



Swasthya

An Introduction to Ayurveda

Explore the fundamental aspects of Ayurveda with our introductory plan.

Our team of doctors will enlighten you on the principles of Ayurveda, offering insights into how its concepts can integrate into your daily life, tailored to your specific health needs.

Indulge in a soothing full-body massage designed to unwind your body and mind, setting the stage for a more profound immersion into the world of Ayurveda.

To experience the Swasthya plan, please notify the reception beforehand. This will ensure that treatment sessions are scheduled according to your preferences.



Swasthya Package Inclusions

An initial consultation with our Ayurveda Doctor for a duration of 15 minutes. It includes the analysis of imbalance (Vikruthi) a short introduction to Ayurveda and recommendations on possible Ayurveda solution for managing the health condition.

✦
Dietary recommendations based on the imbalance.

✦
1 x Full Body Ayurveda treatments - 105 minutes duration.

✦
Daily 2 group yoga sessions.

For Reservation, Kindly contact via email ✉ reservation@nattikaayurveda.com

📍 Schlosspark 1, 17217 Penzlin, Germany.

🌐 www.parkamseenattika.com



Soukhya

Short Stay Healing Package



Soukhya Short Stay Healing Package

Gratify your soul by immersing yourself in the authentic essence of ayurveda through traditional ayurveda massages, Therapies, Yoga and dietary practices. The 2 day Soukhya Package enables you to get a glimpse into embracing holistic living and a brief introduction on how to illuminate your inner self with the spirit of Ayurveda.



Package Inclusions

Detailed first consultation with our Ayurveda doctor for a duration of 30 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solutions for managing the health condition.



Dietary recommendations based on imbalance.



1 x Welcome relaxing Ayurveda Massage - 75 Minutes Duration.



1 x Full Body Ayurveda treatments - 60 minutes duration.



1 x Customized Partial Body Ayurveda Treatments - 45 minutes duration.



1 x Herbal Steam Bath - 15 Minutes.



1 x Ayurveda Herbal Face pack - 15 Minutes.



2 x Daily Group Yoga & Meditation Sessions.



Nattika Essence services- Nattika Essence, A finely curated essential oil blends based on the aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

**The treatment program is planned according to the health condition of the patient.
The individual final plan will be tailored after the initial consultation.

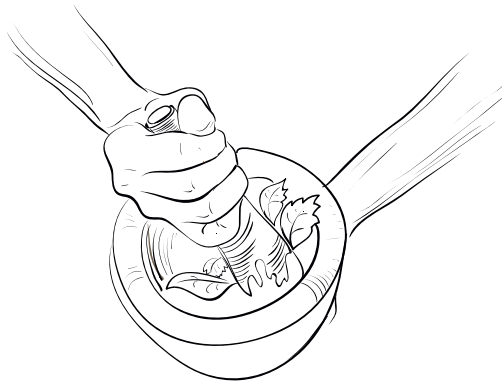
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Nirvana Rejuvenation Package



Nirvana Healing Rejuvenation Package

Our Nirvana plan is meticulously designed to redefine your essence and unlock well-being by seamlessly integrating Ayurveda Massages, Therapies, Yoga sessions, and a nourishing Ayurveda-based diet. This comprehensive approach adopts ancient Ayurveda wisdom to address not just the physical but also the mental aspects of well-being.

Join us on this 4-day transformative journey towards a state of serenity and well-being. Experience the power of ancient traditions merging seamlessly with modern holistic practices.



Detailed consultation with our Ayurveda Doctor for a duration of 60 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solutions for managing the health condition.



Dietary recommendations based on the imbalance.



Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 15 minutes, to discuss the progress of treatment and the health condition.



A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long-lasting effect of the treatments undergone.



1 x Welcome relaxing Ayurveda massage - 45 minutes duration.



3 x Full Body Ayurveda treatments - 60 minutes duration.



3 x Customized Partial Body Ayurveda Treatments - 45 minutes duration.



