



MANDIRA

AYURVEDA RESORT

*Because I love myself*

**TREATMENT PROGRAMMES  
AND ROOMS**

[WWW.MANDIRA-AYURVEDA.AT](http://WWW.MANDIRA-AYURVEDA.AT)

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*Because I love myself*

# Panchakarma

## TREATMENT PROGRAMMS



PANCHAKARMA LIGHT | 7 Nights



PANCHAKARMA CLASSIC | 10 Nights



PANCHAKARMA CLASSIC MED | 10 Nights



PANCHAKARMA DE LUXE | 14 Nights



PANCHAKARMA SUPREME | 21 Nights

7 Nights,

6 Treatment days

The gentle introduction to the queen of Ayurveda treatments on the path to sustainable health.

## PANCHAKARMA LIGHT

- » Panchakarma full board\*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e. g.:
  - 3 Abhyanga – Ayurvedic full body oil massages
  - Udvaltana – massage with herbal powders
  - Jambira Pinda Sweda – massage with hand-made lemon and herb compresses or Garshan – silk glove massage
  - Udanavata – abdominal massage
  - Nasya – nasal treatment
  - Shirodhara – flowing oil head treatment (30 mins)
  - Basti – gentle colonic irrigation
  - Upana – salt and oil scrub
  - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

The Panchakarma treatment is the queen of Ayurvedic therapies. The focus is on the elimination of toxins and waste, the correction of metabolic disorders, weight reduction, the cleansing and regeneration of the digestive tract, and the strengthening of the immune system. The basis is pulse diagnosis and a thorough, individual medical history. The treatment is supported by nutritional coaching, a constitution-specific Panchakarma diet, yoga, and meditation. The Light treatment is a one-week, gentle introduction to bring the body, mind, and soul back into balance.





10 Nights,

9 Treatment days

Find inner balance through  
physical and emotional detox and  
cleansing.

The Panchakarma treatment is the queen of Ayurvedic therapies. The Classic treatment creates the foundation for a sustainable balance of life energies and targeted processes of change towards a fulfilled, healthy and happy life. The focus is on the elimination of toxins and waste, the correction of metabolic disorders, weight reduction, the cleansing and regeneration of the digestive tract, and the strengthening of the immune system. The basis is pulse diagnosis and a thorough, individual medical history. The treatment is supported by mental and nutritional coaching, a constitution-specific Panchakarma diet, yoga, and meditation.

## PANCHAKARMA CLASSIC

- » Panchakarma full board\*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e. g.:
  - 2 Abhyanga – Ayurvedic full body oil massage
  - 2 four-handed Abhyanga – Ayurvedic full body oil massages
  - 2 Jambira Pinda Sweda – massages with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
  - Udvaartana – massage with herbal powders
  - Four-handed Pizzichilli – full body oil treatment
  - Udanavata – abdominal massage
  - Nasya – nasal treatment
  - 2 Shirodhara – flowing oil head treatments (30 mins)
  - 3 Basti – gentle colonic irrigations
  - Upana – salt and oil scrub
  - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

10 Nights,

9 Treatment days

Deep cleansing and inner balance  
through Holistic Ayurveda &  
Beyond..

## PANCHAKARMA CLASSIC MED

- » Panchakarma full board\*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e. g.:
  - Vital field measurement followed by consultation
  - Vital field therapy
  - Power Infusions as per consultation (Detox Complex, Cell Optimiser or Relax Spirit)
  - 2 Abhyanga – Ayurvedic full body oil massage
  - 2 four-handed Abhyanga – Ayurvedic full body oil massages
  - 2 Jambira Pinda Sweda – massages with hand-made lemon and herb compresses or Garshan – dry massage with raw silk gloves
  - Udvardhana – massage with herbal powders
  - Four-handed Pizzichilli – full body oil treatment
  - Udanavata – abdominal massage
  - Nasya – nasal treatment
  - 2 Shirodhara – flowing oil head treatments (30 mins)
  - 3 Basti – gentle colonic irrigations
  - Upana – salt and oil scrub
  - Padabhyanga – Ayurvedic foot massage
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

The focus of the Panchakarma Classic MED treatment, in addition to deep cleansing and regeneration, lies on health-med therapies and frequency medicine analyses. These therapies work on a deep cellular level and enhance the long-term effects of the Panchakarma treatment. The program is further supported by mental and nutritional coaching, a constitution-specific Panchakarma diet, yoga, and meditation.



