



# PARK AM SEE

NATTIKA AYURVEDA







PARK AM SEE  
HOTEL · SPORT · SPIRIT



THE NATTIKA BEACH  
AYURVEDA RESORT

## A new partnership in Ayurveda




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A warm welcome to Retreat Park am See Nattika Ayurveda.

Nestled amidst the serene beauty of the western shore of the beautiful Tollensesee in Mecklenburg-Western Pomerania, our new Ayurveda retreat provides a holistic approach to health and well-being, rooted in the ancient wisdom of Ayurveda, right in the heart of Germany. With a focus on personalized treatments, rejuvenation therapies, and wellness programs, our goal is to impart balance, healing, and harmony for individuals seeking natural alternatives to improve their overall health.



Retreat Park am See Nattika Ayurveda represents a significant milestone in our endeavor to promote the ancient wisdom of Ayurveda throughout Europe. We invite those who seek to pursue a path of holistic wellness and revitalization to come experience the transformative and restorative capabilities of our authentic Ayurvedic treatments.



## Location and Ambience

Only 130 km from Berlin, Retreat Park Am See Nattika Ayurveda in Alt Rehse can be reached quickly from the capital city. We are located in the natural paradise of the Tollensesee basin with a landscape conservation area of more than 10,000 hectares.

Situated within 64 Hectares, our Ayurveda Retreat promises an idyllic setting for you to embark on a journey of rejuvenation and self-discovery. The retreat architecture seamlessly blends modern design with traditional elements, creating an ambience that evokes tranquillity and serenity. The breath-taking views of the natural landscape further enhance the healing experience, allowing yourself to immerse in the beauty of nature while embracing the therapeutic benefits of Ayurveda.



## Services and Treatments

We offer a comprehensive range of Ayurvedic therapies and treatments tailored to meet your individual needs and goals. Our team of highly skilled Ayurvedic doctors and therapists are dedicated to providing personalized consultations and creating customized treatment plans that address your specific health concerns.

Choose from a diverse selection of treatments, including rejuvenation therapies, detoxification programs, stress management techniques, and lifestyle counselling. With an emphasis on holistic healing, our therapies aim to restore balance and vitality to the body, mind, and spirit. Whether you seek relief from chronic ailments or simply wish to enhance your overall well-being, our Retreat offers a multitude of options to meet your unique requirements.



## Ayurveda Cuisine and Yoga

We place a strong emphasis on Authentic Ayurveda Cuisine, offering meals that are not only nourishing but also aligned with Ayurvedic principles. The culinary experience is designed to support the healing and balancing processes of your body. Additionally, our Daily Yoga & Meditation sessions are tailored to complement the Ayurvedic treatments and enhance your overall wellness journey.



# Swasthya

## An Introduction to Ayurveda

Explore the fundamental aspects of Ayurveda with our introductory plan.

Our team of doctors will enlighten you on the principles of Ayurveda, offering insights into how its concepts can integrate into your daily life, tailored to your specific health needs.

Indulge in a soothing full-body massage designed to unwind your body and mind, setting the stage for a more profound immersion into the world of Ayurveda.

To experience the Swasthya plan, please notify the reception beforehand. This will ensure that treatment sessions are scheduled according to your preferences.



### Swasthya Package Inclusions

An initial consultation with our Ayurveda Doctor for a duration of 15 minutes. It includes the analysis of imbalance (Vikruthi) a short introduction to Ayurveda and recommendations on possible Ayurveda solution for managing the health condition.

Dietary recommendations based on the imbalance.

1 x Full Body Ayurveda treatments - 105 minutes duration.

Daily 2 group yoga sessions.

For Reservation, Kindly contact via email ✉ [reservation@nattikaayurveda.com](mailto:reservation@nattikaayurveda.com)

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# Soukhya

## Short Stay Healing Package



### Soukhya Short Stay Healing Package

Gratify your soul by immersing yourself in the authentic essence of ayurveda through traditional ayurveda massages, Therapies, Yoga and dietary practices. The 2 day Soukhya Package enables you to get a glimpse into embracing holistic living and a brief introduction on how to illuminate your inner self with the spirit of Ayurveda.



