



AYURVEDA RESORT
MANDIRA

SUNRISING MY
soul

TREATMENT PROGRAMMES. ROOM RATES.

08.01.2024 – 23.12.2024

WWW.MANDIRA-AYURVEDA.AT

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Panchakarma

TREATMENT PROGRAMMES

 PANCHAKARMA LIGHT | 7 nights

 PANCHAKARMA CLASSIC | 10 nights

 PANCHAKARMA CLASSIC MED | 10 nights

 PANCHAKARMA DELUXE | 14 nights

 PANCHAKARMA PRIVATE LUXURY | 14 nights

 PANCHAKARMA SUPREME | 21 nights

7 nights,

6 treatment days

A gentle introduction to the queen of Ayurvedic treatments and sustainable health.

Panchakarma is the queen of Ayurvedic treatments. The focus is on flushing out toxins and waste products, remedying metabolic disorders, reducing weight, cleansing and regenerating the digestive tract, and boosting the immune system. This is based on a thorough diagnostic consultation which includes Ayurvedic pulse diagnosis. The treatments are supported by nutritional coaching, a type-appropriate Panchakarma diet, and Yoga and meditation sessions. Light is a one-week programme, designed as a gentle introduction to the world of Panchakarma, and to rebalance body, mind and spirit.

Programme price
excluding room rate:
from **€1,537**
See pages 32, 33 for room
rates

PANCHAKARMA LIGHT

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massages
 - Udvartana – massage with herbal powders
 - Jambira Pinda Sweda – massage with hand-made lemon and herb compresses or Garshan – silk glove massage
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment
 - Shirodhara – flowing oil head treatment (30 mins)
 - Basti – gentle colonic irrigation
 - Upana – salt and oil scrub
 - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

Find inner balance through physical and mental detoxification.

Panchakarma is the queen of

Ayurvedic treatments.

Panchakarma Classic creates the

basis for balancing the vital

energies, facilitating the

implementation of changes for a

fulfilled, healthy and happy life.

The focus is on flushing out

toxins and waste products,

remediating metabolic disorders,

reducing weight, cleansing and

regenerating the digestive tract,

and boosting both the immune

system. This is based on a

thorough diagnostic consultation

which includes Ayurvedic pulse

diagnosis. The treatments are

supported by mind and

nutritional coaching, a type-

appropriate Panchakarma diet,

and Yoga and meditation

sessions.

Programme price
excluding room rate:

from €2,336

See pages 32, 33 for room
rates

PANCHAKARMA CLASSIC

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - 2 Abhyanga – Ayurvedic full body oil massage
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 2 Jambira Pinda Sweda – massages with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - 3 Basti – gentle colonic irrigations
 - Upana – salt and oil scrub
 - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

Deep detoxification and inner balance through Holistic Ayurveda & Beyond.

The Panchakarma Classic MED

programme focuses on health

and med therapies as well as

frequency medicine analysis.

These have a profound effect on

cellular health, optimising the

lasting benefits of Panchakarma.

The programme is also supported

by mind and nutritional

coaching, a type-appropriate

Panchakarma diet, and Yoga and

meditation sessions.

Programme price

excluding room rate:

from €2,633

See pages 32, 33 for room
rates

PANCHAKARMA CLASSIC MED

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Vital field measurement followed by consultation
 - Vital field therapy
 - Power Infusions as per consultation (Detox Complex, Cell Optimiser or Relax Spirit)
 - 2 Abhyanga – Ayurvedic full body oil massage
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 2 Jambira Pinda Sweda – massages with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - 3 Basti – gentle colonic irrigations
 - Upana – salt and oil scrub
 - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

14 nights,

13 treatment days

An intensive physical, spiritual and mental detox for holistic health.

The aim of this two-week-long deluxe treatment programme is to create harmony and balance on all levels of being by means of profound physical, mental and spiritual cleansing, and the establishment of change processes. The focus is on flushing out toxins, remedying metabolic disorders, reducing weight, cleansing and regenerating the digestive tract, and boosting both the immune system. The treatment programme is based on a thorough diagnostic consultation which includes Ayurvedic pulse diagnosis. The treatments are supported by mind and nutritional coaching, a type-appropriate Panchakarma diet, Yoga, meditation, and Holistic Screening.

Programme price excluding room rate: from €3,418 See pages 32, 33 for room rates

PANCHAKARMA DELUXE

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - 3 Abhyanga – Ayurvedic full body oil massage
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 2 Jambira Pinda Sweda – massages with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - 2 Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Nasya – nasal treatment
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - Shiroabhyanga – head massage and flowing oil treatment (55 mins)
 - 5 Basti – gentle colonic irrigations
 - Upana – salt and oil scrub
 - Padabhyanga – Ayurvedic foot massage
 - Powerful back treatment (55 mins)
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

14 nights,

13 treatment days

Holistic reset: fly high in absolute privacy, and enjoy deep inner balance with profound cleansing.

