

LISTINO

AYURVEDA, YOGA AND PLUS TREATMENTS
2026



CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

General Information

This price list is valid only for members of A.S.D. LA NUOVA TERRA. The word yoga comes from Sanskrit and means union or connection. It refers to the connection of body, mind, and soul.

Ayurveda is the science of life, the oldest natural system for the care and well-being of the individual.

Asana, Pranayama, and Meditation serve as different tools to achieve this unity.

Each package includes the following services for the entire duration of the stay:

- Daily Ayurvedic treatment according to the selected package
- Final consultation with the doctors
- Preparation of a personalized Ayurvedic dietary plan
- Personalized extended program for lifestyle and daily routine

The content of each session may vary based on the Ayurvedic doctor's observations, always in agreement with you.

IMPORTANT:

The prices listed are indicative. Your session plan may be personalized, and in that case the total cost of the stay will be based on the activities actually carried out. Ayurvedic activities begin on the day of your arrival, and the final day of activities coincides with your departure day. However, we recommend arriving the day before the start of the Panchakarma sessions and departing the day after the end of the activities.

Any difference from the originally booked stay will be calculated at the end, at the time of your check-out.

If you wish to arrive earlier or depart later than the dates of your booked package, you can contact us by phone or WhatsApp at +39 0322076858.

The real value of a price list

In Panchakarma, the real value of a program is not measured only by the price or the facility hosting it, but by the quality, authenticity and actual number of treatments performed according to traditional procedures. In our Ayurvedic centre, thanks to a deep knowledge of Panchakarma and efficient organisation, we are able to guarantee every day a higher number of treatments compared to many other centres.

A fundamental element, often underestimated, is the way in which treatments are performed: in our centre they are always carried out by two therapists, with four hands, as required by the authentic procedures described in the Charaka Samhita. Not all centres apply this traditional method, which represents an essential part of the treatment and profoundly influences its quality and effectiveness.

These are important aspects that are often not taken into consideration, because not everyone truly knows the authentic Panchakarma procedure and what a complete programme should include.

Always compare the actual number of treatments over the same number of days: in a 10-day package, many centres offer an average of 12-14 treatments, while in our centre you receive approximately 30 treatments over the same period.

The difference can exceed 100% more treatments in the same timeframe. It is not a matter of hotel category or ancillary services, but of the authenticity of Ayurvedic procedures and the true intensity of the programme.

Verifying this data is the simplest and most transparent way to understand the real value of an Ayurvedic programme.



Included Services

Each session includes the following services for the entire duration of the stay:

- Accommodation in the booked room category
- Daily Ayurvedic treatment according to the booked package
- Full board Ayurvedic vegetarian meals
- Medical consultations with Pulse Diagnosis (Nadi Vigyan)
- Final consultation with the Ayurvedic doctor
- Composition of an individual Ayurvedic dietary plan
- Extensive personal programme on lifestyle and daily routine
- Yoga: daily individual and group sessions

The content of the Package may vary based on the observations of the Ayurvedic doctor, but always in agreement with you.



Sessions

Panchakarma

Panchakarma involves fundamental treatments for achieving the purification of the physiology.

A pre-treatment is required, to be carried out at home or at the Centre, which serves to prepare the physiology to receive the treatments. Instructions for the pre-treatment at home will be sent to you by email after confirmation of your stay.

Based on the chosen package, the doctor, through pulse diagnosis, will define or personalise your treatments.

At the end of the Panchakarma, a personal programme on lifestyle, daily routine and diet will be recommended, along with prescriptions for Ayurvedic preparations.

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

Recommended for:

- Loss of appetite, overweight, excessive thinness
- General weakness due to stress / intoxication
- Anxiety / depressive states
- Muscle contractures, joint pain, skin diseases



Goal of the treatment: detoxification, rejuvenation, psycho-physical well-being

Duration of applications: 90-180 minutes per day

Yoga: for beginners and advanced, in a group

Meditation: individual and group



daily
treatments



medical
consultation



yoga &
meditation



ayurvedic
diet

The three phases of Panchakarma

1. Pre-Treatment

Since toxins (Ama) tend to accumulate in the tissues over a long period of time, particularly in adipose tissue, Panchakarma begins with a fundamental preparatory phase called Snehapana, namely internal oleation, lasting 3 days. During this phase, each morning on an empty stomach, progressive doses of ghee (clarified butter) are taken, with the aim of dissolving and mobilising the toxins accumulated in the tissues, channelling them toward the intestine to facilitate their elimination. Throughout the day, a light and easily digestible diet is followed, so as to support the purification process without overburdening the body.

