



AYURVEDA CURE PROGRAMS + PRICES

01.11.2020 – 31.10.2021

Subject to change V01

| WELLNESS PURE 6 days | | | PRINCESS BEAUTY 6 days | | |
|---|----------|----------------|--|----------|----------------|
| | 6 days | additional day | | 6 days | additional day |
| 01.11.20 – 31.03.21 | 486,00 € | 81,00 € | 01.11.20 – 31.03.21 | 288,00 € | 48,00 € |
| 01.04.21 – 30.04.21 | 414,00 € | 69,00 € | 01.04.21 – 30.04.21 | 252,00 € | 42,00 € |
| 01.05.21 – 30.09.21 | 366,00 € | 61,00 € | 01.05.21 – 30.09.21 | 222,00 € | 37,00 € |
| 01.10.21 – 31.10.21 | 414,00 € | 69,00 € | 01.10.21 – 31.10.21 | 252,00 € | 42,00 € |
| <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Final doctors' consultation ❖ Head or foot massages ❖ Synchronic body massages ❖ Oil head treatments (Shirodara) ❖ Intensive massages ❖ Thermo-Rice massages ❖ Herbal baths ❖ Flower bath ❖ Tai Chi ❖ Water gym ❖ Meditation & Yoga <p><u>Approximately 20 treatments</u></p> <p>At the beginning and at the end of the cure our doctor will examine you. He will prescribe your individual daily treatment schedule based on the Panchakarma principles. Wellness Pure is ideal for those, who do not have any medical problems, but would like to relax, relieve stress and gain more vitality.</p> | | | <ul style="list-style-type: none"> ❖ Facial with deep cleaning ❖ Two Lymph stimulation massages ❖ Manicure with nourishing pack and hand or massage ❖ Pedicure with nourishing pack and foot massage ❖ Lymph stimulation massage with eye regeneration treatment ❖ Classical Ayurvedic facial ❖ Upper body massage ❖ Body scrub pack ❖ Ayurvedic foot massage <p><u>Approximately 10 treatments</u></p> <p>For relaxation and physical exercises, join our Yoga, Meditation, Tai Chi and water gymnastic lessons.</p> <p>Our Beauty Cure offers international and Ayurvedic treatments. Additional treatments from our beauty program can be added with extra charges</p> | | |



