

A sepia-toned historical photograph of the Parkschlösschen resort. The main building is a large, multi-story structure with a prominent tower and a fountain in the foreground. The scene is set in a park-like environment with trees and a mountain in the background.

AYURVEDA AT THE
PARKSCHLÖSSCHEN



EVERYTHING IS AYURVEDA

THE
PARKSCHLÖSSCHEN



HARMONY
IN BEING



FOOD FOR
THE SENSES



ENERGY
VITALITY
JOY OF LIVING



PEACE AND
BALANCE



THE PARKSCHLÖSSCHEN



THE PARKSCHLÖSSCHEN



The people and the story

The Parkschlösschen has had many master builders but only one founder. For the independent business owner, Wolfgang Preuß, the experience of having had an Ayurveda cure nearly two decades ago was a milestone in his life. After years of an intensive business life, he regained his physical health and was able to relax mentally. The Ayurveda cure became a mandate. Preuß's idea was to establish Ayurveda in Germany at a very high level and according to authentic principles. He developed the concept of having his own first-class Ayurveda health retreat where he could pass on his positive experiences to many people.

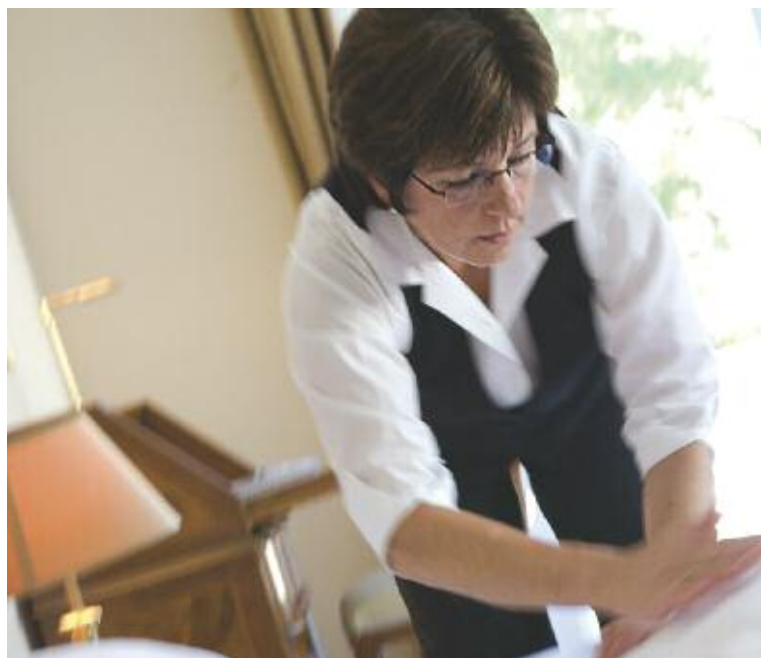
In 1990 the dream turned into reality when the Parkschlösschen was discovered. Two and a half years of building construction on the Parkschlösschen were necessary. Since that time the implementation of this challenging holistic project has been an affair of the heart of the Parkschlösschen team. Pure Ayurveda, medical competence and a high degree of comfort are the criteria according to which the Parkschlösschen has made Ayurveda well known in Germany.

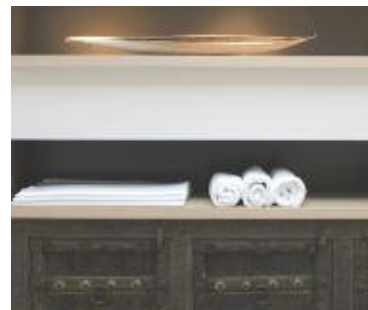


Life and work

The members of the Parkschlösschen staff not only practice Ayurveda, they live it. The balance between various human and professional skills, as well as the harmony among the staff, becomes evident in the loving care of the guests.

After many years of working together, it is the heartfelt gestures and helping hands of the staff which make your stay at the Ayurveda Parkschlösschen so exceptional. Embedded in a strong network of "give and take", we give you our entire attention.





