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EUROPEAN AYURVEDA® TIPS FOR SUMMER

European Ayurvedic cuisine in Thiersee, Tyrol

Ayurveda distinguishes between three different life energies – Doshas – that are responsible for each individual's constitution: Vata, Pitta and Kapha. Spring and summer are the time of Kapha, made up of the elements of water and earth. It provides stability and calmness, but heaviness too, which is why now is the time that the Ayurveda Resort Sonnhof advise taking Kapha-reducing measures such as detoxes and fasting.

To start the warm season feeling fit and full of energy, every Dosha constitution benefits from Kapha-reducing nutrition. A cleanse of the body should therefore focus on warm, tart, sour and spicy foods and drinks. With the Ayurveda Resort Sonnhof's meat-free European Ayurvedic cuisine, the principles of Indian healing are taken and adapted to suit western taste buds, thus creating the retreat's very own culinary brand.

Natural and easily digestible foods are the main ingredients of European Ayurvedic cuisine – many are sourced from the resort's own farm, the Lindhof. An important aspect of European Ayurvedic cuisine is the use of European herbs and spices such as thyme, basil and fennel, as well Indian herbs and spices. The spices that Ayurveda considers to have especially nutritious and healing properties act to support the digestive organs and ensure a healthy metabolism. Combined in a balanced ratio and taking into account the corresponding Doshas, the hotel's spice blends have a variety of uses for seasoning dishes and drinks.

Stimulating and cleansing spices

Optimising metabolic function is at the heart of European Ayurvedic cuisine. Spices such as cumin seeds, turmeric, ginger and pepper stimulate Agni or digestive fire. The Ayurvedic Resort Sonnhof's Ayurveda specialist, Gaurav Sharma, recommends an easy to prepare Agni drink to thoroughly cleanse the body.

Ingredients:

- 1 teaspoon cumin seeds
- 2 slices ginger
- 5 peppercorns
- 1 pinch sea salt
- 1 pinch whole cane sugar
- 1 teaspoon of fennel seed
- 2 cloves
- 1 teaspoon of fenugreek seeds
- ½ teaspoon basil
- 1 litre water

Method:

Bring all the ingredients to the boil and simmer for about 10 minutes. Strain, and drink a glass of the Agni before each meal. Don't drink it during a meal as this would extinguish the digestive fire. High-quality Ayurvedic herbs and spices can be found in the Sonnhof's online shop (<https://shop.sonnhof-ayurveda.at/en/kategorie/ayurveda-ernaehrung/>) – the Agni Plus spice blend is particularly helpful at this time of year.

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Ayurveda Resort Sonnhof

Guests at the Ayurveda Resort Sonnhof in Hinterthiersee in Tyrol enjoy a curative experience that has been adapted to suit Western needs on the basis of the three Ayurvedic pillars of 'nutrition', 'treatment' and 'Yoga'. Rather than treat symptoms at the surface level, the balance of the Doshas is restored by means of targeted therapies and remedies. The comprehensive range of programmes include the AyurDetox short & intensive detox treatments, Fountain of Youth rejuvenation weeks, Rasayana intense regeneration and Panchakarma, the queen of Ayurvedic therapies. Ayurvedic beauty treatments and new forms of therapy, e.g. crystal light therapy and the Stimularium®, supplement the spectrum of services available at the Ayurveda Centre. At all times during their stay, guests are given advice and encouragement by the Sonnhof team of experts, which includes Ayurveda specialist Gaurav Sharma from India and Dr Alaettin Sinop, a conventional GP and specialist in naturopathic medicine. A fully supervised Yoga and meditation programme forms a daily part of any treatment option at the Sonnhof. The Ayurveda Resort's own European Ayurvedic cuisine culinary brand is a fundamental constituent of treatment, with dishes taking into account the nutritional principles of Ayurveda and making them appealing to European tastes by utilising first-class products locally sourced from the region's markets and farms.

Advance reservation is essential. Standard single rooms from €166 per night.

Reservations: www.sonnhof-ayurveda.at / +43 5376 5502

Ayurveda Resort Sonnhof is included in niche destinations distinctive portfolio:

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