LANKA PRINCESS

# AYURVEDA
# CURE PROGRAMS + PRICES
## 01.11.2024 – 31.10.2025
Subject to change V01 – 24.03.2024

## WELLNESS PURE 6 days

| | 6 days | additional day |
|---|---|---|
| 01.11.24 – 31.03.25 | **498,00 €** | **83,00 €** |
| 01.04.24 – 31.05.25 | **426,00 €** | **71,00 €** |
| 01.06.25 – 31.10.25 | **378,00 €** | **63,00 €** |

- 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

Approximately 20 treatments

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.

## PRINCESS BEAUTY 6 days

| | 6 days | additional day |
|---|---|---|
| 01.11.24 – 31.03.25 | **294,00 €** | **49,00 €** |
| 01.04.25 - 31.05.25 | **258,00 €** | **43,00 €** |
| 01.06.25 – 31.10.25 | **228,00 €** | **38,00 €** |

- 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

Approximately 10 treatments

For relaxation and physical exercises, join our Yoga, Meditation, Tai Chi and water gymnastic lessons.

Our Beauty Cure offers international and Ayurvedic treatments. Additional treatments from our beauty program can be added with extra charges

## PANCHAKARMA CURE 12 or 18 days

| | 12 days | add day | 18 days | add.day |
|---|---|---|---|---|
| 01.11.24 --31.03.25 | **1.296,00 €** | **108,00 €** | **1.890,00 €** | **105,00 €** |
| 01.04.25 - 31.05.25 | **1.116,00 €** | **93,00 €** | **1.602,00 €** | **89,00 €** |
| 01.06.25 - 31.10.25 | **972,00 €** | **81,00 €** | **1.404,00 €** | **78,00 €** |

**More years to the life –**
**more life to the years".**

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.

**This cure has to be conducted for at least 12 days.**

- 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

Approximately
60 treatments for 12 days cure package and
90 treatments for 18 days cure package

<u>On additional charges if required:</u>

- Special treatments
- Special massages

## ANTI STRESS & BURN OUT 12 days

| | 12 days | add. day |
|---|---|---|
| 01.11.24 – 31.03.25 | **1.536,00 €** | **128,00 €** |
| 01.04.25 – 31.05.25 | **1.308,00 €** | **109,00 €** |
| 01.06.25 – 31.10.25 | **1.164,00 €** | **97,00 €** |

**A course of treatments to relax and to regenerate.**

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.

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.

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.

- 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

This cure lasts at least 12 days with approximately 70 treatments, according to the prescription of the doctor.

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.
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## WELLNESS & BEAUTY 10 days

| | 10 days | additional day |
|---|---|---|
| 01.11.24 – 31.03.25 | **920,00 €** | **92,00 €** |
| 01.04.25 – 31.05.25 | **780,00 €** | **78,00 €** |
| 01.06.25 – 31.10.25 | **690,00 €** | **69,00 €** |

**A fountain of youth for your body – well-being for your skin**

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.

**The ultimate cure for body and soul.**

- 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

This cure last at least 10 days with approximately 35 treatments according to the prescription of our Doctor will be applied.

For relaxation and physical exercises, we recommend Yoga, Tai Chi and water gymnastic.

## SLIM & HEALTHY 12 days

| | 12 days | additional day |
|---|---|---|
| 01.11.24 – 31.03.25 | **1.248,00 €** | **104,00 €** |
| 01.04.25 – 31.05.25 | **1.068,00 €** | **89,00 €** |
| 01.06.25 – 31.10.25 | **936,00 €** | **78,00 €** |

**"Become slim - stay slim"**

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.

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.

**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.**

- 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

This cure lasts at least 12 days with approx. 50 treatments. The doctor will prescribe the treatments for each guest individually.

For relaxation and physical exercises, join our Yoga, Meditation, Tai Chi and water gymnastic lessons.

## SLEEP & HEAL 12 days

| | 12 days | additional day |
|---|---|---|
| 01.11.24 – 31.03.25 | **1.104,00 €** | **92,00 €** |
| 01.04.25 – 31.05.25 | **936,00 €** | **78,00 €** |
| 01.06.25 – 31.10.25 | **828,00 €** | **69,00 €** |

**The harmonic relaxation for people, who have issues falling asleep, suffer from insomnia and daytime sleepiness.**

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.

**The ideal course of treatments to let go and relax.**

- 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

This cure takes at least 12 days and consists of approximately 45 treatments.

We recommend to book additional treatments as Acupuncture for deep relaxation.

| | 12 days | add. day | 18 days | add.day |
|---|---|---|---|---|
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| 01.06.25 – 31.10.25 | **1.164,00 €** | **97,00 €** | | |

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- Intensive massages
- Oil head treatment as Shirodara, Thakradara, Kwathadara or Oildara
- Healing head treatment
- Herbal baths
- Flower bath
- Daily meditation
- Final medical consultation

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