The whole hotel is therapy

The Ayurveda Parkschlösschen and its immediate environs are a health retreat. The architecture, the materials, the colours have all been chosen according to universal Ayurvedic insights and knowledge, and they connect to one another in a greater healing entity. Everything has an effect – and in this way becomes the optimal framework for a lasting and successful Ayurveda cure. Every meal, every Yoga exercise, every walk through the spacious and venerable hotel park is a step in the direction of well-being and joy of living.

The quiet world of Ayurveda therapy at the Parkschlösschen combines with the first-class service of the 5-star hotel to become a unique symbiosis. We are there for you, round the clock.



HARMONY IN BEING



HARMONY IN BEING

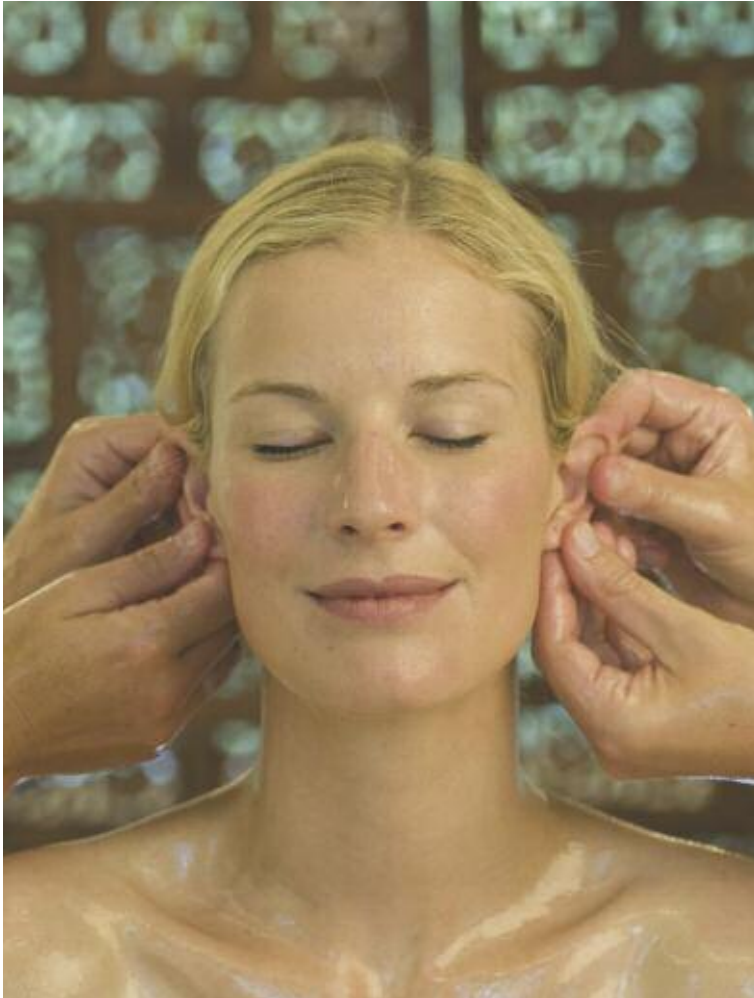


Knowledge and wisdom

Regeneration und prevention have been the basis of Ayurvedic naturopathy for over 5,000 years. It turns medical experience and intellectual knowledge into a holistic and successful therapy concept. Health is understood in this universal teaching as a dynamic balance of powers penetrating into all levels of life. This relationship of individual powers within a human being is as unique as an individual's face, stature and character, and yet it is newly created every second in the form of constant exchange with the environment. This moving process is a continuous challenge and contains at any single moment the chance for a step in the direction of good health.

The medical team of the Parkschlösschen draws upon all traditional Ayurvedic diagnostic techniques to determine the health status of an individual. An especially fine measuring tool of authentic Ayurveda is the pulse diagnosis. This diagnostic technique requires deep concentration and a schooled perception to record precisely the sensitivities and bodily functions of the human being as a whole and thus to form an elementary basis for holistic treatment.





