



HOTEL ELBRESIDENZ BAD SCHANDAU
VIVA VITAL & MEDICAL SPA

AYURVEDIC PURIFICATION CURE



Panchakarma is a millennia old ayurvedic treatment concept for preventing imbalance of the body and mind, and revitalising and healing. The purification cure has proved its worth, in particular for chronic illnesses, for maintaining your health in a stressful lifestyle, and for increasing energy levels in older people. First of all, the body is released of metabolic waste; only then can the organism and the immune system be strengthened. Make use of the experience of 200 years of family tradition of our Siddhalepa Ayurveda specialists from Sri Lanka.

- 12 nights, including ayurvedic meals after an individual cure and dietary plan that is suited personally to you based on medical precepts.
 - 10 treatment days (including regular medical care)
 - Day 1: Advice session, a "head massage, a kashaya (a drink composed by an ayurveda doctor), relaxation
 - Day 2: Snehana treatment (a purifying massage), a herbal bath, relaxation
 - Day 3: Full body massage, Abhyanga, Arishta herbal elixir
 - Day 4: A Shariira Ubtan body pack, herbal bath, relaxation, ayurvedic tea
 - Day 5: Shirodhara forehead oil, hand and foot massage
 - Day 6-10: individual treatment that the doctor recommends after a series of advice sessions
 - daily access to the 1600m² Viva Vital SPA with aurora bath, sauna landscape and fitness centre, including dressing gowns and mineral water
- Also ask about our panchakarma cures for 14 and 21 days!

Low season **from € 2360.00** per person in double room with view of the atrium
High season **from € 2504.00** 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

High season: 15.04.11 - 31.10.11 / 23.12.11 - 01.01.12

Low season: 01.11.11 - 22.12.11 / 01.01.12 - 31.03.12