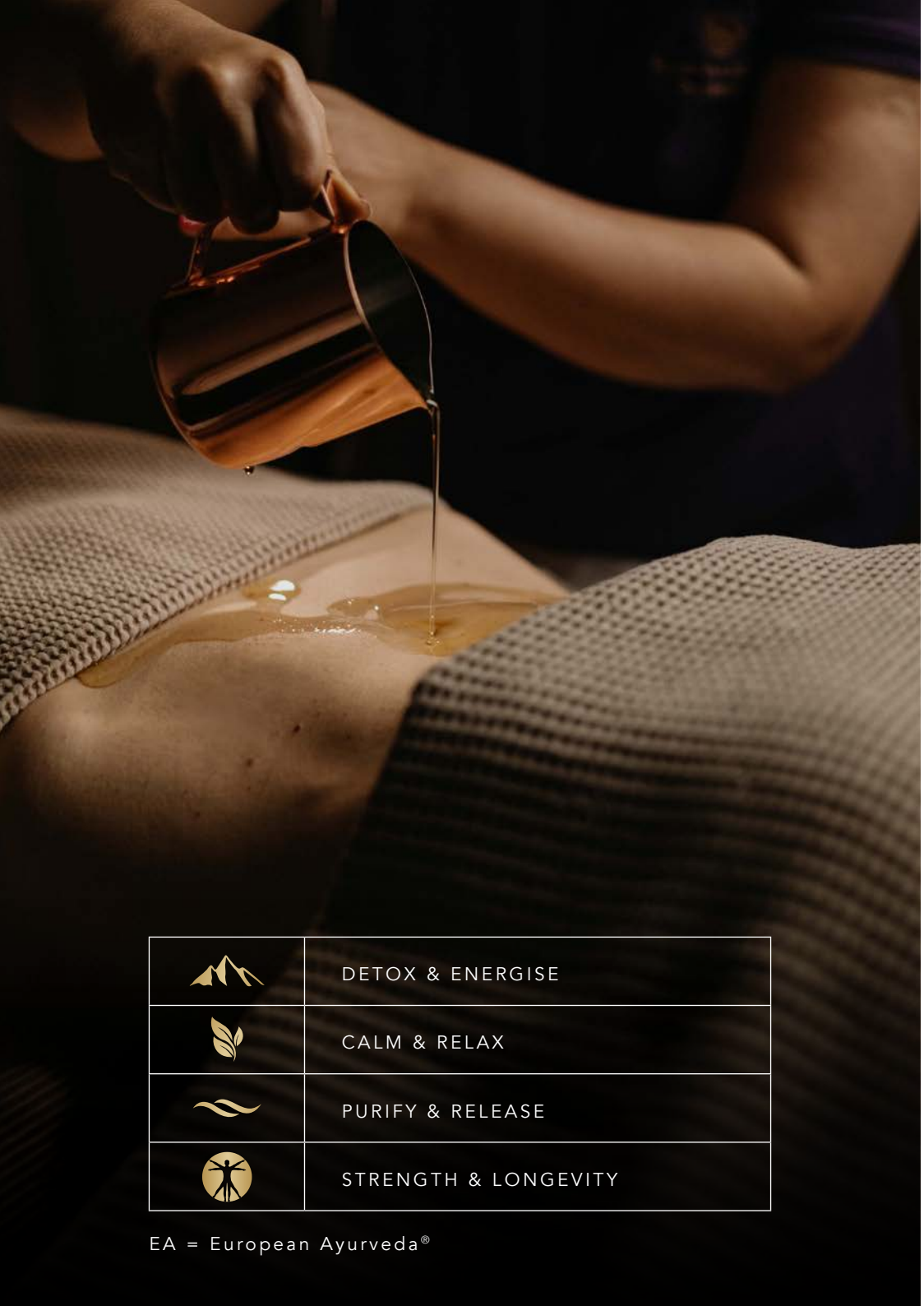
For many years, we have combined the ancient wisdom of Ayurveda with a European way of life, modern longevity and spirituality. Our experienced team of Ayurveda experts sees you as a whole – your story, your energy and what you need most at this moment in your life.

Knowing that the Sonnhof is now among the world's most renowned destinations for authentic Ayurveda fills us with deep gratitude. Yet the most precious reward is what our guests take home with them: a greater sense of ease, renewed clarity and a deeper connection with themselves.



Welcome to your place of strength.
Welcome to your sanctuary.
Welcome to the Sonnhof.