14 Nights,  
13 Treatment days

Physical, emotional and mental  
intensive detox for health on all  
levels of being.

The goal of the two-week De-Luxe treatment is to create harmonious balance on all levels of being through an intensive physical, emotional, and mental cleansing, as well as initiating processes of transformation. The focus is on the elimination of toxins, correction of metabolic disorders, weight reduction, cleansing and regeneration of the digestive tract, and strengthening of the immune system. The foundation of the treatment is pulse diagnosis and an in-depth medical history. The program is supported by mental and nutritional coaching, a constitution-specific Panchakarma diet, yoga & meditation, as well as a holistic screening.

## PANCHAKARMA DE LUXE

- » Panchakarma full board\*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e. g.:
  - ESQ Check-up – Determination of the emotional status quo or alternatively Spiritual Healing
  - Vital Field Measurement with subsequent expert consultation
  - Vital Field Therapy
  - Power Infusion as per consultation (Detox Complex, Cell Optimizer, or Relax Spirit)
  - 3 Abhyanga – Ayurvedic full-body oil massages
  - 2 Synchronous Abhyanga – Ayurvedic full-body oil massages performed by two therapists
  - 2 Jambira Pinda Sveda – Herbal stamp massages with handmade lemon-herb stamps or Garshan – Silk glove massages
  - 2 Udvartana – Herbal powder massages
  - Synchronous Pizzichilli (Sekka) – Warm oil pouring treatment over the body
  - Udanavata® – Abdominal massage
  - Nasya – Nasal treatment
  - 2 Shirodhara – Forehead oil pouring treatments (30 min)
  - Shiroabhyanga – Head massage with forehead oil stream (55 min)
  - 5 Basti – Gentle internal cleansing treatments
  - Upana – Salt-oil scrub harnessing the power of nature
  - Padabhyanga – Ayurvedic foot massage
  - Back Intensive Treatment (55 min)
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs



21 Nights,

20 Treatment days

Towards lasting health with the queen of Ayurveda treatments.

Cleansing of body and soul to restore inner balance.

During the three weeks of the Panchakarma Supreme treatment, you will reconnect with yourself and your inner balance through intensive physical, emotional, and mental cleansing, as well as the initiation of transformation processes. The focus is on a profound cleansing on all levels, followed by a rebuilding phase. In combination with Beyond-Ayurveda therapies, we support your reconstruction, tailored to your specific needs. Health-Med therapies and frequency medicine analyses and treatments target deep cellular health and optimize the long-term effects of the Panchakarma treatment. The treatment is additionally supported with mental and nutritional coaching, a constitution-specific Panchakarma diet, yoga & meditation, as well as a holistic screening.

## PANCHAKARMA-KUR SUPREME

- » Panchakarma full board\*
- » Mandira included services
- » Consultation and pulse diagnosis
- » Nutritional consultation
- » Therapeutic guidance
- » Concluding consultation
- » Tailored selection of treatments, e. g.:
  - ESQ Check-up – Determination of the emotional status quo or alternatively Spiritual Healing
  - Vital Field Measurement with subsequent expert consultation
  - Vital Field Therapy
  - 2 Power Infusions as per consultation (Detox Complex, Cell Optimizer, or Relax Spirit)
  - 4 Abhyanga – Ayurvedic full-body oil massages
  - 2 Synchronous Abhyanga – Ayurvedic full-body oil massages performed by two therapists
  - 2 Jambira Pinda Sveda – Herbal stamp massages with handmade lemon-herb stamps or Garshan – Silk glove massage
  - 3 Udvartana – Herbal powder massages
  - Synchronous Pizzichilli (Sekka) – Warm oil pouring treatment over the body
  - 2 Udanavata® – Abdominal massages
  - Khadi Vasti – "Reawakening of primal energy"
  - Upana – Salt-oil scrub harnessing the power of nature
  - 3 Shirodhara – Forehead oil pouring treatments (30 min)
  - Nasya – Nasal treatment
  - Akshi – Eye bath
  - Padabhyanga – Ayurvedic foot massage
  - Back Intensive Treatments (55 min)
  - 6 Basti – Gentle internal cleansing treatments
- » Virechana – day of purification
- » Toxin elimination with ghee
- » Svedana – heat therapy
- » Boiled water-based drinking treatment, ginger water
- » Presentation: Principles of Ayurveda
- » Weekly programme of activities, Yoga and meditation
- » Use of the Ayurveda Wellness and Thermal Spa
- » Access to the hotel's own thermal healing springs

