



GUEST INFORMATION

Name:

Length of stay:

Date:



Welcome

Dear guest,

We are happy to welcome you. To make your stay as pleasant as possible and to make your Ayurveda cure successful, we have compiled this guest information for you.

Please read this information carefully. The notes and explanations will help you to learn about the procedures at the resort and about the necessary requirements for a successful Ayurveda cure.

If you have any questions, wishes or suggestions during the cure, do not hesitate to contact us, we will always be at your service.

Once you arrive, you should find the following things in your room. If something is missing, please inform the front desk.

- * 1 bathrobe
- * 1 large bottle of mineral water
- * 1 fruit basket
- * 1 medical questionnaire
- * Date and hour of first medical examination

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The Resort

The Ayurveda Resort Port Salvi is located in the incredible landscape of a spectacular rocky bay, nestled on the edge of the Catalan coastal town of Sant Feliu de Guíxols.

In the past, the bay served as a refuge for sailors in stormy weather. Hence the Catalan name Port Salvi – saving port. Could there be a better name for a place where you find the inner peace, the vitality and the life force?

The Indian doctors, who were the first to bring authentic Ayurveda to Europe in the early 1990s, certainly believed it.



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High-quality and authentic Ayurveda

Ayurveda Port Salvi's medical team comes from India, where they studied the Ayurveda medicine at the renowned Sree Narayana Ayurveda Medical College, Kerala University. The doctors are also responsible for the regular training of our therapist team.

In addition to the guest care, the doctors are also responsible for the regular training of our therapist team.

In Port Salvi, you will be treated with original Ayurveda herbal oils imported directly from India - this is unique in Europe. Many years of experience of our doctors, the authentic oils and a competent therapist team are the guarantee for high-quality and authentic Ayurveda.

Subtropical garden

The subtropical garden of the Resort has been harmoniously inserted into the spectacular coast. Through the mild climate, you will find many charming places, which invite you to dream, relax and to have a rest all the year round.

From your rooms you can enjoy the view into the garden and the sea. The vitalizing marine climate enhances the effect of your Ayurveda cure and ensures the well-being of body, mind and soul.