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



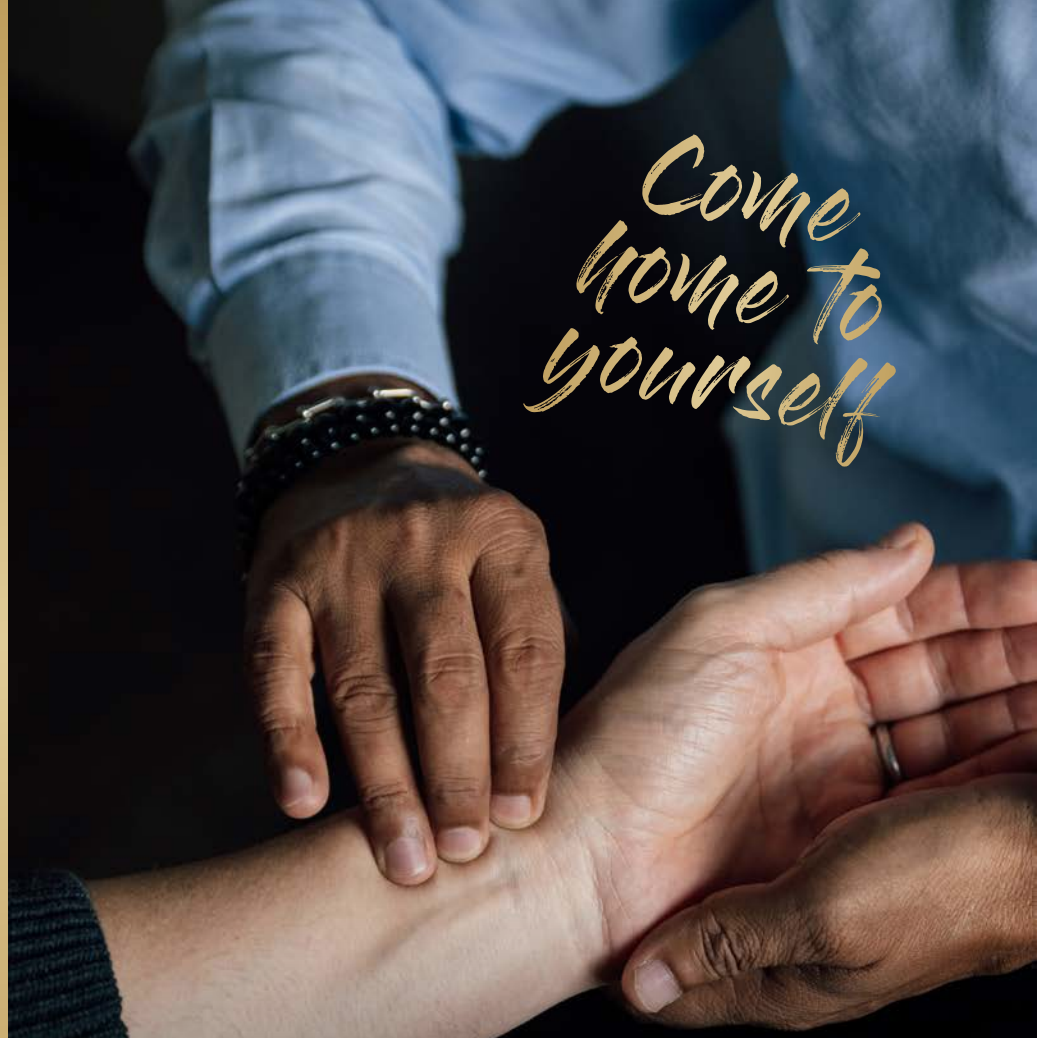
	DETOX & ENERGISE
	CALM & RELAX
	PURIFY & RELEASE
	STRENGTH & LONGEVITY

EA = European Ayurveda®

I feel really good

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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**

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.

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

Conventional medical services:

- Medical check-up



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

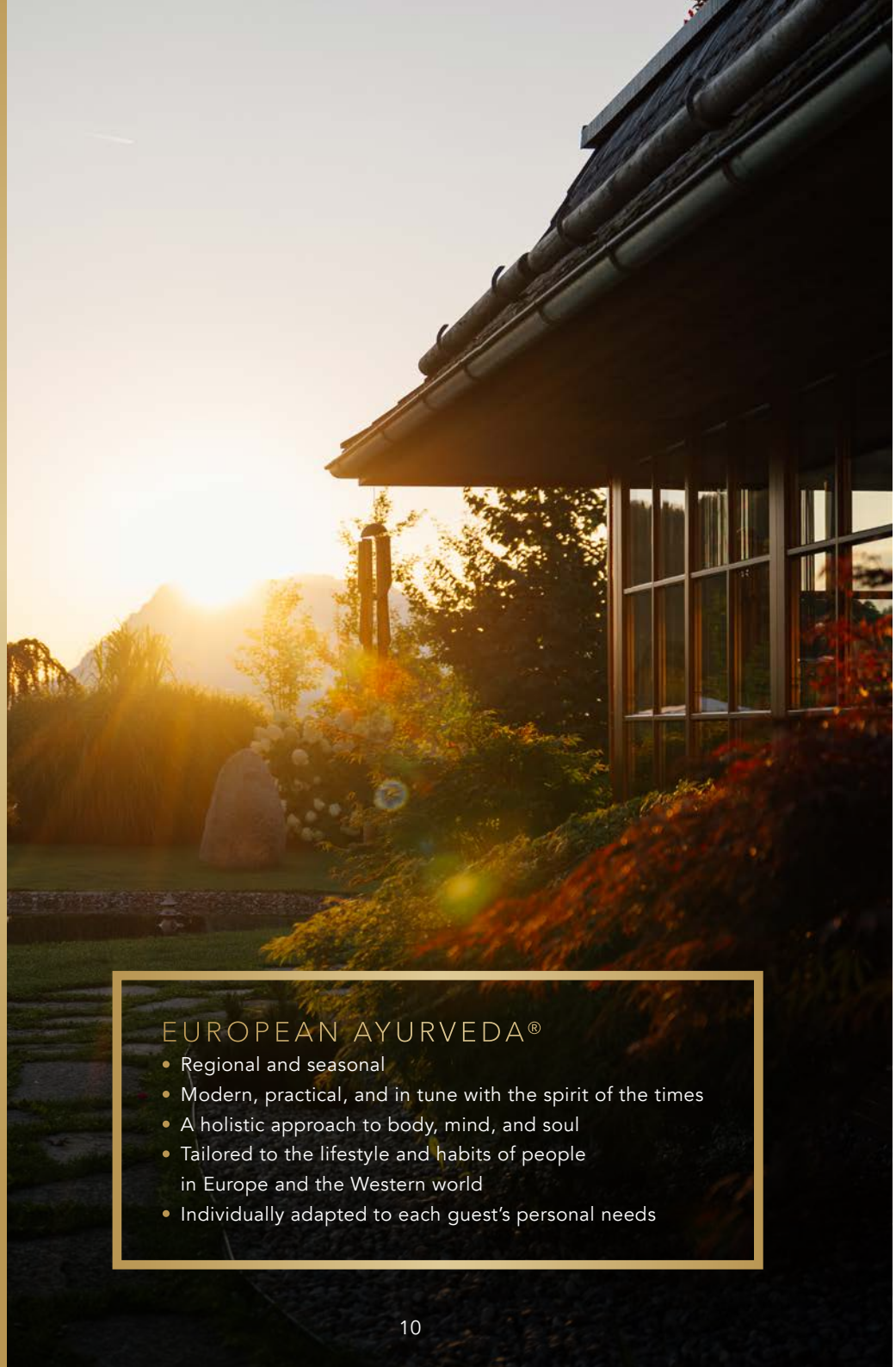
- Yoga teacher for traditional yoga
- Yoga nidra, breathwork, rituals, ceremonies and mantra chanting
- Energy work



RIA SHARMA

Spiritual Teacher

- Member of the Brahmin caste, Expert in working with the energy body
- Chakra Clearing Specialist



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

DEVELOPED IN TYROL. RECOGNISED AROUND THE WORLD.

For 20 years, we have been developing a distinctive approach at the European Ayurveda Resort Sonnhof, **combining traditional Ayurveda with modern Western** medicine, psychology and European lifestyles. The result is a holistic concept tailored specifically to the needs of people in the Western world – **unique worldwide**.