On the fourth day, Virechana (purgation) takes place: early in the morning, a natural laxative, generally castor oil, is taken to initiate a deep intestinal cleanse. This phase marks the beginning of the active elimination of toxins, which will then continue with the specific Panchakarma treatments. During these first 4 days, supportive treatments are also carried out to facilitate and complete the detoxification process. From the fifth day, the full personalised Panchakarma programme begins.

2. Treatment at the Panchakarma Centre

During this phase, pleasant four-handed massages are received (Abhyanga, Vishes, Udvartana, Pizichilli, etc.), along with therapies involving delicate herbalised saunas (Swedana) and others that precede the gentle intestinal cleansing phases carried out with light balancing enemas.

3. Post-Treatment

At the end of the Panchakarma treatment, upon returning home, the following guidelines should be followed:

- Continue to follow a light, digestible diet consisting of cooked and warm foods.
- Avoid resuming physical activity for 3/5/7 days (equal to the number of days of Panchakarma).
- After this period, gradually resume your usual diet and activities, trying to put into practice the dietary advice learned during consultations with the doctor.

Panchakarma sessions

Duration and treatments – Full board excluded

3 DAYS

€ 915

2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Swedana (70 €), 2 Shirodhara (180 €), 3 Matra (120 €), 1 medical consultation (Nadi Vigyan) (110 €)

4 DAYS

€ 1.225

2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Swedana (70 €), 3 Shirodara (270 €), 4 Matra (160 €), 1 medical consultation (Nadi Vigyan) (110 €)

5 DAYS

€ 1.485

2 Abhyanga (290 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Three Positions Abhyanga (50 €), 1 Nasya (165 €), 2 Swedana (140 €), 1 Shirodara (90 €), 3 Matra (120 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

6 DAYS

€ 1.760

2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Three Positions Abhyanga (50 €), 1 Nasya (165 €), 2 Swedana (140 €), 2 Shirodara (180 €), 4 Matra (140 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

7 DAYS

€ 2.035

3 Abhyanga (435 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Three Positions Abhyanga (50 €), 1 Nasya (165 €), 2 Swedana (140 €), 3 Shirodara (270 €), 5 Matra (200 €), 1 Shodana (45 €), 1 medical consultation (Nadi Vigyan) (110 €)

8 DAYS

€ 2.375

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Three Positions Abhyanga (50 €), 1 Nasya (165 €), 1 Patrapotali Light (85 €), 3 Swedana (210 €), 3 Shirodara (270 €), 7 Matra (280 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

9 DAYS

€ 2.635

2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Three Positions Abhyanga (100 €), 2 Nasya (330 €), 1 Patrapotali (160 €), 2 Swedana (210 €), 3 Shirodara (270 €), 7 Matra (280 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

10 DAYS

€ 2.885

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Three Positions Abhyanga (100 €), 2 Nasya (330 €), 3 Swedana (210 €), 3 Shirodara (270 €), 7 Matra (280 €), 2 Shodana (100 €), 1 medical consultation (Nadi Vigyan) (110 €)

11 DAYS

€ 3.170

3 Abhyanga (435 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali total (320 €), 2 Three Positions Abhyanga (100 €), 2 Nasya (330 €), 4 Swedana (280 €), 3 Shirodara (270 €), 8 Matra (320 €), 2 Shodana (100 €), 1 medical consultation (Nadi Vigyan) (110 €)

12 DAYS

€ 3.470

2 Abhyanga (290 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 1 Pizzichilli (580 €), 1 Pindaswedana (250 €), 2 Patrapotali totale (320 €), 2 Three Positions Abhyanga (100 €), 2 Nasya (330 €), 1 Face mask (100 €), 1 Pada dara (50 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Ksheera (50 €), 9 Matra (360 €), 1 Shodana (50 €), Visita Medica (Nadi Vigyan) (110 €)

13 DAYS

€ 3.730

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali totale (320 €), 1 Pindaswedana (250 €), 2 Nasya (330 €), 2 Three Positions Abhyanga (100 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Face mask (100 €), 1 Pada dara (50 €), 1 Hridaia basti (75 €), 10 Matra (400 €), 1 Kseera (50 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

