

Ayurveda

The oldest natural system for healing the body and mind

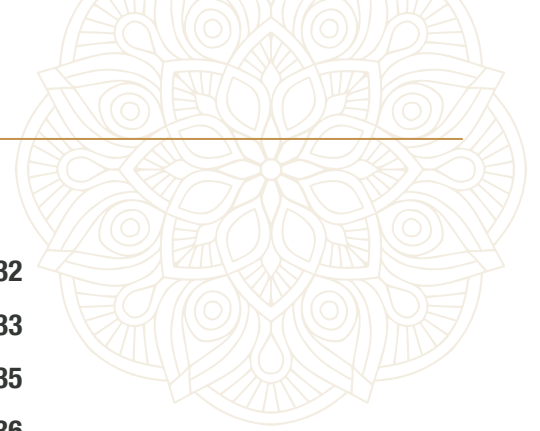


CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

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Health according to Ayurveda

He whose Doshas (principles of basic life) and whose Agni (metabolism and digestive power) are in balance, whose Dhatu (tissues) and Malas (products of elimination) function normally and whose self, soul and senses are imbued with happiness, he is defined as a healthy person.

Sushruta, XV 38,
Ayurveda reference book.

What is Ayurveda?

Ayurveda, the “science of life,” originates from the Ancient Vedic Civilization. Practiced in India for thousands of years, it is the oldest natural system for the care and well-being of the body and mind.

In collaboration with leading Ayurvedic experts, Maharishi Mahesh Yogi in the early 1980s restored Ayurveda to its original glory. This is how this approach in its purest and most complete form is now known as “Maharishi Ayurveda.” It is a system of medical knowledge handed down in India from time immemorial, not only geared toward the treatment of disease but more importantly toward a way of life that promotes health and longevity free from disease by correcting subtle imbalances in the body before they manifest as pathological phenomena. Natural, holistic science considers man to be a universe in itself, composed of body, mind, soul (microcosm) inseparably connected to the entire cosmic existence (macrocosm). Ayurveda encompasses all aspects of the well-being of living beings, the physical, the psychic, and the spiritual as human life consists of sense organs, mind, and soul.

The harmony and balance of the person cannot be separated from that of the community, from that of nature, from that of the universe because nature vibrates in us and we vibrate in it.

THE TRADITION

It is thanks to the Vaidya families (Indian Ayurvedic physicians) who have faithfully preserved and handed down the formulations of Ayurvedic preparations and thanks to the profound knowledge contained in the ancient Vedic texts that Maharishi Ayurveda today has all the information that enables it to package preparations that do not deviate from the very long and highly refined traditional methodologies.

Maharishi Ayurveda and Lake Orta


FOR MORE THAN 30 YEARS WE HAVE BEEN OFFERING MAHARISHI AYURVEDA IN ITALY

Throughout history poets, writers and artists have walked our paths and the warm shores of Lake Orta in an atmosphere of quiet, storytelling and peace. For more than thirty years we have gathered in this place to offer our expertise on Maharishi Ayurveda. The wonder of this environment and the meeting of ancient Vedic knowledge brings out our research, our passion and the results of this profound integrated medicine.

Ayurveda Maharishi is a science recognized around the globe that has the refined purpose of awakening that creative intelligence that resides in the body's healing process.

Vedic science also describes 40 aspects of life, breaking down into specific knowledge for each life perspective. In this magical atmosphere, your residence will be enriched by many stories about Ayurvedic applications, knowledge and ancient stories of this philosophy in the natural and exciting interweaving of a timeless place.

Maharishi Ayurveda” is a mark of quality and authenticity. it is recognized by the All India Ayurvedic Congress (most renowned association of Vaidya-Ayurvedic Doctors), and by AYUSH (Ministry of Health and Family, India). We are members of the Italian Maharishi Ayurveda Association.

A photograph taken from a balcony of a historic house, looking out over a lush green valley. The balcony features ornate stone columns and a red and white decorative frieze. The valley is filled with dense green trees and rolling hills. In the distance, a range of mountains is visible, with the highest peaks covered in snow under a clear blue sky. A white downspout runs vertically along the side of the building.

**The Lake Orta Ayurveda Center
is based in a historic house in the hills of Lake Orta
in a natural setting of great beauty and tranquility.**

Our staff

They are the heart of our center.

Our staff takes care of
Of the well-being of our guests throughout
and for everything. The Ayurveda team
consists of Doctors, Therapists and
Teachers.
of Meditation and Yoga. Our therapists
are trained through extensive training at
Maharishi University and are familiar with
all Ayurvedic massage techniques and
treatments. They all practice Transcendental
Meditation and live their lives according to
the principles of Ayurveda.

In addition, our team operates in
collaboration with Ayurveda restaurant.
The hotel staff will welcome you with
professionalism and warmth.



Patrizia Raiteri
Medico Ayurveda
Maharishi



Tom Iuliano
Fondatore
e Amministratore



Alfredo Foglia
Direzione
Terapista Ayurveda
Maharishi



WHY COME TO OUR CENTER

Our experience of more than 30 years has enabled hundreds of people to learn about Ayurveda philosophy and its benefits.

Our expertise

Doctors and specialized therapists with outstanding training at Maharishi University. We have direct contact with one of India's leading Vaidya Physician families: Dr. Raju J.R. is an eminent Ayurvedic Physician, thirteenth generation of Ayurvedic physicians, whose family tradition has produced many generations of Vaidya in South India.

Our ayurvedic treatments

We have over 30 Ayurvedic treatments and 9 integrated packages that allow you to choose the best treatment for each person. Massages are performed simultaneously and synchronously by two technicians. In observance of traditions, women are treated by women and men by men. The ingredients used for the treatments are prepared from plants ayurvedic organic medicines and are recommended according to your imbalances.

Our cuisine

Ayurvedic menus with the flavor of India but also our best traditional Italian cuisine revisited according to Ayurvedic principles.



Who we are

Our focus on guests

We take care of guests in every aspect of their stay; from personalized care, to their relaxation , to special requests, to meeting every need that arises.

Our team

A group of professionals who have made Ayurvedic philosophy their way of life in harmony with human beings and nature.

Our Transcendental Meditation Teachers

The name describes what happens while practicing it: the mind naturally quiets down and experiences more subtle levels of thought, until it transcends the level of mental activity and experiences the source of thoughts, the state in which the mind is awake but not active. Today it is available to everyone through an easy learning course for everyone.

The environment during the stay

At the center you meet interesting people with whom to exchange experiences and cultures united by the same desire: to be healthy and in harmony with the earth.

