

HOLISTIC
Ayurveda
SOLUTIONS

A GUIDE TO STAYING HEALTHY AND
PREVENTING ILLNESS



MANDIRA

AYURVEDA RESORT

Because I love myself

ALL GROWING THINGS ON EARTH ARE
PERMEATED BY THE SUBTLE ENERGY OF THE
SUN, THE LIFE FORCE PRANA. WHEN OUR
DOSHAS ARE IN HARMONY, WE ARE IN
BALANCE, DRAWING ENERGY, AND OUR PRANA
UNFOLDS IN FULL RADIANCE.

TREATMENTS &

Services

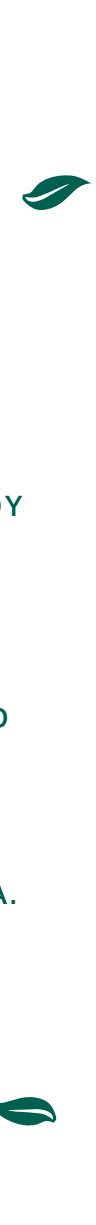
PHILOSOPHY	» 4-5
EXPERTISE	» 6-9
HOLISTIC AYURVEDA GUIDE	» 10-11
AYURVEDA PHILISOPHY & THE DOSHAS	» 12-13
HEALTH MED DIAGNOSTICS & INFUSION THERAPY	» 14-17
CONSULTATION & PREVENTION	» 18-19
AYURVEDA TREATMENTS	» 20-25
TREATMENT & REGENERATION	» 26-28
MASSAGES & SPECIAL MASSAGES	» 29-30
COMPLEMENTARY TREATMENT METHODS	» 31
HEALING SPIRIT COACHING METHOS	» 33
PERSONAL YOGA	» 34-35
PHYTO5 – FIVE ELEMENTS SKINCARE	» 36-39
BEAUTY BASICS & THALGO COSMETICS	» 40-43
MANDIRA THERMAL SOURCES	» 44-45
SPA-ETIKETTE & OPENING HOURS	» 46-47



In
1976

Ayurveda was officially
recognized as "traditional
medicine" by the World
Health Organization
(WHO).

WITH GREAT JOY
AND
GRATITUDE;
I SHARE WITH
YOU
EVERYTHING I
HAVE LEARNED
ABOUT
NATURE'S
HEALING
POWERS
AND AYURVEDA.



DEAR GUESTS!

Take charge of your own health! Too often, we overlook the profound impact that our daily habits have on our well-being. What kind of food are we consuming? Are we giving ourselves enough rest to allow our bodies to regenerate? How balanced is the relationship between negative stress and recovery? What lifestyle would best increase my chances of leading a healthy life? We'll guide you in exploring ways to achieve your personal goals and aspirations together.

With Holistic Ayurveda & Beyond, we bring body, mind, and soul into balance to promote a happier life in a healthier body, while integrating greater mindfulness into daily life. In our holistic approach to health, you, as a unique individual with all of your needs, are at the center. Only those who are balanced and at peace with themselves can remain healthy and resilient.

Ayurveda has had a profound influence on my life. I was fortunate to learn from my mother and to share in her vision. The Ayurvedic approach to health has a distinctive perspective on the constitution and functioning of the human body, which is composed of structural elements and energetic components. Over years of training, I studied this "science of life." Practicing at our mother institution was essential to subject these practices to rigorous assessment and effectiveness testing. This is how Holistic Ayurveda for the European culture developed. It is rooted in the world's oldest holistic healing method, incorporating complementary therapies and modern medical knowledge.

Christina Drexler

Holistic Ayurveda & Beyond

OUR EXPERTS



CHRISTINA DREXLER

Mastermind



- ✓ Medical Ayurveda specialist
- ✓ Master of Science in Ayurvedic Medicine
- ✓ Certified Holistic Coach
- ✓ Certified Radical Forgiveness Coach



AKHIL BALACHANDRAN

- ✓ Ayurvedic Practitioner
- ✓ BAMS (Bachelor of Ayurvedam, Medicine and Surgery, India)
- ✓ Yoga Instructor



BINSON GRAMYA

- ✓ Ayurveda-Spezialistin
- ✓ BAMS Bakkalaureus der Fakultät für ayurvedische Medizin und Chirurgie in Indien
- ✓ Yoga Instructor

TIP: Book a pulse diagnosis!