The Deluxe Private Edition is our exclusive upgrade for guests looking for something very special. The aim of this treatment programme is to create harmony and balance by means of profound physical, mental and spiritual cleansing, and the establishment of change processes – all within a purposely private framework: from one-to-one yoga lessons and private ghee intake to your very own, personalised Puja fire ceremony. Your Private Edition culminates in an exclusive balloon ride over our beautiful countryside. Escape the everyday, and fly towards your new self. PLUS: Your private transfer in a Mercedes S-Class from Vienna or Graz airport.

Programme price excluding room rate: from €5,757 See pages 32, 33 for room rates

*included in the room rate

PANCHAKARMA PRIVATE LUXURY

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
 - Spiritual healing mind coaching session
 - Mind and lifestyle coaching session
 - 2 vital field measurements followed by consultation
 - Vital field therapy
 - 2 Detox Complex Power Infusions
 - 2 Cell Optimiser Power Infusions
 - 2 Relax Spirit Power Infusions
 - 4 Abhyanga – Ayurvedic full body oil massage
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - Jambira Pinda Sweda – massage with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - 2 four-handed Udvartana massages with herbal powders
 - Four-handed Pizzichilli full body oil treatment
 - Udanavata® – abdominal massages
 - Nasya – nasal treatment
 - 3 Shirodhara – flowing oil head treatments (30 mins)
 - 5 Basti – gentle colonic irrigations
 - Upana – salt and oil scrub
 - Padabhyanga – Ayurvedic foot massage
 - 2 powerful back treatments (55 mins)
 - Personalised Puja – Indian fire ceremony
 - 4 one-to-one Yoga lessons
- » Virechana – day of purification
- » Toxin elimination with ghee in your private room
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Private Transfer in a Mercedes S-Class from and to Vienna or Graz airport
- » Exclusive balloon ride
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal spring Spa



21 nights,

20 treatment days

Sustainable health with the queen of Ayurvedic treatment programmes. Purify body and spirit and find inner balance.

Panchakarma: queen of Ayurvedic treatments. Your three-week Panchakarma Supreme programme leads you back to yourself and inner balance by means of profound physical, mental and spiritual cleansing, and the establishment of change processes. The focus is on flushing out toxins and waste products, remedying metabolic disorders, reducing weight, cleansing and regenerating the digestive tract, and boosting the immune system. The treatment programme is based on a thorough diagnostic consultation which includes Ayurvedic pulse diagnosis. The treatments are supported by mind training and nutritional counselling, type-appropriate Panchakarma diet, and Yoga and meditation sessions. Holistic screening uncovers and resolves emotional and spiritual obstructions. During the three-week treatment programme, you initiate changes that affect all levels of your being and lead to the beginnings of a new lifestyle.

PANCHAKARMA SUPREME

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 4 Abhyanga – Ayurvedic full body oil massage
 - 2 Jambira Pinda Sweda – with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - 3 Udvartana – massages with herbal powders
 - Four-handed Pizzichilli full body oil treatment
 - 2 Udanavata® – abdominal massages
 - Kativasthi – reawaken the primal force
 - Upana – salt and oil scrub
 - 3 Shirodhara – flowing oil head treatments (30 mins)
 - Nasya – nasal treatment
 - Akshi – eyewash
 - Padabhyanga – Ayurvedic foot massage
 - 3 intensive back treatments (55 mins)
 - 6 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

Programme price excluding room rate: from €4,318

See pages 32, 33 for room rates

*included in the room rate

LOVE YOUR BODY

TREATMENT PREPARATION

EVERYDAY EASE

A REFRESHER FOR BEFORE AND AFTER YOUR STAY

As well as nutritional supplements, micro and macro nutrients, and a measuring tape, our Detox DeLight packages contain all the information you need, a step-by-step plan, and Holistic Ayurveda tips for life. Simply order by email or when you book your treatment programme!

info@mandira-ayurveda.at



INFO & OFFERS

Detox

TREATMENT PROGRAMMES

- 🌿 HOLISTIC AYURVEDA SHORT DETOX | 4 nights
- 🌿 HOLISTIC AYURVEDA LIGHT DETOX | 7 nights
- 🌿 HOLISTIC AYURVEDA INTENSIVE DETOX | 10 nights
- 🌿 HOLISTIC AYURVEDA LIGHT SPIRITUAL DETOX | 7 nights
- 🌿 HOLISTIC AYURVEDA INTENSIVE SPIRITUAL DETOX | 10 nights

4 nights,
3 treatment days
Perfect balance for body and soul.

Healthy and sustainable weight loss is within reach thanks to Holistic Ayurveda. The Short Detox Break offers an ideal step towards a healthy shape, fitness and balance.

Programme price excluding room rate: from €811
See pages 32, 33 for room rates

HOLISTIC AYURVEDA SHORT DETOX

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Abhyanga – Ayurvedic full body oil massage
- » Udanavata® – abdominal massages
- » Udvartana – massage with herbal powders
- » Upana – salt and oil scrub
- » Shirodhara – flowing oil head treatment (30 mins)
- » Basti – gentle colonic irrigation
- » Virechana – day of purification
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

7 nights,

6 treatment days

Healthy weight loss and maintenance with a mindful and enjoyable lifestyle for your everyday.

