

Press Information

Pure Relaxation - The 10 most beautiful Ayurveda Oases

The SpaDreams Guests have chosen



Frankfurt, the 26th of August, 2014. **The Far Eastern doctrine of a (long) life - Ayurveda - gains more and more in importance in the Western civilizations where daily stress, steady strain and the fast pace leave the people less and less time to pause, to come to rest and to find oneself.** The Indian doctrine

helps with traditional treatments such as Shirodhara forehead oil affusion, yoga, and a healthy diet to find new energy for everyday life. Whether to leave everyday stress behind or to alleviate physical discomfort, with an Ayurvedic spa you can let go of all burdens, and the timeout is a true relaxation. To make the search for the perfect Ayurveda Oasis as easy as possible, SpaDreams has compiled the most popular Ayurveda hotels in its class. Let's have a glance at them.

The **Heritage Ayurveda Maha Gedara** on the west coast of Sri Lanka provides deep relaxation with sea views. In old traditional ambience, the internal balance of the guests gets restored with the help of Ayurvedic treatments, yoga and meditation. (www.spadreams.com/heritance)

The **Ayurveda Resort Soma Manaltheeram Ayurveda Beach Village** (awarded with the "Green Leaf Award") is located directly on the long sandy beach of Kerala in India. Here, the Ayurveda guests can recharge their batteries and experience a professional management by an experienced team of doctors and therapists. (www.spadreams.com/manaltheeram)

Feel completely at ease with Ayurveda under palm trees in the **Life Ayurveda Resort** on the west coast of Sri Lanka. The family-atmosphere leaves your everyday stress far behind and helps peace seekers to find their inner self. (www.spadreams.com/life)

In the magnificent jungle scenery, in which the **Ayurveda-Kuren-Maho** is embedded, Ayurveda has been practiced for centuries by the traditional doctrine. This experience will be used to let visitors enjoy first-class Ayurvedic treatments and to promote health. (www.spadreams.com/maho)

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Fragrant orchid gardens surround **Nikki's Nest** in southwest India. Situated directly at the Indian Ocean, it offers the perfect mood for healing the body and soul with Ayurvedic massages and herbal baths. (www.spadreams.com/nikkis-nest)

The ideal blend of Mediterranean joie de vivre and Asian serenity awaits those who seek peace in the **Ayurveda Mallorca® - House of Silence**. With views of the surrounding valley, classical Ayurvedic treatments are offered alongside modern fasting methods. (www.spadreams.com/house-of-silence)

The **Somatheeram Ayurvedic Health Resort**, situated in the evergreen Indian Kerala, offers authentic Ayurveda with western comfort. Everything here exudes an aura of relaxation and regeneration, from the traditional Kerala houses to the healing garden with about 200 (partly) Ayurvedic herbs. (www.spadreams.com/somatheeram-ayurvedic)

The **Alpino Atlantico****** offers Far Eastern healing methods on the beautiful island of Madeira. The recreation seekers are accompanied here by a competent team of Ayurvedic therapists and experts for Chinese Traditional Medicine (TCM), to make the time-out for your body and mind on the flower island perfect. (www.spadreams.com/alpino-atlantico)

Miles of sandy beaches and Ayurveda overlooking the deep blue sea make the spa holiday in **Anjayuvilla - The House of Ayurveda** to a paradise-like experience. Fresh fruit, vegetables and fish prepared according to Ayurvedic doctrines are on the menu. There is also the possibility to cook yourself and to try being an Ayurveda cook under professional guidance. (www.spadreams.com/anjayu)

Those who want to experience authentic Ayurveda do not have to travel far. The house **Yoga Vidya** in the Teutoburg forest, Germany, has not only dedicated itself to healing Yoga, but is also situated peacefully and quietly in the countryside. Since a long time this place has been known as an oasis of strength and up until today it provides relaxation with Indian medical cures. (www.spadreams.com/yoga-vidya)

Numerous other deals for Ayurveda and Yoga enthusiasts can be found under www.spadreams.com.

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About SpaDreams

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