14 DAYS

€ 3.995

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 1 Pindaswedana (250 €), 2 Patrapotali totale (320 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridaia Chakra (€ 75), 1 Pada abyhanga (€ 50), 1 Face mask (100 €), 1 Ksheera (50 €), 10 Matra (400 €), 2 Shodana (100 €), 1 medical consultation (Nadi Vigyan) (110 €)

15 DAYS

€ 4.285

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana, (180 €) 2 Pizzichilli (580 €), 2 Pindaswedana (500 €), 2 Patrapotali totale (320 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridaia Chakra (75 (500 €)), 1 Pada abyhanga (50 €), 1 Face mask (100 €), 11 Matra (440 €), 1 Kseera (50 €), 2 Shodana (100 €), 1 medical consultation (Nadi Vigyan) (110 €)

16 DAYS

€ 4.515

3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 3 Pizzichilli (870 €), 2 Patrapotali totale (320 €), 2 Pindaswedana (500 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridaia Chakra (75 €), 1 Pada Abyhanga (50 €), 12 Matra (480 €), 1 Ksheera (50 €), 2 Shodana (100 €), 1 medical consultation (Nadi Vigyan) (110 €)

17 DAYS

€ 4.855

3 Abhyanga (435 €), 2 Vishesh (290 €), 2 Udvartana (360 €), 3 Pizzichilli (870 €), 2 Patrapotali totale (320 €), 2 Pindaswedana (500 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 3 Swedana (€ 210), 3 Shirodara (270 €), 2 Pada abyhanga (100 €), 1 Hridaia basti (75 €), 13 Matra (520 €), 2 Shodana (100 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

18 DAYS

€ 5.175

3 Abhyanga (435 €), 2 Vishesh (290 €), 2 Udvartana (360 €), 3 Pizzichilli (870 €), 3 Patrapotali totale (480 €), 2 Pindaswedana (500 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 3 Swedana (€ 210), 3 Shirodara (270 €), 1 Pada abyhanga (50 €), 1 Hridaia basti (75 €), 1 Netratarpa (70 €), 1 Face mask (100 €), 14 Matra (560 €), 2 Shodana (100 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

19 DAYS

€ 5.470

3 Abhyanga (435 €), 2 Vishesh (290 €), 2 Udvartana (360 €), 3 Pizzichilli (870 €), 3 Patrapotali totale (480 €), 3 Pindaswedana (750 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 3 Swedana (210 €), 3 Shirodara (270 €), 1 Face mask (100 €), 2 Hridaia Chakra (€ 150), 1 Pada abyhanga (50 €), 15 Matra (600 €), 2 Shodana (100 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

20 DAYS

€ 5.725

4 Abhyanga (580 €), 2 Vishesh (290 €), 2 Udvartana (360 €), 3 Pizzichilli (870 €), 3 Patrapotali totale (480 €), 3 Pindaswedana (750 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 3 Swedana (210 €), 3 Shirodara (270 €), 2 Hridaia Chakra (150 €), 16 Matra (640 €), 2 Shodana (100 €), 1 Kseera (50 €), 1 Face mask (100 €), 1 Netratarpa (70 €), 1 Pada dara (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

21 DAYS

€ 6.010

5 Abhyanga (725 €), 2 Vishesh (290 €), 2 Udvartana (360 €), 3 Pizzichilli (870 €), 3 Patrapotali totale (480 €), 3 Pindaswedana (750 €), 3 Three Positions Abhyanga (150 €), 3 Nasya (495 €), 3 Swedana (€ 210), 3 Shirodara (270 €), 2 Hridaia Chakra (€ 150), 1 Pada dara (50 €), 2 Face mask (200 €), 1 Netratarpa (70 €), 17 Matra (680 €), 2 Shodana (100 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

Panchakarma sessions

Treatments with pre-treatment at the Center

Duration and treatments – Full board excluded

7 DAYS

€ 1.880

1 Pre-treatment (40 €), 2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Patrapotali (160 €), 1 Pada Abyhanga (50 €), 1 Two Positions Abhyanga (50 €), 1 Nasya (165 €), 2 Swedana (140 €), 2 Shirodara (180 €), 2 Matra (80 €), 1 medical consultation (Nadi Vigyan) (110€)