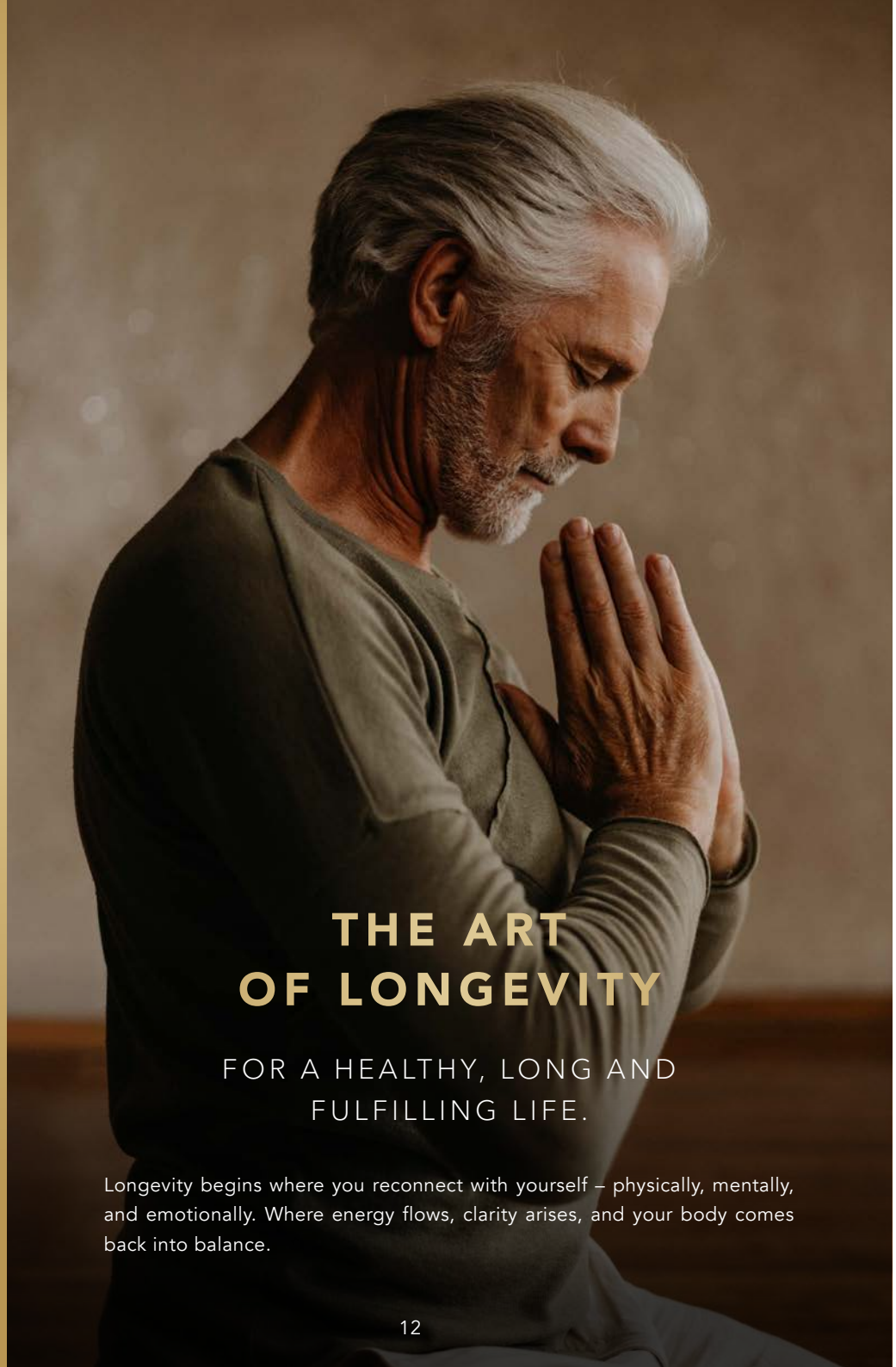
European Ayurveda® is **neither a copied concept nor a traditional Ayurvedic cure** from India. It was developed here at the Sonnhof, shaped by our experience with thousands of guests and their individual challenges. Stress, constant pressure, sleep problems and emotional exhaustion are among the most common concerns of our time. That is why European Ayurveda® looks beyond the body, recognising mental and emotional strain as essential aspects of overall health.

Our programmes combine traditional Ayurveda with **modern diagnostics, natural therapies and medical expertise**. This creates an approach to health and well-being that is personalised, practical for everyday life and designed to have a lasting impact.

The European Ayurveda® cuisine uses regional and seasonal ingredients that our guests are familiar with and can easily incorporate into their daily lives at home. In this way, Ayurveda becomes more than a short-term experience – it becomes a part of everyday life that continues long after the stay.

Yoga, breathwork, coaching and mental support help our guests develop new habits and learn to manage their personal resources more consciously – without pressure to perform and without dogma.

The Sonnhof is one of Europe's most internationally renowned Ayurveda resorts and has received **numerous awards worldwide** – not only for its quality, but also for an approach that reimagines Ayurveda while remaining true to its roots.



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.

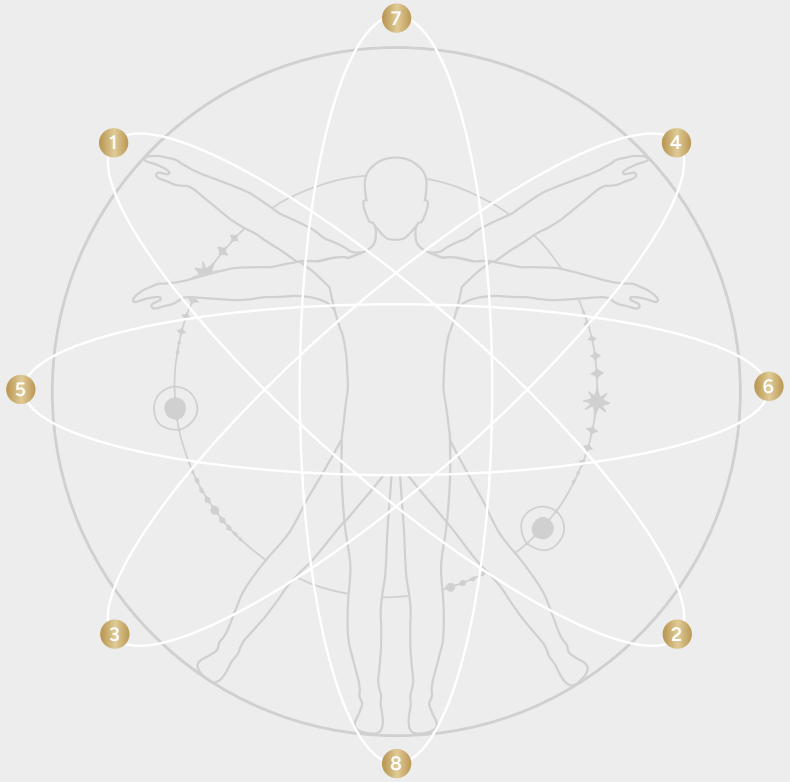
"AYURVEDA VIEWS AGEING AS AN ACTIVE, MANAGEABLE PROCESS. WITH RASAYANA THERAPIES, AN INDIVIDUALLY ALIGNED LIFESTYLE, AND MENTAL CLARITY, BIOLOGICAL AGEING CAN BE SLOWED – AS ALSO SHOWN BY EPIGENETICS.*"

