



AYURVEDA PARKSCHLOSSCHEN

WEIGHT
LOSS

TRABEN-TRARBACH, GERMANY

HANDS-ON INDIAN HEALING THAT'S REMARKABLY CLOSE TO HOME

As its name suggests, the Parkschlösschen, a delightful Art Nouveau building with just a dash of gingerbread, sits in four hectares of leafy parkland that fizzles with fresh air, ancient trees and red squirrels (the rare Nutkin kind), with a river gently coursing through it. This sliver of the Black Forest was chosen in 1910 for the location of the original spa because of its proximity to the thermal springs, where Germans came in their droves to 'take the waters'. Fast forward a hundred years and Parkschlösschen is still a restorative destination, but one now committed to the Ayurvedic triptych: body, mind and soul. In contrast to its traditional façade, the interior is hushed, modern and light, designed deliberately to be dosha neutral to suit every guest. The lobby is decorated with awards for excellence and deservedly so: the place has become something of a hub for devotees of the Ayurvedic way, who come (often annually) for a full reset. The main event is the panchakarma cure. This involves a nine- to 14-night stay and combines massage, herbal remedies, yoga, oil pouring and steam baths. Known also as the 'royal treatment', it is the mother of all Ayurvedic detoxes and not for the faint-hearted. Its rigorous internal and external cleansing of the body's entire digestive system can leave you as weak as a kitten and trigger an emotional release too, but those who do commit will graduate bright eyed, lighter of foot and calmer of mind. The spa also offers less-intensive 'take a break' stays, which can be as short as two nights but are extremely recuperative. You still benefit from the holistic menu of treatments (all carried out in silence), but have the energy to hike gently through the glorious

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Riesling vineyards or cycle into the local town of Traben-Trarbach, where the Parkschlösschen-owned Buddha-Museum has an astonishing array of devotional statues. But you will also often find yourself with a calming cardamom tea, wrapped in a blanket and dozing under a swaying sequoia tree. The hotel teems with eager, kindly professionals who cradle you through your stay, from waking meditations to the 'no later than 10pm' bedtime (there's no Wi-Fi and minimal use of mobile phones). Among the 100-strong staff are doctors who assess you on arrival and monitor daily treatments; chefs to prepare the most appetising, gut-cleaning delicacies, and masseurs who perform rigorous and simultaneous treatments, sometimes in tandem. In addition to all this attention to physical well-being there are daily sessions with yoga masters to complete the circle of treatment via instructive meditation, and evening lectures to further your Ayurvedic knowledge, so you can build a toolbox of skills to take home. **INSIDER TIP** Be sure to pop by the shop and pick up some Schlafmilch, a turmeric-based drink that makes you fall asleep with the ease of a babe in arms. **BOOK IT** Healing Holidays (+44 20 7843 3592; healingholidays.co.uk/condenast) offers a 10-night Panchakarma Compact programme from £3,999 per person, full board, including flights, transfers and all treatments and activities according to the programme. Healing Holidays is the only UK tour operator that works with Ayurveda Parkschlösschen. **HEALING HOLIDAYS EXCLUSIVE** Guests will receive a complimentary copy of *The Art of Ayurvedic Healing - The Parkschlösschen Practice* book.