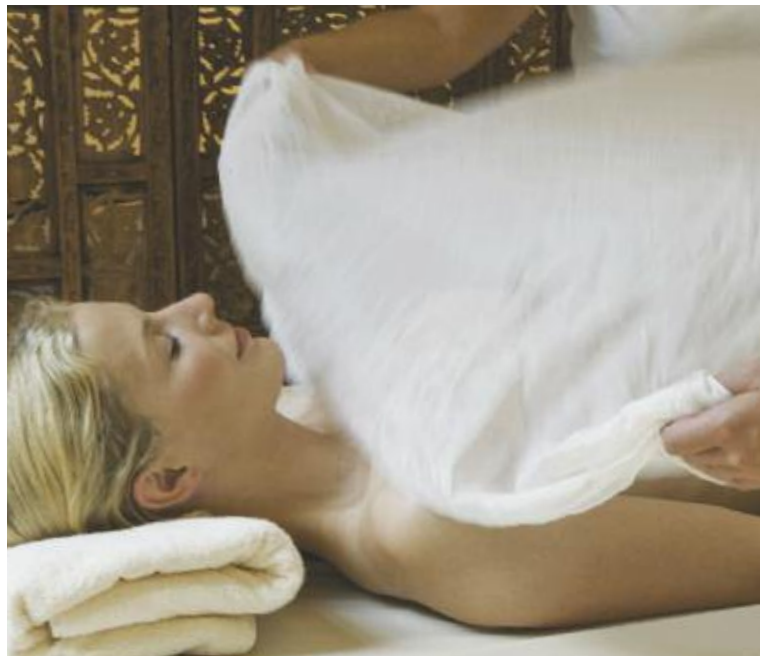
Health and well-being

The experts at the Ayurveda Parkschlösschen put together an individual treatment plan from the results of all of the examinations. This plan is focused on physical, spiritual and mental health aspects. Each treatment, each nutritional concept and each exercise plan is as unique as the individual human being to be treated.

The Parkschlösschen draws upon the full spectrum of all available significant and effective Ayurvedic treatments. Traditional massages benefit the whole organism to relieve tension, stimulate the cleansing processes and activate nerve cells, while effective synchronous oil massages and poultices cleanse and nourish the body deep down. The synchronous oil massages are treatments which are synonymous with deep relaxation. By massaging with two pairs of hands, both sides of the brain are activated at the same time, and the body's own healing powers are stimulated effectively.



It is written in the old Indic scripts that women should be massaged only by women, and men should be massaged only by men. We at the Ayurveda Parkschlösschen adhere to such original interpretations of Ayurvedic teachings out of conviction and years of experience. We know that this traditional way of massaging has the greatest effect. In a state of deep relaxation, you become harmonious within yourself.



Relaxation and well-being

The healing effect of Ayurveda at the Parkschlösschen lies in the sum of innumerable gentle gestures and in concentrated and active attention in the hands of experienced therapists and physicians. While you are relaxing, you are stimulating your body's own healing powers and refilling your energy reserve.



FOOD FOR THE SENSES



Become healthy by eating


Fine cuisine is our passion – creative, subtle and full of variety. Our cooks will whet your appetite for healthy Ayurvedic meals. Natural food, aromatic herbs and creative preparation of dishes form the basis of the Parkschlösschen art of cooking. Freshly prepared, finely balanced and easy to digest, the vegetarian gourmet cuisine at the Parkschlösschen boosts metabolism and increases energy.

A well balanced diet which suits your own physical constitution is the best prerequisite for a long and healthy life. The season and your physical constitution determine the kind of food that is good for you. We know this, and we pay attention to this important individual aspect.

