



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

SERVICES AND PRICES

Valid from 1 July 2020

MEDICAL CONSULTATION

If not taking Panchakarma

Initial consultation (approx. 60 min.)

- Comprehensive anamnesis
- 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

Consultation by phone, per 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 bitter Ghee) € 137.00

Localized treatments

- Shirodhara
 - short € 121.00
 - medium € 125.00
 - long € 129.00
- Takradhara 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
- Marma Therapy € 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 € 150.00
- Patra Potali local € 107.00 - € 157.00
- 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

One-day pampering and relaxation

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

Two-day royal 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"
- Ayurvedic meals and supporting program € 150.00
- Total: € 822.00 *
- If desired: Short consultation with doctor € 90.00 (approx. 30 min.)

*All listed prices include the current VAT, as far as applicable.



QUICK RECHARGE

Deep relaxation, cleansing, and revitalization in just a few days. Ideal if you want a short break to “recharge your batteries”.

Regeneration weekend (example)

3-day weekend

• 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 program	€ 225.00
Total:	€ 1,563.00 *

Five-Day Revitalization (example)

• 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 program	€ 375.00
Total:	€ 2,189.00 *

Seven-Day Total Luxury (example)

For an effective regeneration

• 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 program	€ 525.00
Total:	€ 2,863.00 *

* Please note that, in addition to the fees for your cure, you will most likely incur hotel costs. We recommend accommodation at Häcker's Grand Hotel. (See next page for prices.)

COMPREHENSIVE PANCHAKARMA

Course of treatment for maximum regeneration and long-lasting prevention

10-Day Panchakarma (example)

For effective revitalization

• 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 program	€ 750.00
Total:	€ 3,263.00 *

14-Day Panchakarma (example)

Effective course of treatment for purification and to address specific conditions

• 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 program	€ 1,050.00
Total:	€ 4,951.00 *

21-Day Panchakarma (example)

A health vacation. Relaxation and revitalization on the highest level

• 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 program	€ 1,575.00
Total:	€ 7,378.00 *



HOTEL PRICING (accommodation only)



Exclusive Class – fee per person per night

Double room	€ 102.00
Double room, 5 nights or more	€ 99.50
Single room	€ 114.00
Single room, 5 nights or more	€ 109.00

Double rooms can be booked for single occupation by arrangement with the Hotel.



Pricing includes usage of the hotel's wellness facility, including the thermal swimming pool and the dry and steam saunas.

Accommodation prices are per person per day and

depend on the room category.

Payment of accommodation fees plus hotel tax is to be settled with Häcker's Grandhotel.

The day of arrival and the day of departure are each counted as half a day.

SUPPORTING PROGRAM

The Maharishi AyurVeda Health Centre offers a wide range of services supporting your Panchakarma course of treatment.

For an 18 Euro flat rate per night, it includes:

- Classes in Yoga and breathing exercises
- Maharishi Gandharva Veda music therapy
- Presentations by doctors and health consultants
- Video course "Introduction to Maharishi AyurVeda"
- Personal and individualized guest care
- Hot water delivery service, twice a day
- Ayurvedic tea bar
- Library with music and Ayurveda books
- Regular music concerts in the Hotel



Suites – fee per person per night

Double room Junior Suite (double occupancy)	€ 118.00
or Grand Suite (double occupancy)	€ 162.00

Junior Suites and Grand Suites can be booked for single occupancy by arrangement with the Hotel.

Suite as double room	€ 137.00
----------------------	----------

FULL BOARD

Gourmet full board from our Maharishi AyurVeda Health Centre's own kitchen: € 57.00 per day. This includes the delicious Ayurvedic meals as well as all drinks, individualized to ensure optimal treatment success.

As of 1 January 2020, our Ayurveda restaurant is certified organic according to EU regulations (DE-ÖKO-013).



* In consultation with you, the attending physician may recommend additional or fewer therapies to optimize your therapy's success. Thus the total fee for the treatments can vary upwards or downwards.