A gentle internal cleansing and detoxification provide a foundation for healthy and sustainable weight control.

Holistic Ayurveda prepares you for healthy weight loss and helps you maintain your shape, fitness and emotional balance over the long term.

Programme price excluding room rate: from €1,358

See pages 32, 33 for room rates

HOLISTIC AYURVEDA LIGHT DETOX

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Concluding consultation
- » Nutritional consultation
- » 2 Abhyanga – Ayurvedic full body oil massage
- » Udvartana – massage with herbal powders
- » Jambira Pinda Sweda – massage with hand-made lemon and herb compresses
- » Udanavata® – abdominal massages
- » Upana – salt and oil scrub
- » Shirodhara – flowing oil head treatment (30 mins)
- » Padabhyanga – Ayurvedic foot massage
- » Intensive back treatment (55 mins)
- » Basti – gentle colonic irrigation
- » Virechana – day of purification
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

The intensive programme for sustainable weight control. Lose weight and stay in shape.

The Holistic Ayurveda Intensive Detox programme is based on detoxing, cleansing and metabolism-boosting treatments. Physical therapies are combined with emotional coaching sessions to leave you feeling slimmer, healthier, and more confident. Lose weight healthily ... and keep it off for life.

Programme price excluding room rate: from €1,884

See pages 32, 33 for room rates

HOLISTIC AYURVEDA INTENSIVE DETOX

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Concluding consultation
- » 3 Abhyanga – Ayurvedic full body oil massage
- » Four-handed Udvartana – massage with herbal powders
- » Jambira Pinda Sweda – massage with hand-made lemon and herb compresses
- » 2 Udanavata® – abdominal massages
- » Upana – salt and oil scrub
- » Shirodhara – flowing oil head treatment (30 mins)
- » Padabhyanga – Ayurvedic foot massage
- » Classic back massage
- » 2 Garshan – dry massages with raw silk gloves
- » 2 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

7 nights,

6 treatment days

Boost physical, mental and emotional resilience.

Thorough physical, mental and emotional cleansing are the prerequisites for the development of lasting resilience. Physical and emotional obstructions are revealed, facilitating resolution.

Programme price excluding room rate: from €1,487
See pages 32, 33 for room rates

HOLISTIC AYURVEDA LIGHT SPIRITUAL DETOX

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Concluding consultation
- » 2 Abhyanga – Ayurvedic full body oil massage
- » Udvartana – massage with herbal powders
- » Mind and lifestyle coaching session
- » Udanavata® – abdominal massages
- » Upana – salt and oil scrub
- » Shirodhara – flowing oil head treatment (30 mins)
- » Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
- » Spirit Relax Power Infusion to develop and stabilise the vegetative nervous system
- » 2 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » 2 herbal tonics to aid detoxification
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

Boost your mental and physical defence system with this intensive treatment programme.

Thorough physical, mental and emotional cleansing are the prerequisites for the development of lasting resilience. Physical and emotional obstructions are revealed, facilitating resolution. Once physical, mental and spiritual energy flow is restored, resilience, the immune system and the mind become stronger and more supple.

Programme price excluding room rate: from €1,960
See pages 32, 33 for room rates

HOLISTIC AYURVEDA INTENSIVE SPIRITUAL DETOX

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Concluding consultation
- » Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
- » Spirit Relax Power Infusion to develop and stabilise the vegetative nervous system
- » 2 mind and lifestyle coaching sessions
- » 3 Abhyanga – Ayurvedic full body oil massage
- » Udvartana – massage with herbal powders
- » Mukabhyanga – Ayurvedic head and face massage plus foot massage
- » Udanavata® – abdominal massage
- » Upana – salt and oil scrub
- » Shirodhara – flowing oil treatment (30 mins)
- » Powerful back treatment (55 mins)
- » 2 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » 3 herbal tonics to aid detoxification
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

Holistic Ayurveda & Beyond SOLUTIONS

🌿 EXPRESS POWER PLUS | 5 nights

🌿 LONG COVID, CHRONIC FATIGUE & CO | 10 nights

🌿 IMMUNE TREATMENT PROGRAMME FOR EXECUTIVES | 10 nights

🌿 BURNOUT PREVENTION | 14 nights

🌿 AYURVEDA PLUS FOR SPINE AND JOINTS | 6 nights

🌿 MENO CHANGE & MENO CHANCE | 10 nights

🌿 RASAYANA REJUVENATION | 10 nights

🌿 FOUNTAIN OF YOUTH REJUVENATION WEEK | 7 nights

✓ ENHANCE PERFORMANCE EFFECTIVELY ✓ POWER INFUSION THERAPY



5 nights

4 treatment days

A game-changing energy boost – raise your fitness and performance with an Express Power NAD infusion therapy, energy food, powerful treatments, medical supervision and therapeutic support.