Casa Mirabello

In a natural setting, surrounded by chestnut and oak forest, the staff will welcome you with kindness and warmth to make your stay comfortable and relaxing. Our Maharishi Lake Orta Ayurveda Center contributes to projects in favor of peace and the environment.



OUR CENTER WELCOMES YOU FOR

A consultation

With our doctor.

Panchakarma

to deep clean the body and help you change your life habits.

Our ayurvedic packages

Physician-recommended massages and treatments depending on your imbalances, length of stay and desires.

In Ayurveda, Beauty is described as “Subhanga Karanam”: the perfect balance within inner beauty, outer beauty, and timeless beauty. Beauty is according to Ayurveda closely related to health and balance. To achieve good looks and deep regeneration and regaining youth and vitality, Panchakarma is the most correct and complete way.

The beauty line includes: masks to combat wrinkles, to treat impure skin or skin with more specific acne problems.

Treatments for cellulite blemishes, firming and slimming treatments are all part of the beauty line.

Aromatherapy

Essential oils found in aromatic plants act directly on the emotional brain, aiding the path to improved health and mental and physical balance.

Prenatal course: from conception to birth

Ayurvedic knowledge helps to embark on a good path and proper life routine for new mothers from the desire for conception to the attention to be given to the baby (abhyanga massage of the newborn).

An Ayurvedic meal

Good healthy and easy to digest.

An Ayurvedic Day

To find out about our center.



Our reception

An ayurvedic break

Take a break for a few days if you need to rest in pleasant surroundings, enjoy light and balanced food, take stock with your doctor, and receive some Ayurvedic treatment.

Your day at the ayurvedic center

- **Consultation through the pulse to establish the sequence of your treatments, decide on the types of supplements to be taken during the course and indication of the specific oils that will be used for the treatments**
- **Ayurvedic treatments: an average of two to three hours per day**
- **Practice of yoga asana**
- **Gandharva Veda Music**
- **Relaxing walks by the lake**
- **Presentations of topics in relation to Ayurveda and Transcendental Meditation**
- **Vegetarian Ayurvedic Meals**
- **Rest in a pleasant and rejuvenating environment**
- **Final evaluation with program directions to follow at home**

THE BASICS OF AYURVEDA

THE VATA, PITTA AND KAPHA DOSHAS

VATA - PITTA - KAPHA are the key principles from the combination of which the formation of the universe and the establishment of each individual. Dosha comes from the root Dushanat, which literally means impurity; this term should not be understood in a negative sense, as the Doshas, or metabolic principles, give rise to the psychosomatic structure of man. In the three Doshas the five elements or MAHABUTA (space - air - fire - water - earth) manifest. Balance of the Doshas produces harmony and good health, imbalance leads to disturbances to the point of disease and is the first sign of a lack of attunement between body and mind.

Vata

Vata is formed from air-space; literally “That which moves.” It is cold dry, mobile, fast, subtle, rough, light. Vata deals with the movement of the universe. When balanced it supports the whole body, gives joy and enthusiasm, stimulates the digestive fire, eliminates waste products, shapes the embryo and is responsible for the continuation of life. When out of balance it causes high tides and overflowing of lakes and rivers, earthquakes, thunder, confusion of seasons, irregularities of the crops. On an individual level it is responsible, when imbalanced, for bloating, dry skin, lack of physical and psychological flexibility, and tendency to anxiety. Given the dryness of the skin, he finds benefit from massage with sesame oil, That have a relaxing effect.

Pitta

Pitta is formed from the elements water - fire; literally means that which produces heat. Its main seat in the body is the stomach and duodenum and generally the middle part of the body between the chest and navel. It is the principle of thermogenesis and metabolism, it is the cosmic energy that makes the sun and stars burn, the gastric fire that digests food. In the human body it presides over digestive and endocrine functions, metabolism and regulation of body temperature. Imbalanced pitta confers irascibility, hostility, poor digestion, peptic ulcer, anger, skin rashes and inflammation, yellowish skin.

Kapha

Kapha is formed from the elements water - earth; literally means that which unites. The main seat of Kapha in the body is the chest and generally the upper part of the body including the head. Kapha governs all cellular functions, solidity of the body, lubrication of ligaments and joints, maintenance of sexual vigor, immunity, cohesion, external appearance or luster of the person. It represents cohesion, keeps the planets and stars together, gives shape and firmness to the body as well as strength and stability, controls the balance of tissue and cellular fluids. It is the principle of cooling and conservation, promotes growth, confers energy, strength, constancy and consistency. Imbalanced Kapha confers laziness, depression, drowsiness, mental inertia, heaviness, gluttony, possessiveness, obesity, indigestion, cold-wet aversion, fluid retention, diabetes.

MAHARISHI AYURVEDA APPROACHES

This holistic system encompasses various approaches to achieve complete health including a personalized diet, a daily routine, specific Ayurvedic products (Dravyaguna), purifying and rejuvenating treatments (Panchakarma), music (Gandharva Veda, Vedic Sounds), aromatic oils, breathing and physical exercises for body and soul coordination (Yoga Asana and Pranayama), simple techniques such as Transcendental Meditation to reduce stress and tension and to develop full mental potential, Chromotherapy and Vedic architecture (Sthapatya Veda).

To ensure the purity and effectiveness of Maharishi Ayurveda products, strict procedures are meticulously followed.


II Panchakarma

Panchakarma in ancient India was reserved for royal families who used it to preserve vitality and youth. Panchakarma is a procedure used by Ayur-Veda Maharishi for disease prevention.

It is a very pleasant and relaxing treatment that activates the self-healing power of the body. The special feature of Maharishi Panchakarma consists of effective purification of physiology, gentle treatments in order to attaining a state of grace and joy accompanied by lasting mental clarity and physical well-being.



Panchakarma

A traditional Indian painting depicting a woman in a white sari performing a Panchakarma treatment on another person. The woman is seated and leaning over the recipient, who is lying down. The background features a large, intricate mandala design in the upper right corner.

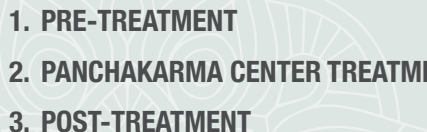
In fact, Panchakarma is a purification method for removing impurities from the physiology. Although purification and elimination of toxins are natural functions for our body, it may happen that under certain conditions these mechanisms fail; therefore, preparation for Panchakarma is to mobilize toxins from the tissues and then be removed from the body.

Each treatment is individualized because it is based on the individual patient's Dosha imbalance.