DR. MED. ALEXANDRA KOLLER

- ✓ General Medicine
- ✓ Holistic Analytical Techniques
- ✓ Integrative Medical Treatments

TIP: Start your stay with a comprehensive body survey and analysis

Ayurveda-Specialist

Ayurvedic Practitioner | Holistic Ayurveda Expert | Yoga Instructor

During his studies at the Rajiv Gandhi University of Health Sciences in Bangalore, India, Akhil Balachandran completed practical training at the local hospital and graduated with a Bachelor's degree in Ayurvedic Medicine & Surgery. He then completed a one-year general practitioner training at the Sushrutha Ayurvedic Medical College & Hospital. As Deputy Manager at the Healthcare and Research Organization, he coordinated training programs on post-stroke and neurological diseases. Most recently, Akhil Balachandran served for three years as the lead Ayurveda consultant and yoga instructor at Centrum Ajurwedy Szczecin in Poland.



BAMS AKHIL BALACHANDRAN

VATA



PITTA



KAPHA



THE THREE
Doshas



PHILOSOPHY OF

Ayurveda

The Ayurvedic teaching (in ancient Sanskrit, "Ayurveda" means "the knowledge of life") holds that every person, as part of nature, possesses a unique composition of the five elements—fire, water, earth, air, and ether/space—which constitute the entire universe. These elements shape each individual's constitution and temperament. As a living organism, each person thus follows an "inner blueprint" or a "deeply rooted information" that aligns with the laws of nature.

In Ayurveda, the five primordial elements are combined into the three vital life energies, or bio-energies, known as the Doshas—VATA, PITTA, and KAPHA. An imbalance of these elements, or Doshas, can lead to physical and mental disturbances and illnesses. Therefore, Ayurvedic teachings advocate for a holistic approach to lifestyle.



WE NEED NEW,
HOLISTIC
APPROACHES TO
SUSTAINABLY
AND
PREVENTIVELY
STRENGTHEN
HEALTH AND
WELLBEING

DR. MED.
ALEXANDRA
KOLLER



Holistic Ayurveda & Beyond

A SYNERGY OF AYURVEDA,
CONVENTIONAL AND HOLSTIC MEDICINE

In terms of prevention, Ayurveda has a head start spanning thousands of years. With Beyond Ayurveda, we have combined this ancient wisdom with current scientific knowledge, research insights, and validated methods and therapies from conventional and integrative holistic medicine. Holistic Ayurveda & Beyond creates unique perspectives for holistic prevention and regeneration.

Enhance Ayurvedic pulse diagnosis and consultation with our holistic Health Med measurements and analyses. A comprehensive diagnostic procedure forms the foundation of our individualized therapies to balance imbalances and support cellular regeneration.

HEALTH

Med



DR. MED. ALEXANDRA KOLLER



MINI CONSULTATION*

*Required prior initial infusion

15 mins | €38

**MEDICAL
CONSULTATION**

30 mins | €81

**CONSULTATIONS
BY APPOINTMENT**

**VITAL FIELD ANALYSIS
AND THERAPY**
GLOBAL DIAGNOSTICS

Do you feel exhausted, stressed, burned out, anxious, or depressed? At our Ayurveda Spa, you can optimize your energy levels and well-being through individualized frequency medicine. This non-invasive Vital Field measurement is based on physical principles without the use of chemicals. The measurement takes less than 10 minutes and works through gentle impulses. It can identify the causes of chronic issues, disturbances, and blockages, as well as assess your current energy level. This biophysical treatment method helps the body regain a healthy energy flow. Based on the measurement results, individualized frequency patterns are generated and applied to the body. Each treatment can focus on areas such as detoxification, recovery, regeneration, cellular health, gut health, endocrine balance, inflammation management, or immune system support.