Restore 100% output in double-quick time with our express programme for top performers and game changers. Get off to a flying restart with medical and therapeutic supervision, Express Power infusions, clean energy food and revitalising treatments! Recharge your batteries and take up arms against life's everyday stress traps.

Programme price excluding room rate: from €2,119
See pages 32, 33 for room rates

EXPRESS POWER PLUS

08.01.2024 – 23.12.2024

- » Nutritious clean energy food for increased vitality*
- » Mandira included services
- » **Medical consultation** (30 mins)
- » **Concluding medical consultation**
- » **Medical supervision**
- » Therapeutic guidance
- » Abhyanga – Ayurvedic full body massage
- » Powerful back treatment (55 mins)
- » Vishesh – Ayurvedic deep-tissue massage
- » Daily Express Power infusions as prescribed
 - 4 NAD infusions
 - 2 -Q1 infusions
 - Mitochondrial Power infusions
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa

*included in the room rate

10 nights

9 treatment days

Long COVID, fatigue, burnout – time to escape exhaustion for a new, energised life.

Long Covid causes inflammation that strains the immune system, slows down oxygen supply, increases oxidative stress and causes the body to be in a permanent state of exhaustion. Our tailor-made treatment programme and package helps you break free from chronic exhaustion for a new, energised life.

Programme price excluding room rate: from €3,670
See pages 32, 33 for room rates

LONG COVID, CHRONIC FATIGUE & CO

08.01.2024 – 23.12.2024

- » Nutritious meals (clean food) for increased vitality*
- » Mandira included services
- » Therapeutic guidance
- » Power elixir to support cellular regeneration
- » **Medical consultation** (30 mins)
- » **Medical supervision**
- » **Concluding medical consultation**
- » Vital field measurement followed by consultation and control measurement
- » 3 vital field therapies in support of cellular regeneration
- » **Tailor-made infusion package developed by experts** as per medical consultation
- » 2 Abhyanga – Ayurvedic full body oil massages
- » Vishesh – energising balance massage
- » Shirodhara – flowing oil head treatments (30 mins)
- » Jambira Pinda Sweda – massage with hand-made lemon and herb compresses
- » Udvartana – massage with herbal powders
- » Udanavata® – abdominal massage
- » Upana – salt and oil scrub
- » Powerful back treatment (55 mins)
- » 4 Basti – gentle colonic irrigations
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda, Nutrition and a Healthy Lifestyle
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

Improve the immune system with a treatment programme based on the principles of Holistic Ayurveda.

We are protected against infection by physical barriers that prevent pathogens from entering our bodies. Our Immune Treatment Programme is specifically designed to strengthen these barriers. We place a particular focus on cleansing and regenerating the gut – the centre of our immune system – to enhance resilience and performance on all levels.

Programme price excluding room rate: from €2,854
See pages 32, 33 for room rates

IMMUNE TREATMENT PROGRAMME FOR EXECUTIVES

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Vital field measurement followed by consultation
 - Vital field therapy
 - 3 Ozone Active infusions
 - 2 Power Infusions as per consultation (Detox Complex, Cell Optimiser or Relax Spirit)
 - 2 Abhyanga – Ayurvedic full body oil massages
 - 2 Vishesh – energising massages
 - Jambira Pinda Sweda – massage with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
 - Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Upana – salt and oil scrub
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - Nasya – nasal treatment
 - Powerful back treatment (55 mins)
 - Classic back massage (25 mins)
 - 3 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

14 nights,

13 treatment days

An immersive treatment programme for holistic burnout prevention.

Effective burnout prevention and sustainable stress management are yours with our Holistic Ayurveda Burnout Prevention programme, based on effective strategies for stress reduction, active stress management, immune-boosting intestinal cleansing, resilience-bolstering nutrition, tailor-made treatments and relaxation techniques.

Programme price excluding room rate: from €3,723

See pages 32, 33 for room rates

BURNOUT PREVENTION

08.01.2024 – 23.12.2024

- » Rasa & Yana full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
 - Mind and lifestyle coaching session
 - 3 Power Infusions as per consultation (Detox Complex, Cell Optimiser or Relax Spirit)
 - 3 Abhyanga – Ayurvedic full body oil massages
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 3 Vishesh – energising massages
 - Jambira Pinda Sweda – massage with hand-made lemon and herb compresses
 - Four-handed Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Upana – salt and oil scrub
 - 2 Shiroabhyanga – head massages with flowing oil treatment (55 mins)
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - Nasya – nasal treatment
 - Kativasthi – reawaken the primal force
 - Padabhyanga – Ayurvedic foot massage
 - Intensive back treatment (55 mins)
 - 5 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

6 nights,

5 treatment days

Feel flexible and agile once more, and stand firm in life. Build inner stability.

