



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

SCHEDULE OF PRICES AND SERVICES*

Valid as of 1 February 2020

*Because of new VAT guidelines, as of 1 January 2020 our prices for all services (except medical services) include the full VAT rate of e.g. Currently 19%.

MEDICAL CONSULTATION

If not taking Panchakarma

First consultation (approx. 60 min.)

- Thorough medical history taking
- Ayurvedic pulse diagnosis
- Practical tips and dietary advice to follow at home
- Prescription of Ayurvedic herbal food supplements

Total cost: Diagnosis and consultation € 180.00

Follow-up consultation (30 Min.) € 90.00

Additional charge for weekends and public holidays € 17.00

Telephone consultation á 5 minutes € 15.00

INDIVIDUAL TREATMENT FEES

Synchronized Full-Body Oil Massage

- Abhyanga (gentle massage)
 - Kapha € 202.00
 - Pitta € 214.00
 - Vata € 226.00
- Vishesh (deep massage) € 220.00
- Garshan (oil/dry massage) € 244.00
- Udvarthana (tissue stimulating) € 252.00
- Pizhichill (under flowing oil) € 393.00
- Pizhichill (with coconut oil) € 474.00

Heat treatments

- Svedana (herbal steam bath) € 113.00

Medicinal enemas

- Matra-Basti (oil or ghee) € 107.00
- Shodana-Basti € 107.00
- Kshira-Basti € 107.00
- Brimhana-Basti € 107.00
- Veda-Matra (herbs or bitterghee) € 137.00

Partial applications

- Shirodhara
 - short € 121.00
 - medium € 125.00
 - long € 129.00
- Takhradhara special € 351.00
- Shirobasti (herbal oil bath / head) € 226.00
- Nasya (comprehensive shoulder, neck and head massage, warm compress and nose treatment) € 190.00
- Karnapurana (Tinnitus therapy) € 113.00
- Netra-Tarpana (eye treatment) € 125.00
- Shiroabhyanga (massage of the head) € 95.00
- Trigeminal-Nerv Treatment € 95.00
- Padabhyanga (foot and lower leg massage) € 101.00
- Lepam € 108.00
- Aroma-Therapy € 125.00
- Local package € 42.00 - € 54.00
- Maharishi Light Therapy with Gems € 78.00 - € 114.00
- Marmatherapy € 95.00 - € 137.00
- Back Massage € 89.00

Pain therapy

- Pinda-Sveda, local (up to 3 areas of the body) € 381.00
- Pinda-Sveda, (partial area more than 3 areas of the body) € 440.00
- Kalari Marma Uzichill (deep energy massage, 5 pos.) € 381.00
- Pain-Therapy € 130.00
- Patra Potali local € 107.00 - € 155.00
- Patra Potali full body € 298.00 - € 369.00
- Podikili local € 89.00 - € 129.00
- Podikili full body € 286.00 - € 321.00

Oil therapies

- Kativasthi (oil treatment on lumbar spine) € 143.00
- Grivavasthi (oil treatment for shoulder problems) € 143.00
- Jaanuvasthi (oil treatment for non-inflamed knee problems) € 143.00
- 2nd Knee € 190.00
- Hrid-Vasthi (oil treatment for heart problems) € 143.00
- Chakravasthi (for various stomach and stress problems) € 143.00
- Yakrithvasthi (for liver and metabolism disorders) € 143.00
- Chakra-Hrid-Vasthi (oil therapy for heart and solar plexus) € 190.00

MEDICAL CARE DURING PANCHAKARMA TREATMENT

Doctor's fee is to be settled directly with the medical practice of Dr. Karin Pirc.

A Panchakarma treatment includes: initial medical consultation, treatment plan, pre-treatment, daily medical stand-by care, and a final consultation after the treatment.

- for 10 days € 400.00
- for each additional day € 15.00

GETTING TO KNOW AYURVEDA

Single day recreation

- 1 x Abhyanga – Pitta € 214.00
- 1 x Shirodhara – medium € 125.00
- Video lecture: "Introduction to Panchakarma treatment"
- Total cost € 339.00 *
- If desired: Short consultation with doctor € 90.00 (approx. 30 min.)

Two day treatment (example)

- 1 x Abhyanga – Pitta € 214.00
- 1 x Shirodhara – medium € 125.00
- 1 x Vishesh € 220.00
- 1 x Svedana € 113.00
- Video lecture: "Introduction to Panchakarma treatment"
- Ayurvedic meals and supporting programme € 150.00
- Total cost € 822.00 *
- If desired: Short consultation with doctor € 90.00 (approx. 30 min.)



