



AYURVEDAWAY
Traditional Indian Art of Healing

Kurhotel Regina

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Room Booking:

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Prices - Single Treatments:

Consultation with Ayurveda Specialists

AYURVEDA-Consultation Complete Consultation with Dosha-Constitution Analysis, individual Health Problems and Diet and Lifestyle Counselling	90 Min. / 120,- €
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AYURVEDA DOSHA CONSTITUTION ANALYSIS With Diet and Lifestyle Counselling	60 Min. / 90,- €
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INDIVIDUAL CONSULTATION Explaining the Ayurveda Point of view of the Health Problems	45 Min. / 60,- €
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FOLLOW UP CONSULTATION	30 Min. / 40,- €
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YOGA AND MEDITATION

YOGA AND MEDITATION - In the group	60 Min. / 15,- €
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SINGLE COACHING – YOGA / MEDITATION	60 Min. / 60,- €
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WHOLE BODY TREATMENTS

ABHYANGA – Oilmassage	60 Min. / 75,- €
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PINDA SWEDA – Herbal Pouch-Massage	60 Min. / 90,- €
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UDWARTHANAM – Powder-Massage	60 Min. / 90,- €
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PARTIAL TREATMENTS

PAADA ABHYANGA – Foot Massage	30 Min. / 45,- €
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NECK & SHOULDER-MASSAGE	30 Min. / 45,- €
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PRUSHTA ABHYANGA – Back Massage	30 Min. / 45,- €
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ABHYANGA & CHURNA PINDA SVEDA - For Back	60 Min. / 75,- €
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SHIRO ABHYANGA – Head Massage	20 Min. / 30,- €
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MUKHA ABHYANGA – Face Massage	20 Min. / 30,- €
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PINDA SVEDA – Herbal Pouch Massage, local	30 Min. / 45,- €
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