Analysis and consultation | €139

Vital field therapie based on

preceding analysis and

consultation | €1.50 per minute

POWER INFUSION THERAPY

VITAMIN B COMPLEX

B vitamins not only participate in numerous metabolic processes in our body but also play a central role in the nervous system. Key areas of application include skin disorders, depression, sleep disturbances, lack of motivation, anemia, nerve disorders, exhaustion, chronic pain, and immune deficiency.

€49

VITAMIN C

Vitamin C is not only the ideal immune booster and free radical scavenger but also an essential micronutrient for many metabolic processes—from the brain to the kidneys. Since humans cannot produce Vitamin C on their own, we need to obtain it from external sources. Infusion therapy quickly and efficiently brings the body's Vitamin C levels up to the ideal range.

€68

CELL OPTIMISER

The intensive vitality cocktail made from amino acids, vitamins, and minerals strengthens and revitalizes cells. It's the optimal energy boost for cellular metabolism. Tip: Ideal after a Detox Complex infusion.

€160

MEDICAL OXYGEN & OZONE THERAPY

This infusion therapy optimizes the immune system and metabolism while positively influencing blood cell properties. It is used for arterial circulation disorders, exhaustion, metabolic issues, skin and liver diseases, infections caused by bacteria, fungi, or viruses, as well as for headaches, muscle and joint pain, and more.

1 infusion | € 72

3 infusions | €205

DETOX COMPLEX

It optimally supports the body in breaking down and eliminating toxins and harmful substances. The ideal nutrient combination of antioxidants, vitamins, and trace elements helps you fully restore your energy levels!

€160

ALPHALIPON

A highly effective antioxidant infusion that efficiently captures free radicals, protects cell membranes, and thus slows down the aging process. It safeguards blood vessels, supports the cardiovascular system, stabilizes blood sugar levels, and helps prevent nerve damage.

€72

RELAX SPIRIT

For strengthening and stabilizing the autonomic nervous system, providing lasting support for body, mind, and soul!

€160

MITO ENERGY

High-dose vitamin and micronutrient infusion to reduce mental and physical stress, enhance performance and concentration, reduce inflammation, optimize recovery, and strengthen the immune system.

€160

Q10

The Q10 infusion improves blood sugar and blood pressure regulation, boosts cellular energy, and protects and strengthens the heart, immune system, and insulin function. It reduces oxidative stress and slows down aging processes.

€179

NAD+

A "fountain of youth" for body and mind: NAD+ is an active molecule and coenzyme that plays a crucial role in maintaining healthy cell function. NAD+ boosts energy levels, activates neuronal functions in the brain, stimulates metabolism and cell regeneration, and reduces chronic inflammation and oxidative stress.

€248





HEALTH IS
ABSOLUTE
WEALTH.

AKHIL
BALACHANDRAN

Consultation & PREVENTION

AYURVEDIC CONSULTATION

30 mins | €69

AYURVEDIC NUTRITION CONSULTATION

50 mins | €112

AYURVEDIC CONSULTATION AND PULSE DIAGNOSIS

50 mins | €122

Recommended for: Ayurveda novices.

Get to know your personal
constellation!

Has Ayurveda changed you?

Determine your personal
status quo!

AYURVEDA treatments

ABHYANGA

A gentle full-body oil massage with warm Ayurvedic herbal oils. Subtle energy work and the well-tempered herbal oils penetrate deep into the skin, releasing fat-soluble toxins from the tissues, while revitalizing the skin, muscles, veins, heart, circulation, and nervous system.

55 mins | €112

85 mins | €167

ABHYANGA WITH TWO THERAPISTS

Ayurvedic full-body massage with two therapists. It restores the flow of energy channels, promotes regeneration, and leads to deep relaxation.

55 mins | € 171

GARSHAN – SILK GLOVE MASSAGE

The Garshan treatment is a gentle exfoliating massage with a stimulating effect on the tissues and body. It includes techniques that activate lymph flow and help eliminate water retention. As a result, this treatment has a detoxifying and decongesting effect, reduces cellulite, and overall improves the skin's appearance.

