

HOLISTIC  
*Ayurveda*  
SOLUTIONS

A GUIDE TO STAYING HEALTHY  
AND PREVENTING ILLNESS



AYURVEDA RESORT  
**MANDIRA**

SUNRISING YOUR

soul

ALL GROWING THINGS ARE SUFFUSED BY  
THE SUN'S SUBTLE ENERGY: PRANA, THE  
VITAL ENERGY. WHEN OUR DOSHAS ARE IN  
HARMONY, WE ARE IN BALANCE, ABLE TO  
DRAW ENERGY AS OUR PRANA UNFOLDS IN ITS  
FULL RADIANCE.


# TREATMENTS & *Services*

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1976

Ayurveda was officially  
recognised as a traditional  
medicine by the World  
Health Organization  
(WHO).





WITH GREAT JOY  
AND  
GRATITUDE, I  
SHARE WITH  
YOU  
EVERYTHING I  
HAVE LEARNED  
ABOUT  
NATURE'S  
HEALING  
POWERS AND  
AYURVEDA.



## DEAR GUESTS,

Isn't it time we all took charge of our own health? We often overlook the health impact of our daily habits: what's in our diet? Do we give ourselves enough time to rest and heal our bodies? What's the relationship between negative stress and relaxation? Are there any lifestyle changes I could make to live more healthily?

We would like to show you how, by working together, we can achieve your objectives. Our Holistic Ayurveda & Beyond concept is designed to bring balance to body, mind and spirit, which in turn results in a more mindful, happier life in a healthier body. Our universal health philosophy focuses on you as a person and your individual needs. We all need to be balanced and at peace with ourselves to attain optimum health and productive capacity.

Ayurveda has been a huge factor in my life. I was privileged to have my mother as a teacher who generously shared her knowledge and vision with me. Ayurvedic health theory conceives of the body as composed of structural and energetic elements, and is a science I studied for many years. Running our first Ayurveda Resort, we learnt so much. Through our healing practice we were able to profoundly examine the effectiveness of our treatments and approaches to nutrition and health. Gradually, Holistic Ayurveda emerged: a concept specially developed to suit a European setting. Based on the roots of the world's oldest holistic healing method, it embraces other complementary and therapeutic methods as well as conventional medicine.

It is with great joy and gratitude that I can now share everything I have learned about nature's healing powers and Ayurveda to serve your health and wellbeing. These are what drive me.

*Christina Mauracher*

# Holistic Ayurveda & Beyond

## OUR EXPERTS



CHRISTINA MAURACHER


- ✓ Medical Ayurveda specialist
- ✓ Master of Science in Ayurvedic Medicine
- ✓ Certified Holistic Coach
- ✓ Certified Radical Forgiveness Coach

Mastermind



MICHAEL DALCHER

- ✓ Ayurvedic Health Counsellor
- ✓ Yoga Instructor
- ✓ Certified Iyengar Yoga Teacher
- ✓ BA International Relations



**TIP: Book a one-to-one yoga lesson!**



AKHIL BALACHANDRAN

- ✓ Ayurvedic Practitioner
- ✓ BAMS (Bachelor of Ayurveda, Medicine and Surgery, India)
- ✓ Yoga Instructor



TIP: Book a pulse diagnosis!



MAG. MALINI HÄUSLMEIER

- ✓ Traditional Ayurveda Specialist
- ✓ Practised at Ayurvedic Centres in India
- ✓ Psychotherapist and Mental Coach
- ✓ Specialist in Nutrition, Lifestyle and Everyday Life Choices

TIP: Book a one-to-one mind coaching session!



DR ALEXANDRA KOLLER

- ✓ General Medicine
- ✓ Holistic Analytical Techniques
- ✓ Integrative Medical Treatments



TIP: Start your stay with a comprehensive body survey and analysis

# Holistic Ayurveda

## GUIDE FOR GUESTS

### BEFORE TREATMENT

Before any treatment, please spend some time in the heat cabin (approx. 10-20 mins). Have a glass of water prior to entering the heat cabin. Please take a lukewarm shower afterwards and have another drink of water.