## Package Inclusions

Detailed first consultation with our Ayurveda doctor for a duration of 30 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solutions for managing the health condition.



Dietary recommendations based on imbalance.



1 x Welcome relaxing Ayurveda Massage – 75 Minutes Duration.



1 x Full Body Ayurveda treatments – 60 minutes duration.



1 x Customized Partial Body Ayurveda Treatments – 45 minutes duration.



1 x Herbal Steam Bath – 15 Minutes.



1 x Ayurveda Herbal Face pack – 15 Minutes.



2 x Daily Group Yoga & Meditation Sessions.



Nattika Essence services- Nattika Essence, A finely curated essential oil blends based on the aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

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\*\*The treatment program is planned according to the health condition of the patient.  
The individual final plan will be tailored after the initial consultation.

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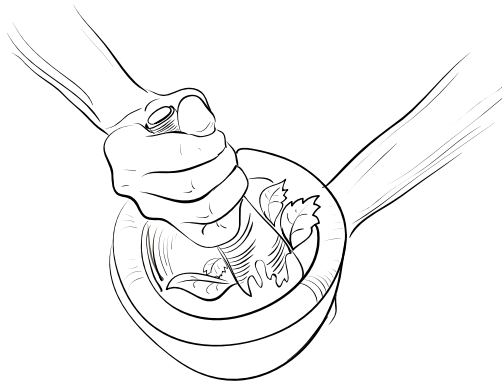
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# Nirvana

## Rejuvenation Package



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### Nirvana Healing Rejuvenation Package

Our Nirvana plan is meticulously designed to redefine your essence and unlock well-being by seamlessly integrating Ayurveda Massages, Therapies, Yoga sessions, and a nourishing Ayurveda-based diet. This comprehensive approach adopts ancient Ayurveda wisdom to address not just the physical but also the mental aspects of well-being.

Join us on this 4-day transformative journey towards a state of serenity and well-being. Experience the power of ancient traditions merging seamlessly with modern holistic practices.

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Detailed consultation with our Ayurveda Doctor for a duration of 60 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solutions for managing the health condition.



Dietary recommendations based on the imbalance.



Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 15 minutes, to discuss the progress of treatment and the health condition.



A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long-lasting effect of the treatments undergone.



1 x Welcome relaxing Ayurveda massage - 45 minutes duration.



3 x Full Body Ayurveda treatments - 60 minutes duration.



3 x Customized Partial Body Ayurveda Treatments - 45 minutes duration.



4 x Daily Group Yoga & Meditation Session.



1 x Herbal Steam Bath - 15 Minutes.



1 x Ayurveda Herbal Face pack -15 Minutes



Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.



Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

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\*The treatment program is planned according to the health condition of the patient.  
The individual final plan will be tailored after the initial consultation.

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# Jeevanam

Rejuvenation – Rasayana Therapy



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## Benefits of Rasayana

Rasayana proves highly effective in degenerative diseases, psychological imbalances, and rehabilitation. It endows the body with antioxidants and anti-ageing elements, upholding overall health and vigor. Its impact on joint issues, sleep disturbances, fatigue, debilitation, memory lapses, and various health conditions is notably profound.

Rasayana can be administered to enhance desired aspects such as longevity, intelligence, or tailored to address specific ailments. Incorporating Rasayana into daily routines augments its benefits, serving as a vital component of everyday wellness practices.

Rasayana is an elixir and will bring out the younger self in an individual through its numerous miraculous properties.

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## 7 days Rejuvenation plan inclusions

Detailed consultation with our Ayurveda Doctor for a duration of 60 minutes. It includes a detailed analysis of imbalance (Vikruthi) through case taking and examinations, analysis of body nature (Prakruthi), a brief introduction to Ayurveda and recommendations on possible Ayurveda solution for managing the health condition.