55 mins | €112

TIP: Perfect in combination with our cellulite-buster wrap.

85 mins | €141

AYURVEDA-TREATMENTS

JAMBIRA PINDA SVEDA

This Ayurvedic herbal poultice massage is designed for detoxification and revitalizing the body. Circular and sweeping movements with warm lemon-wrapped poultices stimulate lymph flow, while the lemon helps release water retention from the cells and has a warming effect. Jambira Pinda Sveda is used for cellulite, overweight, acidosis, water retention, and blockages in the lymphatic system.

INFO: Handmade! For crafting the poultices by hand, we use only high-quality organic products, our own formulations, and carefully selected herbal oils.

55 mins | €115

JANUVASTI

An Ayurvedic special treatment in which warm oil is poured onto the knee area. We use a special herbal oil called Mahanarayanam Thailam, which translates to "great king's oil." It is pain-relieving and mobilizing for the bones, muscles, and joints. A true treat for the musculoskeletal system. This treatment alleviates knee pain, promotes lubrication in the joint, and improves arthritis in the knee joints.

45 mins | €112

KHADIVASTHI

In this special back treatment, the targeted area is enclosed with a ring made of herbal paste. Warm, therapeutic Ayurvedic oil is then applied to restore balance to the affected body region. This treatment releases deep tension and harmonizes the chakras.

55 mins | €112

MUKABHYANGA

Ayurvedic head, face, and foot massage with warm oil. This massage has positive effects on sleep disorders, nervousness, as well as stress and tension.

55 mins | €112



SHIRODHARA – FLOWING OIL HEAD TREATMENT

A soothing treatment for the head, excellent for stress symptoms, insomnia, and migraines.

INFO: Available only in combination with an Abhyanga full-body oil massage !

30 mins | €76

AYURVEDA-TREATMENTS

PADABHYANGA

Ayurvedic foot massage. It has a calming effect while simultaneously strengthening the nervous system.

25 mins | €61

PRISTA – SPECIAL HOLISTIC AYURVEDA BACK MASSAGE

A very intensive and effective treatment with warm herbal poultices, combined with a holistic back massage and a special herbal oil. Energy blockages, adhesions, and tension are released.

55 mins | €112

SEKKA BODY TREATMENT WITH OIL

Warm oil flows continuously over the entire body and is massaged in simultaneously by two therapists. It relaxes and the heat leads to a strong detoxification. Ideal for rheumatic complaints and immune deficiency.

55 mins | €219

SHIROABHYANGA

With a brief head, face, and neck massage, we guide your body into a state of holistic relaxation. The scalp is revitalized, and stress and overload are alleviated. Following this, a forehead pour awaits you, which clears the mind and strengthens the inner self. This treatment is also commonly used for beauty care.

55 mins | €127

THAKRADHARA – MEDICATED YOGHURT FOREHEAD TREATMENT

This special form of Shirodhara is performed with a cooling yogurt-herb mixture. The treatment is especially effective for nervousness, sleep disturbances, and inner restlessness.

50 min | € 127

UDANAVATA AYURVEDIC ABDOMINAL MASSAGE

This specific massage and energy point treatment is strengthening and detoxifying for the tissue. It stimulates both venous and lymphatic flow, and helps to eliminate blockages.

55 mins | €112

UPANA – SALT AND OIL SCRUB

Salt oil scrub from the power of nature for cleansing harmful energy and strengthening the immune system. Ideal for detoxifying and purifying.

55 mins | €112



VISHESH

Revitalizing full-body energy massage with comfortably warm herbal oil. This treatment brings balance to the life energies, relieves stress, helps the body regenerate, and allows the mind to deeply relax.

55 min | €112

UDVARTANA

A vigorous powder massage with barley bran. It stimulates the metabolism, warms the body, cleanses the tissue, and reduces water retention. The treatment has a pleasant exfoliating effect and is detoxifying.

55 mins | €115

FOUR-HANDED UDVARTANA

Barley bran powder massage with two therapists to stimulate the metabolism and provide a deep cleansing with exfoliation.