### AFTER TREATMENT

After your treatment, please visit the sauna specified in your therapy plan (Swedana heat treatment). It is essential that you drink plenty of fluids after treatment in order to eliminate toxins.

We recommend that you do not use shower gel or body lotion during your stay, so as to allow the detoxification process to proceed via the skin.

### EXERCISE

Physical exercise improves health, and protects against diabetes, obesity, high blood pressure, depression and osteoarthritis. Gentle exercise also enhances your treatment outcome.

### DIGITAL DETOX

Spend time away from mobile phones and social media; treat yourself to the luxury of being offline.

### PERSONAL TRAINING

We can design a tailor-made training programme for you to practise with professional guidance during your stay and continue at home.



## THERMAL WATERS

Go for a daily, 20-minute swim in our healing thermal water. Please do not use the thermal water pool immediately after your treatment – allow sufficient time to pass for the oil to take effect.

## AYURVEDIC NUTRITION

You and your Ayurveda specialist will discuss which individual nutritional level is best for you.

## MIND COACHING

Whether you would like to learn how best to deal with stress, break unhealthy eating habits, or quit an unhelpful habit, one-to-one mind coaching will help get you closer to your goal.

## REFLECTION

WHAT DO I WISH TO LET GO OF?  
WHAT WOULD I LIKE TO CHANGE?  
WHAT ARE MY OBJECTIVES?  
HOW WOULD I LIVE IF ANYTHING WAS POSSIBLE?

**AYURVEDA SOLUTIONS ARE YOUR  
OPPORTUNITY FOR A NEW START!**

VATA



PITTA



KAPHA



THE TREE

*Doshas*



## AYURVEDIC *Philosophy*

Ayurvedic philosophy (the Sanskrit word Ayurveda means 'knowledge of life') considers every human to be part of nature and composed of the five Elements of Fire, Water, Earth, Air and Ether (space) that make up the universe. These Elements determine a person's constitution and temperament. As living organisms, human beings therefore follow an 'inner plan': deeply-rooted information based on the laws of nature.

In Ayurveda, the life energies or bioenergies, the VATA, PITTA and KAPHA Doshas, are derived from the five primal Elements. An imbalance, either of the Elements or the Doshas, leads to disease and distress of both the body and mind. The teachings of Ayurveda therefore advise a holistic view of a person and their lifestyle.





**WE NEED NEW,  
HOLISTIC  
APPROACHES TO  
SUSTAINABLY  
AND  
PREVENTIVELY  
STRENGTHEN  
HEALTH AND  
WELLBEING.**

**DR ALEXANDRA  
KOLLER**





# Holistic Ayurveda & Beyond

## A SYNERGY OF AYURVEDA, CONVENTIONAL AND HOLISTIC MEDICINE

When it comes to preventing ill health, Ayurveda has a head start of thousands of years. Beyond Ayurveda combines this advantage with the latest scientific findings and methods, as well as established conventional medicine and integrated holistic approaches. Combined with nutrition, treatments and emotional health programmes, we open up new vistas on prevention and cures which start in the smallest cells and culminate in the way we feel and act.

Complement your Ayurvedic pulse diagnosis and consultation with our holistic Health Med measurements and analyses. Holistic diagnostics form the basis of our personalised rebalancing and cell-regeneration therapies.



HEALTH

Med

DR ALEXANDRA KOLLER

CONSULTATIONS  
BY APPOINTMENT

**MINI CONSULTATION\*** 15 mins | €38

\*Required prior to initial infusion

**MEDICAL  
CONSULTATION** 30 mins | €81

# VITAL FIELD ANALYSIS AND THERAPY

## GLOBAL DIAGNOSTICS

Exhausted, stressed, burned out, anxious or depressed? Optimise energy levels and wellbeing with the help of personalised frequency medicine. Vital field measurement is chemical-free and non-invasive. Using gentle impulses, measurements take less than 10 minutes and reveal the causes of chronic problems, blockages and disorders, as well as determining energy levels. This biophysical treatment method supports the body in restoring a healthy flow of energy.

