

Client feedback on Ayurveda cure weeks with Franz Reichle on the island of Elba

"During the Elba week, I was able to let go and immerse myself in the beauty and harmony of the environment and the loving care of you for my body, and therefore also for my soul and spirit. After my return to Zurich, I clearly felt the success of the Ayurveda treatment and he is still holding in. I have become quiet inside, the dizzy spells are gone, the twitching in my eyes too, and I feel strong and joyful. I bought an ayurveda cookbook now and try now to change, of course, with interruptions at social events" (Written three days after the spa week)

(Four months later:) "I still care about the success of the cure week, of course, through the other monthly massages with you. The twitching has stopped and I manage to keep the body and mind in balance. The cure has been a sensitization to my body, which allows me to perceive negative signs and react early, before the symptoms become significant, and I would like to repeat the course of treatment next summer.

M-C. L., artist, lecturer at the ZHdK Zurich University of the Arts, mother of two daughters.

After a wonderful week on Elba with Ayurveda cure with Franz Reichle I feel well, healthy and stress-free like no longer. The ascetic 'Villa' Reichle has everything you need. Sun loungers, hammocks, swings and an incomparable view over the bay of Rio Marina, which invites you to muse. Even the way up there, a shady path through dense holm oak forest, points to the seclusion and rest, which brings you away from the fast rhythm of everyday life. The daily Ayurvedic massages, lovingly and carefully performed with the care of a therapist, gave my body its self-awareness. I gained more and more energy every day and came to rest at the same time. An unexpected unique experience was the forehead casting with warm oil. In the method used by Franz Reichle, the oil not only flows to the middle of the forehead, but gradually reaches all the parts, stimulating different points. When one engages in the perceptions of consciousness that can arise, one opens a door to oneself. After a period of rest, my forehead felt free, cool and sensitive, as if a heavy covering layer of cement had fallen off, or, to put it bluntly, as if the board in front of the head had suddenly disappeared. But not only does my head feel free, it is also comfortable and light in my stomach. This is due to the diet with very varied dishes, prepared according to Ayurvedic principles with a Mediterranean influence and refined with many spices. Franz Reichle cooks himself and uses fresh ingredients, mostly from his own garden. I did not miss anything that I usually eat at unhealthy meals. The freshly picked figs were a small treat every day. It is my concern to maintain this sense of health and wellbeing for a while, this week has shown it is possible. And for next year, I hope that there are still free dates, I wish I could come again. Thank you for this enrichment.

Dr. A. Ch. From Zurich, 46 years old, manager in a German IT company.