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 mental 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

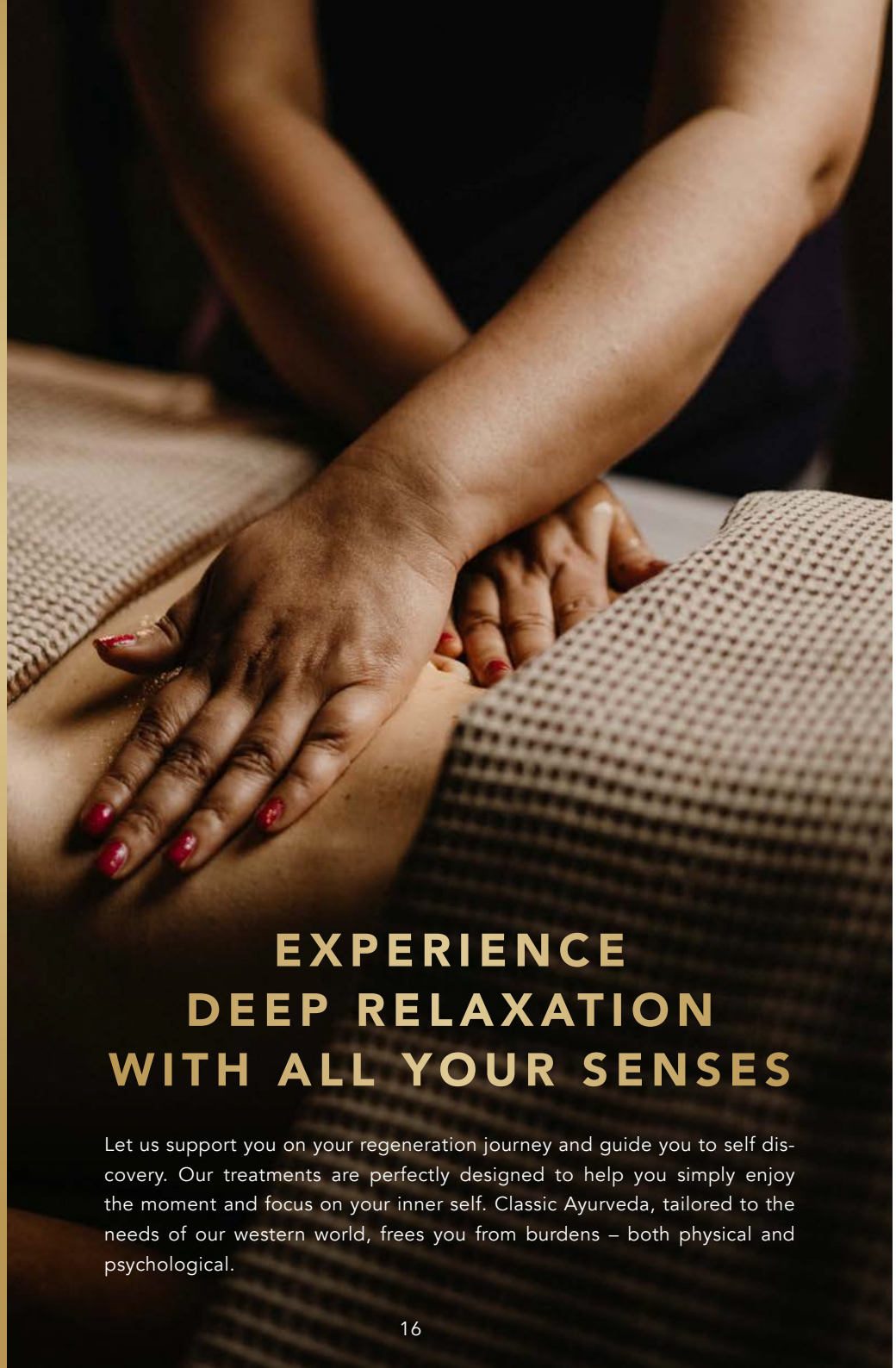
A sense of meaning is the foundation of a healthy and happy life. It protects against exhaustion and inner emptiness. Creativity, nature connection, rituals, and spiritual impulses help you reconnect with yourself – and give life new depth.

> **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 **€ 144 / € 208**

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 **€ 260**

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

MUKABHYANGA

Duration: approx. 50 mins **€ 144**

The Ayurvedic Mukabhyanga massage calms the nervous system, reduces stress and restores inner peace. It relieves tension in the head area, improves concentration and sleep quality, and promotes emotional balance. The gentle massage stimulates blood circulation in the facial skin, supports regeneration and restores its natural radiance.

ROOTS & RELEASE – AYURVEDIC BACK AND FOOT MASSAGE

Duration: approx. 50 mins **€ 144**

A soothing combination of flowing back massage and mindful foot massage. Warm Ayurvedic oil, targeted massage techniques and gentle pressure help release tension, leaving you feeling deeply relaxed, grounded and lighter.

VISHESH

Duration: approx. 50 / 75 mins **€ 144 / € 208**

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 **€ 260**

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

PRANA HEALING MASSAGE© BY SONNHOF

Duration: approx. 75 mins **€ 233**

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.

CALM & GLOW - AYURVEDIC FOUR-HAND MASSAGE FOR HEAD & FEET

Duration: approx. 50 mins **€ 260**

Two therapists, one moment of deep relaxation. As your head and feet are massaged simultaneously using mindful Ayurvedic techniques, your mind can let go and your body can unwind. Especially soothing when you're feeling restless, overwhelmed by sensory input, under pressure or caught up in a constant stream of thoughts.

PADABHYANGA

Duration: approx. 25 / 50 mins **€ 76 / € 144**

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

SHIROABHYANGA

Duration: approx. 50 mins **€ 196**

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 **€ 108**

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.