We also make your understanding of food easy and enjoyable. Together with our cooks, you will enjoy learning to cook Ayurvedic dishes in our training kitchen. To help you to continue eating healthily, our book, "The Art of Ayurvedic Cooking – Parkschlösschen Cuisine", containing 80 recipes, will be your gourmet guide at home.







Inspired by a love of cooking and deep understanding of Ayurvedic principles, the cooks at the Parkschlösschen create delicious meals. The pleasure that goes into the preparation of meals, the beautifully set table, the smile while the food is being served... A meal at the Parkschlösschen is an event, an extraordinary experience of taste and well-being.



ENERGY, VITALITY, JOY OF LIVING



ENERGY
VITALITY
JOY OF LIVING

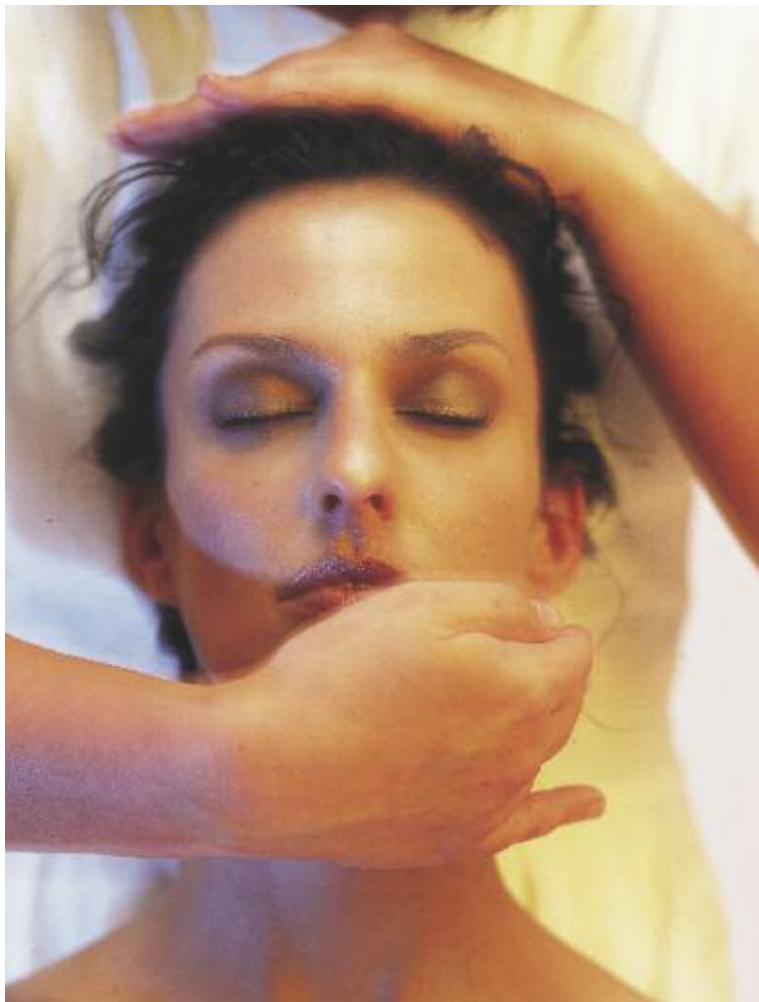


Beauty and radiance

Beauty is the mirror image of the sheer joy of living and inner balance. If a person is at peace with himself, then his positive attitude, feelings and actions result in visible radiance. This same logic exists in the integrative beauty concept at the Ayurveda Parkschlösschen and has been complemented with treatments that are natural and cleansing. We will pamper you with our beauty treatments and refresh your spirit, inducing deep relaxation and giving you the energy to radiate from within.

Vitality and exercise

Holistic sports boost the immune system, get your circulation going and strengthen your inner organs. Regular exercise matching your tempo of life promotes vitality and better performance. Even more, it noticeably improves your quality of life! At the Parkschlösschen we mobilize your energies with customized exercise concepts. Aided by our sports therapists, you can develop your own personal exercise programme step by step and, in doing so, bring more liveliness and energy into your everyday life.



