

Ayurvedic consultation & therapy

Your counseling & therapy consists of several example topics:

- *The determination of your natural constitution (Prakriti)*
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- *The determination of your current constitution (Vikriti)*
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- *Recommendations for your way of life (work, family, social life, leisure time)*
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- *Recommendations for your daily routine (Ritucarya and Ditucarya)*
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 - *Recommendations for your phase of life*
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 - *Recommendations for coping with stress*
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 - *Recommendations for your diet*
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 - *Recommendations for your personal hygiene*
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 - *Recommendations for acute complaints*
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- *Ayurvedic massage for relaxation (not at the moment available)*