55 mins | €175

SHIROMARDANA

Ayurvedic head, neck, décolleté, and face massage. It is invigorating, stimulates circulation, and activates the scalp.

25 mins | €61

MARMA POINT- MASSAGE

An Ayurvedic full-body treatment in which pressure is applied to balance the energy points (Marmas). In a healthy person, Prana (life energy) flows freely through the energy channels of the body. Injuries, poor posture, emotional issues, or stress can disrupt the flow of Prana. Treating the vital points with pressure and gentle strokes helps to release blockages, allowing the life energy to flow again.

55 mins | €112



TREATMENT & *Regeneration*

ENERGETIC TREATMENTS.
MASSAGES. SPECIAL MASSAGES.
COMPLEMENTARY
TREATMENT METHODS.

ENERGETIC *treatments*

ACUPRESSURE AND ENERGY BALANCING MASSAGE

This treatment is a combination of partial and acupuncture massage according to Penzel. To optimally support the meridian treatment, acupuncture points are activated with a stick. The therapist addresses your individual concerns and may combine the treatment with cupping and Gua Sha (traditional Chinese "scraping" massage). Indications include exhaustion and stress, joint pain, spinal blockages, sleep disorders, digestive issues, scar therapy, and pain relief.

55 mins | €105

MASSAGES &

Special Massages

CLASSIC BACK MASSAGE

The classic massage is used for the prevention and treatment of tension in the back muscles. It has a relaxing, loosening, and circulation-promoting effect.

25 mins | €61

CLASSIC FULL-BODY MASSAGE

Moments of relaxation for overall well-being or for the treatment of symptoms. Reduction of tension, relief of muscle blockages, pain relief, strengthening of the musculoskeletal system, boosting the immune system, promoting circulation, and inner balance.

50 mins | €105

FOOT REFLEXOLOGY

Reflex zones on the foot are massaged to stimulate corresponding areas and functions of the body. This massage technique is used for back pain, headaches, menstrual discomfort, organ dysfunctions, insomnia, or fatigue.

25 mins | €61

MANUAL LYMPHATIC DRAINAGE

Lymphatic drainage is a specialized, medical form of massage that stimulates the lymphatic vessels and promotes the increased removal of lymph fluid. It has a detoxifying, decongesting, and diuretic effect, helping to release acids and waste products from the tissue to tighten and firm it.

50 mins | €89

FASCIA MASSAGE

In fascia massage, deep massage strokes are used to release adhesions in the fascia and loosen the fascia. Fascia treatments support freedom of movement, promote good circulation, help relieve pain, reduce stress, and create a soothing body sensation.

55 mins | €105

DORN-BREUSS SPINAL THERAPY

Back pain is often caused by misalignments of the joints and vertebrae, which can also affect the psyche and internal organs. The Dorn-Breuss method is used for back pain, cervical or lumbar spine pain, sciatica, shoulder pain, tennis elbow, and discomfort caused by poor posture, lumbago, and overuse. With gentle pressure, misalignments are corrected. The "Dorn" technique is combined with the "Breuss" massage, a gentle treatment using massage oil that aids in the regeneration of the intervertebral discs and loosens the muscles.

55 mins | €105



COMPLEMENTARY

medical treatments

CRANIOSACRAL TREATMENT

The Cranio-Sacral treatment is an effective yet gentle manual therapy used to release blockages. During the treatment, blockages in the body are sensed through gentle touch and released through subtle energetic impulses. The goal is to activate the body's natural self-healing powers and dissolve blockages. The treatment can be used both preventively and therapeutically – for health maintenance or to restore body balance.

55 mins | €105

EAR CANDLING

A nature-based treatment passed down from the Hopi Native Americans. The ear candles, made of beeswax, herbs, chamomile, and St. John's wort, create a lasting, soothing, freeing, and light sensation in the ear area.

25 mins | €54



SPIRITUAL HEALING

In a world that often feels hectic and overwhelming, it is of utmost importance to find moments of calm and self-reflection. Our Spiritual Healing Treatment offers you exactly that – a transformative experience based on individualized energy work that supports you on your journey to inner balance.