Dietary recommendations based on the imbalance



Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.



A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.



1 x Welcome relaxing Ayurveda massage - 45 minutes duration



4 x Ayurveda treatments - 60 minutes duration



2 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration



6 x Customized Partial Body Ayurveda Treatments - 45 minutes duration



7 x Daily 2 group yoga sessions



1 x Herbal Steam Bath Session - 15 minutes



1 x Herbal Face Pack - 15 minutes



Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.



Nattika Essence services - Nattika Essence, a finely curated Essential oils blends based the Aromatherapy concept and Ayurveda principles will be made available post therapy at your resting lounge.

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\*The treatment program is planned according to the health condition of the patient.  
The individual final plan will be tailored after the initial consultation.

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# Panchakarma

## Detoxification Therapy



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### Benefits of Panchakarma

Panchakarma treatments help to bring the balance in doshas if done in proper time.

These procedures will help to clear the body and mind channels along with enhancing the absorption of nutrients. It increases physical and mental efficiency as well as vigour and stamina in an individual.

Panchakarma helps in balancing the tridosha - vata, pitha and kapha, thereby improving the functions of immune system, improving skin complexion, stimulating metabolism, shedding of extra weight, pacifying joint related issues and increasing flexibility of joints are few of the numerous benefits of panchakarma.

It has inexplicable effects in managing mental disorders, anxiety and mood swings.

The Panchakarma plan is offered for a minimum duration of 14 nights.

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## 14 days Panchakarma plan

Comprehensive consultation with our Ayurveda Doctor spans 60 minutes, delving into an in-depth analysis. This session encompasses a meticulous assessment of imbalances (Vikruthi) through detailed case studies and examinations. Additionally, it involves an evaluation of your body's inherent nature (Prakruthi), providing a nuanced understanding. You'll receive a concise yet informative introduction to Ayurveda, accompanied by tailored recommendations for potential Ayurvedic solutions aimed at managing your specific health concerns.

Dietary recommendations based on the imbalance

Daily a personal follow-up consultation with the individual prior to the treatment session for a duration of approx. 10 minutes, to discuss the progress of treatment and the health condition.

A final consultation for a duration of 30 minutes with Ayurveda recommendations on the aftercare for the health condition will be provided along with complete dietary recommendations that can be followed for obtaining a long lasting effect of the treatments undergone.

An optional additional consultation with our Ayurveda Doctor to discuss any concerns or queries regarding treatments, diet or health condition for a duration of approx. 30 minutes

1 x Welcome relaxing Ayurveda massage - 45 minutes duration

9 x Ayurveda treatments - 60 minutes duration

4 x Synchronized Ayurveda Massages/Therapies - 60 minutes duration

13 x Customized Partial Body Ayurveda Treatments - 45 minutes duration

Vasthi (Cleaning Intestinal treatments) \*

Snehapanam (Medicated Ghee Administration) \*

Virechanam (Purgation Therapy) \*

14 x Daily 2 group yoga sessions

1 x Herbal Steam Bath Session - 15 minutes

1 x Herbal Face Pack - 15 minutes

Individually prescribed natural remedies as a dietary supplement may be administered every day according to the health condition to support the external therapies.