Panchakarma can be prescribed for three days as a taster, five or seven days as standard time, up to ten or more days. For maximum preventive efficacy, one should follow the treatment at each change of season so as to rebalance the Dosha that has been most influential and therefore potentially unbalanced at that time of year. Performed periodically determines:

- **Improvement in mood**
- **Improved digestive and evacuation functions and sleep quality**
- **Normalization of weight**
- **Rejuvenation**
- **Increased weight flexibility**
- **Increased energy and vitality**

The Three Phases of Panchakarma


- 1. PRE-TREATMENT**
 - 2. PANCHAKARMA CENTER TREATMENT**
 - 3. POST-TREATMENT**
- 

1. PRE-TREATMENT

Since impurities or toxins are deposited, even for a long time especially in the adipose tissue, Panchakarma begins with an internal oiling therapy called Snehapana that lasts 3 to 5 days. After a day of rest, in which fomentation (Swedana) is also applied, due to the effect of a good natural laxative (castor oil-Virechana), there will be an effective elimination of toxins channeled into the intestines. This treatment can be done at our center or at home following medical directions.

2. PANCHAKARMA CENTER TREATMENT

At this stage, one receives pleasant four-handed massages (Abhyanga, Vishes, Udvartana, Pizichilli, etc.), therapies with gentle herbalized saunas (Swedana), and others that precede the stages of gentle bowel cleansing performed with light balancing enemas.



3. POST-TREATMENT

At the end of the Panchakarma treatment returned to your home you should follow the following directions:

- Continue to eat a diet that is light, digestible and made up of cooked, hot foods.
- Avoid resuming sports activity for 3/5/7 days (equal to the number of days of Panchakarma).
- After this period, resume your usual diet and activities gradually while trying to put into practice the dietary advice learned during consultations with your doctor.



OUR MESSAGES AND TREATMENTS

Abyhanga

Abyhanga is a massage performed by two Ayurvedic technicians synchronously (108 movements) with four hands all over the body. Its main function is to remove impurities by seeping oil through the pores of the skin. It lubricates and promotes flexibility of muscle tissue and joints. It keeps young and counteracts fatigue, makes the skin healthy and increases muscle density while giving radiance to the face. It ensures good sleep and gives longevity.



Udvaartana

Stimulating massage using medicinal plant powders and flours mixed with a specific herbalized oil to reduce fat and cellulite buildup. Improves blood circulation and lymphatic drainage while enhancing skin radiance. Reduces cellulite, helps lose weight, increases metabolic rate.



Massages and treatments

Shirodhara

Warm oil flow on the forehead. Harmonizes the hormonal system and relieves headaches, insomnia, migraine, mental stress, restlessness and high blood pressure. Gives deep relaxation to the nervous system. Improves memory, maintains balance between mind and body.

Takra Dhara

It is a stream of herbalized lassi (yogurt and herbs) in a thin stream on the forehead. It prevents graying of hair and fatigue, relieves headaches, balances imbalances. Prevents urinary disorders and joint weakness, regenerating physiology.

Swedana

The word Swedana comes from the Sanskrit root sweda, which means to sweat, to perspire, to foment, to make soft. This treatment helps liquefy and expel toxins that have accumulated deeply within the body and that have stratified in the peripheral tissues. Sweating opens the pores and helps expel impurities through the sweat glands. It removes heaviness and stiffness from the body.

Vishesh

This massage is performed by two Ayurvedic technicians synchronously (108 movements) with four hands on the whole body. The massage movements are the same as abhyanga but more pressure is applied. It lubricates and promotes flexibility of muscle tissue and joints. Removes deeply embedded toxins from the body and soothes sore muscles, especially useful for athletes.



Garshan

It is a massage using raw silk gloves. Stimulates flow and circulation in tissues; benefits digestion and metabolism; aids weight loss. Mobilizes and removes dead cells from tissues and increases energy and blood flow.



Pizichili

It is simultaneously oiling and heat application. it is a continuous flow in large amounts of warm oil applied all over the body. It promotes effective removal of deep-rooted toxins. it is recommended for joint problems and stiffness and is also a very powerful treatment to pacify imbalances such as fatigue, pain, dryness of the skin.

Massages and treatments

Pindasveda

It is a procedure in which the person is oiled with herbalized oils and massaged, fomented with the help of a mixture of medicinal plants contained in warm bags. It is recommended for joint problems, back pain, arthritis, rheumatism, traumatic pain, inflammation, joint stiffness, cervical, sciatica, and low back pain.

Pada Dhara

Thin stream of lukewarm herbalized oil on the toes. is useful for insomnia, but also for foot pain and numbness.

Netra Tarpana

Application for inflamed eyes preceded by massage with herbalized sesame oil of the head and face. It nourishes the nervous system and develops the connection between the eyes and the brain. It is recommended for burning, dry, itchy, tired eyes. It makes the eyes bright.

Vasti (Basti)

Heart (hridaya vasti): relieves heart and emotional tensions. Lumbar area (kati vasti): relieves stiffness of the lumbar-sacral area. Cervical area (ghriva vasti): relieves tension in the cervical area. Navel (chakra varti vasti): abdominal imbalances and tension. Liver (yakrit vasti): relieves impurities at liver level. Lungs (puppusa vasti): lightens the respiratory tract.



Massages and treatments

Nadi Vigyan

Examination and pulse reading to detect physiological imbalances. The doctor will recommend daily routines, nutrition, and Ayurvedic preparations that bring back and maintain health.

Shirobasti

Medicinal oil bath for the head, recommended for sleep disorders, headaches.

Shiropichu

Application of medicinal oil on the head without massage.

Nasya

Head neck and shoulder massage combined with a treatment to clear the srotas (communication channels) of the upper body. It is recommended for sinus problems, certain types of headaches, memory or concentration disorders, and also for hearing problems.



Massagges and treatments

Pada Abyhanga

Foot massage.

Patra Potali

Massage with bags of medicinal plants for joint pain, back pain and to unblock certain parts of the body.

Kseeradhara

Gentle massage under a stream of warm milk or decoctions medication. Recommended to reduce pain. Can be local or all over the body.

Basti internal - colon washing

Gentle washing based on medicinal oils or purifying plant decoctions, essential when toxins are to be effectively removed.



Draining - Anticellulite Treatment

The purpose of these treatments is to revive the digestive fire and burn excess fat, improve circulation and bowel function resulting in the elimination of toxins.

Slimming Treatment

The purpose of the treatment is to increase cellular metabolism, revive and increase the disposal of toxins and excess fat.