The results of our measurements allow us to generate and apply individualised frequency patterns. Treatment focuses include detoxification, recovery, regeneration, cell health, intestinal health, endocrine function balance, inflammation management, and immune system support.

**Analysis and consultation | €139**

**Vital field therapy based on  
preceding analysis and  
consultation | €1.50 per minute**

# POWER INFUSION THERAPY

## VITAMIN B COMPLEX

B vitamins are involved in numerous metabolic processes and also play a central role in the nervous system. Major areas of application: skin changes, depression, sleep disorders, listlessness, anaemia, nervous disorders, exhaustion, chronic pain, immune deficiency.

**€49**

## VITAMIN C

As well as being an ideal immune booster and free radical scavenger, Vitamin C is also a micronutrient that is essential for many metabolic processes, including those in the brain and kidneys. Since our bodies are unable to produce our own vitamin C, we have to take in the form of food or supplements. Infusion therapy restores vitamin C level quickly and efficiently.

**€68**

## ALPHA LIPON

Highly effective antioxidant infusion that captures free radicals and protects cell membranes, thus significantly slowing down ageing processes. Alpha Lipon protects blood vessels and the cardiovascular system, regularises blood sugar levels, and prevents nerve damage.

**€72**

## MEDICAL OXYGEN & OZONE THERAPY

Optimising immune system and metabolism, this infusion therapy also benefits the blood cells. It can be used to treat arterial disorders; exhaustion; metabolic, skin or liver diseases; bacterial, fungal or viral diseases; headaches; muscle and joint pain, and much more.

**1 infusion | €72**

**3 infusions | €205**

## DETOX COMPLEX

Offers optimal support in dissolving and eliminating toxins and pollutants in the body. An ideal nutrient combination of antioxidants, vitamins and trace elements restores your ability to fully utilise energy reserves!

**€160**

## CELL OPTIMISER

This powerful cocktail of amino acids, vitamins and minerals strengthens and vitalises the cells. The optimal energy boost for your cell metabolism.

**Tip:** Perfect after a Detox Complex infusion.

**€160**





## RELAX SPIRIT

Develops and stabilises the vegetative nervous system to sustainably strengthen body, mind and spirit.

€160

## MITO ENERGY

This high-dose vitamin and micronutrient infusion reduces mental and physical stress, boosts performance and concentration, reduces inflammation, optimises regeneration processes, and supports the immune system.

€160

## Q10

Q10 infusions improve blood sugar and blood pressure regulation, increase cellular energy, protect and strengthen heart and immune system, and boost insulin function. Oxidative stress is reduced and ageing processes are delayed.

€179

## NAD+

'Fountain of youth' for body and mind: NAD (nicotinamide adenine dinucleotide) is an active molecule and coenzyme that plays a major role in cell function. NAD+ increases energy levels, activates neuron functions in the brain, stimulates metabolism and cell regeneration, reduces chronic inflammation and oxidative stress.

€248



HEALTH IS  
ABSOLUTE  
WEALTH.

AKHIL  
BALACHANDRAN

# Consultation

## & PREVENTION

### AYURVEDIC CONSULTATION

30 mins | €69

### AYURVEDIC NUTRITION CONSULTATION

50 mins | €109

### AYURVEDIC CONSULTATION AND PULSE DIAGNOSIS

50 mins | €122



Recommended for: Ayurveda novices.

Get to know your personal Dosha  
constellation!



Has Ayurveda changed you?

Determine your personal  
status quo!

# AYURVEDIC treatments

## ABHYANGA

Gentle full-body massage with heated Ayurvedic herbal oils. Subtle energy work and medicated oils penetrate deep into the skin, releasing fat-soluble toxins from the tissues and exerting a revitalising effect on skin, muscles, veins, heart, circulation and nervous system.

**55 mins | €109**

**85 mins | €154**

## ABHYANGA WITH TWO THERAPISTS

Ayurvedic full body oil massage with two therapists. Restores flow to the energy channels for regeneration and deep relaxation.