UDANAVATA© – EUROPEAN AYURVEDA® SPECIALIST ABDOMINAL TREATMENT

Duration: approx. 50 mins **€ 144**

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 lack of energy, sleep problems, inner restlessness and negative moods.

EA ANTI-STRESS MASSAGE

Duration: approx. 50 / 75 mins **€ 144 / € 208**

This Ayurvedic full-body massage with warm herbal oil has a warming, calming effect, 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.

HASTABHYANGA MASSAGE

Duration: approx. 25 / 50 mins **€ 76 / € 144**

A soothing yet intensive massage for the hands and arms, ideal for relieving tension caused by computer work, sports or everyday activities. The massage relaxes muscles and tendons, stimulates circulation and lymphatic flow, and improves mobility in the fingers and wrists. Gentle stimulation of the many nerve pathways in the hands also has a calming effect on the nervous system, may help reduce stress and promotes a deep sense of relaxation and well-being.

"MIND RELAXING" FOOT FLOW MASSAGE

Duration: approx. 50 mins **€ 144**

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 **€ 144**

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.

with gold

EA GLORY HEALING MASSAGE

Duration: approx. 75 mins **€ 268**

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.

EUROPEAN AYURVEDA® FOR THE MUSCULOSKELETAL SYSTEM

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

KHADI VASTI – "RITUAL FOR FEMININITY"

Treatment duration: approx. 45 mins **€ 149**

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.

KHADI VASTI – "INTENSIVE BACK THERAPY"

Treatment duration: approx. 45 mins **€ 149**

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 **€ 149**

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 **€ 144**

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 **€ 164**

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 **€ 144**

Duration including anti-cellulite wrap: approx. 75 mins **€ 208**

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.

We make our own high-quality organic massage pads. HAND MADE!

UPANA

Duration: approx. 50 mins **€ 144**

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 **€ 159**

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 **€ 269**

UDVARTANA

Duration: approx. 50 mins **€ 144**

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 **€ 295**

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.

ANTI-STRESS MASSAGE

Duration: approx. 50 mins **€ 144**

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.

SPORTS MASSAGE WITH MARMOT OIL

Duration: approx. 50 mins **€ 144**

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 **€ 65**

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 / 50 mins **€ 76 / € 144**

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

FULL BODY LYMPH DRAINAGE

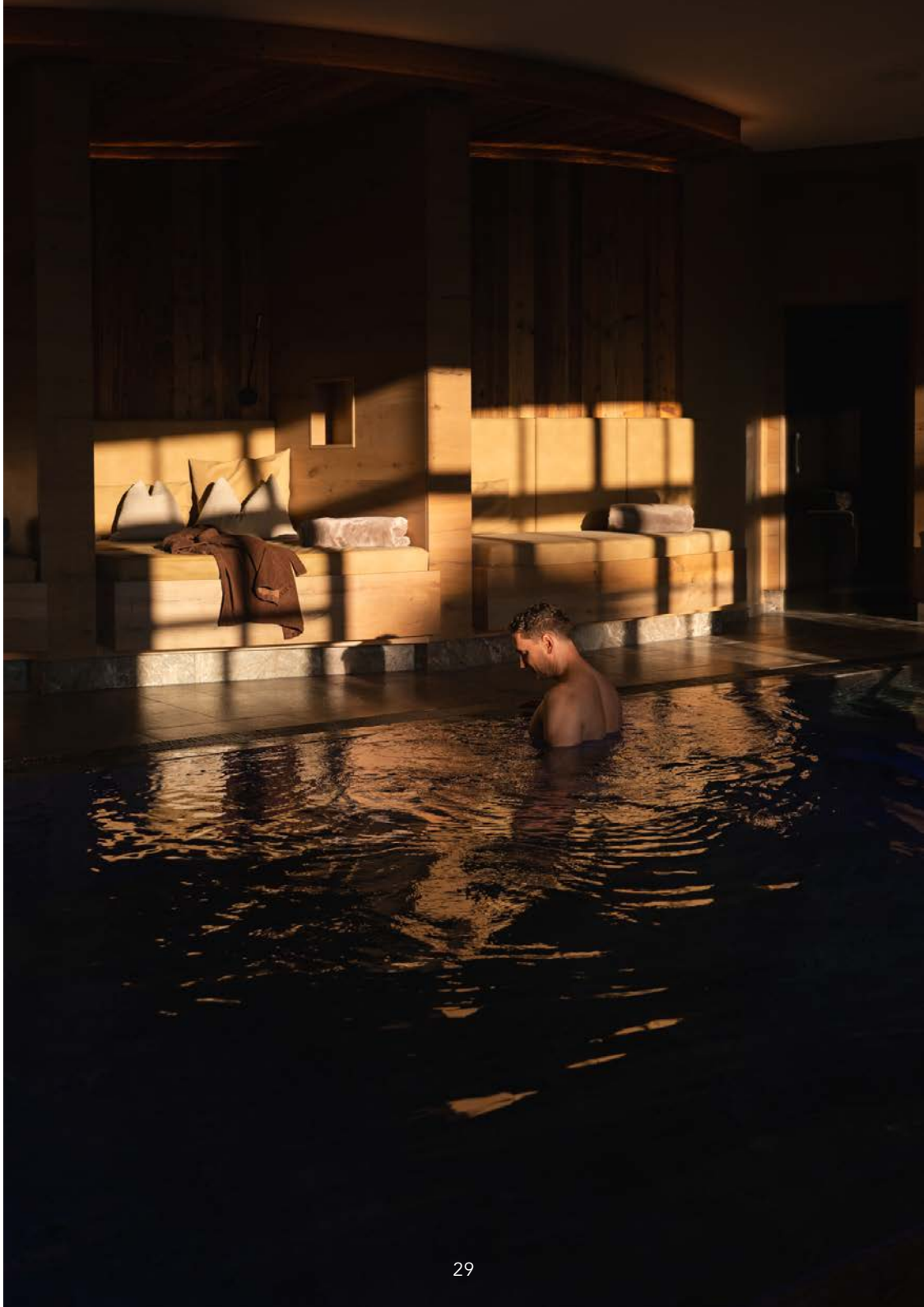
Duration: approx. 25 / 50 mins **€ 66 / € 129**

