FIDAZER

HOTEL
RESTAURANT
AYURVEDA

Ayurvedic relaxing days

Select your own personal Ayurveda program

	3 Days	5 Days	7 Days	10 Days
Continuous shower experience	2	2	3	3
Single Abhyanga (oil massage)	1	1	1	1
Deep Abhyanga (oil massage)	1	1	1	1
Garshan (Trockenmassage)	1	1	1	1
Pinda Sveda (herbal stamp mass.)			1	1
Synchronized Abhyanga				1
Udvartana (peeling massage)			1	1
Mukabhyanga (facial massage)	1	1		1
Padabhyanga (foot massage)	1	1		1
Shirodhara (forehead oil pouring)	1	1	1	2
Svedana (herbal steam bath)	1	1	2	2
Matra-Basti				1
Herb inhalation		1		1
Nasya				1
Seaweed pack/sea-salt peelig		1		1
Detoxification ceremony			1	1
Therapy bath		1	1	
Ayurvedic consultation			1	2
This are lump-sum prices without overnigt stay/without meals	690	880	1160	1800

Cancellation conditions:
Please advise us of appointments you cannot keep as soon as possible, and at the latest 24 hours before the agreed treatment time. If appointments are not kept or appointment changes advised too late (less than 24 hours notice), we regret we will have to charge you the full amount.

Hotel FidazerHof CH-7019 Flims-Fidaz Telefon +41 (0)81 920 90 10 Fax +41 (0)81 920 90 19 info@fidazerhof.ch