

Ayurvedic Weekend Treatment

Friday afternoon until Sunday noon 250 Euro
plus overnight stay and Ayurveda full-board

Program:

- 2 x yoga
- 2 x Ayurvedic partial-body massage
- 1 x Ayurvedic full-body massage
- 1 x Svedana – Ayurvedic sweat box
- 1 x personal nutrition and lifestyle consultation

Ayurvedic Day Treatment

155 Euro

Program:

- 1 x Ayurvedic partial-body massage
- 1 x Ayurvedic full-body massage
- 1 x Svedana – Ayurvedic sweat box
- 1 x Ayurvedic buffet lunch



Ayurveda
Cure Center
Madeira

Prices



The prices are valid from 1.11.2021.
Errors and omissions excepted.

Ayurveda Cure Center Madeira

Madeira/Portugal
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Panchakarma Treatment – Ayurvedic Detox Treatment

First 10 days of treatment 1.830 Euro
Each additional day of treatment 183 Euro
plus overnight stay and Ayurveda full-board

Program:

- Yoga in a group, mornings daily
- Yoga Nidra in the afternoon, 2 x a week
- Yoga Surya Namaskara in the afternoon, 1x a week
- Meditation, 1 x a week
- Ayurveda workshop, 1 x a week
- Ayurveda cooking class, 1 x a week
- Initial medical history
- Daily consultation with the doctor
- Personal nutrition and lifestyle consultation
- Final consultation
- Ayurvedic treatments, 2 x a day
- Ayurvedic medicine during the treatment

Rasayana Treatment – Ayurvedic Relaxation Treatment

First 6 days of treatment 649 Euro
Each additional day of treatment 108 Euro
plus overnight stay and Ayurveda full-board

Program:

- Yoga in a group, mornings daily
- Yoga Nidra in the afternoon, 2 x a week
- Yoga Surya Namaskara in the afternoon, 1 x a week
- Meditation, 1 x a week
- Ayurveda workshop, 1 x a week
- Ayurveda cooking class, 1 x a week
- Initial medical history
- Personal nutrition and lifestyle consultation
- Final consultation
- Ayurvedic treatments, 1 x a day

Ayurvedic Treatment for the Musculoskeletal System Using Kalarmi Marma Therapy

First 6 days of treatment 1.060 Euro
Each additional day of treatment 177 Euro
plus overnight stay and Ayurveda full-board

Program:

- Yoga in a group, mornings daily
- Yoga Nidra in the afternoon, 2 x a week
- Yoga Surya Namaskara in the afternoon, 1 x a week
- Meditation, 1 x a week
- Ayurveda workshop, 1 x a week
- Ayurveda cooking class, 1 x a week
- Initial medical history
- Daily consultation with the doctor
- Personal nutrition and lifestyle consultation
- Final consultation
- Kalari treatments, 1.5 hours daily
- Ayurvedic medicine during the treatment

Ayurvedic Strengthening Treatment for Managing Stress

First 13 days of treatment 2.695 Euro
Each additional day of treatment 207 Euro
plus overnight stay and Ayurveda full-board

Program:

- Yoga in a group, mornings daily
- Yoga Nidra in the afternoon, 2 x a week
- Yoga Surya Namaskara in the afternoon, 1 x a week
- Meditation, 1 x a week
- Ayurveda workshop, 1 x a week
- Ayurveda cooking class, 1 x a week
- Initial medical history
- Daily consultation with the doctor
- Personal nutrition and lifestyle consultation
- Final consultation
- Ayurvedic treatments, 2 x a day
- 6 x special energy work and/or Pranayama
- Ayurvedic medicine during the treatment

Matched to your personal sensitivities, you receive an individual therapy plan from our Ayurvedic doctors as part of all courses of treatment.