Firming Body Treatment

It aims to reduce excess air space (laxity) within the tissues, restoring their tone, and to properly nourish the body mass to improve structure and cohesion. The application of Lepa (herbalized clay) to the affected areas intensifies the rebalancing action of physiology.



TREATMENTS FACE

Detoxifying Facial Treatment (Anti-Acne Mask)

The purpose of the treatment is to rebalance the Doshas (metabolic principles) through purification of clogged channels, with fomentation of the face with medicinal plants with antiseptic and antibacterial action. This phase is followed by the application of a mask of herbalized white clay (bentonite). Bentonite absorbs toxins by bringing them to the surface, while simultaneously releasing minerals that rebalance the skin in depth. The combination of plants in the mask leads to purification of the blood, one of the causes of the blemish, resulting in a sebum-normalizing action.

Revitalizing Anti-Age Treatment (Anti-Age Mask)

The purpose of the treatment is to give nourishment, elasticity and firmness to the face and tone the supporting muscle tissue, through massage with a specific herbalized oil and fomentation with purifying herbs that open the channels and consequently allow proper nourishment of the tissues. Application of a specific mask made from white clay (bentonite) and medicinal plants gives firmness to tissues (Kapha) weakened by excess Vata (dryness).

Bentonite absorbs toxins by bringing them to the surface, while simultaneously releasing minerals that rebalance the skin deeply.



IMBALANCES THAT CAN BE ALLEVIATED BY AYURVEDA

STRESS-RELATED OR NEUROVEGETATIVE IMBALANCES

- Headaches, migraines, sleep disorders
- Anxiety, “burn-out,” mild to moderate depression

DIGESTIVE IMBALANCES

- Gastric hyperacidity
- Bloating, constipation, irritable bowel, colitis
- Difficulty digesting fats, “fatty liver”

RESPIRATORY OR OTOLARYNGOLOGICAL IMBALANCES

- Asthma, allergies, sinusitis

OSTEOARTICULAR AND MUSCULAR IMBALANCES

- Arthritis, arthrosis, osteoporosis
- Cervical, back or lumbar pain

METABOLIC AND ENDOCRINE IMBALANCES

- Hypercholesterolemia, type 2 diabetes, gout
- thyroid Disequilibria
- Overweight, insufficient weight

WOMEN'S IMBALANCES

- Menstrual or premenstrual problems fibroids, myomas
- Problems of menopause
- Fertility problems

CARDIOVASCULAR IMBALANCES

- Hypertension, hypotension
- Palpitations, tachycardia, angina pectoris
- Venous insufficiency, varices, hemorrhoids

SKIN IMBALANCES

- Eczema, psoriasis, acne

URINARY TRACT IMBALANCES

- Relapsing urinary infections, benign hypertrophies of the prostate



YOGA AND AYURVEDA



Ayurveda and YOGA come from the same source of knowledge: the science of life. This teaches people how happy, healthy and peaceful their existence is by incorporating the requirements of the laws of nature. Ayurveda leads people to self-healing, yoga on the path of self-knowledge and a strong and flexible body. Physical and spiritual healing, the complete realization of our true nature, combines yoga and Ayurveda into an inseparable unity. The ancient wisdom Vedic states that “the foundation of yoga should be Ayurveda and the fruit of Ayurveda should be yoga.” Thus, yoga supports the Ayurvedic method and vice versa.

They complement each other on the way to becoming a complete individual. The word yoga comes from Sanskrit and means union or connection. It means the connection of body, mind and soul. Asana, Pranayama and Meditation serve as different tools to achieve this unity. These enable man to connect with his Atma, ego, true self or inner identity and create awareness.

AYURVEDIC DIET

The term used by Ayurveda to describe digestive power is “AGNI.” The term literally means “FIRE.”

AGNI metabolizes heterologous nutrients from the outside world and, separating them from waste, transforms them into the homologous elements of the body. The concept of AGNI can be likened to the modern concept of “digestive enzymes,” however, it extends to the successive stages of metabolism. AGNI therefore can also be defined as “metabolic power” of the body. “Length of life, health strength, enthusiasm, robustness, luster, immunity, energy, quality of metabolism-all these factors depend on the goodness of digestion.” (CARAKA SAMHITA)

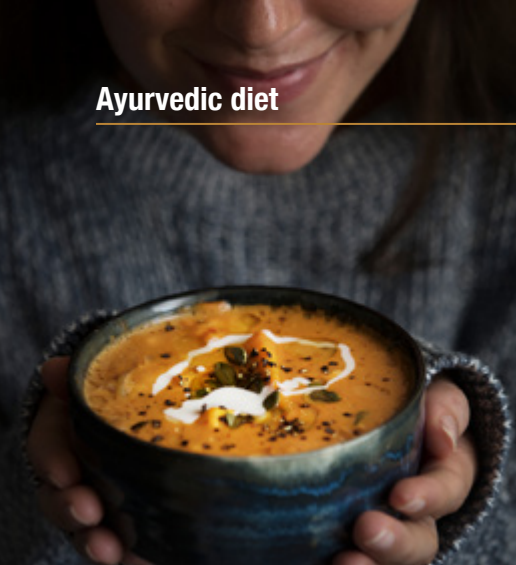
“A man becomes ill if his digestion is weak, while he lives a long time free from disease if his digestion is strong.” (CARAKA SAMHITA)

“Prana Vata receives food and transports it to the stomach where it is disintegrated by digestive juices and transformed by enzymes (Pachaka Pitta) activated by Samana Vata.” (CARAKA SAMHITA)

“Digestive fire cooks food that has been taken in the right amount and at the right time and breaks it down into RASA (nutritive fraction) and MALA (excreta), just as fire cooks grains of rice set to boil in a pot.” (CARAKA SAMHITA)



Ayurvedic diet



Length of life, health strength, enthusiasm, robustness, luster, immunity, energy, quality of metabolism - all these factors depend on the goodness of digestion” “A man gets sick if his digestion is weak, while he lives a long time free from disease if his digestion is strong” (CARAKA SAMHITA)

- It is not necessary to be a vegetarian to enjoy the benefits of Maharishi Ayurveda. In the treatment of many diseases, however, a vegetarian diet or moderate use of meat or fish is indicated. In specific diseases the use of meat is not recommended.
- Modern scientific research has shown that a balanced vegetarian diet is the best and healthiest. For example, the frequency of colon cancer, and other cancers, is much lower in vegetarians than in non-vegetarians. And again, the incidence of obesity, a factor of risk in cardiovascular disease, hypertension and diabetes is significantly lower in vegetarians. The same is true for the value of cholesterolemia.
- Diet is very important to our health. According to the American Cancer Society, up to 35 percent of the 900,000 new cancer cases per year in the U.S. alone could be prevented simply by following proper eating habits.

