



AYURVEDAWAY
Traditionelle Indische Heilkunst

Ayurveda-Kurzentrum

im Aqua Blu Hotel

Professor-Böhm-Straße 3

DE - 94072 Bad Füssing

Tel: 0049 (0) 8531 13 55 88

Fax: 0049 (0) 8531 13 58 855

E-Mail: info@ayurvedaway.de

www.ayurvedaway.de

PRICE - TREATMENTS

CONSULTATION WITH AYURVEDA-SPECIALIST

AYURVEDA-CONSULTATION 90 Min. / 150,- €
90 Min. Consultation with Dosha-Constitution-Analysis, discussing individual Problems and advising herbal supplements, diet and lifestyle suggestions.

AYURVEDA DOSHA-CONSTITUTION-ANALYSIS 60 Min. / 110,- €
With diet and lifestyle suggestions

INDIVIDUAL CONSULTATION 45 Min. / 75,- €
Discussing Health Problems in Ayurveda Perspective and advising solutions

FOLLOW UP CONSULTATION ca. 30 Min. / 50,- €

YOGA AND MEDITATION

YOGA AND MEDITATION in the group 60 Min. / 15,- €

INDIVIDUAL SESSION – YOGA / MEDITATION 60 Min. / 80,- €

WHOLE BODY TREATMENTS

ABHYANGA – OIL Massage 60 Min. / 90,- €
90 Min. / 120,- €

PINDA SWEDA – Herbal Pouch-Massage
(45 Min. Abhyanga and 15 Min. Herbal Pouch-Massage - local) 60 Min. / 110,- €
(60 Min. Abhyanga and 30 Min. Herbal Pouch-Massage - local) 90 Min. / 150,- €

UDWARTHANAM – Herbal Powder-Massage 60 Min. / 110,- €

LOCAL TREATMENTS

PRUSHTA ABHYANGA – Spine and Back Massage 30 Min. / 50,- €

NECK&SHOULDER-MASSAGE 30 Min. / 50,- €

ABHYANGA AND CHURNA PINDA SWEDA – for Back 60 Min. / 100,- €

PAADA ABHYANGA – Foot massage 30 Min. / 50,- €

SHIRO ABHYANGA – Head massage 20 Min. / 30,- €

MUKHA ABHYANGA – Face massage 20 Min. / 30,- €

PINDA SVEDA – Herbal Pouch, lokal 30 Min. / 45,- €

SHIRODHARA

THAILADHARA – Shirodhara using original Ayurveda Herbal Oil	45 Min. / 75,- €
THAILADHARA (30 Min.) And ABHYANGA (60 Min.)	90 Min. / 120,- €
THAKRADHARA – Shirodhara using Herbal Buttermilk	45 Min. / 75,- €
KSHEERADHARA – Shirodhara with Herbal Milk	45 Min. / 75,- €

SPECIAL TREATMENTS

AKSHI THARPPANAM – Treatment for Eyes, using Herbal Ghee	30 Min. / 50,- €
NASYAM – Nasal Treatment	30 Min. / 45,- €
KARNAPOORANAM – Treatment for Ear using Herbal Oil	30 Min. / 40,- €
KATEE VASTHI – Treatment for Lower back using Herbal Oils	30 Min. / 45,- €
THALAM / PICHU – Oil Applications on Head	30 Min. / 45,- €
LEPAM – Application of Herbal Pastes	30 Min. / 45,- €

Supplementary Treatments

These treatments are done after a whole body massage, for the best results:

SWEDANA – Steam Bath Making sweating as a part of cleansing, sitting inside a wooden steambath chamber, head out.	30 Min. / 30,- €
PINDA SWEDA – Local application of Herbal Powder Pouches	30 Min. / 50,- €
AYURVEDA- Face Treatment including Herbal Peeling and Oil Massage Herbal Peeling, Oil Massage and Herbal Facial	30 Min. / 50,- € 45 Min. / 75,- €

* All procedures are done with the advice and direction of the Ayurveda Specialist.

AYURVEDA

The way to improve the quality of life