Back pain is the scourge of our age. Often it is non-specific, without obvious cause. Add an unhealthy diet, alcohol consumption and smoking to a sedentary lifestyle with insufficient exercise ... the adverse effects are felt throughout the body, including our bones, muscles, joints and tendons. The Ayurveda PLUS for Spine and Joints programme combined with our healing thermal spa water brings recovery to your joints and stability to your spine.

Programme price excluding room rate: from €1,153

See pages 32, 33 for room rates

AYURVEDA PLUS FOR SPINE AND JOINTS

08.01.2024 – 23.12.2024

- » Ayur-Detox full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Concluding consultation
- » 2 Vishesh – energising massages
- » Padabhyanga – Ayurvedic foot massage
- » Udanavata® – abdominal massages
- » Jambira Pinda Sweda – massage with hand-made lemon and herb compresses
- » Udvartana – massage with herbal powders/crushed barley exfoliation
- » 2 powerful back treatments
- » 2 Basti – gentle colonic irrigations
- » Virechana – day of purification
- » Herbal tonic to aid detoxification
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

A healthy and happy midlife with Holistic Ayurveda, tailored to your needs and objectives.

In Ayurvedic terms, midlife signifies a period of transition to the age of insight and wisdom. This is an especially intense, creative and powerful chapter of our lives. Holistic Ayurveda offers women – and men – the tools they need to enjoy a relaxed transition. For a comfortable, happy and healthy experience, you should ideally start preparing for the physical and emotional changes of midlife when you reach 40.

Programme price excluding room rate: from €2,904
See pages 32, 33 for room rates

MENO CHANGE & MENO CHANCE

08.01.2024 – 23.12.2024

- » Panchakarma full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
 - Vital field measurement followed by consultation
 - Vital field therapy
 - 2 Power Infusions as per consultation (Detox Complex, Cell Optimiser or Relax Spirit)
 - 4 four-handed Abhyanga – Ayurvedic full body oil massages
 - Vishesh – energising massage
 - Garshan – dry massage with raw silk gloves
 - Four-handed Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Upana – salt and oil scrub
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - Nasya – nasal treatment
 - Padabhyanga – Ayurvedic foot massage
 - 4 Basti – gentle colonic irrigations
- » Virechana – day of purification (only if required to treat a Dosha imbalance)
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

*included in the room rate

10 nights,

9 treatment days

Rejuvenating and regenerating programme for effective stress management and sustainable burnout prevention.

Rasayana promotes longevity. Two distinct methods of Rasayana are combined to achieve optimal emotional, physical and health balance: Oshadhi Rasayana uses healing plants to supplement nutrition, and Achara Rasayana, a behavioural therapy that calms the mind and imparts 'rejuvenating attitudes'. These rejuvenating measures energise and protect body and mind from free radicals and other harms. For sustainable stress management and burnout prevention.

Programme price excluding room rate: from €2,563
See pages 32, 33 for room rates

*included in the room rate

RASAYANA REJUVENATION

08.01.2024 – 23.12.2024

- » Rasa & Yana full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e.g.:
 - Either emotional status quo (ESQ) check-up or spiritual healing mind coaching
 - 2 four-handed Abhyanga – Ayurvedic full body oil massages
 - 3 Abhyanga – Ayurvedic full body oil massage
 - Four-handed Udvartana – massage with herbal powders
 - Four-handed Pizzichilli – full body oil treatment
 - Udanavata® – abdominal massage
 - Upana – salt and oil scrub
 - Shiroabhyanga – head massage and flowing oil treatment (55 mins)
 - 2 Shirodhara – flowing oil head treatments (30 mins)
 - Nasya – nasal treatment
 - Kativasthi – reawaken the primal force
 - Padabhyanga – Ayurvedic foot massage
 - 3 Basti – gentle colonic irrigation
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Herbs
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

OUR TIP

Support physical vitality with our Power Infusions

Phase 1: Detox Complex Infusion

Phase 2: Cell Optimiser Infusion

Phase 3: Spirit Relax Infusion – develop and stabilise the vegetative nervous system

Package price: €480 (early booking is requested)

Minimum stay: 7 nights

Boosts the immune system, metabolism and physical strength. Premature ageing is a thing of the past.

The aim of this rejuvenation package is to delay, stop or even reverse signs of premature ageing. This soothing bespoke treatment programme benefits health, boosts the immune and nervous systems, promotes physical strength and regularises digestion. This is a deep treatment that warms the entire body and stimulates the elimination of waste products. Activates cell renewal.

Programme price excluding room rate: from €983

See pages 32, 33 for room rates

FOUNTAIN OF YOUTH REJUVENATION WEEK

08.01.2024 – 23.12.2024

- » Rasa & Yana full board*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Herbal tonic to aid detoxification
- » Concluding consultation
- » 2 Abhyanga – Ayurvedic full body oil massages
- » Shirodhara – flowing oil head treatment (30 mins)
- » Udanavata® – abdominal massage
- » Mukabhyanga – Ayurvedic head, face and foot massage
- » Padabhyanga – Ayurvedic foot massage
- » Udvartana – massage with herbal powders
- » Powerful back treatment (55 mins)
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

OUR TIP

Support physical vitality with our Power Infusions

Phase 1: Detox Complex Infusion

Phase 2: Cell Optimiser Infusion

Phase 3: Spirit Relax Infusion – develop and stabilise the vegetative nervous system

Package price: €480 (early booking is requested)

*included in the room rate

New

EARLY BIRD BONUS FOR 2024!