THE AYURVEDIC PACKAGES

Ayurveda encompasses all aspects of the well-being of living beings, the physical, the psychic and the spiritual, since human life is made up of sense organs, mind and soul.

Just for a day or a short vacation, leave behind the stresses of daily life and enjoy a new inner balance with the Ayurvedic experience.

All treatments offered aim at the harmony and beauty of the individual by fostering mental and physical relaxation and stress elimination in a natural way. Our ayurvedic doctor will advise you on treatments best suited to your physiology.

Each Package includes the following services for the duration of the stay:

- **Accommodation in the room category booked**
- **Daily ayurvedic treatment according to the package booked**
- **Ayurvedic vegetarian full board.**
- **Daily medical consultation**
- **Final consultation with physicians**
- **Composition of an individual ayurvedic diet plan**
- **Extensive personal lifestyle and daily routine program**

The content of the Package may vary according to the Ayurvedic doctor's observations but always in agreement with you.





Goal of treatment: revitalization - relaxing

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

RECOMMENDED FOR:

- Muscle contractures
- Digestive disorders
- Inappetence
- General weakness
- Feeling of heaviness
- Asthenia
- Lassitude
- Pain in the spinal area

Package N.1

PANCHAKARMA

Panchakarma involves fundamental treatments for achieving purification of physiology.

There is a pre-treatment to be performed at home that serves to prepare the physiology to receive in treatments.

Depending on the number of days you choose, a series of predefined treatments will be scheduled. It will always be possible, in consultation with the Ayurvedic doctor, to customize the treatments.

At the end of Panchakarma, a Personal Extensive Program on lifestyle and daily routine and diet will be recommended, with prescriptions Of Ayurvedic preparations. Through Panchakarma, toxins are dissolved and mobilized from the tissues and then removed from the body.

Panchakarma awakens the body's natural self-healing mechanism, giving deep and lasting relaxation.



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET

Ayurveda Packages

Package N.I

PANCHAKARMA - DURATION AND TREATMENTS

EXCLUDING FULL BOARD

3 DAYS

The package includes:

2 Abhyanga, 1 Vishesh, 1 Swedana, 2 Shirodhara, 3 Matra, 1 Visita Medica (Nadi Vigyan)

4 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Vishesh, 1 Swedana, 3 Shirodhara, 4 Matra, 1 Visita Medica (Nadi Vigyan)

5 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Pizzichilli, 1 3 Pos Abyhanga, 1 Nasya, 1 Swedana, 2 Shirodhara, 3 Matra, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

6 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Patra Total, 1 Nasya, 1 Pizzichilli, 1 3 Pos Abyhanga, 2 Swedana, 2 Shirodhara, 4 Matra, 1 Shodana, 1 Visita Medica (Nadi Vigyan)

7 DAYS

The package includes:

2 Abhyanga, 1 Vishesh, 1 Udvartana, 1 Pizzichilli, 1 Patra Total, 1 3 Pos Abyhanga, 2 Swedana, 3 Shirodhara, 5 Matra, 1 Shodana, 1 Nasya, 1 Visita Medica (Nadi Vigyan)

8 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Vishesh, 1 Pizzichilli, 1 3 Pos Abyhanga, 1 Nasya, 2 Swedana, 1 Patra Total, 3 Shirodhara, 5 Matra, 1 Shodana, 1 Ksheera, 1 Maschera viso, 1 Visita Medica (Nadi Vigyan)

9 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Vishesh, 2 Pizzichilli, 1 Patra Total, 2 Nasya, 2 3 Pos Abyhanga, 2 Swedana, 3 Shirodhara, 6 Matra, 1 Shodana, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

10 DAYS

The package includes:

3 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 2 Nasya, 2 3 Pos Abyhanga, 3 Swedana, 3 Shirodhara, 7 Matra, 2 Shodana, 1 Visita Medica (Nadi Vigyan)

11 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 1 Vishesh, 2 Pizzichilli, 2 Nasya, 2 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 8 Matra, 1 Pindaswedana, 1 Shodana, 1 Maschera viso, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

12 DAYS

The package includes:

2 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 2 Nasya, 2 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 9 Matra, 1 Pindaswedana, 1 Shodana, 1 Maschera viso, 1 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

13 DAYS

The package includes:

3 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 2 Nasya, 2 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 10 Matra, 1 Pindaswedana, 1 Shodana, 1 Maschera viso, 2 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

14 DAYS

The package includes:

3 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 10 Matra, 1 Pindaswedana, 2 Shodana, 1 Maschera viso, 2 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

15 DAYS

The package includes:

3 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 11 Matra, 2 Pindaswedana, 2 Shodana, 1 Maschera viso, 2 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

16 DAYS

The package includes:

3 Abhyanga, 1 Udvartana, 2 Vishesh, 2 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 2 Swedana, 2 Patra Total, 3 Shirodhara, 12 Matra, 2 Pindaswedana, 2 Shodana, 1 Maschera viso, 2 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

17 DAYS

The package includes:

3 Abhyanga, 2 Udvartana, 2 Vishesh, 3 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 3 Swedana, 2 Patra Total, 3 Shirodhara, 13 Matra, 2 Pindaswedana, 2 Shodana, 1 Maschera viso, 2 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

18 DAYS

The package includes:

3 Abhyanga, 2 Udvartana, 2 Vishesh, 3 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 3 Swedana, 3 Patra Total, 3 Shirodhara, 14 Matra, 2 Pindaswedana, 2 Shodana, 1 Maschera viso, 3 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

19 DAYS

The package includes:

3 Abhyanga, 2 Udvartana, 2 Vishesh, 3 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 3 Swedana, 3 Patra Total, 3 Shirodhara, 15 Matra, 3 Pindaswedana, 2 Shodana, 1 Maschera viso, 3 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

20 DAYS

The package includes:

4 Abhyanga, 2 Udvartana, 2 Vishesh, 3 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 3 Swedana, 3 Patra Total, 3 Shirodhara, 16 Matra, 3 Pindaswedana, 2 Shodana, 2 Maschera viso, 3 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)

21 DAYS

The package includes:

5 Abhyanga, 2 Udvartana, 2 Vishesh, 3 Pizzichilli, 3 Nasya, 3 3 Pos Abyhanga, 3 Swedana, 3 Patra Total, 3 Shirodhara, 17 Matra, 3 Pindaswedana, 2 Shodana, 3 Maschera viso, 3 Pada 30 min, 1 Ksheera, 1 Visita Medica (Nadi Vigyan)



Goal of treatment: purification - revitalization

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Lassitude
- Muscle contractures
- Lack of energy
- Digestive disorders
- Inappetence
- Feeling of heaviness
- Asthenia
- Regeneration

Package N.2

REJUVENATION

The body's cells and tissues change over the years.