# LOVE YOUR BODY

EASY PREPARATION  
FOR THE TREATMENT.  
DETOX DELIGHT.

# EASY IN EVERYDAY LIFE

BEFORE AND AFTER THE TREATMENT

FOR REFRESHMENT

Our Detox-DeLight packages include, in addition to dietary supplements, vital nutrients, and a measuring tape, all the information about the process, a step-by-step plan, and holistic Ayurveda tips for your everyday life. Simply order by email or as part of your treatment reservation!  
[info@mandira-ayurveda.at](mailto:info@mandira-ayurveda.at)



MEHR INFOS & ANGEBOTE

# Detox

## treatments



**HOLISTIC AYURVEDA DETOX SHORT | 4 Nights**



**HOLISTIC AYURVEDA DETOX LIGHT | 7 Nights**



**HOLISTIC AYURVEDA DETOX INTENSIV | 10 Nights**



**Ayurveda Plus for Spine & Joints | 6 Nights**



4 nights

3 treatment days

Restore your body and soul to the balance and shape that suit you best.

Healthy weight loss and long-term weight management with a joyful, everyday diet – this goal can be achieved with Holistic Ayurveda. The Short Detox Program offers the perfect kickstart to a healthier shape, increased vitality, and everyday balance.

✓ Sustainable Weight Control

✓ Ease in Everyday Life

## HOLISTIC AYURVEDA DETOX SHORT

- » Ayurvedic detox meals\*
- » Mandira Inclusive Services
- » Consultation & pulse diagnosis
- » abhyanga – traditional full-body ayurvedic oil massage
- » udanavata© – abdominal massage
- » Udvartana – herbal powder massage
- » Upana – natural salt-oil peeling treatment
- » Shirodhara – forehead oil flow treatment (30 min)
- » Basti – gentle internal cleansing
- » Virechana – day of purification
- » Svedana – ayurvedic heat therapy
- » Hot water drinking cure, ginger water
- » Lecture on ayurvedic fundamentals
- » Yoga, meditation & activities according to weekly program
- » Use of the ayurveda spa
- » Access to the hotel's own thermal healing spring

7 overnight stays,

6 treatment days

Lose weight healthily and maintain your weight with a mindful, enjoyable lifestyle in everyday life.

A gentle internal cleansing, detoxification, and purification form the foundation for healthy, sustainable weight management. Holistic Ayurveda paves the way to maintain your shape, fitness, and emotional balance in the long run, helping you lose weight in a healthy way.

## HOLISTIC AYURVEDA DETOX LIGHT

- » Ayurvedic detox meals\*
- » Mandira inclusive services
- » Consultation & pulse diagnosis
- » Final consultation
- » Nutrition consultation
- » 2 abhyanga – ayurvedic full-body oil massages
- » Udvartana – herbal powder massage
- » Jambira pinda sveda – herbal stamp massage with handmade
- » Lemon-herb stamps
- » Udanavata® – abdominal massage
- » upana – salt-oil peeling treatment from the power of nature
- » Shirodhara – forehead oil flow (30 min)
- » Padabhyanga – foot massage
- » Back intensive treatment (55 min)
- » Basti – gentle internal cleansing
- » Virechana – day of purification
- » Hot water drinking cure, ginger water
- » Lecture on "ayurvedic fundamentals"
- » Yoga, meditation & activities according to weekly program
- » Use of the ayurveda spa
- » Access to the hotel's own thermal healing spring



✓ Deep Detox

✓ Weight Management

✓ Healthy Nutrition



10 overnight stays

9 treatment days

the intensive program for  
sustainable weight management.

this is how you lose weight  
healthily and stay in shape.

the holistic ayurveda intensive  
detox program, based on the  
principles of holistic ayurveda,  
focuses on detoxification,  
intestinal cleansing, and regulating  
metabolism. it combines physical  
therapy with detox nutrition,  
counseling, yoga, and meditation.  
lose weight healthily and maintain  
your weight for a lifetime.