The session begins with a personal, spiritual interaction between you and our experienced therapists. In a safe, protected space, we invite you to relax and let go. Through focused energy work, a harmonious balance between body, mind, and soul is created.

55 mins | €112

ROOFTOP YOGA AND
MEDITATION SPACE

Yoga

THE FLOW OF ENERGY

ONE-TO-ONE YOGA LESSON

Tailored to your
specific needs.
60 mins | €109

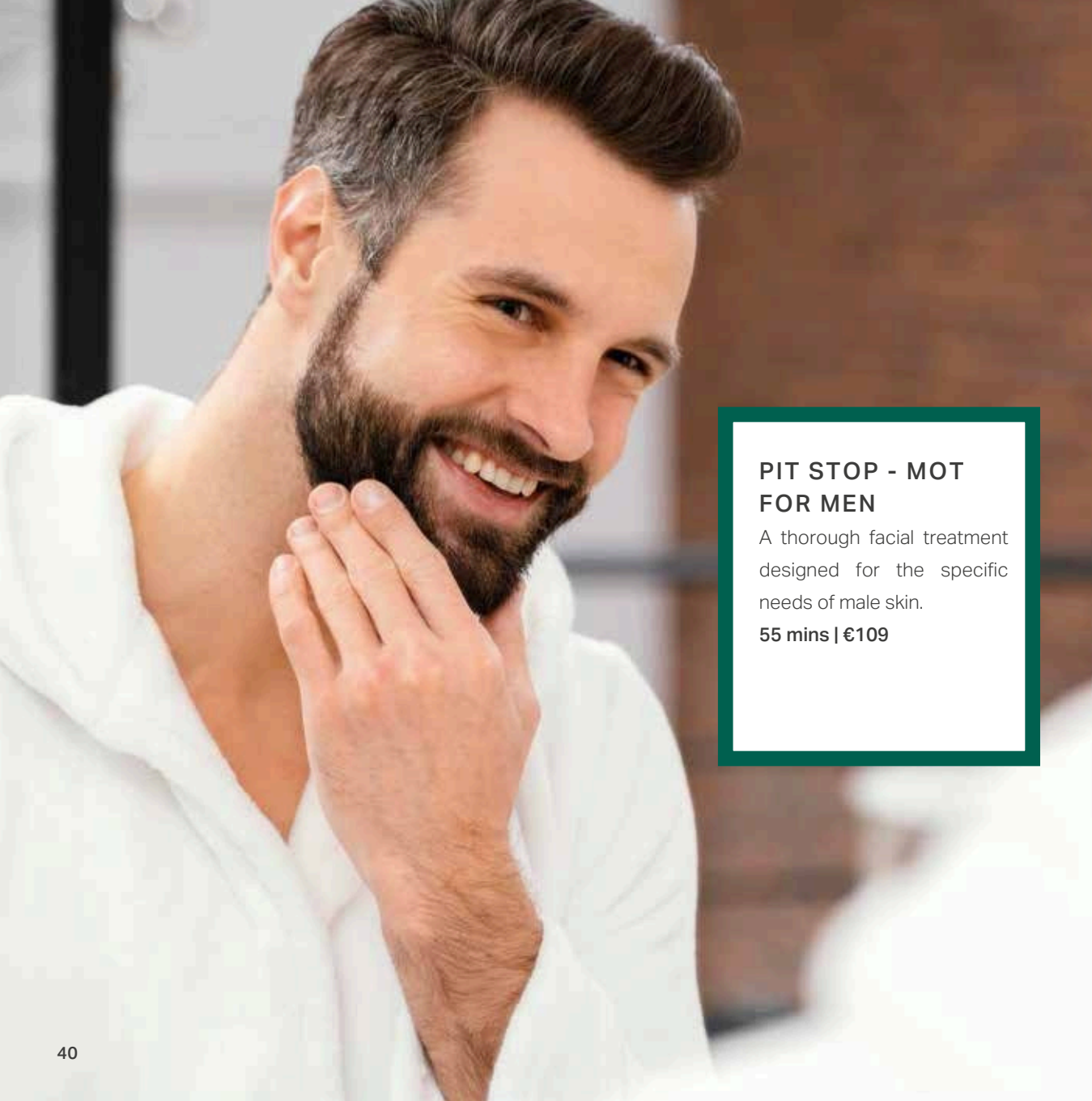


PHYTO5 *Phytobiodermie*

THE JEWEL OF HOLISTIC
COSMETICS ACCORDING TO THE
FIVE ELEMENTS TEACHINGS
WOOD – FIRE – EARTH – METAL – WATER

Our body is not only made of matter but also of energy. Cosmetic issues are always a reflection of energetic imbalance. Phyto5 is an active ingredient cosmetic based on the principles of the energetic Five Elements Theory of Traditional Chinese Medicine (TCM), combined with cutting-edge quantum physics and innovative Swiss know-how. All lines of holistic cosmetics help restore the natural energies of the body to a harmonious balance, resulting in a visibly regenerated and vital appearance.

- > Swiss know-how for quantum energetic skincare
- > Contains Swiss mountain spring water
- > Strict controls on water quality
- > Natural active ingredients include clay, essential oils, seaweed, mineral salts and seed oils - contain no parabens
- > No animal testont or animal ingredients



PIT STOP - MOT FOR MEN

A thorough facial treatment designed for the specific needs of male skin.

55 mins | €109

THE TRUE Luxus

BASIC FACIAL PHYTO5

A facial treatment tailored to your skin type, including deep cleansing, to restore the skin's radiance.

55 mins | €98

QUANTEN ENERGY FACIAL

5 ELEMENTS - 5 SKIN TYPES - 5 SEASONS

Experience an energetic treatment of a special kind. An individualized facial treatment tailored to the element and season, featuring color light energy drainage. This treatment stimulates the skin's defense energy, detoxifies, decongests, and refines the complexion.

85 mins | €125

ENERGY FACIAL