| WELLNESS & BEAUTY 10 days | | | PANCHAKARMA CURE 12 or 18 days | | | | |
|--|-----------------|----------------|---|-------------------|-----------------|-------------------|-----------------|
| | 10 days | additional day | 12 days | add. day | 18 days | add.day | |
| 01.11.20 – 31.03.21 | 890,00 € | 89,00 € | 01.11.20 – 31.03.21 | 1.260,00 € | 105,00 € | 1.836,00 € | 102,00 € |
| 01.04.21 – 30.04.21 | 760,00 € | 76,00 € | 01.04.21 – 30.04.21 | 1.080,00 € | 90,00 € | 1.548,00 € | 86,00 € |
| 01.05.21 – 30.09.21 | 670,00 € | 67,00 € | 01.05.21 – 30.09.21 | 948,00 € | 79,00 € | 1.368,00 € | 76,00 € |
| 01.10.21 – 31.10.21 | 760,00 € | 76,00 € | 01.10.21 – 31.10.21 | 1.080,00 € | 90,00 € | 1.548,00 € | 86,00 € |
| <p>A fountain of youth for your body – well-being for your skin</p> <p>The Wellness & Beauty cure pampers you with various Ayurvedic and Beauty treatments, which build up on each other. The Ayurvedic treatments are based on the Panchakarma principles. The combination of treatments makes this cure to an experience of well-being for body, mind and all senses.</p> <p>The ultimate cure for body and soul.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Head or foot massages ❖ Synchronic body massages ❖ Thermo-Rice massages ❖ Intensive massages ❖ Oil head treatments (Shirodhara) ❖ Herbal baths ❖ Flower bath ❖ Facial with deep cleansing ❖ Manicure with hand massage and nourishing pack ❖ Lymph stimulation facial massages ❖ Lymph stimulation massages décolleté ❖ Pedicure with foot massage and nourishing pack ❖ Beauty Sea breeze – neck, shoulder ❖ Aroma cosmetic treatment ❖ Beauty facial massage ❖ Beauty Neckline – décolleté ❖ Shanaz beauty facial ❖ Beauty back free ❖ Body scrub pack ❖ Final doctor's consultation <p>This cure last at least 10 days with approximately 35 treatments according to the prescription of our Doctor will be applied.</p> <p>For relaxation and physical exercises, we recommend Yoga, Tai Chi and water gymnastic.</p> | | | <p>“More years to the life – more life to the years”.</p> <p>First, our doctor will examine you. He will prescribe the treatments according to your overall constitution and explain the schedule to you. Supported by the Ayurveda diet and medicines your body will be detoxified and vitalized. This cure improves your health and strength, stimulates your antibodies and self-healing abilities and preserves the functions of body and mind up to old age.</p> <p>This cure has to be conducted for at least 12 days.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Weekly consultations ❖ Head massages ❖ Face massages ❖ Synchronic body massages ❖ Oil head treatments (Shirodhara) ❖ Thermo-Rice massages ❖ Intensive massages ❖ Purgation (Virechana) ❖ Enemas (Vasthi) if necessary ❖ Cleansing of nose and sinuses (Nasya) ❖ Eye treatments ❖ Herbal inhalations ❖ Herbal steam baths ❖ Flower bath ❖ Daily Tai Chi ❖ Daily Meditation ❖ Daily Yoga ❖ Beach Walking ❖ Daily Ayurvedic remedies ❖ Nutritional advice ❖ Final consultation ❖ Final medical consultation <p>Approximately 60 treatments for 12 days cure package and 90 treatments for 18 days cure package</p> <p><u>On additional charges if required:</u></p> <ul style="list-style-type: none"> ❖ Special treatments ❖ Special massages | | | | |



| BEAUTY & VITAL 10 days | | | SLIM & HEALTHY 12 days | | |
|---|-------------------|-----------------|--|-------------------|-----------------|
| | 10 days | additional day | | 12 days | additional day |
| 01.11.20 – 31.03.21 | 1.140,00 € | 114,00 € | 01.11.20 – 31.03.21 | 1.212,00 € | 101,00 € |
| 01.04.21 – 30.04.21 | 970,00 € | 97,00 € | 01.04.21 – 30.04.21 | 1.032,00 € | 86,00 € |
| 01.05.21 – 30.09.21 | 860,00 € | 86,00 € | 01.05.21 – 30.09.21 | 912,00 € | 76,00 € |
| 01.10.21 – 31.10.21 | 970,00 € | 97,00 € | 01.10.21 – 31.10.21 | 1.032,00 € | 86,00 € |
| <p>During the hectic day-to-day life we often lose the feeling of inner harmony. This results in lack of physical and mental well-being. The aim of this cure is to balance those deficits. The unique combination of the treatments for reduction and toning helps your body and skin to relax, to regenerate and improve signs of aging. Nourishing cosmetic products, beauty treatments, Ayurvedic remedies and treatments based on the Panchakarma to heal, support this process. This cure activates your vital energies, strengthens your organism and pampers your soul.</p> <p>The cure for inner and outer well-being.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Medical check ❖ Head massages ❖ Foot massages ❖ Synchronic body massages ❖ Thermo-Rice massages ❖ Face massages ❖ Herbal baths ❖ Flower bath ❖ Ayurvedic remedies ❖ Facial with deep cleansing ❖ Manicure, hand massage with nourishing pack ❖ Lymph stimulation massages face and décolleté ❖ Pedicure, foot massage with nourishing pack ❖ Beauty Sea Breeze, neck, shoulder ❖ Aroma beauty treatment ❖ Beauty neckline – décolleté ❖ Shanaz beauty facial ❖ Beauty back free ❖ Body scrub pack ❖ Final medical consultation <p>This cure lasts at least 10 days and consists of approximately 40 treatments,</p> <p>For relaxation and physical exercises, join our Yoga, Meditation, Tai Chi and water gymnastic lessons.</p> | | | <p>“Become slim - stay slim”</p> <p>Losing weight at the Lanka Princess is conscious enjoyment without going hungry. We will replace the troublesome counting of calories by a special ayurvedic diet concept. The intensive treatments based on the Panchakarma purify the body, remove toxin from the intestines, optimize the digestion and strengthen the function of the organs. Daily stamina programs like beach walking and water gymnastics help to burn fat. Thai Chi and Yoga are the perfect completion to this treatment.</p> <p>A diet consultation at the end of your Slimming Cure will motivate you to change your diet habits lastingly to make you stay fit and healthy.</p> <p>A special Ayurvedic treatment cure based on Panchakarma to purify and to remove toxin inside and outside. Gain new energy for your physical and mental well-being.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Medical check ❖ Wellness-Fitness-Check incl. fat proportion of the body ❖ Daily weight reducing Ayurveda remedies based on herbals ❖ Acupuncture treatments to reduce the feeling of hunger ❖ Oleation (Ghee) ❖ Nasya (nose and sinus purification) ❖ Enemas (Vasthi) ❖ Oil head treatments (Shirodhara) ❖ Head massages ❖ Face massages ❖ Synchronic body massages ❖ Intensive massages ❖ Thermo-Rice massages ❖ Steam baths ❖ Herbal baths ❖ Flower bath ❖ Final doctors' consultation <p>This cure lasts at least 12 days with approx. 50 treatments. The doctor will prescribe the treatments for each guest individually.</p> <p>For relaxation and physical exercises, join our Yoga, Meditation, Tai Chi and water gymnastic lessons.</p> | | |