## HOLISTIC AYURVEDA DETOX INTENSIV

- » ayur-detox meals\*
- » mandira inclusive services
- » consultation & pulse diagnosis
- » nutrition consultation
- » final consultation
- » 3 abhyanga – ayurvedic full-body oil massages
- » synchron-udvartana – herbal powder massages
- » jambira pinda sveda – stamp massage with handmade lemon-herb stamps
- » 2 udanavata@ – abdominal massages
- » upana – salt-oil peeling treatment from the power of nature
- » shirodhara – forehead oil flow (30 min)
- » padabhyanga – foot massage
- » classic back massage
- » 2 garshan – silk glove massages
- » 2 basti – gentle internal cleansings
- » virechana – day of purification
- » hot water drinking cure, ginger water
- » lecture on "ayurvedic fundamentals"
- » yoga, meditation & activities according to weekly program
- » use of the ayurveda spa
- » access to the hotel's own thermal healing spring





6 overnight stays

5 treatment days

become flexible and agile again,  
stand firm in life, gain stability and  
build inner strength

these days, one in three people in our regions complain about back pain, often nonspecific, meaning it can't be traced back to an obvious cause. too much sitting, too little movement, combined with poor nutrition, alcohol, smoking... all of this affects not only the blood but especially our bones, muscles, and tendons. with the holistic ayurveda plus program for the spine and joints, combined with healing thermal water, you can regenerate your joints and stabilize your spine.

## AYURVEDA PLUS FOR SPINE & JOINTS

- » Ayur-detox meals\*
- » Mandira inclusive services
- » Consultation & pulse diagnosis
- » Nutrition consultation
- » Therapeutic support
- » Final consultation
- » Treatments according to anamnesis, e.g.:
- » Consultation & pulse diagnosis
- » Final consultation
- » 2 vishesh – energy balancing massages
- » Padabhyanga – ayurvedic foot massage
- » Udanavata – abdominal massage
- » Jambira pinda sveda – herbal stamp massage with handmade
- » Lemon-herb stamps
- » Udvartana – herbal powder massage
- » 2 back intensive treatments (55 min)
- » 2 basti – gentle internal cleansings
- » Virechana – day of purification
- » Herbal elixir – to support detoxification
- » Svedana – heat therapy
- » Hot water drinking cure, ginger water
- » Lecture on "ayurvedic fundamentals"
- » Yoga, meditation & activities according to weekly program
- » Use of the ayurveda spa
- » Access to the hotel's own thermal healing spring

# Longevity

## treatments



**Longevity Cure Rasayana | 10 Nights**



**Longevity Cure Regeneration / Burnout | 10 Nights**



**Fountain of Youth / Well Aging | 7 Nights**



4 overnight stays

3 treatment days

bring your body and, with it, your  
soul into the optimal shape and  
balance for you.

lose weight healthily and maintain  
sustainable weight control with a  
joyful diet in everyday life – this  
goal is achieved with holistic  
ayurveda. the short detox program  
gives the kickstart for a healthy  
shape, fitness, and balance in daily  
life.

## LONGEVITY TREATMENT RASAYANA

- » Ayur-detox meals
- » Mandira inclusive services
- » Consultation & pulse diagnosis
- » Abhyanga – ayurvedic full-body oil massage
- » Udanavata© – abdominal massage
- » Udvartana – herbal powder massage
- » Upana – salt-oil peeling treatment from the power of nature
- » Shirodhara – forehead oil flow (30 min)
- » Basti – gentle internal cleansing
- » Virechana – cleansing day
- » Ghee administration for eliminating toxins
- » Svedana – heat therapy
- » Hot water drinking cure, ginger water
- » Lecture on "ayurvedic fundamentals"
- » Yoga, meditation & activities according to weekly program
- » Use of the ayurveda spa
- » Access to the hotel's own thermal healing spring



✓ Inflammation Stop

✓ Cell Regeneration

✓ Energy Boost

10 overnight stays

9 treatment days

long covid, fatigue, burnout: out of exhaustion, into a vibrant sense of life.

long covid is putting our bodies under constant inflammation, causing a real strain. the immune system is overwhelmed, slows down, oxidative stress increases, and the body remains in a continuous state of exhaustion. with our tailored treatment and therapy package, you can break free from chronic fatigue and step into a new, vibrant sense of life.