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

BACK MASSAGE

Duration: approx. 25 / 50 mins **€ 76 / € 144**

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 **€ 169**

Anamnesis, consultation,
physical examination if necessary

ACUPUNCTURE TREATMENT

Duration: approx. 30 mins
+ 25 mins resting time **€ 169**

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

NEUROCYBERNETIC MASSAGE THERAPY / HNC *

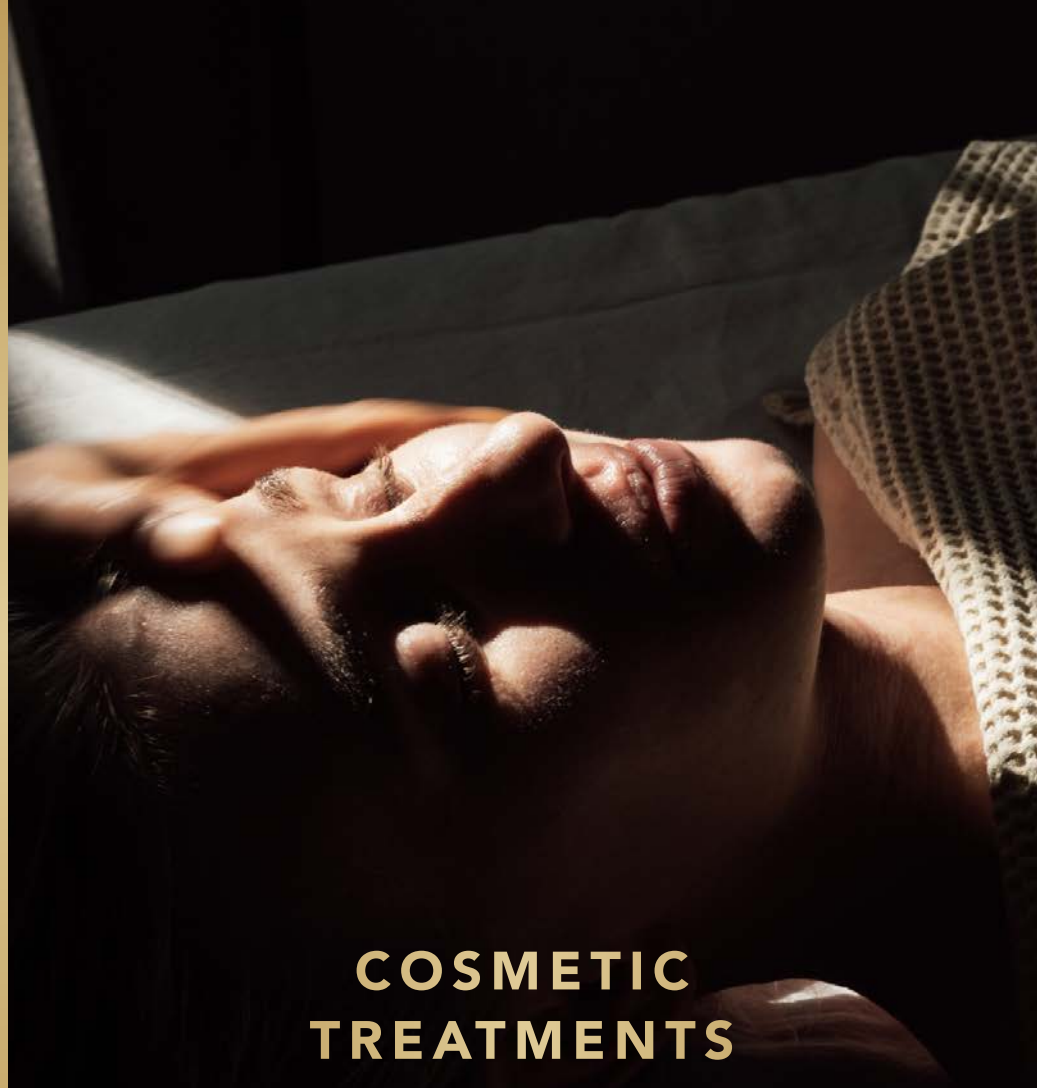
Long session: approx. 45 mins **€ 255**

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.

MY SPECIAL BIO LIFTING FACE TREATMENT

Duration: approx. 80 mins, including a 5-minute consultation **€ 189**

Cleansing · Exfoliation · Fresh aloe vera leaf ·
Facial massage · Mask · Day moisturiser
Following a personalised skin analysis, the treatment is tailored to my skin's current needs – whether it requires intensive hydration, regeneration or deep cleansing. Precious natural ingredients such as black sesame, healing clay and fresh aloe vera provide my skin with exactly what it needs right now.

DETOX FACE & LIFT

Duration: approx. 80 mins, including a 5-minute consultation **€ 189**

Cleansing · Exfoliation · Gua Sha stone massage ·
Serum · Fresh aloe vera leaf · Mask · Day moisturiser
Deep cleansing meets intensive skin firming. Gentle lymphatic stimulation with a Gua Sha stone helps release facial tension, stimulate lymphatic drainage and reduce puffiness. Pure aloe vera gel and hydrating ingredients restore my skin's suppleness, leaving it feeling fresh, smooth and revitalised.

LOVE YOUR AGE POWER TREATMENT

Duration: approx. 80 mins, including a 5-minute consultation **€ 195**

Cleansing · Enzyme peel · Fresh aloe vera leaf ·
Facial massage · Reishi mask · Day moisturiser
I embrace my age and give my skin the best care for a youthful glow. Highly effective botanical ingredients and Reishi, known as the mushroom of rejuvenation, help support cell regeneration, plump the skin from within, strengthen connective tissue and smooth fine lines. My complexion looks radiant, relaxed and full of vitality.

EXCLUSIVE ROHINI REGENERATING TREATMENT

Duration: approx. 80 mins, including a 5-minute consultation **€ 262**

Gentle cleansing · Enzyme peel · Deep cleansing ·
Fresh aloe vera leaf · Indulgent Rohini massage ·
High-performance mask · Silky intensive moisturiser

An exceptional treatment ritual for complete skin renewal. The unique properties of carefully selected adaptogenic Rohini plants work precisely where my skin needs them most. Intensive rejuvenation reaches the deeper layers of the skin, helps define facial contours and leaves the skin feeling silky soft. My complexion radiates youthful perfection and a sense of complete harmony.

