

*Ayurveda With Sri Lanka*

## Ayurveda Walauwa

Situated in a charming colonial mansion, frilled with antique woodwork, Ayurveda Walauwa is an atmospheric though peaceful and undisturbed retreat situated in Bentota just 50m from the beach. The landscaped gardens are filled with shady coconut palms that have been lovingly tended to over the years since when this manor house was constructed as the stately home of a nobleman. The resort is spacious and provides an ideal haven for a stress-free and relaxing holiday to practise the ancient healing art of ayurveda.



The resort comprises 20 air-conditioned and comfortably furnished rooms including two of which are deluxe, that serenely overlook the beautifully kept tropical gardens. All rooms have en-suite bathrooms, music and a telephone.



## Ayurveda Treatments and Packages

The Ayurvedic Health Centre is at the heart of the resort and exhibits a calm, inviting and warm atmosphere. Each of the fourteen treatment rooms that includes a steam bath are set around a courtyard and are thoughtfully presided over by 25 expert therapists and a doctor whom you will meet for your initial consultation. Your treatment, following the Intensive Ayurvedic Regeneration Program of Panchakarma will be specific to your body's individual requirements. If you do have any specific ailments or are planning any serious Ayurvedic treatments, it is advisable that you bring your medical records with you.



Treatments, using fresh herbal oils and creams produced in the centre's own herbal brewery, may include:

- ❖ Face Massage
- ❖ Head Massage
- ❖ Synchronised Body Massage
- ❖ Shirodhara
- ❖ Herbal Steam Bath
- ❖ Herbal Steam Inhalation
- ❖ Nasal Treatment
- ❖ Foot Massage
- ❖ Cleaning of Intestines
- ❖ Flower Bath
- ❖ Eye Therapy Treatment
- ❖ Acupuncture

At the end of your treatment plan, which may also recommend that you follow a specific dietary plan for the duration of your stay, you will meet with the ayurvedic doctors. You may purchase products as recommended by him from the Ayurveda Products shop to take home.

Aside from your divine treatments, further your tranquil, stress-relieving holiday by partaking in regular yoga classes and twice-weekly meditation sessions held by a local Buddhist monk. There is also the chance to open your mind and field of vision by attending special Buddhist lectures.



## Facilities

There is a large freshwater swimming pool beside a grassy lawn for your relaxation overlooked by the restaurant. Tasty and deliciously natural ayurvedic cuisine, vegetables and fish, is served up as a buffet. Alcohol is not served.

Though you may not wish to leave the sanctity of this haven, the glorious sandy coastline of Bentota is sorely tempting and only a short walk away. Cultural attractions and gardens may be visited in the vicinity while activities such as boat safaris and water sports are offered in town.