



RoSANA

GESUNDHEIT IM ZENTRUM



Cures and
Programmes 2017

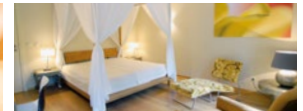




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FOCUSING ON YOUR HEALTH

YOUR HEALTH IS OUR TOP PRIORITY!

In German-speaking countries, RoSana is a unique health and cure centre based on an interdisciplinary, integrative therapy concept under constant medical supervision.

rapy that has been individually adjusted to your personal requirements and is designed to accompany you on your way to health. This approach is ensured by our engaged team of experienced doctors and specialized therapists from the fields of internal medicine, Ayurveda, osteopathy, homoeopathy, acupuncture, psychotherapy and yoga.

We are convinced: the potential to maintain health and heal itself lies in every individual. However, constantly changing challenges in a fast-moving world, continuous environmental stimuli and a rather careless lifestyle have a negative impact on our inner balance. Take some time off in RoSana's sophisticated and at the same time natural ambience – in the beautiful landscape of the Bavarian Chiemsee region with its many lakes and rivers. In this beneficial atmosphere and through our comprehensive health concept we create a balance to today's strains, taking effect on the three levels of body, mind and soul.

Your treatment at RoSana begins with a meticulous overall health assessment. A good diagnosis based on the principles of Western and Ayurvedic medicine is the first step towards healing. Subsequently, our team of therapists develops a customized cure concept for you, our various practices working closely together on an interdisciplinary level. As an example, this could mean to complete your Ayurveda cure through selective osteopathic treatments. Or to consult psychotherapeutic supervision for subjects that might come up during the healing process. At the same time, we support your own efforts to strengthen your self-healing potential in order to free yourself from the grip of your illness and to regain your inner balance.

Individual precaution-
and treatment concepts
for your needs



A PLACE FOR YOUR PERSONAL RECOVERY

ROSANA CAN HELP! – SIX EXAMPLES

We'll be there for you! All kinds of things can happen in life. And more often than not, the circumstances cannot be classified according to a certain scheme. That's when individual measures off the beaten track become necessary.

At RoSana, we will attend to your individual case. What enables us to do so is not only our competence in many different medical fields but also a good deal of empathy. Therefore, we neither regard ourselves as a mere cure centre nor as an ambulant health facility or rehabilitation clinic. In fact, we'd like to be the place where you find help according to your individual needs and your personal situation – for example in the following cases:



1. HEALTH HOLIDAY WITH COMPETENT MEDICAL AND THERAPEUTIC SUPERVISION

You feel healthy and would like to preserve this state? You are worried about risks related to your lifestyle or living conditions and would like to learn how to better deal with them in the future?

2. A SLIGHTLY DIFFERENT CURE

You are considering a cure, but the conventional kind is not quite your cup of tea? You have made the experience that in the past, a cure did not bring about the success you had hoped for and now you want more?

3. PREVENTING DISEASES EFFECTIVELY

You know your health risks or family-related dispositions? Certain illnesses have occurred repeatedly with your parents or grandparents? You would like to set the course towards health in time?



4. OUTPATIENT TREATMENT OR HOSPITAL STAY?

You have been diagnosed with an illness and outpatient treatments have started, but the procedure is cumbersome, exceeding your current energy reserves? Still, you would like to avoid a hospital stay, or else it is not yet mandatory from the doctors' point of view?

5. HOSPITAL OR REHABILITATION FACILITY?

You have stayed in hospital because of a serious acute or chronic disease, and in your special situation subsequent rehabilitation measures are not provided – e. g. by the cost-bearers? You have been released from the hospital but still suffer from complaints or do not yet feel strong enough for another outpatient treatment?

6. A THERAPY FOR YOUR INDIVIDUAL NEEDS

Searching the current health sector, you cannot seem to find a suitable offer that would attend to your very special health problem in a holistic way? You wouldn't want to do without academic medicine, but neither without naturopath supplements? You are open for Ayurveda, homoeopathy or osteopathy? You are looking for everything under one roof?



WHOLESOME SYNERGIES

THE BEST OF VARIOUS MEDICAL FIELDS

There's no simple solution to a complex problem! The individual constitution of any human being harbours sensitivities and weak points; in addition, lifestyle, nutrition, conflicts and social surroundings can be just as harmful as bacteria and viruses. And every illness can provoke different, individual reactions – not only on a physical but also on an emotional and mental level.

This is what we take into account at RoSana. We take plenty of time for a careful initial examination, result discussion as well as consulting during the therapy. We regard your individual health problems from different perspectives, integrating classical medicine into the bigger picture of Western and Eastern therapy options. For more than a decade, we have been practicing a broad range of methods, comprising internal medicine, Ayurveda, osteopathy, homoeopathy, acupuncture and psychotherapy. Each of these systems has its own “language”.

An in depth exchange among our team of therapists ensures the elaboration of an individual therapy concept that does not contain “a bit of everything” but is composed of what is best for you, embedded in a holistic approach.

An example for the successful collaboration of our various medical disciplines is the combination of Ayurveda and osteopathy. Especially in case of traumata that occurred a long time ago, such as fractures or operations, a type-specific preparation of the respective tissue helps to recognize and resolve pain memory as well as compensated and decompensated malpositions in order of occurrence.

At RoSana, the areas of expertise work hand in hand – be it through homoeopathic support during and after an Ayurveda cure, psychotherapeutic assistance during treatments or through additional acupuncture. In many cases, especially the combination of different therapeutic approaches is the key to success.





ROSANA DISCIPLINES



INTERNAL MEDICINE

Modern diagnostics that contribute to a sustainable treatment success.



HOMOEOPATHY

A gentle, holistic therapy that boosts the body's self-healing powers.



AYURVEDA

An ancient healing art promoting health and vitality.



OSTEOPATHY

Treating fundamental dysfunctions at their roots through manual therapy.



ACUPUNCTURE

Specific treatments help re-balance the body and soul.



PSYCHOTHERAPY & COACHING

Psychotherapy and coaching help develop new strategies and experience a higher quality of life.



YOGA

Yoga exercises strengthen the body and soul, leading to deep relaxation and calm.



TOGETHER FOR YOUR HEALTH

INDIVIDUAL HEALTH PROMOTION FOR A WIDE RANGE OF CLINICAL PICTURES

We do everything to make you feel well cared for. RoSana composes comprehensive therapy programmes especially for you – on a high medical level and all under one roof. Through our treatments, we accompany you during your healing process.

The following clinical pictures give you a few examples:

- Weakness of the immune system and recurring infections (*e.g. inflammation of the sinuses or the bladder, delayed convalescence after operations or illnesses*)
- Chronic inflammatory diseases of the inner organs (*e.g. inflammatory bowel diseases, Crohn's disease, ulcerative colitis or bronchitis*)
- Rheumatic and auto immune diseases (*e.g. rheumatoid arthritis, fibromyalgia*)
- Dysfunctions or pain in the musculoskeletal system (*e.g. wrong posture, imminent intervertebral disc degeneration or unequal load on the joints, back or neck pain*)
- Allergic diseases (*e.g. hay fever, skin eczema, psoriasis*)
- Sleep disorders and dysfunctions of the vegetative nervous system (*e.g. disturbed sleep-wake cycle, Chronic Fatigue Syndrome, weather/winter depression*)
- Burnout syndrome and other results of physical or social overload
- Metabolic diseases, results of malnutrition and overweight (*e.g. diabetes, high blood pressure, chronic constipation, lipometabolic disorders*)
- Headaches and migraine
- Constitutional sensitivity and dysfunctions caused by a careless lifestyle (*e.g. addiction, adiposity, irritable bowel syndrome, movement aversion*)





COMPASSION AND COMPETENCE

MEET THE THERAPISTS

DR. MED. ULF RIKER
INTERNAL MEDICINE, HOMOEOPATHY

Specialist in internal medicine, additional qualification of homoeopath since 1989. For five years chief practitioner in an internal hospital focusing on naturopathic and homoeopathic treatment methods. Since 1998 practicing as a private doctor in his own practice in Munich.



"I focus on the human being and observe my patients closely, taking them seriously, listening to them, talking to them, and giving them a feeling of security, comfort and well-being, walking the path of healing together with them."