SHORT VACATION

Feel relaxed, purified and rejuvenated within a few days. Ideal when you occasionally want to “recharge your batteries”

Regeneration weekend (example)

3-day weekend

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|--|--------------|
| • 2 x Abhyanga – Pitta | € 428.00 |
| • 1 x Udvartana | € 252.00 |
| • 2 x Shirodhara – medium | € 250.00 |
| • 1 x Svedana | € 113.00 |
| • Doctor's fees | € 295.00 |
| Ayurvedic meals and supporting programme | € 225.00 |
| Total cost | € 1,563.00 * |

Five Day Revitalization (example)

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|--|--------------|
| • 3 x Abhyanga – Pitta | € 642.00 |
| • 1 x Udvartana | € 252.00 |
| • 3 x Shirodhara – medium | € 375.00 |
| • 1 x Svedana | € 113.00 |
| • 1 x Matra-Basti | € 107.00 |
| • Doctor's fees | € 325.00 |
| Ayurvedic meals and supporting programme | € 375.00 |
| Total cost | € 2,189.00 * |

Seven Day Total Luxury (example)

For an effective regeneration

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|--|--------------|
| • 2 x Abhyanga – Pitta | € 428.00 |
| • 1 x Vishesh | € 220.00 |
| • 1 x Udvartana | € 252.00 |
| • 2 x Shirodhara – medium | € 250.00 |
| • 2 x Svedana | € 226.00 |
| • 1 x Pizhichill | € 393.00 |
| • 2 x Matra-Basti | € 214.00 |
| • Doctor's fees | € 355.00 |
| Ayurvedic meals and supporting programme | € 525.00 |
| Total cost | € 2,863.00 * |

COMPREHENSIVE PANCHAKARMA

For most profound recreation and preventive effects of the applications

10 Day Panchakarma (example)

For effective revitalization

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|--|--------------|
| • 1 x Udvartana | € 252.00 |
| • 4 x Abhyanga – Pitta | € 856.00 |
| • 2 x Shirodhara – medium | € 250.00 |
| • 1 x Svedana | € 113.00 |
| • 2 x Matra-Basti | € 214.00 |
| • 1 x Shodana-Basti | € 107.00 |
| • 1 x Vishesh | € 220.00 |
| • 1 x Padabhyanga | € 101.00 |
| • Doctor's fees | € 400.00 |
| Ayurvedic meals and supporting programme | € 750.00 |
| Total cost | € 3,263.00 * |

14 Day Panchakarma (example)

Effective course of purification therapies tailored for your individual health needs

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|--|--------------|
| • 2 x Udvartana | € 504.00 |
| • 5 x Abhyanga – Pitta | € 1,070.00 |
| • 2 x Vishesh | € 440.00 |
| • 3 x Shirodhara – medium | € 375.00 |
| • 2 x Svedana | € 226.00 |
| • 3 x Matra-Basti | € 321.00 |
| • 2 x Shodana-Basti | € 214.00 |
| • 1 x Nasya | € 190.00 |
| • 1 x Padabhyanga | € 101.00 |
| • Doctor's fees | € 460.00 |
| Ayurvedic meals and supporting programme | € 1,050.00 |
| Total cost | € 4,951.00 * |

21 Day Panchakarma (example)

A health vacation. Relaxation and revitalization on the highest level

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|--|--------------|
| • 1 x Shiroabhyanga | € 95.00 |
| • 3 x Udvartana | € 756.00 |
| • 8 x Abhyanga – Pitta | € 1,712.00 |
| • 2 x Vishesh | € 440.00 |
| • 3 x Shirodhara – medium | € 375.00 |
| • 3 x Svedana | € 339.00 |
| • 4 x Matra-Basti | € 428.00 |
| • 3 x Shodana-Basti | € 321.00 |
| • 3 x Nasya | € 570.00 |
| • 2 x Padabhyanga | € 202.00 |
| • Doctor's fees | € 565.00 |
| Ayurvedic meals and supporting programme | € 1,575.00 |
| Total cost | € 7,378.00 * |



HOTEL PRICING (accommodation only)



Exclusive

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|---|---------------|
| Double room | € 102.00 p.P. |
| More than 5 nights | € 99.50 p.P. |
| Single room | € 114.00 p.P. |
| More than 5 nights | € 109.00 p.P. |
| Double room booked as single occupation is possible upon request | |



Pricing includes usage of the hotel wellness facility along with thermal swimming pool, steam bath and saunas.

Accommodation charges are per person per day and

depend upon the room category. The cost for accommodation plus visitor's tax is to be settled with the Häcker's Grandhotel in Bad Ems. The day of arrival and the day of departure are counted as a total of one day.