8 DAYS

€ 2.170

1 Pre-treatment (40 €), 2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Pindaswedana (€ 250), 1 Patrapotali (160 €), 1 Pada Abyhanga (50€), 2 Two Positions Abhyanga (50 €), 1 Nasya (165 €), 2 Swedana (140 €), 2 Shirodara (180 €), 3 Matra (120 €), 1 medical consultation (Nadi Vigyan) (110 €)

9 DAYS

€ 2.425

1 Pre-treatment (40 €), 2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Pizzichilli (290 €), 1 Patrapotali (160 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 2 Shirodara (180 €), 4 Matra (160 €), 1 medical consultation (Nadi Vigyan) (110 €)

10 DAYS

€ 2.765

1 Pre-treatment (40 €), 2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 1 Patrapotali (160 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 2 Shirodara (180 €), 1 Pada Abyhanga (€ 50), 5 Matra (200 €), 1 Shodana (50 €) 1 medical consultation (Nadi Vigyan) (110 €)

The Panchakarma with pre-treatment at the center includes 3 days of ghee intake (Snehapana) and 1 day of purgation with castor oil (Virechana). During these 4 days, preparatory Ayurvedic treatments aimed at detoxifying the body are scheduled in the afternoon.

11 DAYS

€ 3.055

1 Pre-treatment (40 €), 2 Abhyanga (290 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 5 Matra (200 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

12 DAYS

€ 3.340

1 Pre-treatment (40 €), 3 Abhyanga (435 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Face mask (100 €), 6 Matra (240 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

13 DAYS

€ 3.600

1 Pre-treatment (40 €), 3 Abhyanga (435 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (75 €), 1 Face mask (100 €), 7 Matra (280 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

14 DAYS

€ 3.935

1 Pre-treatment (40 €), 4 Abhyanga (580 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 1 Pindaswedana (250 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 8 Matra (320 €), 1 Shodana (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

15 DAYS

€ 4.235

1 Pre-treatment (40 €), 4 Abhyanga (580€), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 1 Pada Abyhanga (50 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 8 Matra (320 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

16 DAYS

€ 4.470

1 Pre-treatment (40 €), 5 Abhyanga (725 €), 2 Vishesh (290 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 2 Pada abyhanga (100 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 9 Matra (360 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

17 DAYS

€ 4.745

1 Pre-treatment (40 €), 5 Abhyanga (725 €), 3 Vishesh (435 €), 1 Udvartana (180 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 2 Pada Abyhanga (100 €), 2 Two Positions Abhyanga (100 €), 2 Nasya (330 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 10 Matra (400 €), 1 Netratrapana (90 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

18 DAYS

€ 5.000

1 Pre-treatment (40 €), 5 Abhyanga (725 €), 3 Vishesh (435 €), 1 Udvartana (80 €), 2 Pizzichilli (580 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 2 Pada Abyhanga (100 €), 3 Two Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (€ 75), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 1 Matra (440 €), 1 Netratrapana (90 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi

19 DAYS

€ 5.330

1 Pre-treatment (40 €), 5 Abhyanga (725 €), 3 Vishesh (435 €), 1 Udvartana (180 €), 3 Pizzichilli (870 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 2 Pada Abyhanga (100 €), 3 Two Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia Basti (75 €), 1 Face mask (€100), 1 Marma Teraphy (150 €), 12 Matra (480 €), 1 Netratrapana (90 €), 1 Shodana (50 €), 1 Ksheera 50 €, 1 medical consultation (Nadi



20 DAYS

€ 5.605

1 Pre-treatment (40 €), 6 Abhyanga (870€), 3 Vishesh (435 €), 1 Udvartana (180 €), 3 Pizzichilli (870 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 2 Pada abyhanga (100 €), 3 Two Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 13 Matra (520 €), 2 Netratrapana (180 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi

21 DAYS

€ 5.840

1 Pre-treatment (40 €), 7 Abhyanga (1.015€), 3 Vishesh (435 €), 1 Udvartana (180 €), 3 Pizzichilli (870 €), 2 Patrapotali (320 €), 2 Pindaswedana (500 €), 3 Pada Abyhanga (150 €), 3 Two Positions Abhyanga (150 €), 3 Nasya (495 €), 2 Swedana (140 €), 3 Shirodara (270 €), 1 Hridia basti (75 €), 1 Face mask (100 €), 1 Marma Teraphy (150 €), 14 Matra (560 €), 2 Netratrapana (180 €), 1 Shodana (50 €), 1 Ksheera (50 €), 1 medical consultation (Nadi Vigyan) (110 €)

The Panchakarma with pre-treatment at the center includes 3 days of ghee intake (Snehapana) and 1 day of purgation with castor oil (Virechana). During these 4 days, preparatory Ayurvedic treatments aimed at detoxifying the body are scheduled in the afternoon.