Book your 7-day or more solutions treatment programme at least 90 days in advance and receive a 10% early bird bonus on the room rate until 20.12.2024!

TRAVEL IN COMFORT

NEW: Free transfer from Graz or Vienna airport to the Ayurveda Resort Mandira.
VIP tip: Travel in style by Mercedes S-Class saloon (additional charge).



Ayurveda

PROGRAMMES

 AYURVEDA TASTER | 2 nights

 HOLISTIC SHORT STAY | 3 nights

 AYURVEDA MIDWEEK BOOST | 4 nights

 ROYAL AYURVEDA | 5 nights

 FEMALE AND FABULOUS | 2 nights

✓ AYURVEDA FOR BEGINNERS



Minimum stay: 2 nights

Immerse your body and mind in the world of Holistic Ayurveda. Finally some me-time.

Get a taste of the world of Holistic Ayurveda, enjoy our delightful Mandira-Ayurveda full board and experience the soothing, balancing effect of Ayurvedic treatments, Yoga and meditation.

AYURVEDA TASTER

08.01.2024 – 23.12.2024

- » Mandira-Ayurveda full board*
- » Mandira included services
- » Vishesh – energising massage
- » Upana – salt and oil scrub
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

Programme price excluding room rate: from €209
See pages 32, 33 for room rates

✓ HEALTHY SHORT STAY ✓ AYURVEDA TASTER



Minimum stay: 3 nights

Re-energise and reduce stress in Styria's thermal region.

Kick-start your balanced lifestyle with three energy-balancing treatments and profound relaxation in our Ayurveda Wellness and Thermal Spa.

HOLISTIC SHORT STAY

08.01.2024 – 23.12.2024

- » Joie de Vivre full board*
- » Mandira included services
- » Abhyanga – Ayurvedic full body oil massage
- » Shirodhara – flowing oil head treatment (30 mins) combined with Abhyanga
- » Udvartana – massage with herbal powders
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

Programme price excluding room rate: from €291
See pages 32, 33 for room rates

*included in the room rate

✓ AYURVEDA FOR BEGINNERS ✓ LET GO ✓ RECHARGE

5 nights

Detox in the Styrian thermal region
with Ayurveda and the power of
nature.

Take time out for yourself and
your health, radiate freshness and
reap all the benefits of our Royal
Ayurveda treatments – long after
your stay.

ROYAL AYURVEDA

08.01.2024 – 23.12.2024

- » Mandira-Ayurveda full board*
- » Mandira included services
- » Vishesh – energising massage
- » Four-handed Abhyanga – Ayurvedic full body oil massage
- » Upana – salt and oil scrub
- » Mukabhyanga – Ayurvedic head, face and foot massage
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

Programme price excluding room rate: from €483

See pages 32, 33 for room rates

*included in the room rate

✓ MINDFULNESS ✓ ME TIME ✓ RELAX & ENERGISE

2 nights

Finally some me-time!
A short break for holistic wellbeing
– alone or with the girls.
Relax and relish life in all its
fullness.

Take some time out, just for you.
Focus on your needs, celebrate
your femininity, rejoice in your
individuality, and enjoy life to
the full. Take some time out to
be you!

FEMALE AND FABULOUS: IT'S ME TIME AND TIME TO BE ME!