SÖREN GUTSCHMIDT
HOMOEOPATHY, OSTEOPATHY

Naturopath focusing on classical homeopathy and traditional osteopathy, since 1986 in his own practice.



"The dialogue of naturopathy and conventional medicine has been my utmost concern until today and has formed the basis for RoSana Health Centre, which I founded together with my wife in 2005. Since 2004, I have been teaching osteopathy, since 2015 also at a university in India. Through the global dialogue of medical traditions we find new, individual ways of healing."

MANUELA LAMPERT
PSYCHOTHERAPY & COACHING

Naturopath for psychotherapy. After many years of various psychotherapeutic studies in humanistic psychotherapy, systemic constellations, trauma therapy and body psychotherapy, working as a body psychotherapist in her own practice since 1998. Body psychotherapy, systemic coaching, mental development.



"It is a matter dear to my heart to accompany people on their way to their personal and emotional development."



MEET THE THERAPISTS

DR. ARUN PAVITHRAN (B.A.M.S.)
AYURVEDA

Bachelor's degree at the Rajiv Gandhi University of Health Science, Karnataka, India. Has worked as a physician in several Ayurveda hospitals and resorts in South India.



"Since 2007, I have been working as a teacher and therapist at RoSana, contributing my expertise in all kinds of Ayurveda treatments, especially Panchakarma applications in authentic Kerala style as well as in the treatment of rheumatoid arthritis, osteoarthritis, scoliosis, pain in the back and joints and psoriasis."

DR. PRABHA BURKHARD (B.A.M.S.)
AYURVEDA

From 1986 until 1992 studies in Ayurvedic medicine and surgery at the University of Kerala, India. Areas of expertise include anatomy, physiology, gynaecology, paediatrics, toxicology, surgery, psychology and yoga. Following her PhD degree, another year of studies in the treatment of rheumatism and arthrosis. Worked for seven years as a doctor at Ayurvedic clinics in Kerala. Since 2001, she has been active in her own practice in Munich.



"My particular interest is practicing Ayurveda in its traditional form, without the often modern influence of mere 'wellness-tourism'. I have been working at RoSana since 2006."

DR. SHARMILI MEHAR MADISHETTY
(B.A.M.S.) AYURVEDA

Studies in Ayurvedic medicine and surgery at Dr. NTR University of Health Sciences in India. Further studies at CCARS (Central Council for Ayurvedic Research), practical experience in an Ayurveda hospital in the fields of rheumatism, arthrosis and Panchakarma cures. Four years as a doctor in AYUSH, National Health Portal of India, and several years in various Ayurveda hospitals.



"My expertise lies in treating pain in the joints, arthritis, skin diseases and obesity."



DIE THERAPEUTEN DES ROSANA
STELLEN SICH VOR

DR. MED. HILDEGARD SANFTL
ACUPUNCTURE

General practitioner with the additional qualifications for naturopathic treatments and acupuncture.



“Especially acupuncture allows me to treat the patient as a whole: body, mind and soul.

It helps me convert the patients’ disturbed life energy into harmony again and to accompany the afflicted on their way back to health.”

DR. MED. MARINA UMARI
CHILDREN’S ORTHOPAEDY, OSTEOPATHY

Working in the field of children’s orthopaedy since 2002, first at the children’s orthopaedic hospital in Aschau, then as a senior physician at the orthopaedic hospital in Volmarstein and the children’s orthopaedic department in Vogtareuth.



“In order to enlarge my treatment spectrum and to be able to offer the children a more holistic and comprehensive support, I completed my in-service qualification as an osteopath in 2015. As a children’s orthopaedist, and osteopath (BAO), I am happy to build bridges between my hitherto clinical work and a holistic approach in children’s orthopaedy.”

HEIDI GUTSCHMIDT
GENERAL MANAGER

Lawyer, further studies in the fields of naturopathy, humanistic psychotherapy, yoga and meditation. In 2005, she founded RoSana Health and Cure Centre together with her husband and has since then been its general manager.



“It has always been a matter dear to my heart to create a place where people feel at home and find support on their path towards healing and well-being.”



YOUR PERSONAL WAY TO HEALTH

CURING PROCESS AT ROSANA

Welcome at RoSana! We want you to make use of your stay to focus on yourself, to find your inner peace and to start integrating new inspirations into your life right here and now.

Upon your unhurried arrival, you will be guided through the house to become familiar with all areas. After that, one of our Ayurveda experts will attend to you in an extensive initial consultation including pulse diagnosis. That's when we define your very individual cure concept and Ayurveda treatments. Usually, a short internistic consultation will take place on the first Monday following your arrival. If necessary, we propose interdisciplinary treatments such as osteopathy, psychotherapy, acupuncture or homoeopathy. Of course, it is up to you to decide whether you would like to make use of these additional therapies. Also, we offer the option of an internistic check-up.

The usual daily routine starts in the morning with yoga exercises under professional instruction. After that, an Ayurvedic breakfast as well as the famous "Ayurvedic champagne": boiled water (which has a great healing effect), herbal or ginger tea. In the morning and/or afternoon, you will receive Ayurvedic treatments or osteopathy, acupuncture, psychotherapy and respective consulting sessions. Enjoy a three-course Ayurvedic meal during lunch break as well as a freshly squeezed orange juice in the

afternoon. A light dinner will be served at 05:30 p.m. An alternating evening programme offers you various options, such as yoga, lectures on Ayurveda or other health subjects, breathing exercises and meditation. Outside treatments or applications, you'll have free time at your disposal.

The daily routine of a Panchakarma cure is similar, apart from various additional applications. At first, you will enter the preparatory phase with oil massages and heat treatments. If indicated, you will be served refined herbal ghee in the morning for 3 – 7 days. During the main or detox-phase, the regeneration process of your bodily functions is initiated through invigorating treatments.

An Ayurvedic cleansing cure is a period of deepest relaxation, regeneration and transformation – not only physically, but also on a mental and emotional level, which requires a certain amount of energy to be provided by the body. Therefore, you should avoid major efforts. However, yoga and stress-free walks are just the perfect kind of exercise now.



INTERDISCIPLINARY PROGRAMMES

*Our medical departments work hand in hand.
The combination of different disciplines is often the key to health.
Find out how we support you individually!*





REGAIN AND PRESERVE HEALTH

INTERDISCIPLINARY PROGRAMMES AT ROSANA

Out of the whole spectrum of methods available at RoSana Health and Cure Centre, we have put together special interdisciplinary programmes that will help you preserve your health or support your healing process.

If our body's own compensation mechanisms (immune system, hormonal system, nervous system, psyche) succumb to outside pressure, a kind of psycho-neuro-immunological chain reaction can cause various illnesses. We develop individual prevention- or treatment concepts for you, combining those options from our spectrum that are most likely to be successful in your individual case. According to our experience, combining different disciplines is an optimal way to approach a patient's very special health issue. Following your initial examination, our Ayurveda specialists and physicians will decide together with you whether the programmes we composed should undergo another individual adjustment.

According to our experience, combining different disciplines is an optimal way to approach a patient's very special health issue. Following your initial examination, our Ayurveda specialists and physicians will decide together with you whether the programmes we composed should undergo another individual adjustment.

The best
from our medical fields
for your healing
and prevention.



FOCAL POINTS IN THE INTERDISCIPLINARY COOPERATION

✕ BURNOUT

Individual and preventive solution strategies against feelings of overload, exhaustion and depression

♥️ CARDIOVASCULAR SYSTEM

Holistic prevention and treatment of hypertension, heart attack and stroke

🔄 METABOLISM

Boosting essential metabolic and drainage procedures leads to new vitality and mental vigor

~ MUSCULOSKELETAL SYSTEM

Enabling pain-free and dynamic creativity by harmonizing the joint functions and strengthening the back, neck and shoulders

🌀 RHEUMATIC DISEASES

Reduce the degree of inflammation, relieve pain and, if necessary, prevent imminent deformation

🍃 POST-CHEMO RESTORING CURE

A strong immune system is the basis for new vitality

NEW!