Sessions

Wellness

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

Objective: They are not intended to treat serious pathological conditions, but rather to provide immediate benefits such as stress reduction, improved circulation, and muscle relaxation.

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



1 DAY € 215

1 Abhyanga (145 €), 1 Shirodhara (90 €)

2 DAYS € 450

1 Abhyanga (145 €), 1 Vishesh (145 €), 1 Shirodhara (90 €), 1 Swedana (70 €)

3 DAYS € 740

1 Abhyanga (145 €), 1 Vishesh (145 €), 1 Shirodhara (90 €), 1 Swedana (70 €), 1 Pizzichilli (290 €)

4 DAYS € 1.005

2 Abhyanga (290 €), 1 Vishesh (145 €), 2 Shirodhara (180 €), 1 Face mask (100 €), 1 Pizzichilli (290 €)

5 DAYS € 1.270

1 Abhyanga (145 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Patrapotali (80 €), 2 Shirodhara (180 €), 2 Swedana (70 €), 1 Face mask (100 €), 1 Pizzichilli (290 €)

6 DAYS € 1.490

1 Abhyanga (145 €), 1 Vishesh (145 €), 1 Udvartana (180 €), 1 Patrapotali (180 €), 2 Shirodhara (180 €), 2 Swedana (70 €), 1 Face mask (100 €), 1 Pizzichilli (290 €), 1 Marma therapy (135 €)

Recommended for:

Ideal for those seeking relaxation, energy balance, and an improvement in daily well-being without undergoing intensive procedures.

Yoga sessions

“YOGA SHOULD SERVE THE PERSON, NOT THE OTHER WAY AROUND.”

This central idea of the great indian yoga teacher t.K.V. Desikachar is also the guiding principle of our yoga instructors. Specifically, it means that exercises should be adapted to the individual's needs. Yoga takes into account each person's physical requirements, and this is reflected in the practice.

This is especially true for beginners. With the guidance of our yoga teachers, you can try gentle exercises for the body and discover the benefits that asanas bring to both body and mind.

The focus of the practice is on Asanas that support the detoxification processes of Panchakarma and are easy to perform, such as Marjariasana (the stretching cat), Makarasana (the crocodile), and Surya Namaskara (the Sun Salutation).

These mindful movement exercises are complemented by Pranayama (energy breathing) and Yoga Nidra (deep relaxation).

Our yoga instructors ensure that the practice is carried out consciously and mindfully, step by step. It is important to move slowly, without ever forcing the body.

Yoga students learn how to release tension, guided by the flow of the breath, awareness, and letting go of the body.

They can also continue at home, practicing some of the techniques learned during our yoga sessions.

FROM 1 DAY UP TO 6 DAYS

DAILY € 80

Individual session + Group session (full board excluded)

Plus Treatments

Osteosopathy

An evolutionary manual approach that integrates bodywork, somato-emotional and energetic listening. It promotes physical and emotional rebalancing, dissolving deep tensions and supporting body-mind harmony and personal growth.

Osteopathy

A manual discipline that restores the overall balance of the body through gentle and targeted techniques. It also includes neurovegetative rebalancing work to reduce stress, improve sleep, and support visceral functions.

Physiotherapy

A personalized healthcare path to prevent and rehabilitate musculoskeletal and neurological dysfunctions, reducing pain and restoring mobility, strength, and function in a lasting way.

Massophysiotherapy

An evolutionary manual approach that integrates bodywork, somato-emotional and energetic listening. It promotes physical and emotional rebalancing, dissolving deep tensions and supporting body-mind harmony and personal growth.

Emotional Support “Tree of Life” Paths

Individual and group journeys oriented towards inner transformation and personal growth, through integrated work on emotions, awareness, and the body.