## LONG COVID, CHRONIC FATIGUE & CO

- » Nutritious meals (clean food) for more vitality
- » Mandira inclusive services
- » Therapeutic support
- » Power elixir administration to support cell regeneration
- » Medical consultation (30 min)
- » Medical care
- » Medical final consultation
- » Vital field measurement with subsequent expert consultation
- » Including final control measurement
- » 3 vital field therapies to support cell regeneration
- » Tailored infusion package developed by experts according to
- » Medical consultation
- » 2 abhyanga – ayurvedic full-body oil massages
- » Vishesh – energy balancing massage
- » Shirodhara – forehead oil flow (30 min)
- » Jambira pinda sveda – ayurvedic stamp massage with lemon-
- » Herb stamps
- » Udvartana – herbal powder massage
- » Udanavata – abdominal special massage
- » Upana – salt-oil peeling from the power of nature
- » Back intensive treatment (55 min)
- » 4 basti – gentle internal cleansings
- » Hot water drinking cure, ginger water
- » Lecture on "ayurvedic fundamentals, healthy lifestyle, and Nutrition"
- » Yoga, meditation & activities according to weekly program
- » Use of the ayurveda spa
- » Access to the hotel's own thermal healing spring



10 overnight stays

9 treatment days

the rejuvenation treatment for  
effective stress management in  
daily life for sustainable burnout  
prevention

rasayana is considered a tool for a long life. there are two types, which in combination lead to an optimal mental, physical, and health balance. oshadhi-rasayana, a treatment with selected medicinal herbs as dietary supplements, and achara-rasayana, primarily based on behavioral measures, such as stress management in daily life. this ayurvedic "rejuvenation treatment" revitalizes the body and mind and protects the organism from harmful influences and free radicals. for sustainable stress management and burnout prevention.

## REJUVENATION TREATMENT – RASAYANA

- » Rasa&yana meals
- » Mandira inclusive services
- » Consultation & pulse diagnosis
- » Nutritional counseling
- » Therapeutic support
- » Final consultation
- » Treatments based on medical history, e.g.:
  - Esq-check-up – determination of the emotional status quo
  - Or alternatively spiritual healing
  - 3 abhyanga – ayurvedic full body oil massages
  - 2 synchron-abhyanga – ayurvedic full body oil massages
  - Synchron
  - Udvardana – herbal powder massage
  - Synchron-pizzichilli (sekka) – body oil pour
  - Udanavata© – abdominal specialty massage
  - Upana – salt-oil peeling from the power of nature
  - Shiroabhyanga – head massage and forehead oil pour (55 min)
  - 2 shirodhara – forehead oil pours (30 min)
  - Nasya – nasal treatment
  - Khadi vasti – "awakening the primal power"
  - Padabhyanga – ayurvedic foot massage
  - 3 basti – gentle internal cleanses
- » Virechana – day of purification
- » Ghee administration to dissolve toxins
- » Svedana – heat therapy
- » Hot water drinking cure, ginger water, herbs during the stay
- » Lecture on the topic "Ayurvedic Basics"
- » Yoga, meditation & activities according to the weekly program
- » Use of the ayurveda spa
- » Use of the hotel's own thermal healing spring

### OUR TIP

for optimal physical vitality, we are happy to support you  
with our power infusion therapy  
phase 1: detox complex infusion  
phase 2: cell optimiser infusion – cell optimization  
phase 3: spirit relax infusion – building and stabilizing the  
autonomic nervous system  
(early booking is recommended)



10 nights,  
9 treatment days

Healthy and happy in midlife –  
holistic Ayurveda tailored to your  
needs and goals.

Midlife, in Ayurveda, marks the  
transition into the age of wisdom.

It is a deeply transformative,  
creative, and powerful phase of  
life.