🌀 GASTROINTESTINAL TRACT

An optimal digestion is the basis for a vital body and a fresh mind

🌀 IMMUNE SYSTEM

A strong and well-functioning immune system has the ability to correctly classify outer influences, keeping our organism healthy

🍃 RESPIRATORY SYSTEM

Breathing is life. An optimal ventilation of our breathing organs keeps us mentally fresh, clear and full of vitality

🌈 SKIN

Separating the outside from the inside, the skin offers valuable insight into constitution and lifestyle



BURNOUT

INTERDISCIPLINARY PROGRAMME



The burn-out syndrome, the disease of our modern performance-oriented society, is more than just exhaustion! Affected persons are often irritated, feeling overburdened as well as professionally and personally incompetent.

While feelings of alienation can even show depressive traits, these persons often have an exaggerated wish to be perfect and strong. Finally, the great discrepancy between individual self-perception and actual, challenging demands of the business world leads to considerable professional downtimes and tedious reintegration processes.

It is extremely important that even very early symptoms of a burn-out development are taken seriously. Affected persons need professional and preventive support, physical or organic diseases with similar symptoms have to be ruled out. If no internistic check-up has been effected recently, this can be done at RoSana. Above all, however, specific risk factors such as personality profile,

working conditions and social surroundings must be carefully analyzed and considered.

In cooperation with the patient, our team of therapists develops individual strategy solutions to successfully deal with job-related requirements.





8 DAYS

 per person 2.775 €*
 with homoeopathy plus 200 €

*Physician, Ayurveda specialist, Ayurveda cure,
2x body psychotherapy, 1x osteopathy*

14 DAYS

 per person 4.260 €*
 with homoeopathy plus 200 €

*Physician, Ayurveda specialist, Ayurveda cure,
3x body psychotherapy, 1x osteopathy*

21 DAYS

 per person 5.885 €*
 with homoeopathy plus 200 €

*Physician, Ayurveda specialist, Ayurveda cure,
3x body psychotherapy, 1x osteopathy*



AYURVEDA APPLICATIONS

- 5x Abhyanga (*Full body oil massage*)
- 4x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 1x Urobasti (*Chest heat treatment*)
- 2x Foot massage

- 7x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 1x Urobasti (*Chest heat treatment*)
- 2x Pizhichil (*Synchronous full body oil bath*)
- 3x Foot massage
- 3x Basti (*nourishing bowel treatment*)

- 10x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 4x Kizhi (*Heat treatment with herbal stamps*)
- 1x Urobasti (*Chest heat treatment*)
- 4x Pizhichil (*Synchronous full body oil bath*)
- 2x Foot massage
- 4x Basti (*nourishing bowel treatment*)
- 4x Nasya (*Nasal treatment including massage of the head and face*)



* plus accommodation (page 58)



CARDIOVASCULAR SYSTEM

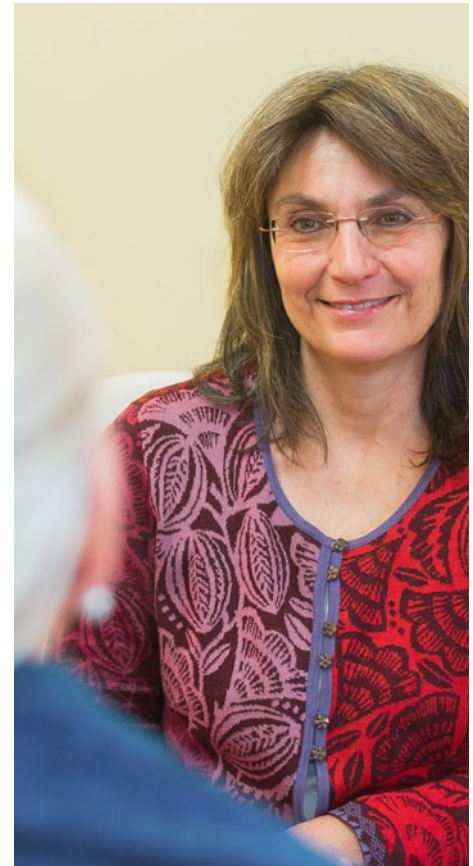
INTERDISCIPLINARY PROGRAMME



Prevailing in world-wide competition requires high commitment and flexibility. We work “under high pressure” to reach our goals. If, on the other hand, there is no adequate balance, the stress levels stay high, leading to hypertension and elevating the risk of heart attack and stroke!

Hypertension does not hurt, on the contrary: affected persons often feel especially active. But it is a ticking time bomb! Prevention means to identify the danger, eliminate risk factors and modify a non-adequate self-perception, thereby accompanying mind and body into a healthy but efficient harmonious state.

Identify individual threats,
eliminate risk factors
to balance body and mind





8 DAYS

- 👤 per person 2.750 €*
- 🌿 with homoeopathy plus 200 €
- 👤 with acupuncture plus 80 €

*Internistic check-up, Ayurveda cure,
2x body psychotherapy, 1x osteopathy*

14 DAYS

- 👤 per person 4.535 €*
- 🌿 with homoeopathy plus 200 €
- 👤 with acupuncture plus 160 €

*Internistic check-up, Ayurveda cure,
3x body psychotherapy, 1x osteopathy*



AYURVEDA APPLICATIONS

- 5x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Foot massage
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 2x Swedana (*Herbal steam bath*)
- 3x Basti (*cleansing or nourishing bowel treatment*)

- 7x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 4x Swedana (*Herbal steam bath*)
- 2x Udvartana synchronous (*Herbal powder massage*)
- 2x Foot massage
- 4x Basti (*cleansing or nourishing bowel treatment*)



* plus accommodation (page 58)



METABOLISM

INTERDISCIPLINARY PROGRAMME



Metabolism means reception, transportation, transformation and excretion of substances that our body needs. Our efficiency is directly related to a smooth functioning of our metabolic system.

On the other hand, disturbances in cell supply or a non-adequate „waste-management“ can lead to general inertia and a leaden feeling.

This affects our emotional balance as well as our mental vigour and often prevents us from making full use of our potential. Prevention begins with the detection of disturbances in the metabolic regulation. The knowledge of such disturbances and the resulting application of suitable therapeutic measures lead to a continuous improvement of metabolic performance, a feeling of lightness, to fresh energy and sustainable health.



Emotional balance
and mental vigour



8 DAYS

 per person 2.635 €*

 with homoeopathy plus 200 €

Internistic check-up, Ayurveda cure,

1x osteopathy

14 DAYS

 per person 4.095 €*

 with homoeopathy plus 200 €

Internistic check-up, Ayurveda cure,

1x osteopathy



AYURVEDA APPLICATIONS

- 5x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 3x Basti (*cleansing or nourishing bowel treatment*)
- 2x Swedana (*Herbal steam bath*)

- 7x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 5x Basti (*cleansing or nourishing bowel treatment*)
- 2x Udvartana synchronous (*Herbal powder massage*)
- 4x Swedana (*Herbal steam bath*)
- 1x Foot massage



* plus accommodation (page 58)



MUSCULOSKELETAL SYSTEM

INTERDISCIPLINARY PROGRAMME



An inappropriate sitting or working posture as well as unequal load distribution on the joints often lead to painful compensation mechanisms in the musculoskeletal system. Also, injuries and operations can result in an unconscious relieving posture.

As a result, muscles and tendons get tense, blood circulation is poor or inner organs are limited in their function. In this case, the source of pain can often be found in a different place than pain itself.

Chronic pain can considerably affect physical performance and creativity. However, experienced therapists can usually help you to find relief.

In such cases, osteopathy and/or acupuncture can perfectly be combined with an Ayurvedic treatment! The cleansing of muscles and body tissue in combination with suitable osteopathic techniques or acupuncture treatments often leads to surprisingly deep-reaching and sustainable improvements, even or chronic pain syndromes.