Energy Treatments

Individual body-mind-emotion rebalancing paths that promote relaxation, neurovegetative regulation, and overall harmony, also in integration with other paths.

1 PLUS TREATMENT

€ 80

Meeting Place and Tranquility

Ayurveda Maharishi Center

Duration and Treatments – Full Board Not Included

Daily Refunds per Person for Use of Room and Kitchen:

Double Room for Single Use with Balcony	€ 155
Double Room with Balcony	€ 135
Single Room with Balcony	€ 135
Double Room for Single Use	€ 135
Double Room	€ 115

If you wish to arrive earlier or depart later than the dates of your booked package, you can contact us by phone or WhatsApp at +39 0322076858.



Single Treatments

Rates for Members

Duration and Treatments – Full Board Not Included

Full-Body Massages Synchronized with Two Therapists:

Abyhanga: Massage with herbalized sesame oil	€ 145
Vishesh: Massage with herbalized sesame oil with deeper pressure and muscle and lymphatic drainage	€ 145
Garshan: Massage with silk gloves	€ 80
Kseeradhara: Gentle massage under a flow of milk	€ 215
Pindasveda: Treatment with warm herbal poultices	€ 250
Patrapotali: Massage with herbalized poultices	€ 160
Pizichilli: Oil bath, royal massage	€ 290
Udvertana: Full-body massage with sesame oil and herbal powders, providing a stimulating peeling effect and promoting liver drainage	€ 180
Shirobasti: Oil bath for the head	€ 200
Kalari: Treatment to rebalance body and energy	€ 180
Teraphy Marma: Stimulation of energy points	€ 150
Local Teraphy Marma: Stimulation of energy points on specific areas	€ 100
Maharishi Light Gem Therapy: Process to induce beneficial vibrations for the body and mind	€ 105

Head Treatments:

Nasya: Massage of the head, neck, and shoulders, with cleansing of the nose and nasal sinuses	€ 165
Netratarpana: Eye treatment	€ 90
Shirodhara: Flow of medicated oil on the forehead for a balancing effect	€ 20
Shiro Pichu: Application of medicated oil on the head	€ 95
Takra Dhara: Flow of yogurt on the forehead, very relaxing for nervous system tension	€ 75
Shiro-Abyhanga: Head massage	€ 50
Suffumigi: Head massage with hot steam inhalation of Ayurvedic drops	€ 50

Pre-Treatment at the Center

3 Days with Ghee Intake (Snehapana)	€ 40
1 Day of Purgation with Castor Oil (Virechana)	

Heart Treatments

Hrid basti: Local application with medicated oil	€ 75
2 Positions Abyhanga: Massage with herbalized sesame oil	€ 50

Back and Joint Treatments

Kati Basti: Local application with medicated oil for the spine	€ 75
Kseera Dhara Local: Gentle local massage under a flow of milk	€ 110
Patra Potali Local: Local massage with herbalized poultices	€ 85
Janu Basti: Knee treatment	€ 75

Abdominal Treatments

Chakra Basti or Nabhi Basti: Local application with medicated oil	€ 75
---	------

Foot Treatments

Pada Abyhanga: Foot massage	€ 50
Pada Abyhanga short: Short foot massage	€ 20
Complete Pada Dhara: Flow of medicated oil on the feet	€ 85



Heat Therapy Treatment

Swedana: Herbal Steam Bath	€ 70
----------------------------	------

Gentle Colon Cleansing

Matra Basti	€ 40
Shodana or Kseera Basti	€ 50

Medical Consultation (Mandatory)

Nadi Vigyan	€ 110
Osteopathy: Osteopathic Treatment	€ 80

Individual Yoga Session

Personalized Practice for Body and Mind	€ 80
---	------

RATES – PANCHAKARMA – Sessions with Accommodation, Ayurvedic Activities, and Cuisine