**55 mins | €171**

## GARSHAN – SILK GLOVE MASSAGE

Garshan is a dry, gently exfoliating massage that stimulates connective tissue and invigorates the body as a whole. The treatment includes techniques that stimulate lymph flow and relieve water retention. This application has a detoxifying effect and clears blockages in the body. The effects include cellulite reduction and a better complexion.

**55 mins | €109**

**TIP:** Perfect in combination with our cellulite-buster wrap

**85 mins | €138**

## JAMBIRA PINDA SVEDA

This Ayurvedic herbal compress massage serves to detoxify and revitalise the body. Circular and stroking movements with heated lemon compresses stimulate lymph flow, the lemon relieves water retention and has a sudative effect. Jambira Pinda Sveda is used to treat cellulite, obesity, over-acidification, water retention and blockages in the lymphatic system.

**INFO:** We bind our own compress bags and use only premium quality, organic products, our own formulations and precious herbal oils.

**55 mins | €115**

**TIP:** Extend the treatment to focus on specific areas.  
Indications: Back and joint pain.

**85 mins | €156**

## JANU VASTI

A special Ayurvedic treatment during which warm oil is poured onto the knee area. We use Mahanarayana Thailam, a medicated Ayurvedic oil that relieves pain and restores mobility in muscles and joints. It is a real treat for the musculoskeletal system that relieves pain, promotes joint lubrication and improves arthritis.

**45 mins | €109**

## KATIVASTHI

A ring of chickpea dough is placed on the area to be treated and filled with Ayurvedic oil to rebalance the affected part of the body. The treatment releases deep tension as it harmonises the Chakras.

**55 mins | €109**

## MUKABHYANGA

Ayurvedic head, face and foot massage with warm oil. This massage has a positive effect on insomnia, anxiety, stress and tension.

**55 mins | €109**

## SHIRODHARA – FLOWING OIL HEAD TREATMENT

Traditional head treatment,  
recommended for relieving  
stress-related symptoms,  
insomnia and migraines.

INFO: This treatment is only  
available in combination with an  
Abhyanga full-body oil massage!

**30 mins | €76**



## PADABHYANGA

Ayurvedic foot massage. Soothes and bolsters the nervous system.

**25 mins | €59**

## PRISTA – SPECIAL HOLISTIC AYURVEDA BACK MASSAGE

A powerful treatment combining heated herbal compresses with a holistic back massage and medicated oil to release energy blockages, adhesions and tension.

**55 mins | €109**

## SEKKA BODY TREATMENT WITH OIL

Heated oil flows continuously over the entire body while being simultaneously massaged into the skin by two therapists. As well as being extremely relaxing, the oil's heat has a strongly detoxifying effect. Ideal for rheumatic complaints and weaknesses of the immune system.

**55 mins | €219**

## SHIROABHYANGA

This refreshing and soothing head, face and neck massage revitalises the scalp; relaxes the neck, shoulder and back muscles; and fortifies the nervous system – perfect for dealing with stress and overload. It also nourishes hair roots, clears the mind and boosts inner resolve.

**55 mins | €127**

## THAKRADHARA – MEDICATED YOGHURT FOREHEAD TREATMENT

This is similar to the Shirodhara flowing oil treatment, except that it is carried out with a cooling yoghurt and herb mixture.

The treatment is particularly effective for tension, sleep disorders and restlessness.

**50 mins | €127**

## UDANAVATA AYURVEDIC ABDOMINAL MASSAGE

This massage and energy point treatment strengthens and detoxifies the tissues. Venous return and lymphatic backflow are stimulated, and blockages released.

**55 mins | €109**





## UPANA – SALT AND OIL SCRUB

Ideal for cleansing and detoxifying, this Alpine salt and oil scrub releases stressful energy and strengthens the immune system.

55 mins | €109



## VISHESH

Energising full-body massage with herbal oil. This treatment balances the vital energies, reducing stress, helping the body to regenerate and the mind to relax deeply.

**55 mins | €109**

## UDVARTANA

A powerful powder massage using crushed barley, this treatment stimulates the metabolism, heats and cleanses tissues, and resolves water retention. Pleasantly exfoliating, Udvartana also encourages detoxification.