8 DAYS

 per person 2.780 €*

 with acupuncture plus 200 €

*Initial examination, Ayurveda cure,
2x osteopathy, 2x private yoga sessions*

14 DAYS

 per person 4.555 €*

 with acupuncture plus 200 €

*Initial examination, Ayurveda cure,
4x osteopathy, 2x private yoga sessions*



AYURVEDA APPLICATIONS

- 5× Abhyanga (*Full body oil massage*)
- 2× Shoulder massage
- 3× Kizhi (*Heat treatment with herbal stamps*)
- 3× Swedana (*Herbal steam bath*)
- 2× Katibasti (*Oil bath of the back including back massage*)
- 3× Basti (*cleansing or nourishing bowel treatment*)

- 7× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 4× Kizhi (*Heat treatment with herbal stamps*)
- 5× Swedana (*Herbal steam bath*)
- 3× Katibasti (*Oil bath of the back including back massage*)
- 2× Udvartana synchronous (*Herbal powder massage*)
- 4× Basti (*cleansing or nourishing bowel treatment*)



* plus accommodation (page 58)



RHEUMATIC COMPLAINTS

INTERDISCIPLINARY PROGRAMME







Pain in the joints does not always stand for rheumatism! Metabolic disturbances, natural wear and tear or emotional tension can cause similar complaints.

Therefore, a meticulous interdisciplinary diagnosis is essential for a target-oriented treatment. Synergies of Eastern and Western naturopath treatments and of classical medicine are extremely helpful in this regard. Their individual combination can be the key to relief and healing!









10 DAYS

 per person	2.875 €*
 with homoeopathy plus	200 €
 with body psychotherapy plus	200 €
 with acupuncture plus	160 €





Ayurveda cure, internal medicine, 1x osteopathy

14 DAYS

 per person	4.130 €*
 with homoeopathy plus	200 €
 with body psychotherapy plus	300 €
 with acupuncture plus	240 €

Ayurveda cure, internal medicine, 2x osteopathy

21 DAYS

 per person	5.805 €*
 with homoeopathy plus	200 €
 with body psychotherapy plus	300 €
 with acupuncture plus	320 €

Ayurveda cure, internal medicine, 2x osteopathy



AYURVEDA APPLICATIONS

- 5× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 4× Kizhi (*Heat treatment with herbal stamps*)
- 3× Swedana (*Herbal steam bath*)
- 3× Basti (*cleansing or nourishing bowel treatment*)

- 7× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 4× Kizhi (*Heat treatment with herbal stamps*)
- 2× Pizhichil (*Synchronous full body oil bath*)
- 3× Swedana (*Herbal steam bath*)
- 4× Basti (*cleansing or nourishing bowel treatment*)

- 9× Abhyanga (*Full body oil massage*)
- 3× Shirodhara (*Forehead oil bath plus head massage*)
- 6× Kizhi (*Heat treatment with herbal stamps*)
- 4× Pizhichil (*Synchronous full body oil bath*)
- 1× Shoulder and back massage
- 3× Swedana (*Herbal steam bath*)
- 6× Basti (*cleansing or nourishing bowel treatment*)



* plus accommodation (page 58)



POST-CHEMO RECONSTRUCTION

INTERDISCIPLINARY PROGRAMME



The treatment of cancer through classical medicine is often „successful“: tumors can shrink, metastases vanish.

However, the “collateral damages” can be immense: tiredness, loss of appetite, physical weakness and emotional exhaustion are often the consequences. Moreover, the immune system is

weakened exactly when it is needed most: to fight against remaining tumor cells and to prevent recurrences. At RoSana, we do everything we can to re-establish your immune system and your life energy!



We support you during the
reconstruction
of vitality and
physical strength



8 DAYS

 per person	2.595 €*
 with homoeopathy plus	200 €

*Ayurveda cure, internal medicine,
2x body psychotherapy, 1x sound therapy
If necessary: mistletoe therapy*

14 DAYS

 per person	4500 €*
 with homoeopathy plus	200 €

*Ayurveda cure, internal medicine,
3x body psychotherapy, 1x sound therapy
If necessary: mistletoe therapy*



AYURVEDA APPLICATIONS

- 4× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 2× Kizhi (*Heat treatment with herbal stamps*)
- 2× Pizhichil (*Synchronous full body oil bath*)
- 3× Basti (*cleansing or nourishing bowel treatment*)

- 6× Abhyanga (*Full body oil massage*)
- 3× Shirodhara (*Forehead oil bath plus head massage*)
- 3× Kizhi (*Heat treatment with herbal stamps*)
- 4× Pizhichil (*Synchronous full body oil bath*)
- 2× Foot massage
- 2× Swedana (*Herbal steam bath*)
- 4× Basti (*cleansing or nourishing bowel treatment*)



* plus accommodation (page 58)



NEW!

GASTROINTESTINAL PROGRAMME

INTERDISCIPLINARY PROGRAMME



The enormous inner surface of our gastrointestinal tract is the place where we get in contact with everything we consume day after day – sometimes even unconsciously. And we do not only ingest groceries, but also toxins. Food and emotions act together in a complex correlation, leading to success or failure of various processes – and along the way, we sometimes lose our healthy sense of what will or won't do us good.

Pain, reflux, flatulence, diarrhea or constipation indicate that something is going terribly wrong inside us – while sometimes, diseases develop from malfunctions (still without diagnostic findings) into partly severe or even fatal diseases (inflammation, polyps, carcinoma).

Prevention means understanding as well as changing! Internal medicine and Ayurveda, but also Western naturopath treatment methods and psychotherapeutic support contribute to a harmonious and effective digestion process. Individual diagnostics and ancient knowledge complete each other on the way to restoring and preserving health.





8 DAYS

per person	2.610 €*
with internistic check-up plus	200 €
with homoeopathy plus	200 €
with body psychotherapy plus	200 €
with acupuncture plus	80 €

Internal medicine, Ayurveda cure, 2x osteopathy

14 DAYS

per person	4.550 €*
with internistic check-up plus	200 €
with homoeopathy plus	200 €
with body psychotherapy plus	300 €
with acupuncture plus	160 €

Internal medicine, Ayurveda cure, 2x osteopathy



AYURVEDA APPLICATIONS

- 6x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 1x Nabhibasti (*Navel oil bath*)
- 3x Basti (*cleansing or nourishing bowel treatment*)
- 1x Swedana (*Herbal steam bath*)

- 7x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 3x Pizhichil (*Synchronous full body oil bath*)
- 2x Foot massage
- 1x Nabhibasti (*Navel oil bath*)
- 5x Basti (*cleansing or nourishing bowel treatment*)
- 3x Swedana (*Herbal steam bath*)



* plus accommodation (page 58)



NEW!

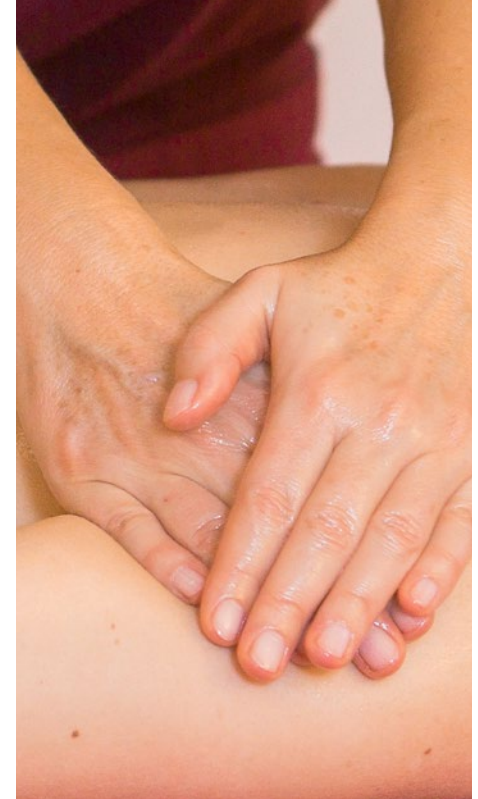
IMMUNE SYSTEM

INTERDISCIPLINARY PROGRAMME



Unfortunately, our immune system does not always work according to plan. Generally speaking, there are three possible malfunctions that can occur: Weakness of the immune defence makes our body prone to infections and delays the process of convalescence after bacterial or viral attacks. An over-reaction to partly harmless outer influences, such as pollen, food or animal hair, provokes immunologic chain reactions that are in no way proportionate to the actual cause. And with increasing frequency, a misdirected immune system recognizes body tissue as something “foreign” and directs its weapons against its own organism, thus leading to sometimes severe destruction of tissue and organs.