	Activities	Double Room with Balcony Single Room with Balcony Single Room with Balcony	Double Room	Double Room for Single Use with Balcony
PANCHAKARMA 3 days / 2 nights	€ 915	€ 1.185	€ 1.145	€ 1.225
PANCHAKARMA 4 days / 3 nights	€ 1.225	€ 1.630	€ 1.570	€ 1.600
PANCHAKARMA 5 days / 4 nights	€ 1.485	€ 2.025	€ 1.945	€ 2.090
PANCHAKARMA 6 days / 5 nights	€ 1.760	€ 2.435	€ 2.335	€ 2.535
PANCHAKARMA 7 days / 6 nights	€ 2.035	€ 2.845	€ 2.725	€ 2.965
PANCHAKARMA 8 days / 7 nights	€ 2.375	€ 3.320	€ 3.180	€ 3.460
PANCHAKARMA 9 days / 8 nights	€ 2.635	€ 3.715	€ 3.555	€ 3.875
PANCHAKARMA 10 days / 9 nights	€ 2.885	€ 4.100	€ 3.920	€ 4.280
PANCHAKARMA 11 days / 10 nights	€ 3.170	€ 4.520	€ 4.320	€ 4.720

	Activities	Double Room with Balcony Single Room with Balcony Single Room with Balcony	Double Room	Double Room for Single Use with Balcony
PANCHAKARMA 12 days / 11 nights	€ 3.470	€ 4.955	€ 4.735	€ 5175
PANCHAKARMA 13 days / 12 nights	€ 3.730	€ 5.350	€ 5.110	€ 5.590
PANCHAKARMA 14 days / 13 nights	€ 3.995	€ 5.750	€ 5.490	€ 6.010
PANCHAKARMA 15 days / 14 nights	€ 4.285	€ 6.175	€ 5.895	€ 6.455
PANCHAKARMA 16 days / 15 nights	€ 4.515	€ 6.540	€ 6.240	€ 6.840
PANCHAKARMA 17 days / 16 nights	€ 4.885	€ 7.015	€ 6.695	€ 7.335
PANCHAKARMA 18 days / 17 nights	€ 5.175	€ 7.470	€ 7.130	€ 7.810
PANCHAKARMA 19 days / 18 nights	€ 5.470	€ 7.900	€ 7.540	€ 8.260
PANCHAKARMA 20 days / 19 nights	€ 5.725	€ 8.290	€ 7.910	€ 8.670
PANCHAKARMA 21 days / 20 nights	€6.010	€ 8.710	€ 8.310	€10.010

RATES – PANCHAKARMA WITH PRE-TREATMENT AT THE CENTER – Sessions with Accommodation, Ayurvedic Activities, and Cuisine

	Activities	Double Room with Balcony Single Room with Balcony Single Room with Balcony	Double Room	Double Room for Single Use with Balcony
PANCHAKARMA with PRE-TREATMENT 7 days / 6 nights	€ 1.880	€ 2.690	€ 2.570	€ 2.810
PANCHAKARMA with PRE-TREATMENT 8 days / 7 nights	€ 2.170	€ 3.115	€ 2.975	€ 3.255
PANCHAKARMA with PRE-TREATMENT 9 days / 8 nights	€ 2.425	€ 3.505	€ 3.345	€ 3.665
PANCHAKARMA with PRE-TREATMENT 10 days / 9 nights	€ 2.765	€ 3.980	€ 3.800	€ 4.160
PANCHAKARMA with PRE-TREATMENT 11 days / 10 nights	€ 3.055	€ 4.405	€ 4.205	€ 4.605
PANCHAKARMA with PRE-TREATMENT 12 days / 11 nights	€ 3.340	€ 4.825	€ 4.605	€ 5.045
PANCHAKARMA with PRE-TREATMENT 13 days / 12 nights	€ 3.600	€ 5.220	€ 4.980	€ 5.460
PANCHAKARMA with PRE-TREATMENT 14 days / 13 nights	€ 3.935	€ 5.690	€ 5.430	€ 5.950
PANCHAKARMA with PRE-TREATMENT 15 days / 14 nights	€ 4.235	€ 6.125	€ 5.845	€ 6.405

	Activities	Double Room with Balcony Single Room with Balcony Single Room with Balcony	Double Room	Double Room for Single Use with Balcony
PANCHAKARMA with PRE-TREATMENT 16 days / 15 nights	€ 4.470	€ 6.495	€ 6.195	€ 6.795
PANCHAKARMA with PRE-TREATMENT 17 days / 16 nights	€ 4.745	€ 6.905	€ 6.585	€ 7.225
PANCHAKARMA with PRE-TREATMENT 18 days / 17 nights	€ 5.000	€ 7.295	€ 6.955	€ 7.635
PANCHAKARMA with PRE-TREATMENT 19 days / 18 nights	€ 5.330	€ 7.760	€ 7.400	€ 8.120
PANCHAKARMA with PRE-TREATMENT 20 days / 19 nights	€ 5.605	€ 8.170	€ 7.790	€ 8.550
PANCHAKARMA with PRE-TREATMENT 21 days / 20 nights	€ 5.840	€ 8.540	€ 8.140	€ 8.940