Holistic Ayurveda provides women  
—and men—with the right tools to  
navigate this period with clarity  
and balance.

Ideally, one begins preparing for  
this stage around the age of 40, to  
approach the physical and  
emotional changes with ease,  
happiness, and vitality.

## MENO-CHANGE & MENO-CHANCE

- » Panchakarma meals\*
- » Mandira inclusives
- » Consultation & pulse diagnosis
- » Nutritional counseling
- » Therapeutic support
- » Final consultation
- » Treatments based on your anamnesis, such as
  - Esq check-up – determination of emotional status quo
  - Or optionally spiritual healing
  - Vital field measurement with subsequent expert consultation
  - Vital field therapy
  - 2 power infusions according to consultation (detox complex, Cell optimiser or relax spirit)
  - 4 synchron-abhyanga – ayurvedic full body oil massages
  - Vishesh – energy balancing massage
  - Garshan – silk glove massage
  - Synchron-udvartana – herbal powder massage
  - Synchron-pizzichilli (sekka) – body oil pour
  - Udanavata – abdominal specialty massage
  - Upana – salt-oil peeling from the power of nature
  - 2 shirodhara – forehead oil pours (30 min)
  - Nasya – nasal treatment
  - Padabhyanga – ayurvedic foot massage
  - 4 basti – gentle internal cleanses
- » Virechana – day of purification
- » Ghee administration to dissolve toxins if needed (in case of
- » Dosha imbalance)
- » Svedana – heat therapy
- » Hot water drinking cure, ginger water, herbs during the stay
- » Lecture on the topic "Ayurvedic basics"
- » Yoga, meditation & activities according to the weekly program
- » Use of the ayurveda spa
- » Use of the hotel's thermal healing spring





7 nights,  
6 treatment days  
Strengthens the immune system,  
metabolism, and physical  
strength. Premature aging is a  
thing of the past.

The goal of the Fountain of Youth package is to delay, halt, or even reverse premature aging processes. This soothing and health-promoting program, tailored to your needs, strengthens the immune system and nervous system, boosts physical strength, and regulates digestion. The deeply effective treatments warm the entire body and support the elimination of toxins. Cellular renewal is effectively activated.

## JUNGBRUNNEN - WELL AGING

- » Rasa&yana meals\*
- » mandira inclusives
- » consultation & pulse diagnosis
- » herbal elixir to support detoxification
- » final consultation
- » 2 abhyanga – ayurvedic full body oil massages
- » shirodhara – forehead oil pour (30 min)
- » udanavata – abdominal massage
- » mukabhyanga – ayurvedic head, face, and foot massage
- » padabhyanga – ayurvedic foot massage
- » udvartana – herbal powder massage
- » back intensive treatment (55 min)
- » lecture on the topic "ayurvedic basics"
- » Yoga, Meditation & Aktivitäten lt. Wochenprogramm
- » Nutzung des Ayurveda Spa
- » Nutzung der hoteleigenen Thermal-Heilquelle

## OUR TIP

For optimal physical vitality, we are happy to support you with our Power Infusion Therapy  
**Phase 1: Detox Complex Infusion**  
**Phase 2: Cell Optimiser Infusion – Cellular Optimization**  
**Phase 3: Spirit Relax Infusion – Strengthening and Stabilizing the Autonomic Nervous System**  
(early booking is recommended)



EARLY BOOKING BONUS FOR  
2025!

**Book your Solution wellness  
program for 7 days or more at  
least 90 days in advance and  
receive a 10% early booking  
discount on your room rates until  
December 20, 2025!**

Free transfer from Graz and Vienna  
airports to the Ayurveda Resort  
Mandira for stays of 7 nights or more.  
VIP TIP: Travel in style with a Mercedes S-  
Class (at an additional cost).



# Ayurveda

## Programs



**AYURVEDA TASTING | 2 nights**



**HOLISTIC SHORT STAY | 3 nights**



**Royal Ayurveda | 5 Nights**



**WOMAN-STAY | 2 nights**



**Relaxation and Wellness Days | 5 Nights**



Minimum stay:  
2 nights

Dive into the world of Holistic  
Ayurveda for body and mind.  
Finally, time for myself.

