

EAST MEETS WEST

Find harmony at the five-star German detox and health resort Ayurveda Parkschlösschen

For more than 25 years, this esteemed health resort has been the only five-star property in Europe to holistically and exclusively implement the Ayurvedic wellbeing philosophy. The steady stream of repeat guests is testament that the combination of German efficiency and luxury and Eastern harmony and wellbeing is a winner.

Perfectly positioned in a private 11-acre parkland estate surrounded by ancient forest, vineyards and a pretty stream, Ayurveda Parkschlösschen – exclusively available at Healing Holidays – is the ideal place to ‘reset’ yourself, emerging with a fresh outlook as well as a healthy body. Built according to the principles of Vedic biological architecture and design, the resort is furnished simply with natural and locally sourced materials, with a serene Ayurveda therapy area at its heart.

From the outset, the German businessman and philanthropist Wolfgang Preuss and his wife Brigitte wanted the property to deliver sustainable healthcare, thorough Ayurvedic detox and health programmes, and today the Ayurveda Parkschlösschen retains a reputation for lasting results, rather than just a quick fix.

Since 1993, Ayurveda Parkschlösschen has been a cherished find for wellbeing-seekers across Europe, thanks to its focus on Panchakarma, the traditional Ayurvedic detox programme combining various cleansing and treatment procedures interwoven with yoga and meditation. Under the careful supervision of experienced Ayurvedic practitioners, every element of the retreat – the therapies on offer, the menu, the yoga and meditation coaching and the decor – is based on the ancient principles of Ayurveda. There is also a dedicated 35-day Panchakarma Ultimate programme, the longest and most comprehensive Ayurvedic detox cure to facilitate intensive cleansing on a physical, mental and emotional level.

Further Information

Call Healing Holidays on 020 7843 3592
or visit healingholidays.co.uk/condenast



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to Healing
Holidays



Who to book with

Healing Holidays can arrange a 6-night Anti-Stress programme from £2,799 per person sharing, including flights, transfers and full board accommodation.