Very often the actual cause of the immunologic dysfunction is unknown. But no disease appears out of the blue. Conscious moments of pausing or slowing down as well as mindful self-reflection are just as important as a holistic understanding of the complaints and attentive listening through therapists and physicians. Only then, individual, selective treatment concepts can be defined, combining and harmonizing necessary medication and possible regulative therapies. Ayurveda, internal medicine, body psychotherapy, homoeopathy and complementary exercises contribute to clearing the path for a profound change towards greater inner harmony and health.





8 DAYS

 per person 2.685 €*

 with homoeopathy plus 200 €

Ayurveda cure, internal medicine,

1x body psychotherapy

14 DAYS

 per person 4.245 €*

 with homoeopathy plus 200 €

Ayurveda cure, internal medicine,

1x body psychotherapy



AYURVEDA APPLICATIONS

- 6x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 1x Swedana (*Herbal steam bath*)
- 2x Basti (*cleansing or nourishing bowel treatment*)
- 3x Nasya (*Nasal treatment including massage of the head and face*)
- 2x Netrabasti (*Eye bath*)

- 7x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 2x Pizhichil (*Synchronous full body oil bath*)
- 2x Foot massage
- 3x Swedana (*Herbal steam bath*)
- 4x Basti (*cleansing or nourishing bowel treatment*)
- 3x Nasya (*Nasal treatment including massage of the head and face*)
- 2x Netrabasti (*Eye bath*)



* plus accommodation (page 58)



NEW!

RESPIRATORY SYSTEM

INTERDISCIPLINARY PROGRAMME



There's no life without the air we breathe! On healthy days, we hardly realize the rhythms of heartbeat, peristalsis and respiration, all of them happening so reliably as long as their organic basis is intact. In the process, the intake of oxygen is just as important as the expiration of gaseous metabolic waste products.

However, the lungs as the central organs of gas exchange can be afflicted by inflammation, infection or allergy, toxins can destroy their cell structure and last but not least, emotional strain in our daily routine can “take our breath away”. Although the main symptoms of respiratory diseases – coughing and shortage of breath – are always quite similar, their causes can be totally different.

The particular mosaic of a disease must be explored through diagnostics of the lungs, their function and the individual's prevailing constitution. Interdisciplinary attention as well as specific experience enable prevention, relief and

healing. RoSana's spectrum of methods offers an ideal and holistic way to help you rediscover deep and unrestricted respiration.

Breathe freely and
feel life energy
through specific
Ayurvedic therapies





12 DAYS

 per person 3.620 €*

 with body psychotherapy plus 200 €

Ayurveda cure, internal medicine, 1x osteopathy



AYURVEDA APPLICATIONS

- 6× Abhyanga *(Full body oil massage)*
- 2× Shirodhara *(Forehead oil bath plus head massage)*
- 1× Foot massage
- 3× Kizhi *(Heat treatment with herbal stamps)*
- 2× Udvartana synchronous *(Herbal powder massage)*
- 1× Urobasti *(chest oil bath)*
- 3× Swedana *(Herbal steam bath)*
- 3× Basti *(cleansing or nourishing bowel treatment)*
- 3× Nasya *(Nasal treatment including massage of the head and face)*



* plus accommodation (page 58)



NEW!

SKIN

INTERDISCIPLINARY PROGRAMME



Our skin is by far more than just a “bag” that maintains our shape and prevents us from dissolving! On one hand, it is an important organ of metabolism and of the immune system, playing a substantial role in the regulation of our body temperature as well as in maintaining our fluid balance. On the other hand, the skin forms the boundary between our organism and the environment, thus being exposed to manifold physical, chemical but also social and mental influences: penetrating stimuli have to be dealt with, metabolic waste products to be discarded via sebum and sweat.

In case of illness, the skin as an organ has limited options to react: inflammation, eczema, ulcers and various growths are aesthetically disturbing as well as annoying, but sometimes they can also be dangerous (e. g. bacterial infections, skin cancer). Therefore, a diagnosis by a dermatologist following Western medical standards is always essential as a first step.

On the basis of this diagnosis, a decision can be made as to which therapeutical effect can be achieved by the old tradition of Ayurvedic medicine, whether homoeopathy is an additional or alternative option or whether maybe a



well-founded psychotherapeutic supervision could even be crucial.

Separating the outside from the inside, the skin offers valuable insight into constitution and lifestyle, but it also gives an impression of our strategy to cope with pathological disturbances. Therefore, the best possible cooperation between therapists of Western and Eastern medicine is just as important as understanding the fact that the skin can sometimes be regarded as “mirror of the soul”.



10 DAYS

 per person 2.775 €*
 with homoeopathy plus 200 €

*Ayurveda cure, internal medicine,
 2× body psychotherapy*

14 DAYS

 per person 4.210 €*
 with homoeopathy plus 200 €

*Ayurveda cure, internal medicine,
 3× body psychotherapy*

21 DAYS

 per person 5.730 €*
 with homoeopathy plus 200 €

*Ayurveda cure, internal medicine,
 4× body psychotherapy*



AYURVEDA APPLICATIONS

- 5× Abhyanga (*Full body oil massage*)
- 3× Thakradhara (*Synchronous full body milk bath*)
- 2× Foot massage
- 2× Swedana (*Herbal steam bath*)
- 4× Basti (*cleansing or nourishing bowel treatment*)

- 6× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 4× Thakradhara (*Synchronous full body milk bath*)
- 2× Pizhichil (*Synchronous full body oil bath*)
- 2× Foot massage
- 2× Swedana (*Herbal steam bath*)
- 5× Basti (*cleansing or nourishing bowel treatment*)
- 2× Netrabasti (*Eye bath*)

- 8× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 5× Thakradhara (*Synchronous full body milk bath*)
- 3× Pizhichil (*Synchronous full body oil bath*)
- 6× Foot massage
- 2× Swedana (*Herbal steam bath*)
- 6× Basti (*cleansing or nourishing bowel treatment*)
- 2× Netrabasti (*Eye bath*)

SKIN



* plus accommodation (page 58)



AYURVEDA

AT THE ROSANA HOUSE

*Ayurvedic healing art holds the power to re-establish the
balance between physical, mental and emotional balance.
Experience healing through traditional
and authentic treatments!*





ANCIENT KNOWLEDGE FOR IMPROVED HEALTH AND MORE VITALITY

ROSANA AYURVEDA CURES

For thousands of years, Ayurvedic healing art has promoted health and well-being – based on the idea of restoring the balance on a physical, mental and spiritual level.

Ayurveda's holistic system is based on a universal law of nature: The whole cosmos and everything existing in it is composed of the five elements ether/space, air, fire, water and earth. Every human being is a microcosmic image of macrocosm or in other words: the universe. A healthy organism contains all five elements in various percentages, but always well-balanced.

The five elements form the three bio-energies, the so-called Doshas – Vata, Pitta and Kapha. The Doshas are the three functional principles which are responsible for all physical and mental processes. Should the balance between the Doshas be disturbed due to an unsteady lifestyle or to environmental influences, this will cause problems which, in the long run, will lead to illness on a mental and physical level. The cure measures are designed to re-establish the balance of the

Doshas, either to prevent illnesses or to actively support the body's self-healing process.

With the support of a physician and cure supervision through Indian Ayurveda experts from Kerala, you will experience authentic Ayurveda at RoSana, individually adjusted to your very special situation and compatible with the European way of life. Without having to make long trips to a foreign climate, you can directly immerse into our healing and beneficial applications. Extensive massages with high quality warm herbal oils are a specialty of Ayurveda. The basic treatment is called Abhyanga – especially for all Vata disturbances. It stimulates blood circulation, strengthens the nervous system as well as the muscles, detoxifies the body, boosts the immune system, re-vitalizes the skin and has a rejuvenating effect. Apart from the



massages, Ayurvedic therapy also includes herbal and heat treatments as parts of an individually adjusted treatment concept. This also comprises a diet adjusted to your digestive type, the application of herbal concoctions as well as a specific fine-tuning of vegetative functions.

