Ayurveda is the oldest science of finding harmony with nature and its microcosmos. Indian masters have carefully preserved this knowledge to this day. Ayurveda practices are both massage and proper nutrition, yoga, herbal treatment, a certain lifestyle. The proposed tour combines Ayurveda procedures and sea recreation.

Indications for treatment

According to Maharishi Ayurveda, health is much more than neutralizing individual symptoms of the disease.

Perfect health is perceived when the mind, body and environment are in complete harmony. Integrity of personality is always at the centre of this ancient, proven health care system.

Autonomous nervous system

Sleep disturbances, migraines, headaches, panic attacks, anxiety, mental disorders, depression, chronic fatigue syndrome, burnout syndrome

Gynecological diseases

Menstrual problems, fibroids, climacteric problems, fertility problems

Cardiovascular diseases

Hypertension (high blood pressure), tachycardia, hardening of arteries (atherosclerosis), coronary artery disease, angina pectoris, intermittent circulatory disorder

Digestive tract

Chronic intestinal inflammation, Crohn's disease, ulcerative colitis, duodenal inflammation, chronic gastritis, chronic constipation, intestinal and gastric ulcers, irritable bowel syndrome

Metabolic disorders

Elevated levels of blood lipids and uric acid (high cholesterol and triglycerides), diabetes mellitus

Joints and spine

Chronic pain, rheumatic diseases, fibromyalgia, osteoarthritis, rheumatoid arthritis

Respiratory diseases

Sinusitis, chronic bronchitis, bronchial asthma, hay fever.

Allergic diseases

Bronchial asthma, hay fever

Skin diseases

Neurodermatitis, psoriasis, eczema

Diseases of the genitourinary system

Fertility issues

Neurological diseases

Multiple sclerosis

In general, successful Ayurvedic therapy consists of a number of procedures.