Jugend ist nicht ein Lebenswuch
Jugend ist ein Geisteszustand.
Sie ist Schwung des Willens,
mit der Phantasie.





PEACE AND
BALANCE

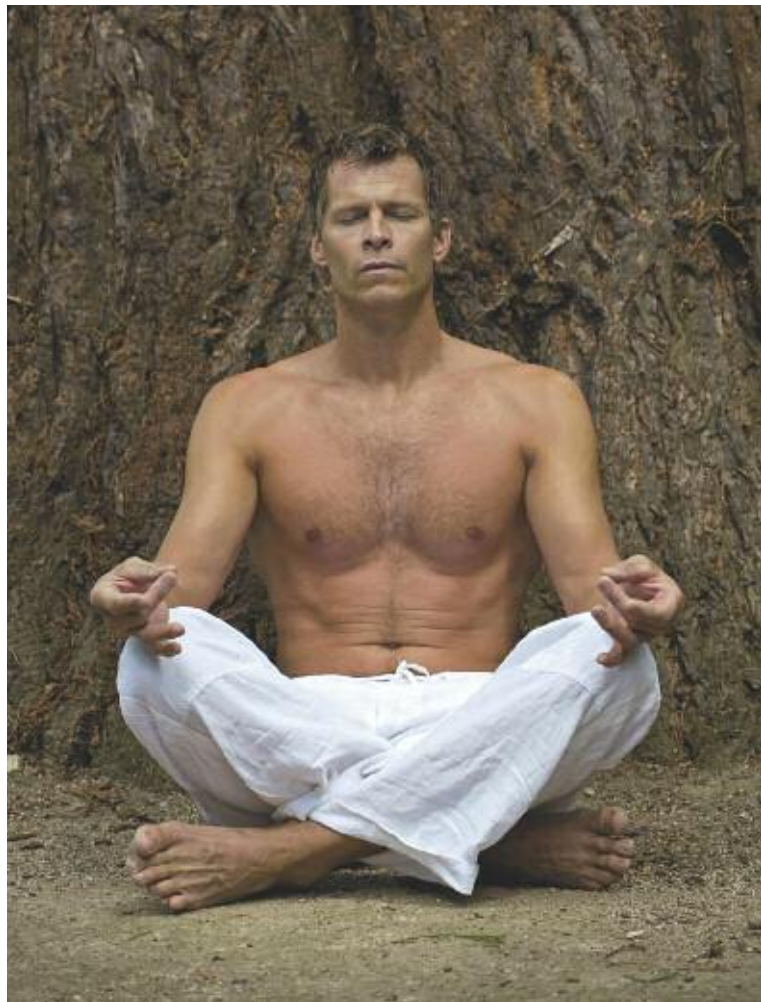


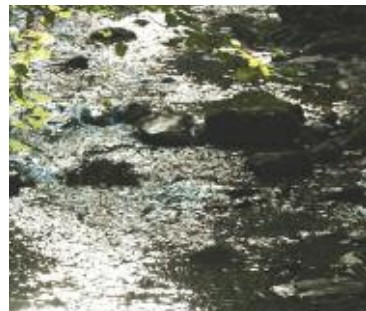
Strength and source

Yoga is one of the most important aspects in Ayurveda for optimal health and well-being. Yoga coordinates the breathing with attentiveness and action. It focuses concentration and gives you strength and endurance.

The daily Yoga exercises at the Aurveda Parkschlösschen get your body attuned to these goals. In the beginners' courses the exercises are easy and pleasant. They improve mobility, are revitalizing and relaxing. In the advanced course, breathing, posture and timing become more challenging and more dynamic. By stretching muscles and tendons which bend and straighten joints, the body becomes more flexible and stronger.

As you exercise every day and become more agile, you enter into the silence behind your thoughts.







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All information and prices are valid until further notice.