**55 mins | €115**

## FOUR-HANDED UDVARTANA

Powder massage using crushed barley with two therapists to stimulate the metabolism, and a deep cleanse with peel.

**55 mins | €175**

## SHIRO MARDANA

Ayurvedic head, neck, décolletage and face massage. A revitalising treatment that encourages blood flow and stimulates the scalp.

**25 mins | €59**

## MARMA POINT MASSAGE

An Ayurvedic full-body treatment in which energy points (Marma points) are stimulated to tap into the Prana. In a healthy person, the Prana (life energy) flows freely through the body's energy channels. However, injury, persistent bad posture, emotional problems and stress can impair its flow. Treating the Marma points with gentle massage therapy releases blockages, enabling the life force to flow freely once more.

**55 mins | €109**



A large, stylized leaf graphic in a light beige color, positioned in the upper left quadrant of the page. The leaf has a central vein and several smaller veins branching off, with a smooth, curved edge. It is partially overlapping the text.

TREATMENT &

*Regeneration*

**ENERGETIC TREATMENTS.  
MASSAGES. SPECIAL MASSAGES.  
COMPLEMENTARY TREATMENT  
METHODS.**

## ENERGETIC *treatments*

### ACUPRESSURE AND ENERGY BALANCING MASSAGE

This treatment combines Penzel's APM acupressure techniques with classic massage methods. Disturbances in the meridians' energy flow are removed by stimulating acupuncture points. In response to your specific concerns, the therapist may combine the acupressure massage with cupping and/or Gua sha (a traditional Chinese 'spooning' massage). Indications: Fatigue, stress, joint problems, vertebral blockages, sleep disorders, digestive problems, scarring and pain.

**55 mins | €102**

### SPIRITUAL HEALING MIND COACHING SESSION

Energy work that promotes inner balance by means of spiritual interaction with your therapist.

**55 mins | €109**

## MASSAGES &

# Special Massages

### CLASSIC BACK MASSAGE

A classic back massage is perfect for preventing and treating back muscle tension. This deeply relaxing treatment stimulates blood flow.

**25 mins | €59**

### CLASSIC FULL-BODY MASSAGE

Moments of sheer relaxation for holistic wellbeing. A classic full-body massage releases tension, reduces muscle blockages, relieves pain, strengthens the musculoskeletal system, boosts the immune system, improves blood circulation and creates a profound sense of inner balance.

**50 mins | €97**

### FOOT REFLEXOLOGY

Reflex zones in the feet are massaged to stimulate specific areas and functions of the body. This massage technique is particularly useful in treating back, head and menstrual problems; functional organ disorders; insomnia and fatigue.

**25 mins | €59**

### MANUAL LYMPHATIC DRAINAGE

Lymphatic drainage is a medical form of massage that stimulates the lymph vessels and encourages increased elimination of lymphatic fluid. It is a detoxifying treatment that clears blockages and reduces water retention. Acids and waste products are released from the body, resulting in firmer, more toned tissue.

**50 mins | €89**

## FASCIA MASSAGE

A fascia massage breaks down adhesions between the tissues, softening them by applying sustained pressure. Fascia treatments support mobility, enhance circulation, help relieve pain and reduce stress.

**55 mins | €102**

## DORN-BREUSS SPINAL THERAPY

Often caused by misalignment of the joints and vertebrae, backache can impact the psyche and internal organs. The Dorn-Breuss method helps to relieve pain in the back, the cervical or lumbar vertebrae and shoulder, as well as easing sciatica, tennis elbow and complaints caused by bad posture, lumbago and stress. Gentle pressure is applied to correct misalignments. A gentle massage with oil helps regenerate the intervertebral discs and relaxes the muscles.

**55 mins | €102**



## COMPLEMENTARY

# medical treatments

### CRANIOSACRAL TREATMENT

Craniosacral therapy is an effective and gentle method for releasing blockages. During the treatment, blockages in the body are identified and released by means of touch with the aim of activating the body's natural self-healing powers. The treatment can be used both preventively and therapeutically – to preserve good health or restore the body's equilibrium.

