



Medical Wellness Ayurveda
SEEHOTEL BÄREN
AM MAGISCHEN BRIENZERSEE

SLEEP WELL! RESTFUL SLEEP! HEALTHY SLEEP!

Sleep disorders are nowadays a terrible nuisance, a real civilization disease of our society. They put human beings in front of an enormous problem. The consequences of long-term insomnia are listlessness, persistent fatigue, weakness and tiredness.

Stress, constant accessibility by radio and television, day and night availability by internet and handy, as well as financial burden, family problems, difficulties on the job, mobbing, poor health, or excessive alcohol consumption, persistent smoking, unhealthy food: these are facts, which can lead to insomnia.

A slumber without any disturbance is extremely important to be healthy and fit. To reactivate strength and energy, a refreshing sleep is fundamental and is a necessity for every earthling.

Through the AYURVEDA health teachings, the disharmony of the doshas (Pita, Vata, Kapha) is controlled, and the beneficial balance of the doshas is restored. Ayurveda helps to reduce insomnia and to recover a peaceful state of mind.

We have set up a special Ayurveda program to resolve sleeping problems, to find the valuable stability and to experience well-being in a positive way. You have the choice between 6 nights with treatments during 7 days, or 10 nights with treatments during 11 days or a longer restful stay.

Gone the times of grinding teeth, of groaning, of rolling from one side of the bed to the other, of counting sheep, gone the days of anger and discouragement over the lost sleep. You find rest and relaxing thoughts, you find peace.

This Ayurveda program, offers you the chance to solve your sleeping troubles, to find the necessary stability, to experience positive thoughts and enjoy well-being.

Thanks to the millenary wisdom of Ayurveda, we can guarantee, a noticeable improvement of insomnia problems.

SLEEP WELL!

Indulge in a restful sleep and welcome the peacefulness

7 days package, 6 nights, including half board with original Ayurveda cuisine

Our program includes 21 authentic Ayurveda treatments

You experience light insomnia problems and would like to find a remedy
After the consultation, the individual program will be set up by the Ayurveda responsible according to your needs. You will be accompanied by him during your stay. You also receive detailed information about healthy and balanced nutrition

Price Fr. 2.833.00 all included

RESTFUL SLEEP!

Resolve insomnia problems and rediscover the source of life

11 days package, 10 nights including half board with original Ayurveda cuisine

Our program includes 31 authentic Ayurveda treatments

You experience medium sleeping problems, which are disturbing you greatly
After the consultation, the individual program will be set up by the Ayurveda responsible according to your needs. He will accompany him during your stay. You also receive detailed information about healthy and balanced nutrition

Price Fr. 4.333.00 all included

HEALTHY SLEEP

Find deep rooted confidence and welcome the beneficial sleep

15 days package, 14 nights including half board with original Ayurveda cuisine

Our program includes 50 authentic Ayurveda treatments

You suffer heavily from serious sleep disorders that attack your mental and physical health
After the consultation, the individual program will be set up according to your needs by the Ayurveda responsible. You will be accompanied by him during your stay. You also receive detailed information about healthy and balanced nutrition

Price Fr. 6.499.00 all included with 50 treatments / two weeks

Price Fr. 7.599.00 all included with 50 treatments / three weeks

Price Fr. 8.299.00 all included with 60 treatments / three weeks

Arrangement in large room with shower/toilet, balcony, view on the lake.

The tourist tax is not included.

- THE CURES CAN START ANYTIME!

Our prices

All our prices are based on arrangements in a spacious single room, bath or shower/toilet, balcony with breath-taking view on the lake and mountains including breakfast buffet

vegetarian Ayurveda dinner
and Ayurveda teas in your room
as well as all the treatments described in the program

Arrangements for occupancy in double room for 2 persons with shower/toilet or single room with shower/toilet on the premises will entitle to a discount

Upon request, we shall gladly serve free of charge breakfast in your room. You can order with extra charge a light Ayurveda lunch or soup, which we serve either in our restaurant or in your room.

You will receive all necessary additional information at our reception.

We are happy to welcome you!
YOUR MEDICAL WELLNESS AYURVEDA TEAM