NATURE OF MEN TREATMENT

Duration: approx. 50 / 80 mins, including a 5-minute consultation **€ 140 / € 224**

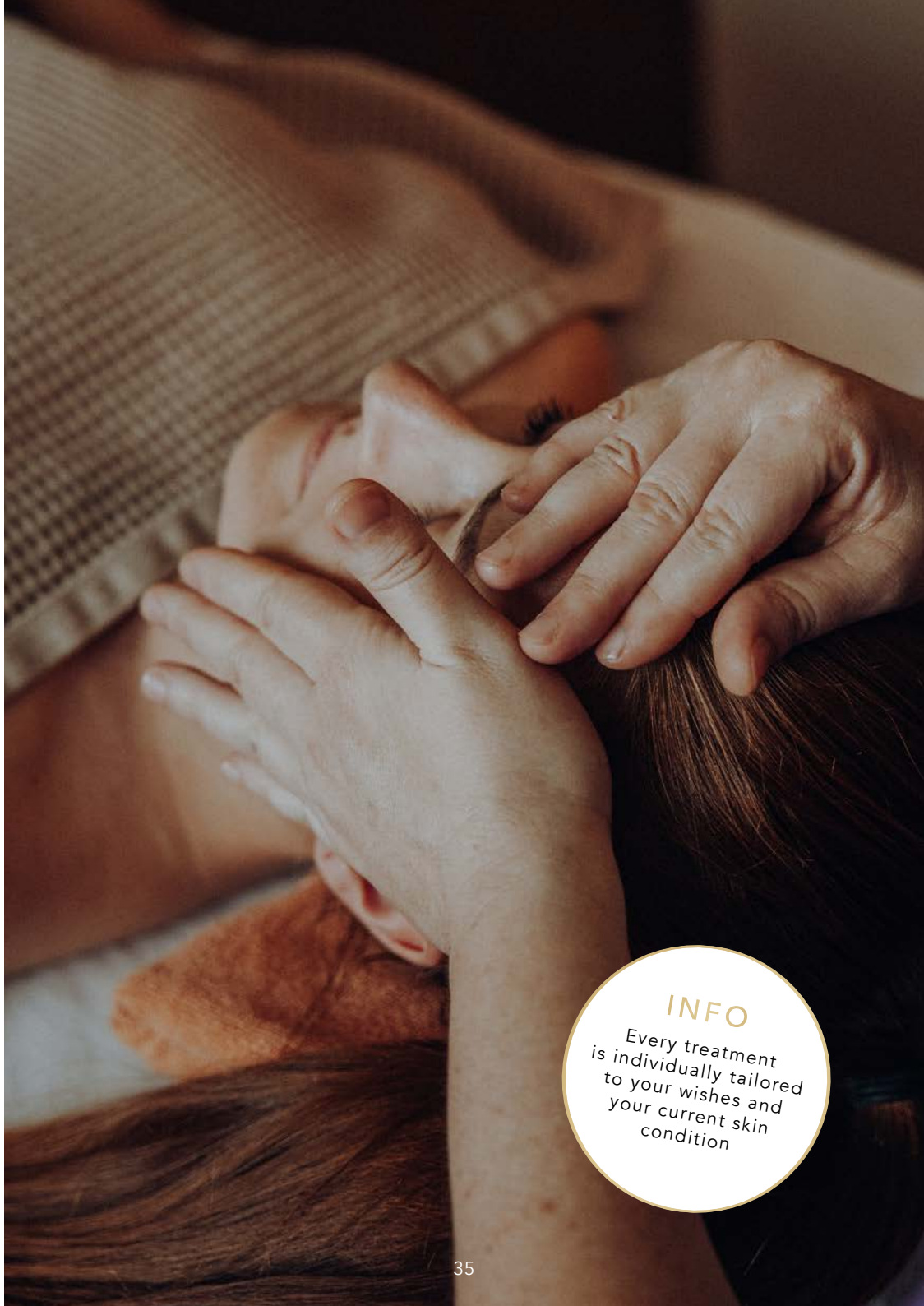
Cleansing · Exfoliation · Fresh aloe vera leaf ·
Facial massage · Mask · Day moisturiser

Tailored specifically to the needs of men's skin, this treatment delivers an intensive boost of hydration, supports regeneration and provides lasting care. A gentle head and neck massage helps relieve stress and tension in the shoulders. I feel revitalised, refreshed and full of energy.

ADD-ON TREATMENTS

€ 25 per treatment

- Eyebrow shaping
- Eyebrow tinting
- Eyelash tinting



INFO

Every treatment is individually tailored to your wishes and your current skin condition

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 counsellor based on logotherapy and existential analysis according to Viktor E. Frankl.