Dip into the world of Holistic  
Ayurveda, enjoy our delicious  
Mandira Ayurveda full board, and  
experience the soothing and  
balancing effects of Ayurvedic  
treatments, yoga, and meditation.

## AYURVEDA TASTING

- » Mandira Ayurveda – Ayurvedic full board\*
- » Mandira inclusive services
- » Vishesh – energy balancing massage
- » Upana – salt-oil peeling from the power of nature
- » Yoga, meditation & activities according to the weekly program
- » Use of the Ayurveda spa
- » Use of the hotel's thermal healing spring

✓ Healthy Short Stay

✓ Ayurveda Introduction

Minimum stay:  
3 nights

Reduce stress, boost energy –  
your kickstart in the Styrian  
Thermal and Volcano Region..

Reduce stress, boost  
energy – your kickstart in  
the Styrian Thermal and  
Volcano Region.

## HOLISTIC SHORT STAY

- » Mandira ayurveda – ayurvedic full board\*
- » Mandira inclusive services
- » Abhyanga – ayurvedic full body oil massage
- » Shirodhara – forehead oil pour (30 min) – in combination with
- » Abhyanga
- » Udvartana – herbal powder massage
- » Yoga, meditation & activities according to the weekly program
- » Use of the ayurveda spa
- » Use of the hotel's thermal healing spring



5 nights

Detox and bloom in the Styrian Thermal Region with Ayurveda and the power of nature.

Take time for yourself and your health, shine with new vitality, and benefit from our royal Ayurvedic treatments – long after your stay.

✓ Ayurveda for Beginners

✓ Letting Go

✓ Recharging Energy

## ROYAL AYURVEDA

- » mandira ayurveda – ayurvedic full board\*
- » mandira inclusive services
- » vishesh – energy balancing massage
- » synchron-abhyanga – ayurvedic full body oil massage
- » upana – salt-oil peeling from the power of nature
- » mukabhyanga – ayurvedic head, face, and foot massage
- » yoga, meditation & activities according to the weekly program
- » use of the ayurveda spa
- » use of the hotel's thermal healing spring

Minimum stay: :  
2 nights

Finally, time for myself! A short trip to holistic well-being – alone or with friends..

Relax and enjoy life in its fullness. Take a break to truly reconnect with yourself. Acknowledge your own needs, celebrate your femininity and individuality, and enjoy life to the fullest. Take time for yourself to embrace being a woman – finally, ME-TIME.

✓ mindfulness

✓ ME-TIME

✓ RELAX & ENERGISE

## WOMAN-STAY - TIME TO BE A WOMAN, TIME FOR ME!

- » joy of life full board or mandira ayurveda – ayurvedic full board\*
- » mandira inclusive services
- » facial treatment
- » classic back massage
- » yoga, meditation & activities according to the weekly program
- » use of the ayurveda spa
- » use of the hotel's thermal healing spring



Minimum stay:  
5 nights  
Treat yourself to a break  
with our "Relax and  
Wellness Days.

To offer relaxation and well-being.  
Leave everyday life behind and  
enjoy a series of soothing  
treatments that bring body and  
mind into harmony.

## RELAX AND WELLNESS DAYS

- » mandira ayurveda – ayurvedic full board\*
- » mandira inclusive services
- » consultation and pulse diagnosis
- » vishes – ayurvedic energy balancing massage
- » shirodhara – forehead oil pour (30 minutes)
- » synchron-abhyanga – ayurvedic full body oil massage with 2 therapists
- » upana – salt-oil peeling
- » yoga, meditation & activities according to the weekly program
- » use of the ayurveda spa
- » use of the hotel's thermal healing spring





# Our



## **Doppelzimmer STANDARD**

25 m<sup>2</sup>, double room in classic style, bathroom with bathtub or shower and WC, TV/SAT, Wi-Fi, and safe, some rooms with air conditioning.



## **Doppelzimmer MANDIRA STANDARD**

25 m<sup>2</sup>, double room in classic style with balcony, some rooms with connecting door, bathroom with bathtub or shower and WC, TV/SAT, Wi-Fi, and safe, some rooms with air conditioning.



## **Juniorsuite MANDIRA STANDARD**

31 m<sup>2</sup>, double room, balcony, bathroom with natural stone washbasin, bathtub, WC, TV/SAT, Wi-Fi, and safe, some rooms with air conditioning.