It is therefore necessary to upgrade and rejuvenate the body's systems in order to preserve the balance between body, mind and soul.

The Rejuvenation Package includes synchronized body massages performed simultaneously by two therapists, special treatments such as Pizzichili, Udvartana, Patrapotali and steam baths.

Rejuvenating masks are a part of this package.

At the end of your stay you will be advised of an Extensive Personal Program on lifestyle and daily routine and diet, with prescriptions for Ayurvedic preparations.

7 DAYS

Package includes:

2 Abhyanga, 2 Udvartana, 1 Vishesh, 1 Pizzichilli, 1 Nasya, 1 3 Pos Abyhanga, 3 Swedana, 1 Shirodhara, 1 Patrapotali, 2 Maschere viso, 4 Matra, 1 Ksheera, 1 Shodana, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



LAKE
EXCURSIONS



Goal of treatment: purification of physiology
Duration of applications: 90-120 minutes daily
Yoga: for beginners and advanced, in groups
Meditation: individual or group
Music: Gandharva Veda

RECOMMENDED FOR:

- Recurrent pathologies
- Allergies
- Weakened immune system
- Past intoxication
- Digestive disorders
- Feeling of heaviness
- Lack of motion

Package N.3

PURIFICATION

Our eating habits, lifestyle and environmental conditions cause toxins to accumulate in the body. Body purification therapy aims to expel these toxins throughout the body so that it regains its natural health and beauty. The treatment is based on Snehana (application of oil), Swedana (sweat treatment) and Panchakarma (purification processes in the strict sense). The package includes various types of body massages, purgative treatments, various oil applications and medicinal steam baths. The purification package is the most comprehensive and effective that our center offers, both in terms of the number of days and the variety of treatments offered. An Extensive Personal Program on lifestyle and daily routine and diet, with prescriptions for Ayurvedic preparations, is recommended at the end of the stay.

10 DAYS

3.290 €

Package includes:

3 Abhyanga, 2 Udvartana, 2 Vishesh, 2 Pizzichilli, 3 Nasya, 1 3 Pos Abyhanga, 3 Nasya, 2 Swedana, 2 Hrid Basti, 2 Netra, 3 Shirodhara, 1 Patrapotali, 2 Maschere viso, 5 Matra, 2 Ksheera, 2 Shodana, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



LAKE
EXCURSIONS



Goal of treatment: wellness-energizing

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Stress
- Feeling of overload
- Nervousness
- Burn-out
- Asthenia
- Sleep disorders
- Anxiety
- Lassitude
- Muscle contractures
- Neck and shoulder problems

Package N.4

REMISE EN FORME

Special treatments to get fit and reduce stress. Consultation with an Ayurvedic doctor for advice on healthy, natural lifestyle and maintaining a healthy weight.

Savor Ayurvedic recipes with their balancing flavors, immersed in an oasis of peace and tranquility, being carried away by the skilled hands of our Ayurvedic practitioners.

Five days to deeply experience the healing power of our physiology-Experience with Yoga sessions and introduction to the Maharishi Transcendental Meditation technique.

5 DAYS

1.450 €

Package includes:

3 Abhyanga, 1 Udvartana, 1 Vishesh, 3 Swedana, 2 Shirodhara, 2 Patrapotali light, 1 Maschera viso, 2 Pada Abyhanga short, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: detox - boosting the immune system

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Lassitude
- Muscle contractures
- Lack of energy
- Digestive disorders
- Inappetence
- Feeling of heaviness

Package N.5

IMMUNIZATION

Body immunization program: this is the best that Ayurveda offers to slow down the aging processes in the body, to stop degeneration of body cells and to strengthen the body's immune defense system. The main aspect of this package includes taking Rasayana (Ayurvedic medicinal plants), purifying the body and making it sweat easily. It is recommended for both women and men. 5 days to deeply experience the healing power of our physiology: a taste of Panchakarma. Pulse diagnosis will go to identify any imbalances in our physiology. The skillful combination of oils, powders and massage will help the body rebalance the 3 Doshas and eliminate toxins by achieving perfect mental relaxation. The final medical consultation allows you to continue at home what you have learned during your stay.

5 DAYS

1.400 €

Package includes:

3 Abhyanga, 1 Udvartana, 1 Vishesh, 2 Swedana, 3 Shirodhara, 2 Pada Abyhanga short (40 €), 4 Matra, 1 Shodana, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



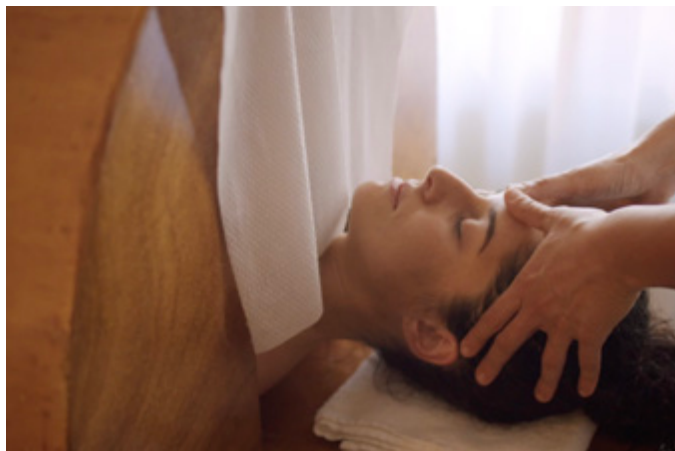
MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: slimming-skin purification

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditation: individual or group

Music: Gandharva Veda

RECOMMENDED FOR:

- Overweight
- Diabetes type II
- Hypertension
- High cholesterol
- Joint pain
- Disorders of fat metabolism

Package N.6

SLIMMING

The Slimming Program includes massages and powder treatments of herbs with various medicinal plant oils. This program also includes medicated steam baths and the intake of Ayurvedic products (Rasayana), infusions and a special Ayurvedic diet. The goal is to achieve long-term weight loss by changing metabolism. Pulse diagnosis will go to identify any imbalances in our physiology. You will also receive what is called a Regal treatment the Pizzichili, a long massage in a warm oil bath that removes deep-rooted toxins giving you unique relaxation and restoring the body's and the mind its integrity. With Basti treatments, specific amounts of oil will be applied to various parts of the body to remove tension and stimulate specific Marma and Chakra energy centers.

