

Das Programm
auf Deutsch
finden Sie
ab Seite 26

Ayurveda basic programme

*The basic programme is the **basis of all of the following Ayurveda cures** –
from Ayurveda Detox to the great Giardino panchakarma cure.
It forms a foundation that is supplemented by specific treatments, depending on the cure.*

The Ayurveda basic programme comprises the following elements:

*Ayurvedic
full board*

*Medical history and pulse diagnosis
with Ayurvedic nutrition and
lifestyle consultation*

*Daily yoga, pranayama (breathing exercises)
and meditation*

Entry to the sauna/pool and fitness area

Participation in the weekly programme

Workshop

*Information session
on health-related topics*

Final consultation

*Ayurveda guests enjoy a **20% discount on the price of a room**, at the Giardino Ascona,
Giardino Mountain and Atlantis by Giardino (high season and public holidays depending on availability).*

Room prices are calculated separately and are not included in the cure price indicated.

More information about the Giardino hotels and room prices can be found on page 39.

*If you have any questions about the options available or a reservation query, please contact
Giardino at any time on +41 (0)800 333 313 or at ayurveda@giardino.ch.*

*We recommend that, in order to achieve the best possible results, guests avoid alcohol,
coffee and other stimulants during the course of their cure.*

Ayurveda Compact

Immerse yourself in a world of warm oils and fragrant scents. A short break from everyday life to fill up on new life energy. Ideal for Ayurveda beginners. Ayurveda Compact includes:

- Basic programme (see page 32)
- 2 tailored Ayurvedic treatments (60 minutes each)
- 1 tailored facial treatment (90 minutes)

3 days – CHF 890**
including Ayurvedic full board,
plus room price

Ayurveda Restart

Developments in today's society mean that we are being forced to live our lives at breakneck speed and meet high standards at all times. Nervousness, sleep problems and poor concentration, or even burnout, can be some of the consequences. Even children often suffer from increased pressure to perform. Ayurveda Restart is a package for people for whom the tempo has become a little too much, and who need to slow down and find themselves again. Ayurveda Restart includes:

- Basic programme (see page 32)
- 1 shirodhara (pouring oil over the forehead)*
- 2 abhyanga whole-body massages* (90 minutes each)
- 1 sound massage*
- 1 synchronised massage*
- Private lesson in meditation and pranayama for deep relaxation

6 days – CHF 1,750**
including Ayurvedic full board,
plus room price

Ayurveda Detox

The Ayurvedic detox programme is based on the theory that the body contains an acid-base balance that can be disrupted by stress, an inappropriate diet and an unhealthy lifestyle. This cure is geared specifically at resolving this balance. An individually tailored diet helps the body to deacidify. Massages, heat treatments and baths, as well as exercise through yoga, activate the circulation and hence the metabolic processes. The detox programme is particularly suitable for skin problems, food intolerances, digestive disorders, a lack of energy or overweight. Ayurveda Detox includes:

- Basic programme (see page 32)
- 3 or 6 alkaline baths
- 2 or 4 lepas body treatments*
- 2 or 3 abhyanga massages* including head, face and foot massage (90 minutes each)
- 2 pinda sveda herbal compress or udvartana herbal powder massages*
- 1 or 2 tailored facial treatments (90 minutes each)
- 3 or 6 alkaline facial masks

6/12 days – CHF 1,990/3,490**
including Ayurvedic full board,
plus room price

*Detailed explanation from page 36.