Rejuvenating and instantly visible deep regeneration, thanks to the refreshing boost for your skin. It is revitalized, and the natural energy balance is restored.

55 mins | €109

DIAMOND MICRODERMABRASION ANTI AGING TREATMENT

Skin rejuvenation through cell renewal. The DIAMOND Microdermabrasion aims for a visual rejuvenation of the skin by refining pores and reducing the depth of wrinkles. After intensive cleansing, microdermabrasion gently and painlessly removes the upper layers of the skin, helping to stimulate natural skin regeneration and renewal. Indications for DIAMOND Microdermabrasion include scars, calluses, pigmentation disorders, age spots, and light/sun damage.

85 mins | €135

Deep as the Ocean Beauty & Wellbeing

BEAUTY BASICS & THALGO COSMETICS

Following the motto "THE POWER OF THE SEA FOR YOUR BEAUTY," THALGO has stood for over five decades for the highest quality, unique SPA treatments, and exceptional skincare products harnessing the power of the sea. The visionary French pharmacist André Bouclet, in the 1960s, succeeded in developing a unique method for micropulverizing algae, releasing active ingredients that effectively influence the circulation of both the organs and the skin.

Subsequently, in the 1970s, the THALGO laboratory was established on the Côte d'Azur. THALGO continues to evolve its product range and the use of marine raw materials, always with social and ecological responsibility in mind. The combination of marine-based and innovative high-tech active ingredients ensures perfect skincare results.



AESTHETIC TREATMENTS

YOUR HANDS ARE YOUR CALLING CARD

With a soothing hand soak followed by the professional care of your nails, cuticles, and hands, your manicure becomes a visible pleasure!

No-polish manicure	€44
Manicure with polish	€53

PEDICURE

With a soothing foot soak, professional nail and foot care, including a massage, your pedicure is a real treat.

No-polish pedicure	€59
Pedicure with polish	€64

As a special gift from the house, you will receive the nail polish to take home with you after treatments that include polish!

