



HOTEL ELBRESIDENZ BAD SCHANDAU
VIVA VITAL & MEDICAL SPA

SRI LANKAN AYURVEDA



Therapeutic colors, sensual aromas and soothing sounds—our Ayurveda team from Sri Lanka (Doctor, Chef and other Therapists) invigorate your body and spirit with individualized massages, herbal oil pours, herbal heat baths and the heavenly pleasures of Ayurvedic cuisine.

- Five-night stay including savory breakfast
- Five evening meals at “Vital” Restaurant featuring traditional Ayurvedic cuisine
- Ayurvedic Consultation: We will determine your personal constitution following the principles of Vata, Pitta & Kapha, after which you will have a consultation with our Ayurveda specialists.
- Nutritional Consultation
- Re-energizing herbal steam bath
- Abhyanga total body massage using a variety of oils
- Shirobyanga therapeutic head massage
- Daily use of the Viva Vital Spa including aurora pool, saunas, fitness center, bath robes and mineral water

Off-peak **from EUR 570.00** per person, double occupancy, atrium view
Peak season **from EUR 615.00** per person, double occupancy, atrium view

Supplements per person:

single room supplement: € 15.00 per night • extra night including Vital evening from € 83.00 per person

Tip (optional): Vital full-board with a refreshing lunch offer: € 16.00 per person per day

High season: 01.04.10 - 31.10.10 / 23.12.10 - 02.01.11

Low season: 01.11.10 - 22.12.10 / 03.01.11 - 14.04.11