Healing and beneficial energy Ayurveda applications harmonize the body, mind and soul

Lifestyle-consultation, gentle breathing exercises and a balancing yoga programme with a professional yoga instructor are designed to perfectly support the Ayurveda treatments. The combination of osteopathy and Ayurveda has proven to be especially efficient. Ayurvedic treatments relax and soften the tissues, meaning that subsequent osteopathy treatments have a longer-lasting and deeper effect. On the other hand, osteopathy systematically dissolves blockades, which enhances the success of an Ayurveda cure.

On which diseases we can accompany you in your healing processes, you will find out on page 9.

To ensure that you can experience the deep-reaching effect of Ayurveda, our experts have designed different programmes based on the applications as performed in India. The basic cleansing cures provide preventive cleansing, re-balancing the body and mind.

Moreover, we offer intensive Panchakarma cures as well as intensive programmes for certain health issues, individually adjusted to your personal condition following a first consultation by our Ayurveda experts as well as by a physician. Of course, we will be happy to provide an individual programme, especially suitable for your special requirements and your current health status.

All cure fees include Ayurvedic organic food, freshly squeezed juices and Ayurvedic drinks. Ayurvedic herbal teas, ginger tea and boiled water are always available at the tea bar.

PROGRAMME FEES DO NOT INCLUDE ROOM RATES.
The information on accommodation can be found on page 58..



– AYURVEDA PROGRAMMES –

SINGLE TREATMENTS

- Abhyanga (*Full body oil massage*) 120 €
- Massage of the head, shoulders and back 45 €
- Mukha Lepam (*Head and face treatment*) 95 €
- Kizhi (*Heat treatment with herbal stamps*) 130 €

ANALYSIS OF BODY CONSTITUTION

▲ per person 180 €

[60 to 90 minutes]

Elaborate dosha analysis through our ayurveda experts. Detailed consulting, individual lifestyle and nutrition recommendations.

EXPERIENCE ROSANA FOR A DAY

▲ per person 285 €

Discover Ayurveda at RoSana health centre and be pampered with Abhyanga (full body oil massage) and Muka Lepam, which is a face and foot massage including an Ayurvedic facial mask prepared with herbs and fresh fruit, as well as with Ayurvedic drinks and an organic Ayurvedic lunch. A short consultation by one of our Ayurveda experts will offer you a first insight into your current health status from an Ayurvedic point of view. Also, you will get an idea of which facets of the wide field of Ayurveda could be beneficial for your health.

RELAXATION WEEKEND

▲ per person 569 €

Experience the deeply relaxing, regenerative effect of Ayurvedic applications, yoga and Ayurvedic organic food. A short consultation by one of our Ayurveda experts will offer you a first insight into your current health status from an Ayurvedic point of view. Also, you will get an idea of which facets of the wide field of Ayurveda could be beneficial for your health.

- 1× Abhyanga (*Full body oil massage*)
- 1× Kizhi (*Heat treatment with herbal stamps*)
- 1× Mukha Lepam (*face and foot massage, Ayurvedic facial mask*)
- 1× Foot massage



AYURVEDA BASIC DETOX CURE

Our lifestyle and eating habits, weather and environmental influences as well as many other factors lead to the accumulation of toxins in our body, disturbing its natural balance (Tridoshas). According to Ayurveda, an ongoing disequilibrium causes diseases.

These cures support the body's natural detox- and cleansing process, helping to restore its original balance. For better preparation, we recommend to switch to a vegetarian diet two weeks prior to your cure and to skip or at least reduce coffee and alcohol.

Also, when scheduling the cure, we ask the ladies to consider that during the first two days of menstruation, treatments will not be possible.

All our Ayurveda cures include a consultation with a physician, cure support with pulse diagnosis, lifestyle and nutrition consulting with our

Indian Ayurveda experts, Ayurvedic-organic food including herbal teas and freshly squeezed juices as well as at least one yoga lesson per day. Panchakarma cures that last 10 days or longer also include the administration of ghee and, if necessary, a Virechana day (purgation day).



7-DAY DETOX CURE

👤 per person 2.320 €

- 4× Abhyanga (Full body oil massage)
- 3× Shirodhara (Forehead oil bath plus head massage)
- 2× Kizhi (Heat treatment with herbal stamps)
- 1× Swedana (Herbal steam bath)
- 1× Foot massage
- 3× Basti (cleansing or nourishing bowel treatment)
- 2× Nasya (Nasal treatment including massage of the head and face)

– without Ghee/Virechana! –

In the following you will find cure offers, which serve as an example only. For the treatment of your current state of health, we customize the program individually.





BASIC PANCHAKARMA CURES

AYURVEDA BASIC DETOX CURES

10-DAY PANCHAKARMA CURE

👤 per person 2.905 €

- 6× Abhyanga (*Full body oil massage*)
- 3× Shirodhara (*Forehead oil bath plus head massage*)
- 2× Kizhi (*Heat treatment with herbal stamps*)
- 1× Swedana (*Herbal steam bath*)
- 2× Foot massage
- 3× Basti (*cleansing or nourishing bowel treatment*)
- 3× Nasya (*Nasal treatment including massage of the head and face*)

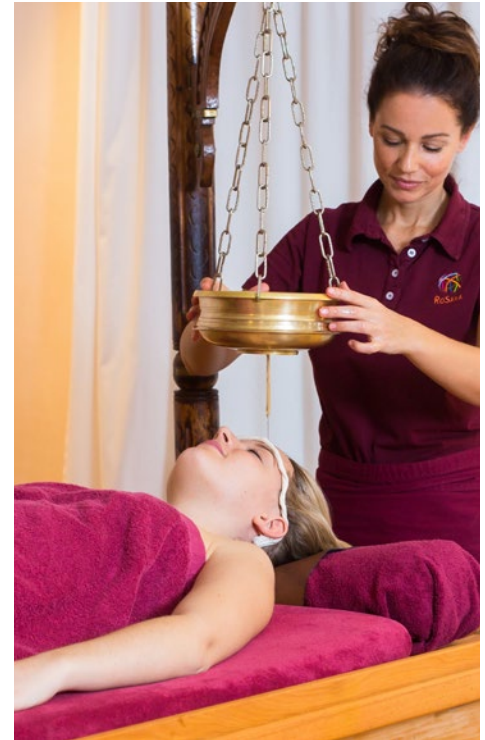
14-DAY PANCHAKARMA CURE

👤 per person 3.735 €

- 7× Abhyanga (*Full body oil massage*)
- 3× Shirodhara (*Forehead oil bath plus head massage*)
- 3× Kizhi (*Heat treatment with herbal stamps*)
- 2× Swedana (*Herbal steam bath*)
- 1× Massage of the back
- 2× Foot massage
- 5× Basti (*cleansing or nourishing bowel treatment*)
- 3× Nasya (*Nasal treatment including massage of the head and face*)

PANCHAKARMA

*Panchakarma is a Sanskrit word and means five ways of diversion.
It is the centerpiece of the Ayurvedic restoration of vital energies.
A Panchakarma treatment cleanses the body of metabolic waste products,
undigested food and environmental toxins (Ama).
The mind can be freed from emotional ballast.*





INTENSIVE PANCHAKARMA CURES

INTENSIVE AYURVEDA CURES

Intensive Panchakarma cures include additional and more intense treatments, thus creating an even deeper effect.