## **Juniorsuite SUNRISE**

31 m<sup>2</sup>, double room, French balcony, some rooms with connecting door, bathroom with natural stone washbasin, bathtub or shower, separate WC, walk-in wardrobe, TV/SAT, Wi-Fi, and safe, air conditioning.



## **Juniorsuite NAMASTÉ**

31 m<sup>2</sup>, double room, balcony, some rooms with connecting door, bathroom with natural stone washbasin, bathtub, WC, walk-in wardrobe, TV/SAT, Wi-Fi, and safe.



# Rooms

## **Juniorsuite deluxe SUNRISE**

45 m<sup>2</sup>, bedroom and living area, French balcony, bathroom with natural stone double washbasin and whirlpool bathtub, separate WC, walk-in wardrobe, TV/SAT, Wi-Fi, and safe, air conditioning.



## **Juniorsuite deluxe NAMASTÉ**

45 m<sup>2</sup>, bedroom and living area, balcony, bathroom with natural stone double washbasin and whirlpool bathtub, separate WC, walk-in wardrobe, TV/SAT, Wi-Fi, and safe.



## **Juniorsuite MANDIRA GARDEN**

31 m<sup>2</sup>, double room with walnut wood flooring, garden terrace, bathroom with natural stone washbasin, shower, WC, walk-in wardrobe, TV/ SAT, Wi-Fi, and safe, air conditioning.



## **Juniorsuite deluxe MANDIRA GARDEN**

45 m<sup>2</sup>, bedroom and living area with walnut wood flooring, garden terrace, bathroom with natural stone double washbasin and shower, separate WC, walk-in wardrobe, TV/SAT, Wi-Fi, and safe, some rooms with air conditioning.



### **SUPPLEMENTS:**

Single room supplement € 39 per night  
Dog on request € 29 per night  
Early check-in & late check-out € 40 each  
New Year's Eve surcharge € 119

# MANDIRA *inclusive*

## PLUS

- ✓ Bathrobe, slippers and bath bag
- ✓ in the room
- Free WLAN
- ✓ parking spaces
- ✓ Discount for the
- ✓ Bad Waltersdorf golf course



## HEALTHY ENJOYMENT

### regional, healthy, balanced

- ✓ Varied breakfast buffet incl. organic juice, herb & vegetable bar
- ✓ Light lunch from the buffet and fruit for dessert
- ✓ Desserts in the afternoon
- ✓ 4-course evening menu with 3 main courses to choose from as well as salad and cheese from the buffet

## MANDIRA AHARA AYURVEDIC FOOD

### with regional products

4 individual nutritional levels that support the booked Ayurveda or spa program in the best possible way.



MANDIRA-AYURVEDA



AYUR-DETOX



RASA & YANA



PANCHAKARMA-DIÄT

30



## AYURVEDA SPA

- ✓ Celtic sauna "lautrum" – 90°C
- ✓ Styrian herbal sauna – 55°C
- ✓ Mineral steam bath – 45°C
- ✓ Salt brine sauna – 75°C
- ✓ Infrared sauna
- ✓ Ruheraum buddha's place
- ✓ Ganesha's spirit relaxation room for spa guests
- ✓ Ganesha's garden for spa guests
- ✓ Comfortable resting places throughout  
Bathing & sauna area

## THERMAL SPA

- ✓ Panoramic pool 32 °C
- ✓ Outdoor pool 28 °C
- ✓ Relax-Gallery



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## EXERCISE & REGENERATION PROGRAM

- ✓ Yoga & meditation with our yoga and meditation experts:  
Breathing exercises (pranayama), mindfulness
- ✓ classes  
Exercise and relaxation program  
with our movement experts:  
Healing thermal Smovey Aquafit, Somatics,
- ✓ Tabata, fascia training, back fitness and much more.
- ✓ Training in the fitness room
- ✓ Smovey rings, trekking bikes, city bikes  
and e-bikes (e-bikes for a fee) incl.  
Cycling helmet and cycling map
- ✓ Nordic walking poles for hire,
- ✓ Book corner and e-book reader rental





AYURVEDA RESORT MANDIRA

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