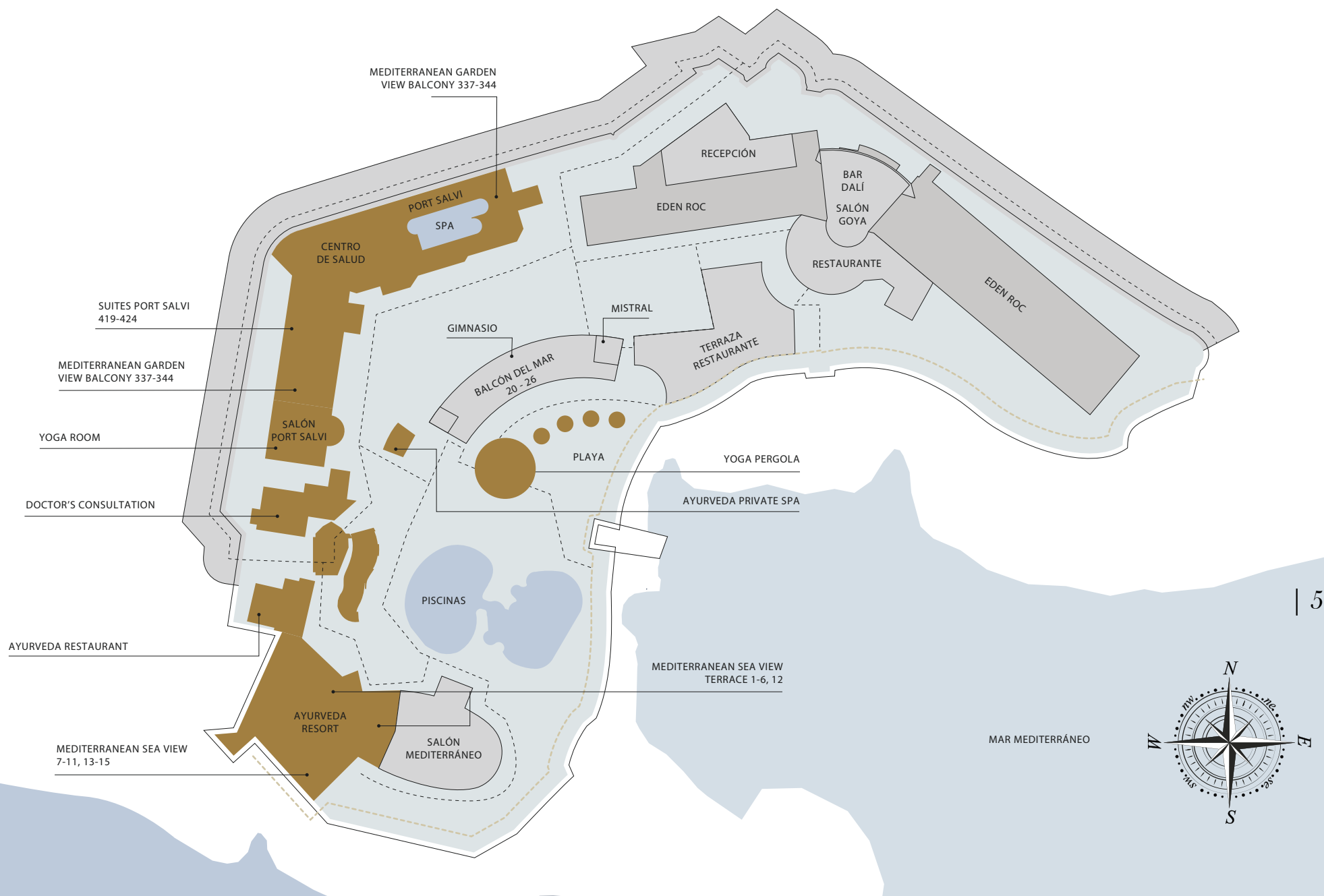
Grandiose and unique

The superb location, the authentic Ayurveda and a variety of feel-good factors create a unique atmosphere in Port Salvi, as it is only to be found in few places.

An other unique feature is the extensive exercise program, well-being and beauty, which makes your Ayurveda cure an unforgettable experience.



*The map



Ayurveda – Knowledge of Life

Ayurveda – the millenary-old health teachings from India – also called the Mother of all medicines. Also the European, Arabic and Chinese medicine have been decisively influenced by it.

The name is composed of the ancient Sanskrit words Ayus (life) and Veda (knowledge). The ‘knowledge of life’ is a holistic health system that considers the body, mind and soul as a unity.

Each Ayurveda cure aims to make this unity, to bring the person into his personal balance and to activate his self-healing powers.



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The Doshas – the Basis of every Ayurveda cure

According to the Ayurveda, the entire universe consists of 5 elements: the Earth, the Water, the Air, the Fire and the Space (Ether). Their interaction shapes the nature, the macrocosm. In a person, as a microcosm, the interaction manifests itself in three different constitutional types, called Doshas: Vata, Pitta, Kapha. Each person has his own, innate nature of the Doshas, whose dominance can however change depending on the age, the season of year or the life circumstances.

Dosha Determination and Therapy

If the Doshas of a person is out of balance, according to Ayurveda can cause diseases. These can be cured, when the natural balance of the Doshas is restored (principle of Homeostasis). Our Ayurveda doctors are able to accurately determine the extent to which the balance of the Doshas is disturbed and the cause of a disease, thanks to traditional methods such as the diagnosis of pulse, iris and tongue. Your diagnosis is then the basis for the therapies during your Ayurveda cure. In the foreground is not the current disease, but the current Dosha imbalance, which facilitates the development of a disease. Thanks to that, the cause of a disease is eliminated.

Ayurveda and Lifestyle

Your Ayurveda cure in Port Salvi will restore your Dosha balance as much as possible. However, in order to maintain and stabilize this balance in the long term, it will be important that you shape your future lifestyle accordingly. You will receive specific recommendations from our doctors for the ‘time after’. This includes suggestions for the daily routine and for the stress prevention, recommendations for your diet and also indications for a healthy exercise program.



Medical Examination

At the beginning of the cure, the entrance examination is carried out by one of our Indian doctors. On the basis of the questionnaire and the traditional Ayurvedic diagnostic procedures, such as a pulse, tongue and iris diagnosis, the doctor determines your Dosha type and possible imbalances of the Doshas. This examination takes about 50 minutes.

The language is English. If you need the assistance of a translator, please let us know in time. After the examination, you will receive a detailed schedule with the days and times of each treatment.