INDIVIDUAL CARE

In this list of services, we have compiled a few sample treatment packages. Your own treatment plan, however, is always drawn up individually – according to your personal requirements and the recommendations of the doctor. For all stays of three days or more, the package includes the following doctors' services:

- Initial examination with pulse diagnosis
- Determining Dosha disturbances and composing a treatment plan
- Daily doctor's attendance
- For stays of five days or more, also a concluding consultation with your doctor.

If your stay is shorter, you can book these as additional services.

The listed treatments include additional measures such as warm towels, heat packs, and resting periods. These enhance the effectiveness and your pleasant experience of the treatment.

OUTSTANDING QUALITY IS OUR STANDARD

We do everything we can for your health. For example, we are always expanding our range of authentic Ayurvedic treatments. This will enable us to respond even more individually to your personal health situation.

The effectiveness of the high-quality oils and herbs we use is further enhanced considerably by elaborate preparation processes in accord with Ayurvedic tradition – sometimes especially for just one treatment.

Our therapists undergo extensive and continuing training to ensure the authenticity of our treatments according to Maharishi AyurVeda's highest quality standard.

By adhering to these principles, we have become Europe's leading private clinic for Ayurveda treatments. Seven out of ten guests are return guests or were recommended by our satisfied Ayurveda customers.

OUR COMMITMENT

- Full personal attention from our experienced doctors, Indian Ayurveda experts (Vaidyas), therapists, and the entire team.
- Best quality oils, medicated in our own oil kitchen using sophisticated procedures, individualized to enhance the success of your therapy.
- Continuing expansion and optimization of Ayurvedic therapies to further fine-tune treatments to your personal situation.
- Patient-oriented staff scheduling, so that your treatments are given at the best possible times, i.e. when they are most beneficial for you.
- Extended after-treatment resting in comfortable rooms within the therapy area, which adds to the effectiveness.
- Fresh and pure organic fruits and vegetables, the basis for delicious, Sattvic menus prepared by our own Ayurvedic kitchen.

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

NOTES ABOUT YOUR BOOKING

We are happy that you have decided upon a Maharishi AyurVeda cure in our Health Centre. When booking, please note the following points:

After you have made your booking in writing, by email, or by telephone, we'll send you a booking confirmation and a credit card form for the € 500 deposit.

Your booking becomes binding upon receipt of the confirmation. You may cancel your booking up to seven days afterwards (in writing) but at the latest, the cancellation period ends five weeks before your planned arrival day.

After the cancellation period, we schedule your doctor's appointments, treatments and meals, and allocate staff. We can also gladly reserve a room for you in Häcker's Grand Hotel according to your preferences.

Through our partnership with Medipay, a financing company for health services, we can offer you the possibility to pay for your Ayurveda cure in convenient and reasonable installments. Very useful if you want to keep some financial leeway. Please ask us for more information about this option.

IN CASE OF WITHDRAWAL OR EARLY DEPARTURE

Rescheduling: Please understand that we charge a fixed amount of € 51.00 in case you need to reschedule your booking.

Cancellation: In case you need to cancel your booking, this should be done in writing. We'll have to charge a part of your scheduled cure's total cost (including doctor's fees) depending on when you notified us:

- At least 4 weeks before your arrival date: 10%
- At least 2 weeks before your arrival date: 30%
- Between 13 and 4 days before the arrival date: 50%
- 3 days or less before the arrival date: 75%

If you don't notify us at all ("**no-show**") we charge 80% of the total cost.

In case you can't complete your course of treatment and have to **leave early**, we charge 80% of the cost of those services you didn't use.

Naturally, there will be no extra charge if you find a replacement, i.e. a person of the same gender that will take the cure in your place.

Patients who require special care are welcome; required extra services will be charged. Please contact our guest care department to discuss the arrangement in detail before booking.

We thank you for your understanding regarding these points. If you have any further questions or require information about your booking, our guest service will be happy to help you.

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

This list of prices and services is valid from 1 July 2020 and replaces all previous price lists. Subject to change; errors and misprints excepted. Our general terms and conditions apply.



MAHARISHI AYURVEDA
HEALTH CENTRE BAD EMS
Since 1992