4 x Daily Group Yoga & Meditation Session.



1 x Herbal Steam Bath - 15 Minutes.



1 x Ayurveda Herbal Face pack -15 Minutes



Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.



Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

*The treatment program is planned according to the health condition of the patient.
The individual final plan will be tailored after the initial consultation.

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Jeevanam

Rejuvenation – Rasayana Therapy



Benefits of Rasayana

Rasayana proves highly effective in degenerative diseases, psychological imbalances, and rehabilitation. It endows the body with antioxidants and anti-ageing elements, upholding overall health and vigor. Its impact on joint issues, sleep disturbances, fatigue, debilitation, memory lapses, and various health conditions is notably profound.

Rasayana can be administered to enhance desired aspects such as longevity, intelligence, or tailored to address specific ailments. Incorporating Rasayana into daily routines augments its benefits, serving as a vital component of everyday wellness practices.

Rasayana is an elixir and will bring out the younger self in an individual through its numerous miraculous properties.



7 days Rejuvenation plan inclusions

Detailed consultation with our Ayurveda Doctor for a duration of 60 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solution for managing the health condition.



Dietary recommendations based on the imbalance



Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.



A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.



1 x Welcome relaxing Ayurveda massage - 45 minutes duration



4 x Ayurveda treatments - 60 minutes duration



2 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration



6 x Customized Partial Body Ayurveda Treatments - 45 minutes duration



7 x Daily 2 group yoga sessions



1 x Herbal Steam Bath Session - 15 minutes



1 x Herbal Face Pack - 15 minutes



Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.



Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

*The treatment program is planned according to the health condition of the patient.
The individual final plan will be tailored after the initial consultation.

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Panchakarma

Detoxification Therapy



Benefits of Panchakarma

Panchakarma treatments helps to bring the balance in doshas if done in proper time.

These procedures will help to clear the body and mind channels along with enhancing the absorption of nutrients. It increases physical and mental efficiency as well as vigour and stamina in an individual.

Panchakarma helps in balancing the tridosha - vata, pitha and kapha, thereby improving the functions of immune system, improving skin complexion, stimulating metabolism, shedding of extra weight, pacifying joint related issues and increasing flexibility of joints are few of the numerous benefits of panchakarma.

It has inexplicable effects in managing mental disorders, anxiety and mood swings.

The Panchakarma plan is offered for a minimum duration of 14 nights.



14 days Panchakarma plan

Comprehensive consultation with our Ayurveda Doctor spans 60 minutes, delving into an in-depth analysis. This session encompasses a meticulous assessment of imbalances (Vikruthi) through detailed case studies and examinations. Additionally, it involves an evaluation of your body's inherent nature (Prakruthi), providing a nuanced understanding. You'll receive a concise yet informative introduction to Ayurveda, accompanied by tailored recommendations for potential Ayurvedic solutions aimed at managing your specific health concerns.

Dietary recommendations based on the imbalance

Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.

A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.

An optional additional consultation with our Ayurveda Doctor to discuss any concerns or queries regarding treatments, diet or health condition for a duration of approx. 30 minutes

1 x Welcome relaxing Ayurveda massage - 45 minutes duration

9 x Ayurveda treatments - 60 minutes duration

4 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration

13 x Customized Partial Body Ayurveda Treatments - 45 minutes duration

Vasthi (Cleaning Intestinal treatments) *

Snehapanam (Medicated Ghee Administration) *

Virechanam (Purgation Therapy) *

14 x Daily 2 group yoga sessions

1 x Herbal Steam Bath Session - 15 minutes

1 x Herbal Face Pack - 15 minutes

Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.