After the examination, you will receive a detailed treatment plan with the days and times of the individual treatments.



DR DINU RAJ
Medical Director



DR GOPIKA
Ayurvedic Doctor

Medical Questionnaire

The medical questionnaire is attached to this booklet. In case that it is missing, please let us know. You will receive the form afterwards. Please complete the questionnaire carefully and as completely as possible, even if some questions are not immediately obvious to you. They play an important role for the medical examination. If you are currently taking any medication, please bring it to the doctor's consultation. All the information is strictly confidential and it is a subject to the obligation of medical confidentiality.

Medical Treatment Plan

After the medical examination, you will receive your treatment plan. The days and the exact timing of your treatments are listed in the plan. If you are unable to attend a treatment for any reason, please let us know 24 hours in advance so that we can make a new appointment. Please, understand that we have to charge you the full amount of the treatment cancelled out of this timeframe.

Medical Supervision during the Cure

The doctors will help you during the entire cure. If you have any questions or queries during the cure, please, do not hesitate to contact our doctors. The doctors can usually be found during opening hours in their doctor's room, by appointment at the spa reception.

Please remember that the detoxification may cause side effects such as headaches or nausea in the first few days. This is in principle a good sign because it signals that the body responds to Ayurvedic treatments. These side effects disappear after the first few days and you will feel much better then.

Therapies & Treatments

The basis of all therapies are the Ayurvedic herbal oils. Our original Ayurvedic herbal oils are imported directly from India and consist of a complex mixture of medicinal herbs – that is unique in Europe. From the various oils, the doctor determines the Ayurveda oil that is suitable for you after the medical examination. For the inner cleaning, our Indian doctors use Ghee (clarified butterfat), which is freshly prepared in our Ayurveda kitchen every day.

The General Procedure

Drink abundantly before each treatment, it promotes the detoxification processes. Please come into the waiting room on time. There you will be picked up at the appointed time by the appropriate therapist and taken to the treatment room. After the treatment, you will be accompanied to the resting area. Depending on the treatment and therapy plan, you will receive additional treatments, such as the Ayurvedic sweat cabin (Svedana). After the treatments, please, drink a lot again and have still some rest.



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Ayurvedic Treatments:

Abhyanga:	Authentic Ayurvedic oil massage
Medical examination:	Dosha-determination with therapy plan
Basti:	Colon cleaning with medicinal herbs
Kati Basti:	Oil treatment in the area of the spine
Janu Basti:	Oil treatment on the knee
Nasya + Dhoomapana:	Facial massage with medicinal drops in the nose
Netra Basti:	Cleaning/Regeneration of the eyes with Ayurvedic oil

Pinda Sweda:
Kayasekam:
Shiro-Abhyanga:
Shirodhara:
Svedana Therapy:
Synchronous massage:

Massage with hot pindas (herbal sachets)
Whole body oil treatment with two specialized therapists
Ayurvedic head massage
Oil Application on forehead with two therapists
Ayurvedic sweat cure with Ayurvedic herbal steam
Ayurveda massage with two therapists

Important:

Please shower off the oil after the treatment without soap. Leave the remaining oil on the skin for at least 2-3 hours so that it can develop its effect. Please avoid going into swimming pools or whirlpools with oil on your skin. This can lead to failure of the water treatment.



Ayurvedic diet

‘Your food should be your remedies.’

This quotation from Hippocrates comes originally from the Ayurvedic writings. It shows the importance of a healthy diet in Ayurveda. This is very important because almost half of all diseases in the western world today are nutrition-related. Ayurvedic doctors always ask about your dietary habits and give you important tips for a healthy eating- and lifestyle.

An important point of the Ayurvedic nutritional teachings is a regulated daily routine with 3 meals, between which should be ideally 4-5 hours rest. As a result, the organism can completely metabolise the foodstuffs, and ambulatory slags that causes illness (Ama) cannot develop at all.



Mediterranean Ayurvedic Cuisine

Many people believe the Ayurvedic diet is a purely Indian, vegetarian diet. It is, however, an elementary principle of the Ayurvedic nutritional teachings that the nature and the preparation of the food should be adapted to the eating habits of each culture and to the climate and the season or year. Of course, the Ayurvedic principles of a healthy diet must be adhered too. Here stand in foreground the easy digestibility, the promotion of the Agni (digestive fire) and the avoidance of Ama (metabolic slag). In accordance to these principles, we prepare for you a Mediterranean Ayurveda diet, which tastes delicious and literally holds body and soul together.

