

WHIPLASH & IT'S CONSEQUENCES

You suffer from a serious whiplash after a car accident, a heavy fall or sport injuries

You suffer from severe pain

You suffer and have lost all your energy, as you are tormented daily by aching discomfort

You suffer from the fact that doctors and insurance companies are sceptical

You suffer from the incomprehension of your environment towards your agony

You suffer from the painkillers, the interventions and therapies which do not offer relief

These are some of the statements of many persons who got in touch with an Ayurveda doctor or an Ayurveda clinic, in the hope of finding help and assistance.

The term of „Whiplash“ does now definitely exist, as it has been recognized by the Federal Court. On June 17th, 2015, the judges from Lausanne have overturned their previous judgement and decided that patients suffering from a whiplash can apply for disability.

This decision brings great relief, especially also in psychological terms, because “one” is no longer considered as malingeringer.

Mind and soul are distressed; daily life and routine become a heavy burden, “one” is harassed by the professional activities and by the troubled family life; meeting friends and colleagues afflicts strongly.

Why Ayurveda: It is all about opening the blockages so that the energy (Prana) can flow freely. The stream of energy is stimulated and regulated. Due to this fact, the blood circulation will improve and can supply the body with more oxygen. The lost balance is restored. Individual treatments, especially in the head, shoulder and back parts bring relief. However, the whole body will be healed, as the agonizing pain leads to persistent tensions and has thus disturbed the body's stability. It is essential to remove stiffness and pressure. Therapeutic Yoga also helps to bring body, mind and soul into harmony. Our team has many years of experience in assisting human beings suffering from a whiplash.

Dhara, various special massages, Kizhi treatments with medicated herbs, also Pizhichil applications are offered. The treatments will constantly be adapted to your needs, to allow an optimum of a result.

A serious diet is being followed and you will have to adapt your eating and drinking habits also in your daily life. These recommendations from the Ayurveda are responsible and to be taken seriously. Also, the daily routine is re-recorded so that disorders, stress and pressure will be avoided.

Serenity, cheerfulness and enchantment will come back day by day; joy of life, pleasure, happiness and creative moments will be your future companion!

Your Medical-Wellness Ayurveda Team

RELEASE PAIN – BUILD UP YOUR INTERNAL BALANCE

Recover your joy of life and the thrill of creation

22 days package, 21 nights, including halfboard with original Ayurveda cuisine. All the prescribed treatments are included.

The individual program will be set up by the Ayurveda responsible after the consultation and will correspond to your personal needs.

At the start, you will undergo a cleansing therapy, to allow your body to reduce the acidity by neutralization and to remove harmful toxins. Various adequate massages, Kizhi with special herbs, Dhara and other treatments will take place. They are fully corresponding to your requirements. You will also enjoy private lessons of Prana-Yoga and meditation. The range of the therapies which are offered is generous and adapted to your problems.

Price Fr. 5.800.00 all included MIDI with 54 different treatments

Price Fr. 6.750.00 all included MAXI with 66 different treatments

Longer cures can be booked. The price varies between Fr. 1.800.00 to Fr. 2.200.00 per extra week all included.

Arrangement single room, shower/toilet on the premises, balcony, view on the lake same conditions.

Arrangement large single room, shower/toilet, balcony, view on the lake, supplement Fr. 40.00 per night.

The tourist tax is not included.

- **THE CURES CAN START ANYTIME!**

Our prices

All our prices are based on arrangements in a double 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 single room with shower/toilet on the premises are of the same amount

Arrangements in large single room with shower/toilet, balcony, view on the lake, supplement Fr. 40.00 per night

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.