**55 mins | €102**

### EAR CANDLING

This natural treatment has been handed down to us by the Hopi Native American tribe. The ear candles contain bee's wax, herbs, chamomile and St John's Wort, and provide long-lasting wellbeing, relief and a sense of lightness.

**25 mins | €54**

# ESQ – Emotionaler Status Quo

## MONITOR

are Energie

ität  
gsbereitschaft  
gie

blicht:

oden:

ize:

vene Emotion/Zeit:



Kachher

Innen

Schritt

**A HEALTHY MIND  
RESIDES IN  
A HEALTHY BODY**  
CHRISTINA MAURACHER





HEALING  
*Spirit*

**RADICAL FORGIVENESS COACHING.  
ESQ EMOTIONAL STATUS QUO.  
KINESIOLOGY.**

## Beneficial and verified

You start to shape your life with renewed strength and energy, encounter others with ease and loving kindness, and experience a subtle quality to your relationships.



## COACHING – RADICAL FORGIVENESS

Feeling tired, frustrated, angry, sad and aggrieved? Heal your relationships with others and yourself, and change how you view life! With the gentle assistance of your coach, you start to recognise the underlying assumptions and patterns of a problematic situation and learn to resolve it with the tools of Colin Tipping's Radical Forgiveness process.

**This revolutionary method is supported by three principles that can bring positive change to your life.**

1. FIND PEACE

2. FIND SELF-ACCEPTANCE

3. RADICAL MANIFESTATION

Radical Forgiveness places a different perspective on your life, offering an alternative view of your future. Make friends with your shadow self and discover how liberating this is. When we accept and love ourselves, we experience a new life energy that allows us to actively and purposefully shape our life. We do this by using spiritual intelligence – a form of wisdom that is accessible to all of us through the medium of radical manifestation.

**55 mins | €109**

# ESQ

## YOUR EMOTIONAL STATUS QUO

**Prevent your blood boiling and stop your heart sinking**

Scientific research into the causes of diseases or symptoms sometimes neglects factors such as a patient's social environment and psychological/emotional circumstances. Our feelings can have a significant effect on physical health. At our holistic resort, we offer ESQ, a simple screening tool to highlight emotions and complex issues that cause blockages. We remove these blockages to activate your self-healing powers.

**1 Session | €109**

*ESQ can be added as an extra to all packages, or arranged as an individual service on request.*

# Kinesiology

Kinesiology is a non-invasive, holistic therapy that deals with stress and imbalance in the energy system. Kinesiology sees the energy system as a complete unit consisting of body, mind and spirit. The therapy's essential principles are derived from Traditional Chinese Medicine (TCM), chiropractic and the findings of research into stress and the brain.

The aim is to dissolve energy blockages and restore the free flow of energy. With the help of muscle-testing techniques, the kinesiologist gains insight into the body. Energy flow is restored with the help of specific exercises and effective balancing techniques. These release blockages and promote the self-healing process.

Kinesiology supports self-healing and helps you to become more self-aware, find new pathways and integrate changes into your everyday life, whatever your age, gender or state of health.



## WHAT ARE THE EFFECTS OF KINESIOLOGY?

- Enhances and stabilises health
- Supports self-healing
- Increases wellbeing
- Helps to improve performance
- Augments quality of life
- Helps us see things more clearly
- Helps us become more centred
- Supports the decision-making process
- It is person-centred and holistic

## THE BENEFITS OF KINESIOLOGY

Kinesiology helps overcome many illnesses, mental disorders and life frustrations, and can be applied to treat all kinds of stress and blockages, be they of a physical or psychological nature, including:

- Stress
- Migraines
- Scarring
- Anxiety and sleep disorders
- Racing thoughts
- Trauma
- As a preventive measure
- Fatigue
- Emotional stress
- Mental conflicts and blockages
- Addiction
- Issues with concentration and learning
- Self-development
- Pain
- Structural disorders of the musculoskeletal system
- Back pain
- and much more.