Rasa – the 6 flavours

Another basic nutritional principle of Ayurveda is that all 6 tastes, called Rasas, should be contained in one meal. The six flavours are sweet, sour, salty, spicy, bitter, and astringent/herb. Our cooks also use their creativity to keep all 6 Rasas in the main meals.

Thanks to the balancing and harmonizing effect of Rasas, our Ayurvedic cuisine is an excellent balancing therapy for physical and mental health.

Mealtimes and Suggestions

Breakfast: 8:00 – 9:30 a.m.

Lunch: 1:00 – 2:00 p.m.

Dinner/Supper: 7:00 – 8:00 p.m.

All meals are served in our Ayurveda-Restaurant. Here and in the Spa waiting room, fruits and teas are available all day long for you.

*The food is always freshly prepared, so please come on time.

*If you cannot come or you come later, please call the Ayurveda kitchen (dial 819)

Accommodation & Well-Being

The rest, a comfortable Well-Being atmosphere and a health-promoting climate are important prerequisites for the success of an Ayurvedic cure. All these factors are present in Port Salvi in a unique blend. Your accommodation is located away from the main house in a quiet, secluded location. All rooms have a comfortable Well-Being atmosphere with a view of the sea or of the subtropical garden.

In the unique garden, you will find many charming places that invite you to dream, unwind and relax. The exposed location and the vitalizing marine climate ensure the well-being of body, mind and soul. For your accommodation, you can choose between 2 locations (subject to availability).



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Accommodation in the Ayurveda Centre 'Port Salvi' (see map):

15 'Mediterranean Garden View Balcony' rooms with marble bathroom, WC, telephone, WI-FI, satellite TV, mini bar, heating and air conditioning, safe and terrace with sea-view (with deckchair, table and chairs); in some of the rooms, the sea is covered by tall trees.

6 suites consisting of bedroom and living room (separated by a door), American kitchen, marble bathroom with jacuzzi tub and WC, telephone, WI-FI, satellite TV, mini bar, heating, air conditioning, room safe and large panoramic terrace with sea view, deckchairs, table and chairs.

Our main house, the hotel 'Eden Roc' (see map):

Is primarily a house for holiday and seminar guests with the appropriate ambience and operation. Our guests, who do the Ayurveda cure, will be accommodated only in the Ayurveda Centre "Port Salvi" or in the Guest House 'Sea View'.

Accommodation in the Guest House 'Garden Eden' (see map):

8 'Mediterranean Sea View Terrace' rooms with bath, WC, telephone, satellite TV, WI-FI, minibar, heating, air condition, safe and sea view, some of them with terrace.

7 'Mediterranean Sea View' rooms with bath, WC, telephone, satellite TV, WI-FI, minibar, heating, air conditioning, room safe, sea view, without balcony/terrace.



Relax & Movement

Ayurveda, yoga and meditation are closely linked and have their common roots in the ancient Indian, Vedic philosophy. Accordingly, exercises that harmonize the body, mind and soul belong to every Ayurveda cure. This is often a completely new experience for the stress-strained and overloaded Western person. When you regain inner peace and gradually your centre, stress is reduced in a natural way, physical tensions are solved and the body's self-healing powers are activated.

In addition to yoga, there are many other ways to get active in Port Salvi.



Yoga and Meditation

Yoga takes place twice a day, also on Sundays and holidays, at 7:00 a.m. and at 5:30 p.m.

Our Ayurveda doctor leads the morning yoga class, which contains more meditative elements and breathing techniques (Pranayama).

In the afternoon, one of our yoga teachers will be there to emphasize your body.

Guided Hikes

During your Ayurveda treatment, we offer you the possibility to get to know one of the most beautiful coasts of Europe.

Increase your fat burning by hiking and enjoy at the same time the wonderful surroundings around Sant Feliu. We offer you free, guided hikes on request. The hikes are variable and suitable for all fitness levels.

Swimming

The indoor pool is open daily. The outdoor swimming pool can be used seasonally.

The resort assumes no liability when using the pools.

Aqua Healing

In addition to our Ayurveda cures, we offer you the unique experience of Aqua Healing in a specially constructed pool.