	Activities	Double Room with Balcony Single Room with Balcony Single Room with Balcony	Double Room	Double Room for Single Use with Balcony
WELLNESS 1 day	€ 215	-	-	-
WELLNESS 2 days / 1 night	€ 450	€ 585	€ 565	€ 605
WELLNESS 3 days / 2 nights	€ 740	€ 1.010	€ 970	€ 1.050
WELLNESS 4 days / 3 nights	€ 1.005	€ 1.410	€ 1.350	€ 1.470
WELLNESS 5 days / 4 nights	€ 1.340	€ 1.880	€ 1.800	€ 1.960
WELLNESS 6 days / 5 nights	€ 1.490	€ 2.165	€ 2.065	€ 2.265
YOGA 1 day	€ 80	-	-	-
YOGA 2 days / 1 night	€ 160	€ 295	€ 275	€ 315
YOGA 3 days / 2 nights	€ 240	€ 510	€ 470	€ 550
YOGA 4 days / 3 nights	€ 320	€ 725	€ 665	€ 785
YOGA 5 days / 4 nights	€ 400	€ 940	€ 860	€ 1.020
YOGA 6 days / 5 nights	€ 480	€ 1.155	€ 1.055	€ 1.255

Arrival and departure

- Check-in: from 2:30 PM
- Check-out: by 12:00 PM

In the event of early departure, the full amount of the booked stay will be charged.

Prices

The booking confirmation establishes which services and prices have been agreed upon, in accordance with the Ayurveda 2026 Price List. The total price includes the stay, confirmed treatments, the chosen board type and the support programme. If you decide to extend your stay, add or remove treatments (in agreement with the doctor), the final price will be recalculated at check-out.

Booking and payment

The booking becomes final upon payment of a confirmatory deposit equal to 10% of the total amount, to be made by credit card using the payment link included in the requested quote. Accepted payment methods: Cash, Visa, MasterCard, American Express, Instant Bank Transfer.

Included services

The Ayurvedic wellness board includes:

- Ayurvedic buffet breakfast
- Lunch
- Afternoon snack with tea and fruit
- Dinner

We predominantly use organic, regional and km 0 products.

Included in the price:

- Ayurvedic activity programme (treatments, yoga, meditation, lectures)
- Free Wi-Fi
- Private parking

Cancellation policy – Stay

- Up to 30 days before arrival: no penalty
- From the 29th day before arrival up to the day of arrival: penalty equal to 100% of the deposit paid

Cancellation policy – Ayurveda Treatment

- Internal guests:

70% penalty of the treatment cost for cancellations within 24 hours of the scheduled treatment

- External guests:

100% charge of the treatment cost for cancellations within 24 hours of the scheduled treatment

Early departure

Booked services that have not been used will be charged at 70% of their cost. It is possible to indicate a substitute person of the same gender.

Travel insurance

In the event of inability to begin the stay for personal or health reasons, we strongly recommend taking out a travel cancellation insurance policy.

Data protection

Your personal information will be used exclusively for the processing of your booking and for our internal use, unless you have expressly consented to additional use. If you wish to have your personal information removed, blocked or updated, please send us an email to: info@ayurveda-maharishi.net



CENTRO
AYURVEDA MAHARISHI
LAGO D'ORTA

Centro Ayurveda Maharishi Lago D'Orta
ASD La Nuova Terra
Affiliated with ENDAS – Registered with RASD

Registered office:
loc. Mirabello - 28010 Ameno (NO) Italia
codice univoco: nuova.terra@pec.it
C.F. and P.I. 02195500034

Operational headquarters:
Via delle Rose, 4 - 528011 Armeno (NO) Italia

District Court of Verbania (VCO).
Sole authorised administrator: Tommaso Iuliano
Physician: Dr. Patrizia Raiteri

Ph./Whats App: +39 0322 076858
info@ayurveda-maharishi.net
www.ayurveda-maharishi.net