| SLEEP & HEAL 12 days | | | PARKINSON TREATMENT 12 or 18 days | | | | |
|---|-----------|----------------|--|------------|----------|------------|----------|
| | 12 days | additional day | 12 days | add. day | 18 days | add.day | |
| 01.11.20 – 31.03.21 | 1068,00 € | 89,00 € | 01.11.20 – 31.03.21 | 1.323,00 € | 111,00 € | 1.944,00 € | 108,00 € |
| 01.04.21 – 30.04.21 | 912,00 € | 76,00 € | 01.04.21 – 30.04.21 | 1.128,00 € | 94,00 € | 1.620,00 € | 90,00 € |
| 01.05.21 – 30.09.21 | 804,00 € | 67,00 € | 01.05.21 – 30.09.21 | 996,00 € | 83,00 € | 1.440,00 € | 80,00 € |
| 01.10.21 – 31.10.21 | 912,00 € | 76,00 € | 01.10.21 – 31.10.21 | 1.128,00 € | 94,00 € | 1.620,00 € | 90,00 € |
| <p>The harmonic relaxation for people, who have issues falling asleep, suffer from insomnia and daytime sleepiness.</p> <p>Warm oil treatments for the head (Shirodhara) based on the Panchakarma lead to deep relaxation and counterbalance the right and the left side of the brain. Meditation, breathing exercises as well as Yoga will help you to achieve peace of mind and stability.</p> <p>The ideal course of treatments to let go and relax.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Medical check ❖ Daily Ayurveda remedies ❖ Personality check ❖ Oil head treatments (Shirodhara) ❖ Head treatment (Shirovasti) ❖ Enema (Vasthi) ❖ Nasya (nose and sinus purification) ❖ Purgation (Virechana) ❖ Head massages ❖ Face massages ❖ Synchronic body massages ❖ Intensive massages ❖ Foot massages ❖ Herbal baths ❖ Flower bath ❖ Final medical consultation <p>This cure takes at least 12 days and consists of approximately 45 treatments.</p> <p>We recommend to book additional treatments as Acupuncture for deep relaxation.</p> | | | <p>Ayurvedic treatments for neurological illness.</p> <p>According to Ayurveda, the problematic of neurological illness is the irregularity of the Vata Dosha. By balancing the Vata Dosha, the progress of this mostly degenerative illness slows down. The state of health of the patient can be preserved or regenerated.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Medical check ❖ Head and massages ❖ Face massages ❖ Synchronic body massages ❖ Intensive massages ❖ Oil head treatment (Shirodhara) ❖ Herbal Parisheka ❖ Nose & Sinus treatment (Nasya) ❖ Special enemas (Prasthutha Vasthi) ❖ Additional special treatments as Uro Vasthi, Kati Vasthi etc. according to the prescription of the doctor ❖ Final medical consultation <p>This cure lasts at least 12 days and consists of approximately 60 treatments, according to the prescription of the doctor.</p> <p>An alleviation of the ailments can take place only, when the patient repeats the course of treatments, based on Panchakarma, twice a year. At home, it is of great importance to adopt the newly acquired principles according to your type of constitution (Dosha) into your daily life, continue to take the ayurvedic medicine and live according to a regular daily schedule.</p> <p>With the integration of massages, Yoga and Meditation in your daily routine you can achieve relief from your ailments.</p> | | | | |