10-DAY PANCHAKARMA CURE

👤 per person 3.165 €

- 5x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Foot massage
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 2x Swedana (*Herbal steam bath*)
- 2x Pizhichil (*Synchronous full body oil bath*)
- 3x Basti (*cleansing or nourishing bowel treatment*)
- 3x Nasya (*Nasal treatment including massage of the head and face*)

14-DAY PANCHAKARMA CURE

👤 per person 4.220 €

- 5x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Foot and back massage
- 2x Foot massage
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 2x Swedana (*Herbal steam bath*)
- 3x Pizhichil (*Synchronous full body oil bath*)
- 5x Basti (*cleansing or nourishing bowel treatment*)
- 3x Nasya (*Nasal treatment including massage of the head and face*)

21-DAY PANCHAKARMA CURE

👤 per person 5.970 €

- 8x Abhyanga (*Full body oil massage*)
- 5x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 5x Swedana (*Herbal steam bath*)
- 2x Pizhichil (*Synchronous full body oil bath*)
- 3x Udvartana synchronous (*Herbal powder massage*)
[if necessary or other individual treatment]
- 1x Foot and back massage
- 2x Foot massage
- 2x Massage of the back
- 5x Basti (*cleansing or nourishing bowel treatment*)
- 3x Nasya (*Nasal treatment including massage of the head and face*)
- 3x Netrabasti (*Eye bath*)



MANASANTHY

INTENSIVE AYURVEDA CURES



4 DAYS

👤 per person 1.170 €

Short lifestyle- and nutrition consulting as well as the following treatments:

- 3x Abhyanga (*Full body oil massage*)
- 2x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 1x Kizhi (*Heat treatment with herbal stamps*)
- 1x Foot massage

7 DAYS

👤 per person 2.325 €

First consultation including pulse diagnosis, cure support through one of our Ayurveda experts including lifestyle- and nutrition consulting, consultation with a physician as well as the following treatments:

- 4x Abhyanga (*Full body oil massage*)
- 3x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 2x Kizhi (*Heat treatment with herbal stamps*)
- 1x Massage of the head, feet and face
- 2x Foot massage
- 3x Basti (*cleansing or nourishing bowel treatment*)

14 TAGE

👤 per person 4.335 €

First consultation including pulse diagnosis, cure support through one of our Ayurveda experts including lifestyle- and nutrition consulting, consultation with a physician as well as the following treatments:

- 5x Abhyanga (*Full body oil massage*)
- 5x Shirodhara (*Forehead oil bath plus head massage*)
- 1x Nabhibasti (*Navel oil bath*)
- 2x Swedana (*Herbal steam bath*)
- 3x Kizhi (*Heat treatment with herbal stamps*)
- 3x Pizhichil (*Synchronous full body oil bath*)
- 4x Foot massage
- 5x Basti (*cleansing or nourishing bowel treatment*)
- 1x Mukha Lepam (*massage of the face and feet, Ayurvedic facial mask*)



LOSING WEIGHT WITH AYURVEDA

INTENSIVE AYURVEDA CURES



Losing weight according to Ayurvedic principles means finding the way to your very personal weight smoothly and sustainably: Apart from a detoxifying diet, you will receive treatments to support the loss of weight.

10 DAYS

👤 per person 2.830 €

- 5× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 2× Kizhi (*Heat treatment with herbal stamps*)
- 2× Udvartana synchronous (*Herbal powder massage*)
- 4× Swedana (*Herbal steam bath*)
- 3× Basti (*cleansing or nourishing bowel treatment*)

14 DAYS

👤 per person 3.980 €

- 3× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 3× Kizhi (*Heat treatment with herbal stamps*)
- 6× Udvartana synchronous (*Herbal powder massage*)
- 7× Swedana (*Herbal steam bath*)
- 7× Basti (*cleansing or nourishing bowel treatment*)
- 1× Foot massage

*Yoga, exercise and nutritional advice
complete the program.*





RASAYANA CURES

Rasayana means rejuvenation. A Rasayana cure offers regeneration through invigorating and relaxing treatments, yoga, Ayurvedic food and Rasayana herbs. Body, mind and soul are revitalized, providing stabilization as well as a sustainable energy boost. Rasayana cures are suitable for prevention and in periods of transition.

5 DAYS

👤 per person 1.470 €

Including lifestyle- and nutrition consulting with our Ayurveda experts, Ayurvedic organic food and Rasayana herbs as well as the following treatments:

- 3× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 1× Nabhibasti (*Navel oil bath*)
- 1× Kizhi (*Heat treatment with herbal stamps*)
- 1× Foot massage
- 2× Swedana (*Herbal steam bath*)

7 DAYS

👤 per person 2.150 €

Including consultation with a physician, lifestyle- and nutrition consulting with our Ayurveda experts, Ayurvedic organic food and Rasayana herbs as well as the following treatments:

- 3× Abhyanga (*Full body oil massage*)
- 3× Shirodhara (*Forehead oil bath plus head massage*)
- 2× Pizhichil (*Synchronous full body oil bath*)
- 1× Head and foot massage
- 1× Foot massage





RASAYANA SENIOR CURES

GENTLE, RELAXING AND PROVIDING FRESH ENERGY Ageing causes changes in the metabolic system, muscular tonus and function of the joints. This cure supports the musculoskeletal system and circulation and improves the communication between brain and organs.

7 DAYS

👤 per person 1.960 €

Including consultation through a physician, lifestyle- and nutrition consulting with our Ayurveda experts, Ayurvedic organic food and Rasayana herbs as well as the following treatments:

- 3× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 1× Swedana (*Herbal steam bath*)
- 2× Foot massage
- 2× Njavara Kizhi (*heat treatment with rice bags and milk*)
- 2× Netratharpanam (*eye treatment*)

14 DAYS

👤 per person 3.255 €

Including consultation through a physician, lifestyle- and nutrition consulting with our Ayurveda experts, Ayurvedic organic food and Rasayana herbs as well as the following treatments:

- 5× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 5× Swedana (*Herbal steam bath*)
- 3× Special head massage
- 3× Foot massage
- 3× Njavara Kizhi (*heat treatment with rice bags and milk*)
- 2× Netratharpanam (*eye treatment*)





PREVENTIVE IMMUNE BOOSTER CURE



The change of seasons often causes imbalance of Vata and Kapha Dosha. The immune system is weak, colds become more frequent. Strengthen your immune system with special herbs and herbal teas, warming Ayurveda treatments and seasonal nutrition. A special focus lies on the cleansing of sinuses, and daily yoga with Pranayamas completes your cure.

Following an extensive analysis of your body constitution, our Ayurveda experts provide individual advice that will help you stay healthy during the cold season.

👤 per person 2.145 €

The cure includes the consultation with a physician, lifestyle- and nutrition consulting, Ayurvedic organic full board, immune-boosting herbal decoctions, a minimum of one yoga lesson per day as well as the following treatments:

- 4× Abhyanga (*Full body oil massage*)
- 2× Shirodhara (*Forehead oil bath plus head massage*)
- 3× Basti (*nourishing bowel treatment*)
- 1× Kizhi (*Heat treatment with herbal stamps*)
- 3× Nasya (*Nasenbehandlung mit Kopf und Gesichtsmassage*)

PRANAYAMA

Pranayama is the combination of body and mind through breathing exercises. Concentrating on our breathing and the conscious execution of breathing techniques can influence the processes of consciousness.







THE ROSANA GUEST HOUSE & CURE CENTRE

RoSana guest house & cure centre is a healing retreat that offers you a soothing atmosphere and healthy indoor climate as well as culinary delights. We warmly welcome you!





THE PERFECT GETAWAY FROM EVERYDAY LIFE

ROSANA GUEST HOUSE

A healthy place for your health! RoSana is situated in Rosenheim, Bavaria, in an exceptionally beautiful location on the banks of the Mangfall stream. During the extensive renovation process of both its historic buildings, great importance was attached to working with natural materials in order to create a healthy and healing room climate.

In the main building as well as in the guest house, all room walls are natural clay plaster, which has the ability to quickly absorb and store great amounts of humidity and to emit it later on, thereby creating an exceptionally pleasant and healthy room climate. Being a sustainable construction material, clay plaster is not only pollutant-free but also environmentally friendly.



And it is ideally complemented by the built-in wall heating – a combination that provides a pleasant indoor climate which in turn has a soothing effect and contributes to our guests' well-being. Even with low room temperatures, the radiant heat of a clay plaster wall heating is immediately palpable, as the heat is first stored by the material and then dispensed smoothly and evenly.

Throughout the house, we have beautiful timber flooring with room-length oiled and waxed oak boards.

Apart from Bisazza tiles and huge glass panes, the bathrooms feature Moroccan Tadelakt: a chalk stone that consists of shell limestone – also a natural and pollutant-free plaster material, and stunningly beautiful at that.





ENJOY A PLEASANT AND HEALTHY STAY IN WOOD100 ROOMS

We feature two newly built Wood100 rooms by Thoma, completely refurbished with moon-phase wood.

Our guests can experience healthy living at its best. Wood100 is a patented building technology only using pure, massive and chemical-free wood, and the clay plaster wall heating provides a pleasant indoor climate.

The rooms have been aligned with the four cardinal directions and just like in RoSana's main building, furniture has also been chosen according to the principles of Vastu, the Vedic teachings of healthy building and living, thus creating a harmonious atmosphere.

