



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.

- Four-night stay including savory breakfast
- Four 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.
- 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 441.00** per person, double occupancy, atrium view  
Peak season       **from EUR 481.00** per person, double occupancy, atrium view

Additional charges, per person:

Single room surcharge: EUR 15.00 per night • Additional nights including partial meal packages from EUR 81.00 per person.

Peak season: 01.12.08 – 04.01.09 / 09.04.09 – 31.10.09 / 21.12.09 – 03.01.10  
Off peak:      05.01.09 – 08.04.09 / 01.11.09 – 20.12.09 / 04.01.10 – 31.03.10



# HOTEL ELBRESIDENZ BAD SCHANDAU

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## PURE RELAXATION



Relax, recover and re-build your energy...here you can reflect on your body, mind and spirit in the unique backdrop of Southern Saxony. At the end of your stay, you'll be refreshed and ready to take on the challenges of each new day.

- Three-night stay including savory breakfast
- Three *classic* or *experiential* partial-meal packages\*
- Aromatic oil bath of your choice: These special bath additives will tantalize your senses while promoting simultaneous relaxation and stimulation
- Hydrating SoftPack—as you float and relax your skin is enriched with vital nutrients. Using a combination of gentle water massage techniques, heat and effective active ingredients, dry, irritated skin is revitalized.
- Relaxing whole-body massage
- Daily use of the Viva Vital Spa including aurora pool, saunas, fitness center, bath robes and mineral water

Off-peak            **from EUR 345.00** per person, double occupancy, atrium view  
Peak season       **from EUR 375.00** per person, double occupancy, atrium view

Additional charges, per person:

Single room surcharge: EUR 15.00 per night • Additional nights including partial meal packages from EUR 81.00 per person.

\*Discover the many facets of our restaurants! With our meal packages you can choose between the exclusive gourmet restaurant "Sendig," the rustic "Elbterrasse" or the health-conscious restaurant "Vital."

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Off peak: 05.01.09 – 08.04.09 / 01.11.09 – 20.12.09 / 04.01.10 – 31.03.10

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## MEDICAL WELLNESS HEALTH AND A SENSE OF WELLBEING



Good health and an effective offset to stress are becoming increasingly more important. Supplement your wellness retreat by scheduling a check up using our energy medicine techniques and take an extraordinary look at the inner workings of your body. Based on the results, we will work together with you to create a customized preventative treatment program.

- Seven-night stay including savory breakfast
- Seven evening meals at "Vital" Restaurant
- Two "Fit & Active" programs at Nordic Walking
- Daily Aqua fitness programs in the Aurora pool
- Energy meridian measurement—a diagnostic and treatment method based on the Chinese wellness and acupuncture model and combining 5,000 year-old Chinese knowledge with the latest computer technology
- Meridian massage—Keeps body and spirit in balance through a combination of pressure and gentle soothing touch along energy pathways
- Energy medicine nutritional consultation: Discover which foods are beneficial for you!
- Three yoga sessions—for stress reduction and body toning
- Daily use of the Viva Vital Spa including aurora pool, saunas, fitness center, bath robes and mineral water

Off-peak **from EUR 827.00** per person, double occupancy, atrium view  
Peak season **from EUR 897.00** per person, double occupancy, atrium view

Additional charges, per person:

Single room surcharge: EUR 15.00 per night • Additional nights including partial meal packages from EUR 81.00 per person.

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Off peak: 05.01.09 – 08.04.09 / 01.11.09 – 20.12.09 / 04.01.10 – 31.03.10

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## HOLISTIC ENERGY WEEK WITH SPORT AND OXYGEN TREATMENT



Combine rejuvenating physical activity in the charming southern Saxon landscape with individualized wellness care while revitalizing yourself with *Powerstoff Oxygen* using multi-stage therapies developed by Professor Manfred von Ardenne

- Seven-night stay including savory breakfast
- Seven evening meals at "Vital" Restaurant
- Two "Fit & Active" programs at Nordic Walking
- Daily Aqua fitness programs in the Aurora pool
- Three OxyTherm treatments—take advantage of the healing effects created by heat, light and oxygen—a unique therapy designed to gently energize all areas of your body
- Four Energizing oxygen therapies—strengthens and revitalizes
- Relaxing whole-body massage
- Sea salt peel—purifies and detoxifies the skin
- Daily use of the Viva Vital Spa including aurora pool, saunas, fitness center, bath robes and mineral water

Off-peak **from EUR 1,019.00** per person, double occupancy, atrium view  
Peak season **from EUR 1,089.00** per person, double occupancy, atrium view

Additional charges, per person:

Single room surcharge: EUR 15.00 per night • Additional nights including partial meal packages from EUR 81.00 per person.

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HOTEL ELBRESIDENZ BAD SCHANDAU  
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TOWN & COUNTRY



Let yourself be captivated by the heart of Germany's Saxon Switzerland, where you'll be mesmerized by picturesque landscapes, breathtaking vistas and cultural amenities. Visit the nearby cultural metropolises of Dresden and Prague. After your journey, let yourself be completely pampered from head to toe in our hotel.

- Seven-night stay including savory breakfast
- Six *classic* or *experiential* partial-meal packages\*
- Four course meal featuring Saxon cuisine in the "Elbterrasse"
- One day excursion with guide in the golden city of Prague
- Tour of historic downtown Dresden with a visit to the famous Dresdner Frauenkirche ("Church of our Lady")
- Admission to Fort Königstein, the largest in Europe, which was built on a rock plateau high above the river Elbe
- Relaxing foot and leg massage
- Daily use of the Viva Vital Spa including aurora pool, saunas, fitness center, bath robes and mineral water

Off-peak **from EUR 603.00** per person, double occupancy, atrium view  
Peak season **from EUR 673.00** per person, double occupancy, atrium view

Additional charges, per person:

Single room surcharge: EUR 15.00 per night • Additional nights including partial meal packages from EUR 81.00 per person.

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