| ANTI STRESS & BURN OUT 12 days | | | CELLULITE TREATMENT 6 or 10 days | | | |
|--|-------------------|-----------------|--|----------------|-------------------|-----------------|
| | 12 days | additional day | 6 days | add.day | 10 days | add. day |
| 01.11.20 – 31.03.21 | 1.500,00 € | 125,00 € | 588,00 € | 98,00 € | 1.180,00 € | 118,00 € |
| 01.04.21 – 30.04.21 | 1.272,00 € | 106,00 € | 498,00 € | 83,00 € | 990,00 € | 99,00 € |
| 01.05.21 – 30.09.21 | 1.128,00 € | 94,00 € | 438,00 € | 73,00 € | 890,00 € | 89,00 € |
| 01.10.21 – 31.10.21 | 1.272,00 € | 106,00 € | 498,00 € | 83,00 € | 990,00 € | 99,00 € |
| <p>A course of treatments to relax and to regenerate.</p> <p>Characteristic signs of the burn out syndrome are physical and emotional exhaustion, continuous lack of psychical and physical strength, weakness of the immune system and sleeping disorders.</p> <p>During the course of the treatments you will get to know how to live according to your Dosha and how to avoid stress in the future. The stay in our Hotel ensures the necessary distance to the cause of the problem.</p> <p>The special treatments, based on the Panchakarma, will be prescribed by your Doctor according to your state of health and will support the whole cure program.</p> <ul style="list-style-type: none"> ❖ Initial medical consultations ❖ Medical check ❖ Head massages ❖ Face massages ❖ Synchronic body massages ❖ Foot massages ❖ Thermo-Rice-massages ❖ Intensive massages ❖ Oil head treatment as Shirodara, Thakradara, Kwathadara or Oildara ❖ Healing head treatment ❖ Herbal baths ❖ Flower bath ❖ Daily meditation ❖ Final medical consultation <p>This cure lasts at least 12 days with approximately 70 treatments, according to the prescription of the doctor.</p> <p>At the Lanka Princess, you have plenty of time and space to relax and regenerate. In addition, Meditation, Yoga und Tai Chi support the process of relaxation. You can get to know the techniques and continue at home.</p> | | | <p>Most women know cellulites, a nowadays-common illness of the connective tissue.</p> <p>Ayurveda defines this illness as a disturbance of the Doshas and offers effective treatments based on the Panchakarma to balance these.</p> <p>At the initial medical consultation, our Doctor will prescribe the following treatments individually.</p> <ul style="list-style-type: none"> ❖ Initial medical consultation ❖ Medical check ❖ Synchronic body massages ❖ Foot massages ❖ Head massages ❖ Face massages ❖ Powder massages ❖ Fatbruning massages (oil) ❖ Acupuncture (10 days treatment only) ❖ Herbal baths ❖ Flower bath ❖ Daily Ayurvedic remedies ❖ Daily Yoga ❖ Daily Tai Chi ❖ Daily water gymnastic ❖ Physical exercises ❖ Final medical consultation <p>Approximately 20 treatments for 6 days cure package and 40 treatments for 10 days cure package</p> | | | |