ROOFTOP YOGA AND  
MEDITATION SPACE

Yoga

THE FLOW  
OF ENERGY

ONE-TO-ONE  
YOGA LESSON

Tailored to your  
specific needs.

60 mins | €99









PHYTO5

# Phytobiodermie

## HOLISTIC BEAUTY PRODUCTS BASED ON THE FIVE ELEMENTS OF TRADITIONAL CHINESE MEDICINE (TCM)

WOOD – FIRE – EARTH – METAL – WATER

Our body consists of energy, as well as matter, so cosmetic issues can often be evidence of energetic imbalances. Phyto5 is a Swiss active-ingredient-based beauty product inspired by TCM's five elements theory and informed by the latest research in quantum physics. Every line of this holistic cosmetics brand is designed to rebalance and harmonise the body's energies, thus bringing about a visibly refreshed, restored and revitalised appearance.

- Swiss know-how for quantum energetic skincare
- Contains Swiss mountain spring water
- Strict controls on water quality
- Natural active ingredients include clay, essential oils, seaweed, mineral salts and seed oils – contain no parabens
- No animal testing or animal ingredients



**PIT STOP – MOT  
FOR MEN**

A thorough facial  
treatment designed for the  
specific needs of male skin.

**55 mins | €92**

# THE TRUE *Luxury*

## BASIC FACIAL PHYTO5

A facial tailored to your precise skin type which includes a deep cleanse to reawaken your skin's radiance

**55 mins | €92**

## QUANTUM ENERGY FACIAL

### 5 ELEMENTS – 5 SKIN TYPES – 5 SEASONS

Experience a special kind of treatment. Personalised facial with chromotherapy and energy drainage tailored to your element and the season. The treatment stimulates the skin's defensive energies, detoxifies, decongests and refines the complexion.

**85 mins | €125**

## ENERGY FACIAL

Restores the skin's energetic balance for instantly visible rejuvenation, freshness and deep regeneration.

**55 mins | €102**

## DIAMOND MICRODERMABRASION ANTI-AGEING TREATMENT

Skin rejuvenation through cell renewal. The objective of DIAMOND microdermabrasion is to visibly rejuvenate skin by refining the pores and reducing wrinkles. Following a deep cleansing, microdermabrasion gently removes the upper layers of the skin, helping to stimulate natural skin regeneration and renewal. DIAMOND microdermabrasion is ideal for treating scars, hard skin, hyperpigmentation and sun damage.

**85 mins | €135**



# Deep as the Ocean

## Beauty & Wellbeing

### BEAUTY BASICS & THALGO COSMETICS

LET THE SEA EMPOWER YOUR BEAUTY – for over 50 years, THALGO has been the byword for supreme quality, extraordinary spa treatments and excellent beauty products nourished by the power of the sea.

The visionary French pharmacist, André Bouclet, developed a unique algae micronisation method in the 1960s which he used to release and preserve the active ingredients contained in seaweed. These are highly effective in the treatment of skin, rheumatic and circulatory disorders.

The THALGO laboratory was established on the French Riviera in the 1970s. THALGO have continued to develop their product range, sourcing their raw materials from the sea with due social and environmental responsibility. Combining marine ingredients with innovative high-tech active constituents ensures perfect treatment results.

# AESTHETIC TREATMENTS

## YOUR HANDS ARE YOUR CALLING CARD

Following a soothing hand soak, your nails, cuticles and hands receive professional attention for sublime results!

No-polish manicure **€44**

Manicure with polish **€53**

## PEDICURE

### Beautiful feet are yours!

With a soothing foot soak, professional nail and foot care, including a massage, your pedicure is a real treat.

No-polish pedicure **€59**

Pedicure with polish **€64**

Take the polish used for your manicure or pedicure home as a special gift from us to you!

## EYES AND EYELASHES

### Complete care

Eyebrow shaping, eyebrow and eyelash tint **€36**

Eyebrow or eyelash tint **€12**

(only available with a treatment)

Eyebrow shaping **€12**

(only available with a treatment)

## WAXING

Lower leg **from €36**

Full leg **from €54**

Bikini line or underarm **from €18**

Upper lip or chin **from €12**



## HYALU-PROCOLLAGEN FACIAL

This sensational active-ingredient innovation ensures immediate and noticeable wrinkle-correcting and smoothing effect thanks to triple hyaluronic acid and collagen.