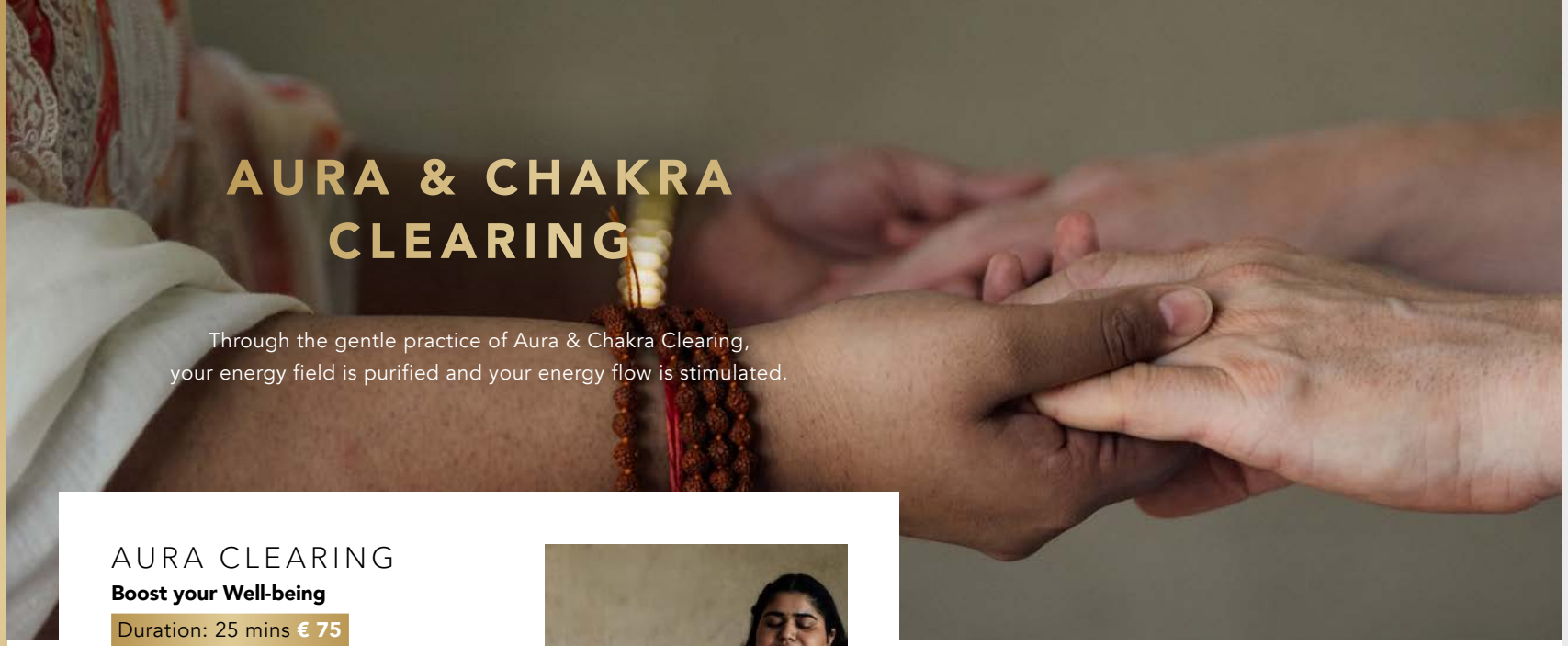
THIS IS HOW WE SUPPORT YOU

- Counselling on the topics of stress management and burnout prevention (60 mins) **€ 150**
- Emotional and spiritual counselling (60 mins) **€ 150**



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 **€ 75**

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 **€ 135**

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

LET GO RITUAL

Release what weighs you down

Duration: 25 / 50 mins **€ 76 / € 144**

Sometimes we hold on to situations, thoughts, emotions or relationships that no longer serve us. The Let Go Ritual with Sarah or Teresa offers a safe, supportive space to pause, become more aware of what is going on within you and begin to release what is weighing you down.

A guided time-out to let go of the past and rediscover a sense of lightness. Through guided meditation, mindful exercises, a forgiveness ritual or elements of energy work, you can gently explore and release thoughts, emotions and situations you may have been holding on to.

OUR SPIRITUAL COACHES



Cornelia Miedler

> Shaman
> Plant Expert
> Expert in Places of Power
> Energy Medicine Practitioner



Vipin Kunnathuparambil

> Spiritual Healer
> Marma Point Expert
> Mantra Chanting
> Ayurvedic Rituals

YOGA & MEDITATION

YOUR INDIVIDUAL YOGA SESSION

You learn to calm your mind, quiet racing thoughts and find a place of power in everyday life. Reconnect with your 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.

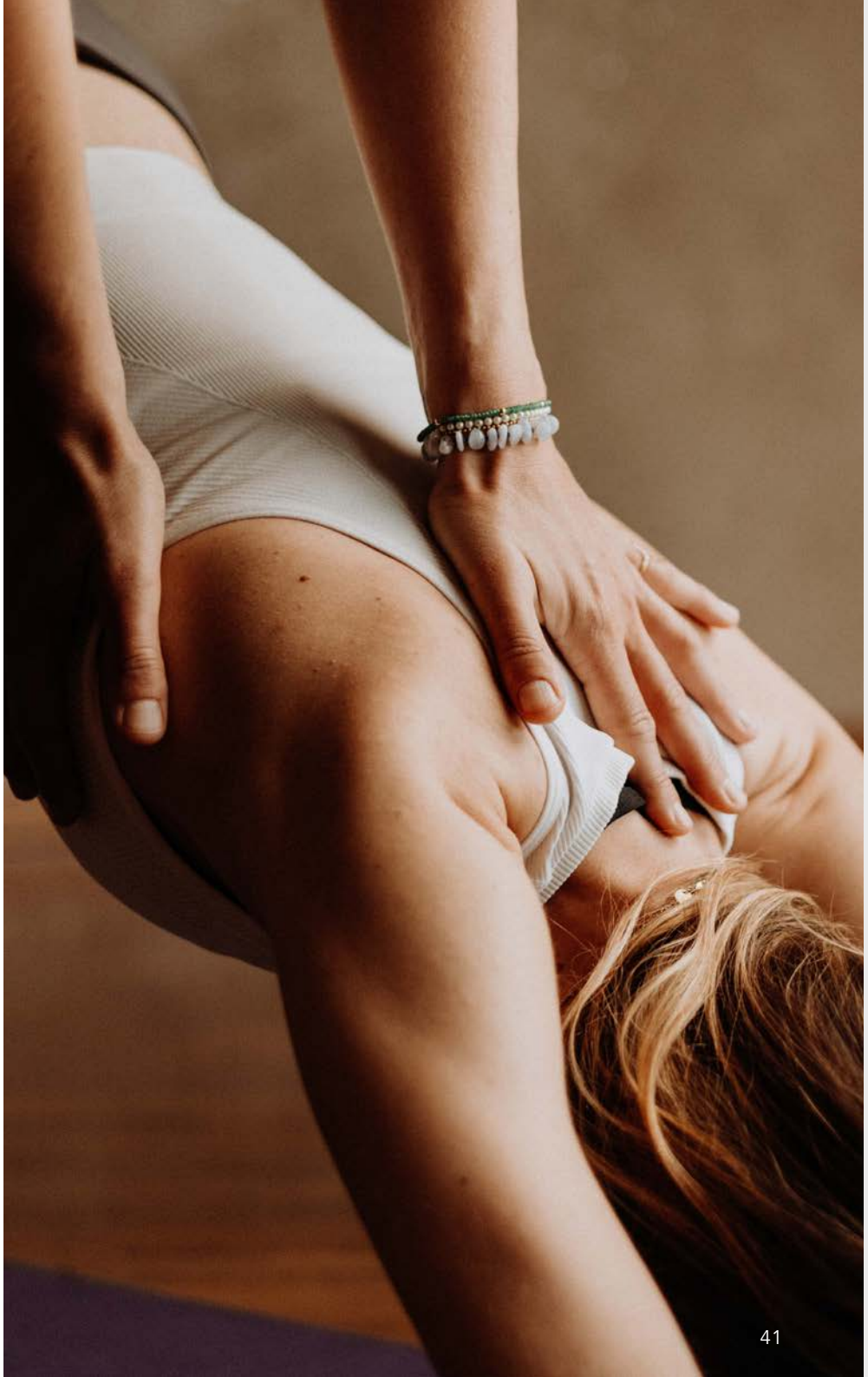
YOGA NIDRA

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) **€ 125**



OUR SPIRITUAL COACHES



Ashutosh Ashutosh
> Yoga Teacher
> Marma Healing Therapist
> Body Therapist



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



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 I T ' S IMPOSSIBLE TO TELL WHY.
BUT THE SECRET IS OFTEN IN THE DETAILS.
I T ' 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

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