

Important information about your stay:

5. As soon as your therapist is ready for treatment, he calls on the phone in your room. Only then you should come to the Cure Center. Our goal is that there are only 2 guests at the entrance of the cure center at the same time so that we can keep the distance requirement.
6. During the treatments, our therapists wear at least one mouth & nose protection. You can decide for yourself whether you would also like to wear a mask and whether the therapist should massage you with gloves.
7. We currently do not do any massages in the facial area. Therefore, please understand that there are slight changes to the massage procedures.
8. Unfortunately we also have to do our cures without our sauna rituals due to the current situation. We also cannot activate the Ayurvedic sweat box, Svedana. Alternatively, take a very warm shower about 1 hour after the massage. Do not use shower gel in order not to impair the effect of the oil in the long term.

Introduction



Dear Ashoka guest,

welcome to Madeira. We look forward to working with you on your well-being and sustainable health in the next few days. As part of the COVID-19 pandemic, we have changed a few things so that you can feel safe and comfortable with us. An extract from the measures and important information on the procedure of the cure can be found here. You will get more information from us digitally, either by e-mail or you can find it on our website, as we currently do not hand out any information haptically. Our team on site will be happy to answer any further questions. You can find us at the cure office at the following times:

Opening hours:

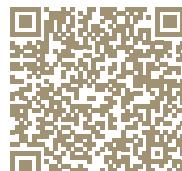
Daily 9 am - 1 pm & 3 - 6 pm
Except on Thursdays 9 am - 4 pm

You are also welcome to send us an e-mail at any time for a booking or any other questions to acc@ashoka-ayurveda.com

We wish you a stay free of worry!

Your Ashoka Ayurveda team

Here is an overview of our other offers at the Ashoka Spa at the Hotel Galomar:



Important information about your stay:

- 1.** With your check-in you will receive an e-mail from us with the exact procedure of the cure. Please familiarize yourself with it briefly. In this e-mail you will also find the links to our workshops, which we have recorded for you due to the distance requirement. Feel free to contact us if you have any questions about the process or the workshops.
- 2.** Every morning you will receive a pot of tea from us, which you should drink during the day. We put the tea in front of your door in the morning before breakfast. Please put the pot back in the restaurant for dinner.
- 3.** For the entire duration of your stay, we provide you with a yoga mat and blanket, which you will receive at check-in. Please take care of the cleaning yourself during your cure. The yoga classes will take place with a maximum of 10 people per group so that you can keep enough distance.
- 4.** You will also receive our immune booster kit at check-in. This consists of a tongue scraper for cleaning the tongue and some sesame oil for binding the bacteria in the mouth. In addition you will find the Chyavanprash-Mush, which is an Ayurvedic strengthening and anti-aging food that has a constructive effect. It consists of almost 50 different herbs and fruits. It can be eaten pure as a mush up to 30 g daily or can be drunk with warm milk.