Including deep cleanse      **85 mins | €125**

No deep cleanse              **55mins | €111**

## FIRMING FACIAL

Powered by a highly effective combination of maritime silicon and vitamin C, this treatment corrects the loss of firmness and smooths wrinkles.

Including deep cleanse      **85 mins | €135**

No deep cleanse              **55 mins | €119**



HEALING

*sources*





## THERMAL POOL

Bad Waltersdorf's famous thermal water has officially been recognised as curative. The thermal water contains sodium, hydrogen carbonate and chloride, and is profoundly effective at 27°C to 32°C.

## OUR HEALING THERMAL WATER

- Relieves joints and relaxes muscles
- Builds muscle and bone
- Enhances flexibility
- Reduces stress and prevents burnout
- Reduces fatigue
- Prevents rheumatism
- Stabilises the back
- Strengthens the immune system
- Tones and purifies the skin

## OUR THERMAL POOLS

- Indoor pool (32°C)
- Outdoor relaxation hot tub (32°C)
- Thermal indoor pool (36°C)

**TIP: Go for a daily, 20-minute swim in our healing thermal water. Please do not use the thermal water pool immediately after your treatment – allow sufficient time to pass for the oil to take effect.**



At the Ayurveda Wellness and Thermal Spa, our focus is on tranquility, relaxation and wellbeing. We therefore kindly request that you turn off your mobile phone and speak quietly.

## SPA-

# Etiquette

### CONSULTATIONS AND BOOKINGS

To secure your preferred appointment time and date, we recommend you book early with the Ayurveda & Spa Lounge. Our highly experienced team will be happy to advise you. Please do not hesitate to let us know if you have any preferences or feel discomfort during your treatment so we can ensure you enjoy the best possible experience.

### YOUR HEALTH IS IMPORTANT TO US

Please let us know of any medical conditions, including allergies, at the time of booking your appointment, or inform your therapist. We wish to ensure that all treatments are suitable for your needs and health.

### TAKE YOUR TIME

To safeguard an optimal therapy experience and results, we recommend that you arrive at the Ayurveda & Spa Lounge a few minutes before the start of your treatment. Relax with a cup of tea. Your therapist will come to collect you.

### SUITABLE CLOTHING

Please wear a bathrobe. Disposable briefs for men and women are available for body treatments. A spa bag is provided in your room for use in the Ayurveda Wellness and Thermal Spa.



## ENERGY GARDEN

Large garden & sunbathing lawn

### LATENESS AND CANCELLATIONS

In the event that you arrive late, we will have to curtail your treatment out of consideration for guests who have booked treatments after you. The full treatment charge will be payable. If you are unable to keep your appointment, please cancel your treatment 24 hours beforehand. Otherwise we will have to charge you the full treatment price.

WE ARE  
*here for you!*

### TO BOOK YOUR APPOINTMENTS AYURVEDA & SPA RECEPTION

8am–6.30pm

(When the Ayurveda & Spa Reception is closed, please contact the hotel reception staff who will be pleased to answer any questions)

### AYURVEDIC THERAPY

9am–6pm

### THERMAL SPA

7am–10pm

### SAUNA AREA

10am–9pm

### ROOFTOP YOGA AND MEDITATION SPACE

See weekly programme

### GYM

7am–10pm

Tel 03333/2801-563

Email: [spa@mandira-ayurveda.at](mailto:spa@mandira-ayurveda.at)



## AYURVEDA RESORT MANDIRA

*Our logo*

### OUR VISION

Its main element, the **circle**, stands for Holistic Ayurveda's integrative approach to health. A subtle **h**, recognisable in the left half of the circle, blends harmoniously with the stronger **A**, symbolising interconnection, the cosmos and humanity. The letters turn in a circle, yet always remaining part of the whole.

The **leaf** represents the emergent restoration of strength, but can also be seen as a **flame**, giving us light, warmth and love.

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