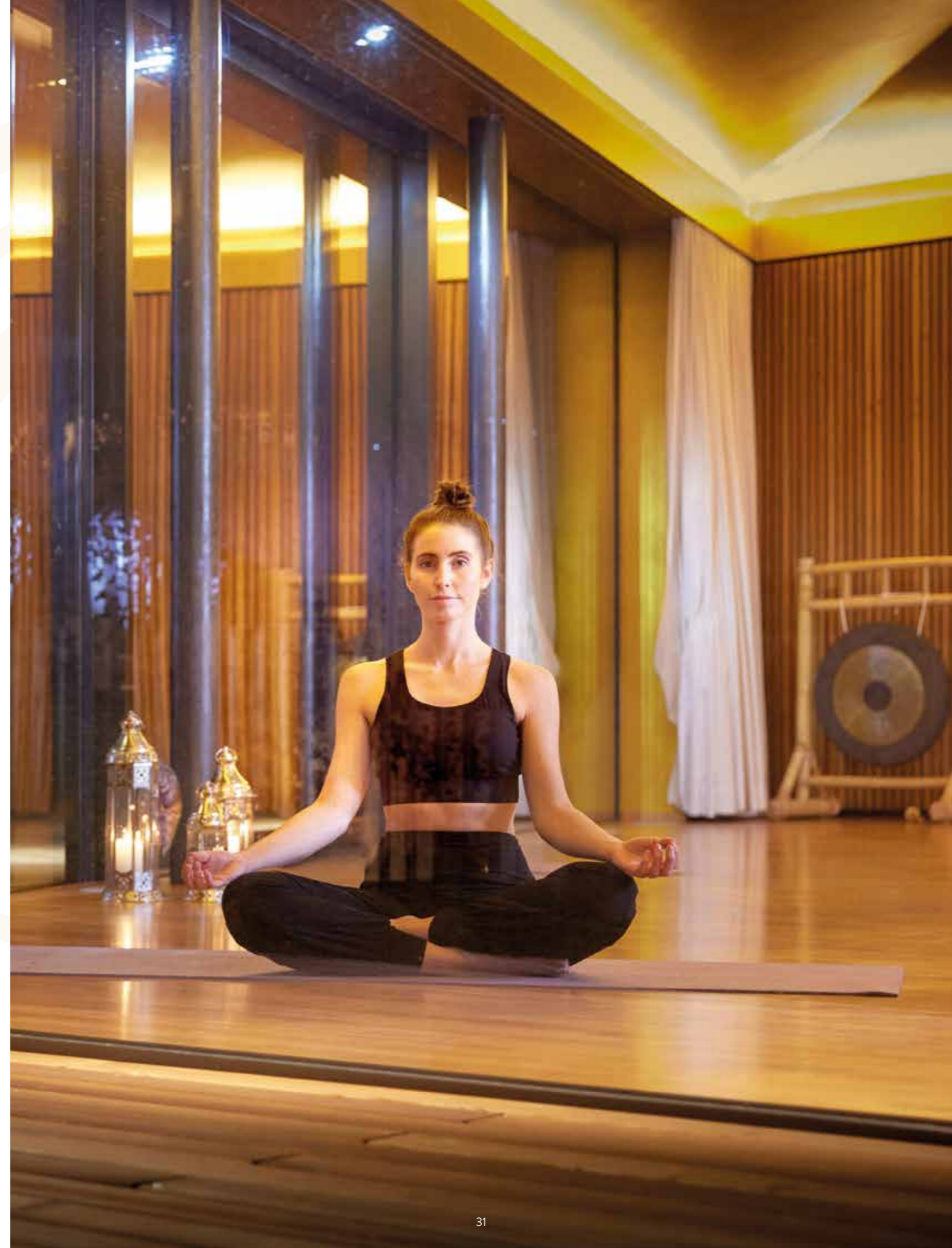
08.01.2024 – 23.12.2024

- » Joie de Vivre full board or Mandira-Ayurveda full board*
- » Mandira included services
- » Facial
- » Classic back massage
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

Programme price excluding room rate: from €153

See pages 32, 33 for room rates

*included in the room rate



Our Rooms

All rates are per person and night and include either the **Joie de Vivre full board** or our Ayurvedic nutrition plan: **Mandira Ahara** Ayurvedic cuisine offers four different nutritional levels, each tailored to suit a specific Ayurvedic or cleansing programme. Excludes local tax.

08.01.2024 to 23.12.2024
23.12.2024 to 08.01.2025



STANDARD double room

25sqm classic style double room, bathroom with bath or shower and WC, TV/SAT, Wi-Fi and safe; some with air conditioning.

from €172 from €187



MANDIRA STANDARD double room

25sqm classic style double room with balcony, some with interconnecting door; bathroom with bath or shower and WC; TV/SAT; Wi-Fi and safe; some with air conditioning.

from €182 from €197



MANDIRA STANDARD junior suite

31sqm double room; balcony; bathroom with natural stone vanity unit, bath, WC; TV/SAT; Wi-Fi and safe; some with air conditioning.

from €195 from €210



SUNRISE junior suite

31sqm double room, some with interconnecting door; French balcony; bathroom with natural stone vanity unit, bath or shower; separate WC; walk-in wardrobe; air conditioning; TV/SAT; Wi-Fi and safe.

from €221 from €236



NAMASTÉ junior suite

31sqm double room, some with interconnecting door; balcony; bathroom with natural stone vanity unit, bath, WC; walk-in wardrobe; TV/SAT; Wi-Fi and safe.

from €221 from €236

All rates are per person and night and include either the **Joie de Vivre full board** or our Ayurvedic nutrition plan: **Mandira Ahara** Ayurvedic cuisine offers four different nutritional levels, each tailored to suit a specific Ayurvedic or cleansing programme. Excludes local tax.

08.01.2024 to 23.12.2024
23.12.2024 to 08.01.2025



SUNRISE junior suite deluxe

45sqm bedroom and living room, French balcony, bathroom with double natural stone vanity unit and whirlpool bath, separate WC, walk-in wardrobe, air-conditioning, TV/SAT, Wi-Fi and safe.