With its 22 rooms, the guest house is the perfect place for taking a break from everyday life. It is situated in the middle of a park-like garden that has plenty to offer in all four seasons. The soft gurgling of the water has a calming and at the same time vitalizing effect. "Rosana Island" is the perfect place to return to yourself, to get and stay healthy.







YOUR STAY AT ROSANA

PRICES

NIGHTS	1-3	FROM 4	FROM 8	FROM 15
..... WELLNESS ROOM				
👤 Single occupancy	115 €	110 €	105 €	100 €
👥 Double occupancy	180 €	175 €	170 €	165 €
..... COMFORT ROOM				
👤 Single occupancy	125 €	120 €	115 €	110 €
👥 Double occupancy	190 €	185 €	180 €	175 €
..... WOOD100 ROOM				
👤 Single occupancy	135 €	130 €	125 €	120 €
👥 Double occupancy	200 €	195 €	190 €	185 €

AYURVEDIC ORGANIC FULL BOARD

👤 per person 55 € (per day)

For our meals we use high quality and almost exclusively organic ingredients, if possible from fair trade. All day long you can help yourself to Ayurvedic herbal teas, ginger tea and boiled water. In the afternoon we offer freshly squeezed juice made of organic ingredients.





WHOLESOME & HEALING NUTRITION AS A REMEDY

ROSANA'S KOSTBAR

In Ayurveda, food is medicine! Ayurveda regards the whole cosmos and everything that exists in it as consisting of five elements: (etheral) space, air, fire, water and earth. Human beings as well as all nutrition are composed of these elements.

As a result, our nutrition has a direct influence on our Doshas, the three bio energies Vata, Pitta and Kapha. Maintaining their balance is an important task of our nutrition. Therefore, an intact digestion as well as an optimal reception of nutrients are the basics of a healthy life. Even the best nutrition is ineffective if it cannot be digested properly and completely. Undigested food is stored in our body tissue as waste material, the so-called Ama. During an Ayurveda cure, it is important to spark Agni, the fire of digestion again, thereby rebalancing the Doshas

In order to do so, first of all Ama – which causes illness in the long run – has to be removed with the help of therapeutic food that is easy to digest and enables the body to eliminate toxins. Our cooks

prepare all meals using only fresh and organic ingredients – if possible of Demeter quality and of regional origin. If indicated, of course, you will receive an individually adjusted diet, e. g. in case of food intolerance.

During your stay at RoSana, you will visit our KostBar several times per day: In the morning we serve Ayurvedic oatmeal cereals with braised fruit. For lunch you will be treated to a three-course menu, comprising for example a soup, a main course of Dhal, basmati rice, various vegetables and a digestive chutney and finally dessert. At the end of the day we serve a light dinner consisting of soup or braised vegetables.



Ayurvedic diets are dairy-free – with the exception of homemade Ghee on the basis of organic butter. In Ayurveda, great healing power is assigned to this concentrated butter. Also, no raw food is served, as it requires a stronger digestion and this is not desirable during your cure. Here, too, we have an exception: freshly squeezed juice which you can enjoy in the afternoon. Apart from that, the following beverages will be at your disposal during the whole day: Ayurvedic herbal teas, ginger tea and the famous boiled water.

Apart from delicious meals, the KostBar also provides food for all your senses: Our light-flooded winter garden offers a wonderful view of the garden and the stream with the ducks swimming by. In summer, you can make yourself comfortable on the cosy patio that is built over the Salinbach creek, listening to the soothingly flowing sound.

We offer Ayurvedic organic full board, including all beverages, at a price of € 55,- per day.





HEALTHY NUTRITION – A FRESH POINT OF VIEW

AYURVEDA COOKING COURSES AT ROSANA

Spoil yourself, your family and friends with Ayurvedic delicacies! RoSana's Ayurvedic cooking courses teach you how to compose holistic meals that have a wonderful taste and at the same time can be easily digested.

Together with Ayurveda cooks you will learn to combine all kinds of different flavours, how to use Ayurvedic spices and which foods are in season – experiencing manifold ways of preparation.

You would like to discover new possibilities while strengthening your body balance as well as your digestion with delicious meals? Then share the adventure of Ayurveda with us! Ayurveda is a universal approach – which means Ayurvedic food is not just Indian food – although India is the country of Ayurveda's origin. According to Ayurveda, eating locally grown food is best for your health. And so, seasonal food – the mainstay of many other nutrition concepts – is also an important pillar of the Ayurvedic menu. For example, Ayurveda recommends not to consume cold meals such as salads during the cold season, as they have a cooling effect.

According to the teachings of Ayurveda, the three functional principles – the Doshas Vata, Pitta and Kapha – are influenced by the six flavours sweet, sour, salty, pungent, bitter and astringent. Moreover, certain food combinations have a positive influence our organism, while others will cause harm in the long run. Therefore, learning how to prepare seasonal, tasty and vital meals of great variety according to your very special constitution means more than just being able to cook in a healthy and delicious way. It means preventing illness with the right nutrition and prolonging the success of an Ayurveda cure.

Cooking courses take place on two days:

1st day: 07:00 p.m. – 09:00 p.m. (theory)

2nd day: 03:00 p.m. – 06:00 p.m. (practice)

👤 Maximum number of participants: 8

💰 Fee: € 75,-, for inhouse guests: € 60,-

including recipe folder



REVITALIZATION & RELAXATION OF THE BODY AND MIND

YOGA AT ROSANA

*Health is not a passive state. On the contrary, our body is relentlessly active, our immune system works at full speed with its repair teams on high alert responding to micro-injuries and removing deposits.
Therefore, activity is a crucial element of being and staying healthy.*

Therefore, Indian yoga as it has been practiced for thousands of years is a pillar of your treatment at RoSana. “Yoga” means “unification” or “integration”. Yoga consists of eight equally important elements also called “the eight-limbed path”. This means that yoga is much more than just physical exercise, the so-called Asanas. It is designed to harmonize the body, soul and breath through various breathing techniques, yoga postures and meditation. Regular practice will calm the mind and help you find your inner peace.

At RoSana, the day starts at 07:00 a.m. with yoga under professional instruction. Asanas, breathing exercises and relaxation techniques make you start your day in a vital and at the same time relaxed mood. In the afternoons we regularly offer breathing exercises, the so-called Pranayamas, as well as meditation.

Taking part in the exercises brings about deep relaxation and regeneration. Your muscles will be strengthened as well as your organs and your willpower. Moreover, your perception will be sharpened and you will find inner balance. Body and soul become more flexible and open, fit and vital. But also, yoga can be a valuable therapeutic instrument for many complaints related to the musculoskeletal system. At RoSana, our professional yoga teachers adjust the exercises individually to your special situation and ability.

We also offer individual yoga lessons with programmes that match your very special requirements and that you can continue at home after your stay at RoSana.





FEEL THE ENERGY

ROSANA'S QUELLENSAAL

*A room with that certain something that makes all the difference!
RoSana's Quellensaal equally appeals to the body, mind and soul.*

The clay plaster walls and the oak wooden floor of the Quellensaal immediately create a feeling of cosiness and well-being. You hear the water flowing, you look out into nature and at the same time you feel sheltered in the warm atmosphere.

Staying at RoSana you will come across the Quellensaal more than once: During your Ayurveda cure, you will regularly be instructed by a professional yoga teacher there. Breathing exercises and meditation support deep relaxation and regeneration. Plus, additional yoga, meditation and breathing courses take place in this beautiful ambience as well as Qi Gong and other seminars. For more information check our current weekly programme.

The Quellensaal provides space for up to 90 persons and can also be booked by teachers or groups. Its ambience being especially supportive for common learning, it is highly suitable for strategy workshops.





RoSANA
GESUNDHEIT IM ZENTRUM

HOW TO GET TO US

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JUST GIVE US A CALL

WE WILL BE HAPPY TO PROVIDE ADVICE.
+ 49 8031.90109-0, info@rosana.de

OPENING HOURS:

Mo. - Fr. 9.00 - 18.00
Sat., Sun. & holidays 10.00 - 17.00
or by appointment

PHOTO:

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