EYES AND EYELASHES

Complete care

Eye brow shaping,	
eyebrow and eyelash tint	€36
Eye brow or eyelash tint	€12
(only available with a treatment)	
Eye brow shaping	€12
(only available with a treatment)	

WAXING

Lower leg	from €36
Full leg	from €54
Bikini line or underarm	from €18
Upper lip or chin	from €12



HYALU-PROCOLLAGEN FACIAL

The sensational active ingredient innovation provides an immediately noticeable and visible wrinkle-filling and smoothing effect through triple hyaluronic acid and collagen.

Including deep cleanse	85 mins €125
No deep cleanse	55 mins €111

FIRMING FACIAL

A firming treatment for the loss of defining facial contours and sagging skin, using a highly effective combination of marine silicon and vitamin C.

Including deep cleanse	85 mins €135
No deep cleanse	55 mins €119



HEALING *sources*

THERMAL POOL

The famous Bad Waltersdorf thermal water is officially recognized as medicinal water. The sodium-bicarbonate-chloride thermal spring exerts its beneficial deep effects on the body at temperatures ranging from 27°C to 32°C.

OUR HEALING THERMAL WATER

- > Relieves joints and relaxes muscles
- > Builds muscle and bone
- > Enhances flexibility
- > Reduces stress and prevents burnout
- > Reduces fatigue
- > Prevents rheumatism
- > Stabilises the back
- > Strengthens the immune system
- > Tones and purifies the skin

OUR THERMAL POOLS

- > Indoor pool (32 °C)
- > Outdoor relaxation hot tub (32 °C)



TIP: Swim once daily in our healing thermal water. We recommend a duration of about 20 minutes. Please do not use the thermal water pool immediately after your treatment, so the oil can fully develop its effects.

At Mandira Spa and the thermal healing spring, the focus is on tranquility, relaxation, and well-being to bring body, mind, and soul into harmony. This atmosphere should not be disturbed. Therefore, we kindly ask you to turn off your mobile phones. We trust your sensitivity to behave accordingly.

SPA- *Etikette*

CONSULTATION AND RESERVATION

To guarantee your preferred appointment, we recommend making an early reservation at the Ayurveda & Spa Reception. Our range of services is very diverse, so take advantage of the many years of experience of our expert team, who will be happy to advise you. Please also let us know of any special requests, preferences, or discomfort during your treatment to ensure the best possible results.

HEALTH IS IMPORTANT TO US

To provide you with the best possible and personalized treatment, we kindly ask you to inform us of any health concerns, such as allergies or similar, when making your reservations. It is our priority to tailor all treatments to your needs and health condition.

TAKE YOUR TIME

For an optimal therapy experience and result, we recommend arriving a few minutes before your treatment begins in the Ayurveda & Spa Lounge. Relax with a cup of tea and take a moment to unwind. Your therapist will then personally escort you to your treatment.

APPROPRIATE ATTIRE

We kindly ask you to arrive in a bathrobe for your treatments. Disposable underwear is available for both women and men for body treatments. A spa bag with everything you need for your visit to our spa and thermal healing spring is provided in your room.



ENERGY-GARDEN
Spacious garden landscape & sunbathing area

DELAY AND CANCELATION

Out of consideration for subsequent guests, we kindly ask for your understanding that late arrivals will result in a shortened treatment, with the full charge still applied. If you are unable to attend your appointment, we kindly request that you cancel your booked treatment at least 24 hours in advance. Otherwise, we will have to charge the full treatment price.

WE ARE
here for you!

TO BOOK YOUR APPOINTEMENTS

AYURVEDA & SPA-RECEPTION

9am to 6pm (Outside of reception hours, the hotel reception staff will be happy to assist you with any questions.)

AYURVEDIC THERAPY

9am to 6pm

THERMAL SPA

7am to 10pm

SAUNA AREA

10am to 9pm

ROOFTOP YOGA AND MEDITATION SPACE

See weekly program

GYM

7am to 10pm

T +43 3333 2801-563

spa@mandira-ayurveda.at



MANDIRA

AYURVEDA RESORT

Because I love myself

WAGERBERG 120 . 8271 BAD WALTERSDORF . AUSTRIA . T +43 3333 2801
INFO@MANDIRA-AYURVEDA.AT . WWW.MANDIRA-AYURVEDA.AT