Golfing

Within 5 km you will find two 18-hole-championship golf courses, as well as 10 more golf courses throughout the Costa Brava. For reservations please contact the front desk.

Please note that sporting activities are contraindicated according to certain Ayurveda treatments. Please, always consult the Ayurveda doctor for additional sports activities. Protect yourself from excessive sunshine and wind during your cure.



Wellness & Beauty

Ayurveda and wellness are an ideal complement. In addition to classical Ayurvedic massages and treatments, Port Salvi offers a wide wellness program.

Please speak with our Ayurveda doctors or with our therapists.

A further welcomed addition to the Ayurveda treatments is the beauty program of Port Salvi, which you can also book through our front desk.



12 | Generally accessible Wellness Area

A large indoor swimming pool is available in the generally accessible wellness area. You will also find a sauna, a steam bath and a saltwater pool.

Please, keep in mind that this area is also accessible to all other hotel guests. This is why there is not always the peace and quite that you would expect as a cure guest.

Private Spa for Ayurveda Guests

To ensure the necessary peace and seclusion, we have set up a small private spa exclusively for our Ayurveda guests. It is located directly by the sea, with a marvellous view of the bay of Port Salvi.

Beauty

In addition to the Ayurveda treatments, we provide a wide beauty program.

The spectrum ranges from anti-cellulite treatments, body and facial peelings to high-quality facial and body masks.

All applications are based on high-quality natural products that complement the Ayurvedic treatments in harmony.



Surroundings & Excursions

During an Ayurveda cure, it is always a nice change to make a small day trip. The surroundings of Port Salvi are predestined for it. The coastal stretch of the Costa Brava near Sant Feliu is considered one of the most beautiful in Europe and is ideal for small hikes along the coast.

Girona, with its one of the most beautiful old towns on the Iberian Peninsula, worth a visit. Also the fascinating metropolis Barcelona can be easily reached in a day trip. Added to this, there is the fascinating hinterland with many Iberian, Greek and Roman cultural sites.



Small Hikes

The following small hikes are good as day trips, without guide too. Please, ask our receptionists for details.

Sant Elm Chapel:

Climb up behind the Resort to Sant Elm Chapel. In the splendid panoramic view over the steep coast, you will understand why was this coast named Costa Brava (Wild Coast) in 1909.

Sa-Conca Bay – Sant Pol:

A scenic and culturally highly interesting coastal walk, passing the oldest property of the Costa Brava with a stop at one of the most beautiful bathing beaches in the region.

Girona and Barcelona

Buses to Girona and Barcelona depart several times a day from the bus station in Sant Feliu, so you can go on a trip on your own.

Please always coordinate these activities with the doctors or guest assistants. Please also take care not to do too much. If in doubt, the motto is always: Less is more.

Other day trips

- * Botanical garden ‘Cap Roig’ in Calella de Palafrugell
- * The lighthouse ‘San Sebasti’ in Llafranc (panoramic view)
- * The medieval villages of Pals and Peratallada
- * The Dalí Museum in Figueres
- * By boat from Sant Feliu to Tossa de Mar and back (not in winter)

Other information

This guest brochure will give you a first insight into our Ayurvedic Centre and its procedures.

If you still have any wishes or suggestions, please use the request and suggestions form, which is attached to this brochure. Your satisfaction is our main priority.

We would like to know your opinion about your Ayurveda Cure in Port Salvi.

Please use the enclosed questionnaire. Thanks to your opinion, we will be able to meet your needs and wishes in the future even better.



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Ayurveda-Talk round

Once a week, 2:00 – 3:00 p.m., one of our Ayurveda doctors gives a talk about Ayurveda and then you can ask your questions.

Location: Yoga Room.

Literature

During your stay, you can use our small library specialised in Ayurvedic medicine, located in the treatment centre, free of charge. Please ask at the spa reception. Other books can be found in the lounge above the spa reception and in the waiting area of the treatment centre.

Please return the Ayurveda books as soon as you have read them.

Fresh fruit and mineral water

Feel free to take free of charge the fruit and mineral water, available for you in the restaurant and in the wellness waiting room.

You can also take fruit and water to your room.

Parking and car rental

Free parking is available in our car park.

If you need a rental car, we will be happy to assist you.

Shuttle

We are happy to arrange a shuttle from and to the airports in Girona and Barcelona for you.

Your notes

A series of 20 horizontal dotted lines for taking notes.



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