**Prices are listed per person in Swiss francs. As of: 2017. Subject to change.

Ayurveda Pro-Aging

Age is not a disease. There are, however, certain risks and impairments to health that can accompany the aging process and make life challenging. This cure, also known as rasayana, is geared towards regenerating the body and staying fit into old age. It is a rejuvenating cure, in which inner detoxification also leads to outer beauty. The skin glows, and is firm and toned once again. Ayurveda Pro-Aging includes:

- Basic programme (see page 32)
- 2 abhyanga whole-body massages* (90 minutes each)
- 1 pinda sveda herbal compress or udvartana herbal powder massage*
- 1 tailored facial treatment (90 minutes)
- 1 shirodhara (pouring oil over the forehead)*
- 2 padabhyanga massages (leg and foot massage)
- 1 hairdresser visit (including advice, washing and drying)

7 days – CHF 1,990**
including Ayurvedic full board,
plus room price

Ayurveda for the Musculoskeletal System

Depending on the severity of the complaint, Ayurvedic measures can have a positive effect and help to relieve joint problems. In the case of degenerative and inflammatory diseases of the musculoskeletal system (osteoarthritis and arthritis), Ayurveda achieves great success by means of a holistic approach (manual therapies, nutrition advice, regulative therapy and yoga). This package is also ideal for golfers. Ayurveda for the Musculoskeletal System includes:

- Basic programme (see page 32)
- 1 kalari marma massage* (60 minutes)
- 1 pinda sveda herbal compress massage*
- 3 kati basti (oil bath for the spine)
- 2 pristabhyanga back massages with lepa herbal compress (45 minutes each)

5 days – CHF 1,590**
including Ayurvedic full board,
plus room price

Ayurveda in Midlife

A new phase of life in our mid-forties. Hormones change, as does our metabolism. Muscle mass deteriorates, while fat stores increase. This applies to men as well as women. Ayurveda began studying female and male physiology some 2,000 years ago, and highlighted unique opportunities for leading a healthy, joyful and meaningful life – at 40 and beyond. A suitable diet, mental training and yoga also help to prevent arteriosclerosis, which in turn is a risk factor for heart attacks and strokes. Ayurveda in Midlife includes:

- Basic programme (see page 32)
- 5 Ayurvedic treatments (90 minutes each)
- 1 tailored facial treatment (90 minutes)

7 days – CHF 1,990**
including Ayurvedic full board,
plus room price

Ayurveda Family

Organising work, school and free time in an optimal way demands a great deal of energy from both adults and children, and is often accompanied by an unhealthy diet and a lifestyle that is stressful for all family members. This cure is intended to help the whole family to achieve concentration, patience and balance in a long-term approach. The aim is to enable parents to work out what is right for them and their children in everyday life, and put it into practice. Ayurveda Family includes:

- Basic programme (see page 32)
- 1 abhyanga massage* for adults (60 minutes each)
- 1 sound massage* for each family member (50 minutes each)
- Analysis of medical history for children (60 minutes each)
- 1 tailored facial treatment for each family member (60 minutes each)
- 1 oil massage for children (45 minutes each)
- Kids Club with childcare

5 days – CHF 990** (per parent)
CHF 760** (per child up to 16 years)
including Ayurvedic full board,
plus room price

Giardino panchakarma cure

This is the centrepiece of Ayurvedic medicine, and the health cure par excellence. Disorders and disharmonies are a result of the overburdening of the body and/or mind. It is based on acidosis in the body, strain caused by toxins or excessive psychological pressure. The cleansing cure helps us to reduce stress, find our way back to ourselves and detoxify the body. Its healing effect creates physical and mental stability, and the immune system is strengthened in a sustainable manner. Each guest is treated individually according to the principles of classical Ayurvedic medicine. The Giardino panchakarma cure includes:

- Basic programme (see page 32)
- 2 individual consultations
- Therapeutic supervision and advice
- Daily snehana (ghee intake or alternatives)
- Virechana (cleansing day)
- Daily Ayurvedic treatments based on medical history*
- Svedana (steam therapy)
- Baths
- Tea and hot water drinking cure
- Dietary supplements
- Workshops and cookery classes
- Guided walks

14/21 days – CHF 4,450/6,590**
including Ayurvedic full board, plus room price

For more information about the Giardino panchakarma cure, please see page 12 of this magazine.



Exclusively at
Giardino Ascona, and
during the summer season
at Giardino Mountain

* Detailed explanation from page 36.

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