SUPPORTING PROGRAMME

At the Maharishi AyurVeda Health Centre in Bad Ems, a wide-ranging supporting programme accompanies the Panchakarma therapy. The daily rate is €18.00 and includes the following services:

- Yoga and breathing exercise classes
- Various lectures given by our doctors and health consultants
- Introductory video course on Maharishi AyurVeda
- Personal and individual care
- Hot water delivery to your room twice a day
- Ayurvedic tea bar
- Music and Ayurveda lending library
- Concerts in the hotel according to schedule



Suite

| | |
|--|--------------------------------|
| Double room Junior Suite or Grande Suite | € 118.00 p.P. € 162.00 p.P. |
| Single room Junior Suite or Grande Suite is possible upon request | |
| Suite as double room | € 137.00 p.P. |

FULL BOARD

Gourmet full board from the Ayurveda kitchen of the Maharishi AyurVeda Health Centre: Pricing for healthy, delicious Ayurveda meals for the maximum benefit for your treatments is €57.00 per day.

As of 1 January 2020, our Ayurveda Restaurant has been officially certified according to the EU regulations: DE-ÖKO-013.



*To further enhance the effects of the therapy the doctor may recommend, in consultation with you, additional treatments for special health needs. Thus total costs of treatments can vary.



INDIVIDUAL CARE

In this price list we have put together some treatment example offers for you. Your own treatment plan, however, is always drawn up individually – according to your personal requirements and the recommendations of the doctor. All offers starting with three days or more include the following doctors' services:

- Initial evaluation by the doctor including pulse diagnosis
- Determination of dosha imbalances
- Creation of treatment plan
- Daily care from the doctor
- Starting the five treatment day program a concluding consultation is included

Additional services can be booked also for shorter stays. The treatments listed include a number of additional measures, such as warm towels, warm compresses or periods of rest. These enhance the effect of your treatment and the pleasant experiences.

OUTSTANDING QUALITY IS OUR STANDARD

For your health, we make considerable investment. For example, we are constantly developing our range of authentic Ayurvedic treatments offered, so that we can serve more deeply your personal health situation.

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On this basis we have become Europe's leading private clinic for Ayurvedic treatments. Seven out of ten guests visit us repeatedly or come from recommendation of our satisfied Ayurveda guests.

WHAT YOU CAN EXPECT FROM US

- The comprehensive personal attention of our experienced doctors, Indian Ayurveda experts (Vaidyas), therapists and the entire team.
- Sumptuously medicated oils, which we prepare for you individually in our own oil kitchen, to enhance the success of your therapy.
- Constant expansion and optimisation of the Ayurvedic therapies, in order to adjust the treatments precisely to your personal situation.
- Patient-oriented staff planning, so that we can carry out your treatments at the best possible time, i.e. the most effective time.
- Pleasant resting rooms in the therapy area, for extended resting periods after treatment, which enhance the effect.
- The freshness and purity of organic fruits and vegetables used for delicious meals in our own Ayurveda kitchen.

We will be delighted to advise you personally. Please call us: **Phone +49 2603 9407-0**

BOOKING YOUR TREATMENT

We are pleased that you have chosen a Maharishi AyurVeda treatment in Bad Ems. Please take note of the following points when making a booking:

Bookings can be made by phone, e-mail or by post. You will receive a booking confirmation and an invoice for your deposit of 500,- €.

By receiving the booking confirmation your reservation becomes binding. Your reservation can be cancelled formless in writing up to seven days upon receipt. Your final right to cancel expires five weeks prior to your arrival date.

Once this period has expired we will make a reservation for the doctors appointment, treatment schedule, meals and scheduling of staff. We would be happy to make your reservation for your desired room category accommodation at Häcker's Grand Hotel.

CANCELLATION OR EARLY DEPARTURE

Please be aware of a 51,00 € cancellation fee for any changes of your reservation or for cancellations. Cancellations are accepted in writing only. In case of cancellation a cancellation fee applies as follows:

- up to four weeks prior to arrival 10%
- up to two weeks prior to arrival 30%
- from 13 to four days prior to arrival 50%
- three days or less prior to arrival 75%

We accept a replacement person (of the same gender) if you are unable to come yourself for the scheduled treatment. We can assist you in finding an affordable trip cancellation insurance.

Guests who require special care are welcome. Additional charges may apply. For detailed special care requirements please speak to our guest service staff prior to making your reservation.

Thank you for considering these points. For further questions or information in regards to your reservation please contact our guest service team.

Phone: +49 2603 9407-0 · Fax +49 2603 3122

This price list is valid from 1 February 2020. All previous price lists are invalid. Prices are subject to change and errors and omissions excepted. Our general terms and conditions apply.



MAHARISHI AYURVEDA
HEALTH CENTRE BAD EMS
Since 1992

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