



HOTEL ELBRESIDENZ BAD SCHANDAU
VIVA VITAL & MEDICAL SPA

AYURVEDA FOR BODY & SOUL



Wonderful colours, sensuous smells and calming sounds – experience the secrets of the oldest holistic health tradition – Ayurveda. Ayurveda has proven to be very good for treating stress-related disorders as well as migraines, and neuralgia. Our team from Sri Lanka will stimulate your body and mind with massages, forehead oil, herbal steam baths tailored to your needs, and serve you heavenly and delicious ayurvedic cuisine - to improve your resistance and increase your vitality.

- 5 nights including a delicious breakfast
- 5 evening meals in the “Vital” restaurant with traditional ayurvedic cuisine.
- Ayurveda advice: We will ascertain whether your constitution is vata, pitta or kapha. Then you will attend an appointment during which you will receive thorough advice from our ayurveda specialist, including dietary matters advice.
- a regenerating herbal steam bath
- an Abhyanga full body massage with a range of oils
- a highly pleasant Shirobyanga head massage
- daily access to the 1600m² Viva Vital SPA with aurora bath, sauna landscape and fitness centre, including dressing gowns and mineral water

Low season **from € 578.00** per person in double room with view of the atrium
High season **from € 638.00** per person in double room with view of the atrium

Supplements per person:

single room supplement: € 15.00 per night • extra night including Vital evening from € 85.00 per person

Tip (optional): Vital full-board with a refreshing lunch offer: € 14.00 per person per day

Main season 15.04.11 - 31.10.11 / 23.12.11 - 01.01.12

Off-season 01.11.11 - 22.12.11 / 02.01.12 - 31.03.12