



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

Three requirements for guests arriving from risk areas outside Germany

1. If you have visited a risk area within the last 10 days before entering Germany, you are now required to inform authorities of your itinerary during those days. This can be done online at www.einreise-anmeldung.de (in English).
After completion, you are sent a PDF file which you should please print out and carry with you when entering Germany. If you can't follow this procedure for technical reasons, you should download, print and complete this [substitute registration form](#) and bring it with you. To find out about the latest regulations from the German government, you can view/download this PDF: [Rules for incoming passengers to Germany in connection with Coronavirus SARS-CoV-2](#).
2. Please bring a negative PCR test result not older than 48 hours. You will be tested with the Rapid Antigen Test upon arrival in our Health Centre. After about 20 minutes, when the Rapid Test result is determined to be negative (i.e. no antigens detected) you are clear to start your Ayurveda course of treatment under a limited quarantine: Please do not receive visitors in your room and only go to the treatment rooms and the Ayurveda restaurant while wearing a face mask. On the 5th day of your stay and quarantine, you'll get another PCR Test. About two days later, when the PCR test result is available, you can end your quarantine, i.e. if the result is negative.
3. In addition, those arriving from risk areas are required to report to the responsible health office in Bad Ems, either via the district administration's homepage www.rhein-lahn-kreis.de, [by email](#) or by telephone: **+49 2603 972555**. Our team can assist you if translation is required.

Call us if you have questions regarding treatments or other questions – we'll be happy to advise you: +49 2603 94070.