The final medical consultation allows you to continue at home what you have learned during your stay.

6 DAYS

1.810 €

Package includes:

2 Abhyanga, 1 Udvartana, 2 Vishesh, 1 Pizzichilli, 3 Swedana, 2 Shirodhara, 5 Matra, 2 Patrapotali light, 1 Shodana, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Goal of treatment: beauty of facial and body skin

Duration of applications: 90-120 minutes daily

Yoga: for beginners and advanced, in groups

Meditazione: individual or group

Musica: Gandharva Veda

RECOMMENDED FOR:

- Skin with impurities
- Skin too dry or oily
- Sensitive skin
- Low skin circulation
- Pronounced acne
- Grinding

Package N.7

BEAUTY

For Maharishi Ayurveda, beauty is very important because it is regarded as the direct expression of health and well-being. Beauty Treatments act specifically by taking care of the skin to improve its aesthetic value and health status, restoring purity and youthfulness and a bright and glowing appearance. Beauty Treatments include a number of unique procedures and extremely effective, based on some Panchakarma techniques and the use of natural preparations. Each treatment is customized in accordance with the constitution and Dosha imbalance, so as to involve the entire physiology thus achieving lasting results. The full success of Beauty Treatments is also achieved through the proper sequencing of ancient Ayurvedic techniques, entrusted exclusively to Maharishi Ayurveda experts. To maximize the effectiveness of all treatments, special routines, Ayurvedic medicinal plant-based food and dermocosmetic preparations of high scientificity are suggested.

5 DAYS

1.510 €

Package includes:

1 Abhyanga, 1 Udvartana, 1 Vishesh, 1 Pizzichilli, 1 3 Pos Abyhanga, 2 Swedana, 1 Nasya, 1 Pada Abyhanga completo, 1 Shirodhara, 2 Maschere viso, 1 Netra, 1 Visita Medica (Nadi Vigyan)

EXCLUDING FULL BOARD



DAILY
TREATMENTS



MEDICAL
ADVICE



YOGA &
MEDITATION



AYURVEDIC
DIET



Package N.8

WELLNESS

Ayurvedic wellness treatments are gentle and relaxing practices designed to promote relaxation, improve mental and physical balance, and maintain overall health.

Objective: They do not aim to treat deep pathological conditions but rather offer immediate benefits such as stress reduction, improved circulation, or muscle relaxation.

Indications: Ideal for those seeking relaxation, energetic balance, and an improvement in daily well-being without undergoing intense procedures.

Panchakarma, on the other hand, is an intensive therapeutic program, often customized under the guidance of an Ayurvedic doctor, for deep detoxification and restoring Dosha imbalances.

1 DAY

Package includes:

1 Abhyanga, 1 Shirodhara

2 DAYS

Package includes:

1 Abhyanga, 1 Vishesh, 1 Shirodhara, 1 Swedana

3 DAYS

Package includes:

1 Abhyanga, 1 Vishesh, 1 Shirodhara, 1 Swedana, 1 Pizzichilli

SINGLE TREATMENTS

Synchronized full-body massage with two therapists

- **Abhyanga:** massage with herbalized sesame oil
- **Vishesh:** herbalized sesame oil massage with increased pressure and muscle and lymphatic drainage
- **Garshan:** silk glove massage
- **Kseeradhara:** gentle massage under a stream of milk
- **Pindasveda:** treatment with hot herbal boluses
- **Patrapotals:** massage with herbalized boluses
- **Pizichilli:** oil bath - royal massage
- **Udvartana:** full body massage with sesame oil and peeling effect flours stimulating liver drainage
- **Shirobasti:** oil bath for the head

Treatments on one part of the body

On the head

- **Nasya:** head neck and shoulder massage, nose and sinus cleansing
- **Netratarpana:** eye treatment
- **Shirodhara:** flow of medicinal oil on forehead with balancing effect
- **Shiro Pichu:** application of medicinal oil on the head
- **Takra Dhara:** flow of yogurt on forehead very relaxing nervous system tensions



Single treatments

For The Heart

- **Hrid Basti:** local application with medicinal oil

For the back and joints

- **Kati Basti:** local application with medicinal oil for the spine
- **Local Kseeradhara:** gentle local massage under a stream of milk
- **Local Patra Potali:** local massage with herbalized boluses

For the abdomen

Chakra Basti or Nabhi Basti: local application with medicinal oil

For the feet

- **Pada Abhyanga:** foot massage
- **Pada Dhara:** flow of medicinal oil on feet

Heat treatment

- **Swedana:** herbalizing steam bath

Gentle colonic washing

- **Matra Basti:** “small” wash
- **Shodana or Kseera Basti:** “big” wash

Beauty Treatments

- **Anti-acne-anti-wrinkle-detoxifying face mask**
- **Firming treatment**
- **Two-phase slimming treatment**
- **Cellulite treatment**
- **Exfoliating body treatment**
- **Draining body treatment**

Medical consultation-Nadi Vigyan

- **Medical counseling and assistance throughout Panchakarma**
- **Single medical consultation**

Panchakarma

- **Standard treatment: Abhyanga, Swedana, Basti**

CASA MIRABELLO

Casa Mirabello enjoys a magnificent location at 600 meters above sea level, nestled in a forest of chestnut and oak trees in the quiet of the forest and nature with spectacular views of the Monte Rosa massif. Ideal for Panchakarma and Wellness stays where you can enjoy Ayurvedic treatments in absolute harmony with the surrounding nature. It is a 10-minute drive minutes from the picturesque medieval village of Orta and the Island of San Giulio, an enchanting destination with a UNESCO World Heritage natural park.

The warm welcome, smiling professionalism and courtesy of our staff will accompany every moment of your stay at the relaxation and tranquility.



Our rooms

Casa Mirabello has 8 spacious and comfortable rooms. Many boast a large balcony with unparalleled mountain and forest views from which to watch the transformation of nature from sunrise at sunset.

Smiling dreams, deep sleeps and happy awakenings amidst the chirping of birds and pure relaxation.

All single and double rooms are finished with basic and simple furnishings in keeping with the spirit of the house. Furnishings include: shower, hair dryer, bathrobe, slippers, wireless Internet access and safe.

A yoga room is at your disposal for your daily practice and meditation. A large outdoor area will allow you to spend pleasant moments in meditation, reading and/or in the company of other guests and to have lunch surrounded by the beauty of nature.