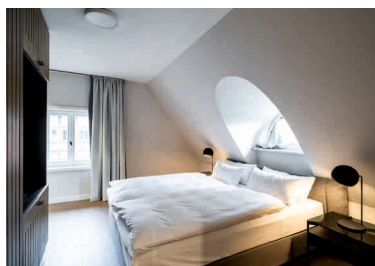
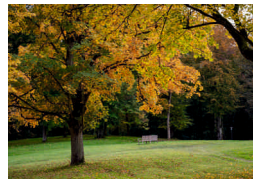
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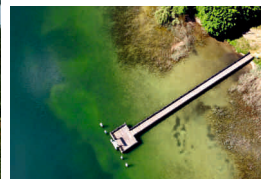
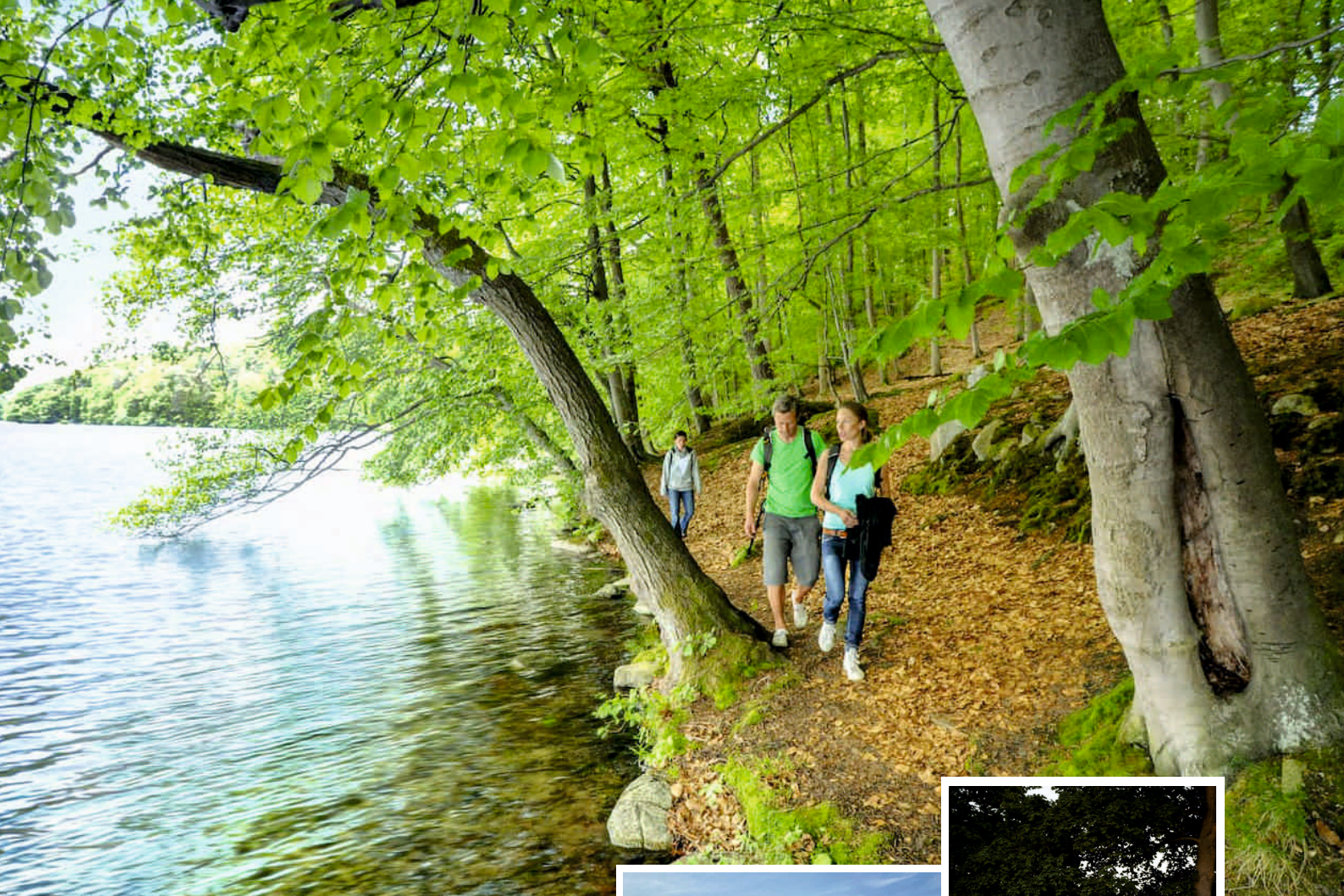
\*These therapies will be administered based on your health condition under the discretion of our Ayurveda specialist  
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