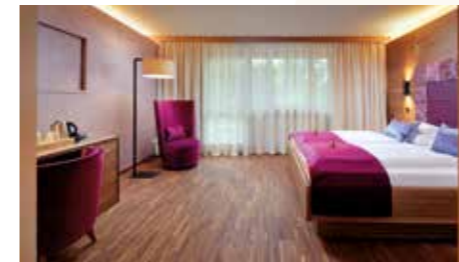
from €231 from €246



NAMASTÉ junior suite deluxe

45sqm bedroom and living room, balcony, bathroom with double natural stone vanity unit and whirlpool bath, separate WC, walk-in wardrobe, air conditioning, TV/SAT, Wi-Fi and safe.

from €231 from €246



MANDIRA GARDEN junior suite

31sqm double room with walnut floor, garden terrace, bathroom with natural stone vanity unit and shower, WC, walk-in wardrobe, air conditioning, TV/SAT, Wi-Fi and safe.

from €242 from €257



MANDIRA GARDEN junior suite deluxe

45sqm bedroom and living room with walnut floor, garden terrace, bathroom with double natural stone vanity unit and shower, separate WC, walk-in wardrobe, TV/SAT, Wi-Fi and safe; some with air conditioning.

from €252 from €267

SURCHARGES: Single occupancy supplement €39 per night | Dog (by prior agreement) €29 per night
Early Check-in & Late Check-out €40 | New Year's Eve surcharge €119 pp

MANDIRA *inclusive*

PLUS

- ✓ A welcome surprise, bathrobe, slippers and spa bag provided in your room
- ✓ Free Wi-Fi
- ✓ Parking
- ✓ Discount on the golf course in Bad Waltersdorf

JOIE DE VIVRE FULL BOARD

regional, healthy, balanced

- ✓ Generous breakfast buffet with an organic juice, herb and vegetable bar
- ✓ Light buffet lunch and fruit for dessert
- ✓ Something sweet in the afternoon
- ✓ 4-course dinner with a choice of 3 main dishes, plus salad and cheese buffet

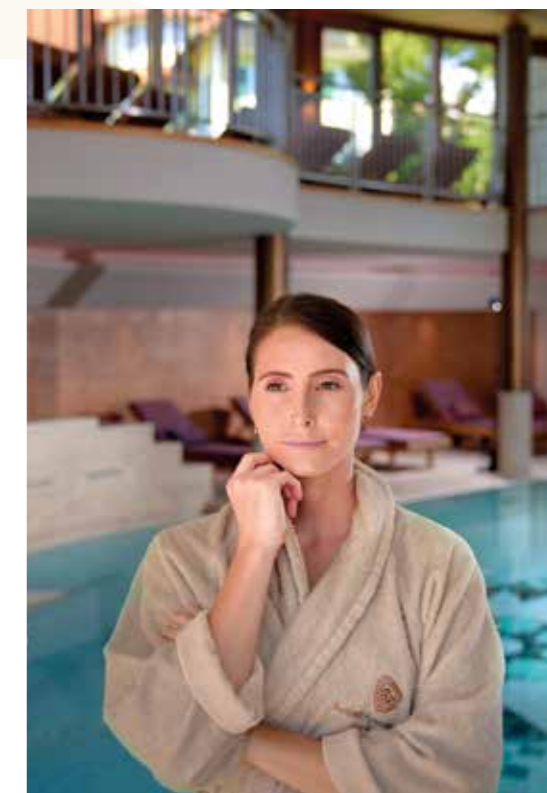


AYURVEDA SPA

- ✓ Celtic Lutrurum sauna 90°C
- ✓ Styrian herbal sauna 55°C
- ✓ Minerals steam room 45°C
- ✓ Saline sauna 75°C
- ✓ Infrared sauna
- ✓ Ice grotto
- ✓ Buddha's Place relaxation room
- ✓ Ganesha's Spirit relaxation room
- ✓ Ganesha's Garden for Panchakarma clients
- ✓ Comfortable relaxation areas throughout the bathing and sauna area

THERMAL SPA

- ✓ Panorama pool 32°C
- ✓ Indoor thermal pool 36°C
- ✓ Outdoor pool 28°C
- ✓ Lounging gallery



MANDIRA AHARA AYURVEDIC NUTRITION with regional products

Four nutritional levels to suit a specific Ayurveda or spa treatment programme for optimal health results.


MANDIRA-AYURVEDA


AYUR-DETOX


RASA & YANA


PANCHAKARMA-DIET

EXERCISE & REGENERATION PROGRAMME

- ✓ Yoga and meditation with our Yoga and meditation experts: Pranayama breathing exercises and mindfulness classes
- ✓ Move and relax with our exercise experts: Smovey AquaFit, fascia training, back fitness and much more
- ✓ Workouts in the gym
- ✓ Nordic walking poles, Smovey rings,
- ✓ trekking bikes, city bikes and e-bikes are available. E-bike rental for a fee. Helmets and maps are also available
- ✓ Book corner and e-book readers





AYURVEDA RESORT
MANDIRA

SUNRISING MY
soul



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