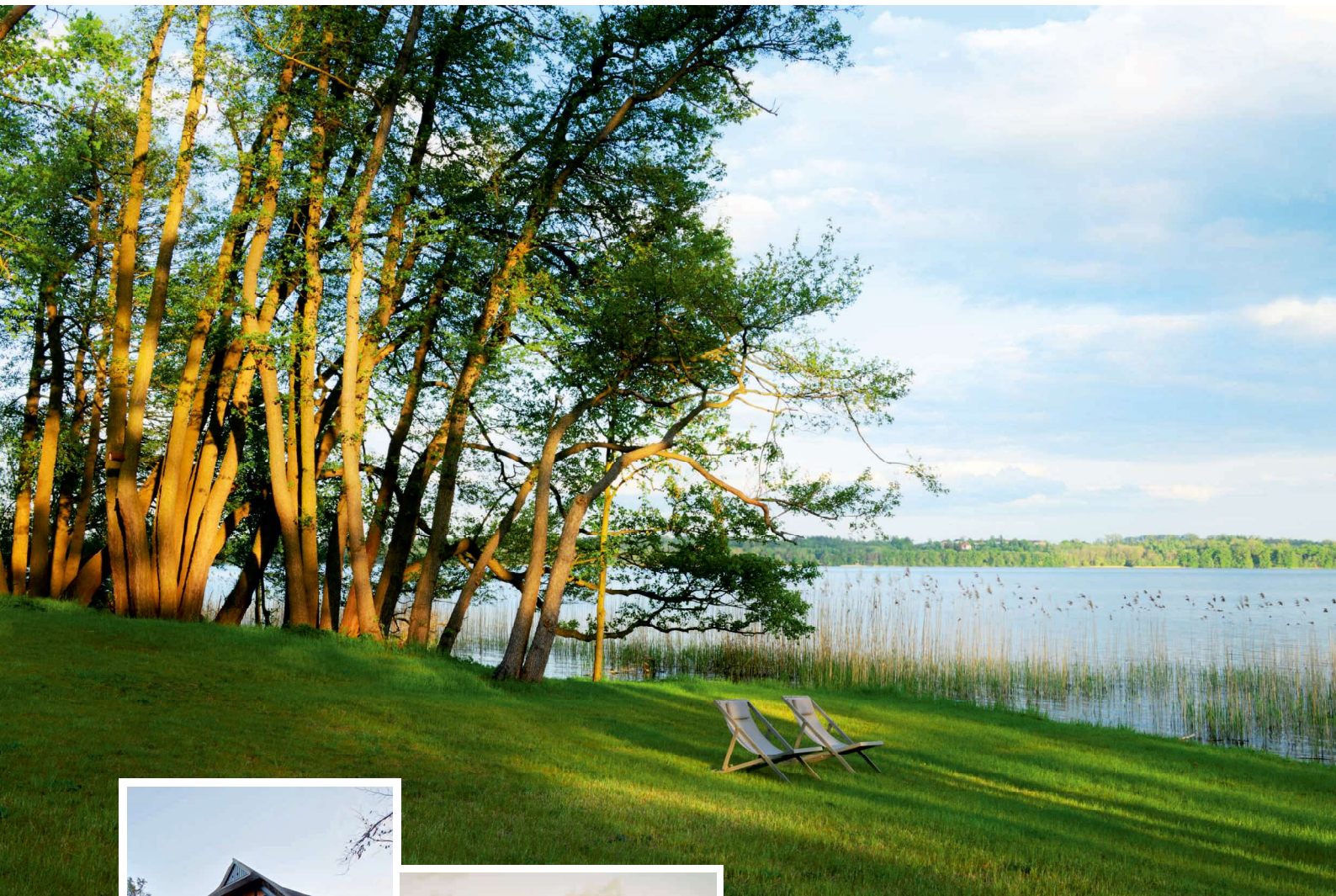
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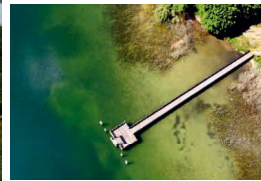
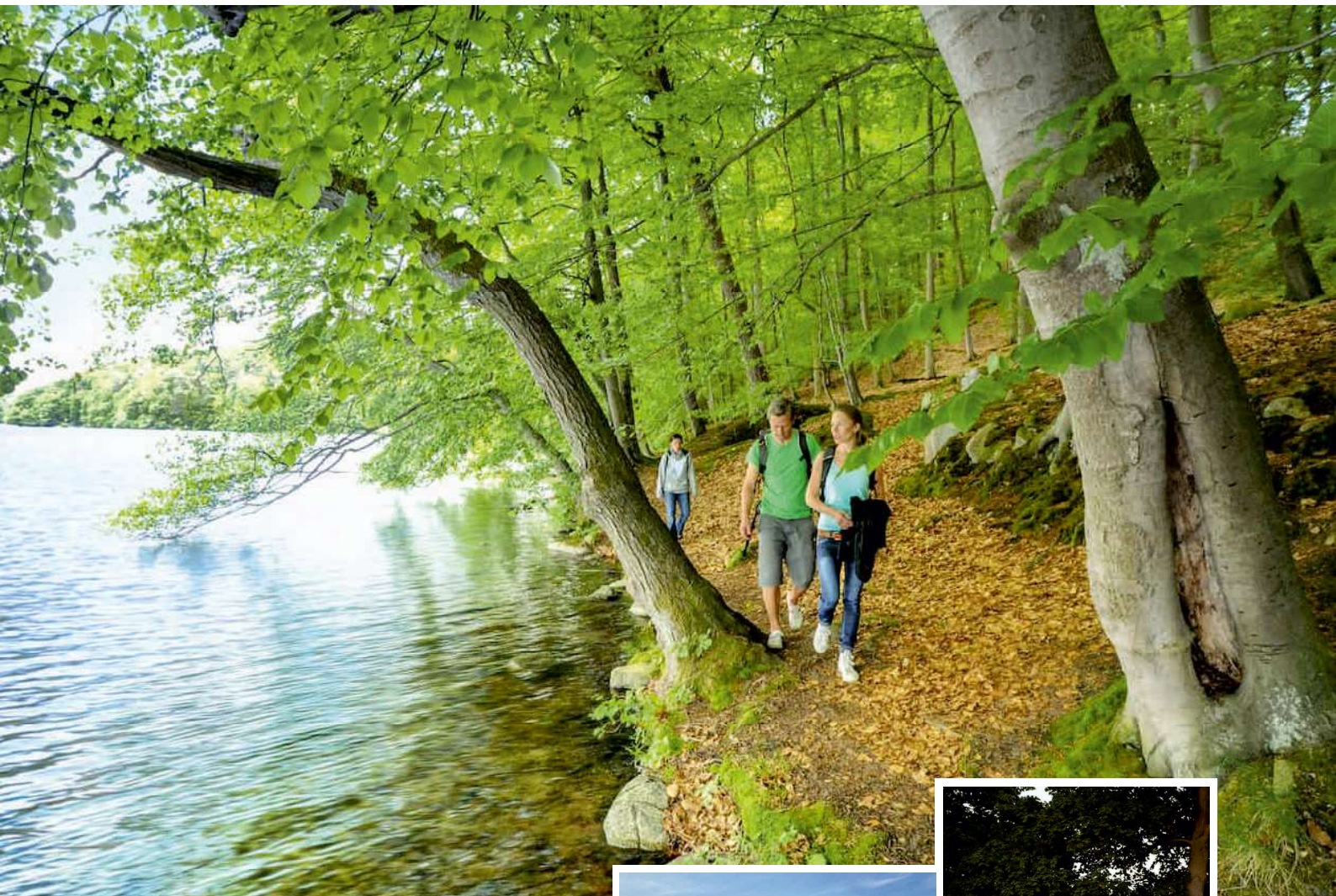
*These therapies will be administered based on your health condition under the discretion of our Ayurveda specialist
The treatment program is planned according to the health condition of the patient. The individual final plan will be tailored after the initial consultation.

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