The arrangement

The full board

- Full board includes accommodation in single room double single use or double double room
- Lunch and dinner with Ayurvedic vegetarian food
- Breakfast and afternoon snack, herbal teas and drinks



All food is certified organic.

Vegetables and fruits are purchased by our center directly from organically certified farmers.

How to reach us

By train

Novara-Domodossola line, Orta-Miasino.

By car

FROM MILAN

- A8 Milan Varese
- A26 junction for Gravellona Toce
- Arona exit
- continue on SS.229
Borgomanero-Gozzano-Orta San Giulio-Ameno

FROM TURIN

- A4 Turin-Trieste, after Greggio
- A26 Gravellona Toce Direction
SS229 Borgomanero-Gozzano-Orta San Giulio-Ameno Exit

FROM ROME.

- A1 Rome-Milan, West Ring Road
- A8 Milan Varese
- A26 junction for Gravellona Toce
- Arona exit
- continue on SS.229
Borgomanero-Gozzano-Orta San Giulio-Ameno

FROM CHIASSO

- A9 Chiasso-Lainate
- A8 Milan-Varese
- A26 Alessandria-Gravellona Toce
Arona exit, SS229 Borgomanero-Gozzano-Orta San Giulio
Ameno exit

FROM BASILEA

- Bellinzona Sud exit, Locarno, Verbania, Gravellona Toce, Omegna,
follow signs for Lago d'Orta-Ameno

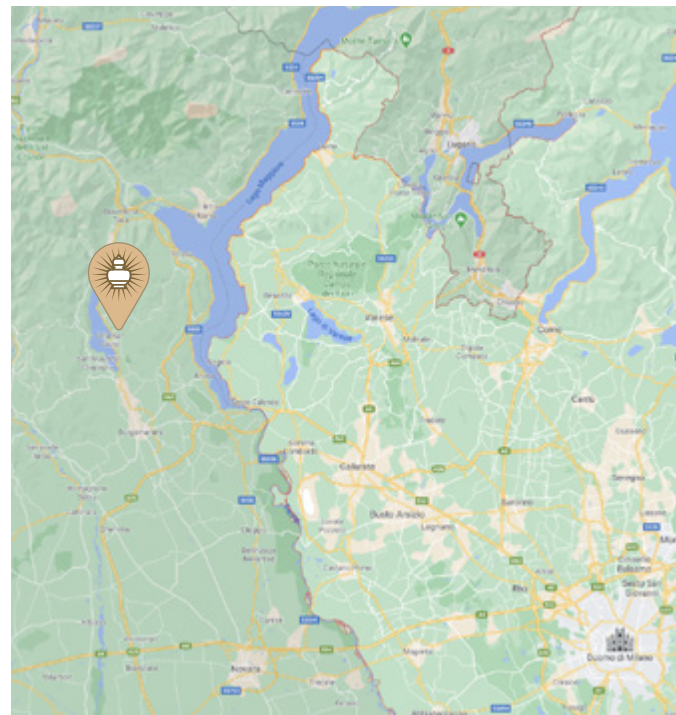
FROM LAUSANNE - BRIGA

- Simplon Pass, from Domodossola freeway to Milan, exit Gravellona
Toce, Omegna, follow signs for Lago d'Orta-Ameno

By airplane

FROM MILAN MALPENSA INTERNATIONAL AIRPORT

- A26 direction Gravellona Toce-Alessandria
Arona exit, SS229 Borgomanero, Gozzano, Orta.



Terms and conditions

Price list valid from: 01.01.2024 to 30.12.2024

Legal Conditions

According to the provisions of the Italian Civil Code's sales contract law, the following conditions apply:

Prices

The booking confirmation determines which services and prices are contractually agreed upon, with reference to our current Ayurveda Price List 2023.

The total amounts include the confirmed stay and treatments, the board you have booked, and the support program.

If you decide to extend your stay, have additional treatments, or remove some treatments in agreement with the doctor, the final price will be recalculated at check-out.

Booking

The deposit becomes due upon booking confirmation via email or letter.

The prices in effect at the time of booking will be applied.

Bookings can be made by phone, email, or written letter.

Your booking becomes official when you receive our confirmation and the receipt of the deposit equal to 20% of the total estimated amount sent.

It is possible to cancel the booking – in writing only – within the first seven days after making the booking. In this case, there will be no cancellation penalty, provided that it is more than four weeks before the scheduled start of the stay, as this is when we start planning the doctor's visits, treatments, meals and staff.

Starting from the eighth day after making the reservation, the cancellation fee will apply.

Payment can be made through credit card or bank transfer.

Cancellation

Cancellation of reservation is possible only in writing (email, letter). Cancellation fees depend on the time remaining until your scheduled arrival and are proportional to the services booked, as follows:

In caso di cancellazione:

- From 4 weeks before arrival until the 14th day before arrival: 30% of the deposit paid
- From the 13th day after arrival until the 7th day before arrival: 60% of the deposit paid
- From the 6th day after arrival and/or if you do not arrive at all ("no show") 80% of the deposit paid.

The difference between the deposit paid and the penalty withheld will be returned by bank transfer.

Early departure

If you have to leave before your stay and treatment schedule, those services that were booked but not performed will be charged at 80% of their cost.

In case of termination of the contract or in case of non-use of the contractually agreed services, the guest has the burden of proof that no damage has arisen due to termination or non-use or that such damage is significant and significantly less than the cancellation fees listed in item 5.

Of course, we will also accept a substitute person of the same sex if you are unable to come for the booked stay.

Reporting defects and warranty during the course of treatment

Should any aspect of our services prove unsatisfactory, this should be brought to our attention immediately so that we can remedy the situation immediately.

Cancellation of treatments during the stay

Cancellation of individual Ayurvedic treatment sessions during your stay is possible until noon the day before the scheduled treatment. Otherwise you will be charged 80% of the treatment cost unless medically indicated.

Data Protection

Your personal information will be used solely for processing your reservation and for our internal use, unless you have expressly consented to additional use. If you would like your personal information removed, blocked, or updated, please email us at: info@ayurveda-maharishi.net

Applicable law

Italian law applies to all our services and contractual agreements.



Centro Ayurveda Maharishi Lago D'Orta

Registered as: Associazione La Nuova Terra
Località Mirabello 28010 Ameno (NO), Italia
C.F. e P.I. 02195500034

District Court of Verbania (VCO).
VAT Identification Number: 02195500034
Authorized Administrator: Tommaso Iuliano
Medical Director: Dr.ssa Patrizia Raiteri

info@ayurveda-maharishi.net
www.ayurveda-maharishi.net

☎ +39 0322076858



CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

www.ayurveda-maharishi.net