



## Neptune Ayurveda Village

Situated close to Beruwala on the west coast, Neptune Ayurveda Village is a health resort exclusively for ayurveda guests. With a calm and serene setting the whole resort, close to the beach, was created to be conducive to the ayurvedic way of life. The wonderful landscaped gardens and numerous ponds provide a soothing and rustic environment that is ideal for a programme of ayurveda while friendly staff make you feel at home.



## Room facilities

The 20 air-conditioned bungalows are tastefully furnished and provide a vital haven for guests seeking relaxation and peace. All rooms have a garden terrace, mini safe, hot water, piped music, hair dryer and telephone.



## Ayurveda Packages and Treatments

The ayurveda treatment area features ponds, water features and landscaped gardens in order to provide an especially soothing environment. There are 12 spacious individual treatment rooms, a doctor's consultation room and a unique yoga and meditation room in the middle of a large pond.

On your arrival at Neptune Ayurveda Village you will receive a welcome foot oil massage followed by a meeting with the Consultant Chief Doctor who will examine you and provide an individual treatment plan based on pulse diagnosis. The selection and frequency of treatments will be at the discretion of the chief doctor while they will be administered daily by well-trained friendly therapists under supervision from two resident physicians.

### **Package 1**

Comprehensive Ayurvedic Panchakarma Therapy.

Several packages of Panchakarma lasting from seven to 28 days. Treatments include a combination of:

- ❖ Ghee Therapy
- ❖ Suitable Cleansing Therapies
- ❖ Nasal Cleansing, Bowel Cleaning or Chest Cleaning
- ❖ Facial Massage
- ❖ Foot Massage
- ❖ Head Massage
- ❖ Body Massage
- ❖ Shirodhara
- ❖ Herbal Steam Bath
- ❖ Herbal Water Bath
- ❖ Flower Bath
- ❖ Herbal Medicine
- ❖ Shirovasthi
- ❖ Akshitharpana
- ❖ Pinda Sweda
- ❖ Acupuncture
- ❖ Yoga
- ❖ Meditation

### **Package 2**

Customised Ayurveda Rejuvenation and Relaxation Therapies. A combination of treatment over seven to 24 days that include:

- ❖ Face Massages
- ❖ Head Massages
- ❖ Foot Massages
- ❖ Different Body Massages
- ❖ Shirodhara
- ❖ Steam Bath
- ❖ Herbal Water Bath
- ❖ Steam Inhalation
- ❖ Special Treatments
- ❖ Flower Bath
- ❖ Ayurvedic Medicine and Herbal Teas
- ❖ Acupuncture
- ❖ Pinda Sweda

### Package 3

Stress management and weight management.

Programme is performed through nutrition, fitness, behaviour and medical management over a minimum of 14 days. Includes a combination of the following:

- ❖ Cleansing Therapies
- ❖ Uda Wartana
- ❖ Face Massages
- ❖ Head Massages
- ❖ Different Body Massages
- ❖ Steam Bath
- ❖ Herbal Water Bath
- ❖ Shirodhara
- ❖ Pinda Sweda
- ❖ Flower Bath
- ❖ Acupuncture
- ❖ Special Treatments
- ❖ Foot Massages
- ❖ Steam Inhalation
- ❖ Special Diet and Herbal Teas
- ❖ Yoga and Meditation
- ❖ Special Medicines

All guests will receive a final consultation with the Chief Consultant at the end of their package and receive advice about how to continue to live and eat healthily on their return home. As well yoga and meditation, designed to free your mind and achieve total relaxation, there are also weekly cookery demonstrations and discussions of ayurveda that will further your ayurveda experience.



### Other Facilities

All food at the resort is prepared under strict supervision of ayurvedic doctors so that it is

healthy and nutritious. Meals are served in an open-air restaurant and are often served as a buffet. In keeping with the ayurvedic way of life, no alcohol is served.

There is an ayurveda library on site that contains extensive information of ayurvedic wisdom, a nursery of herbs and an ayurveda pharmacy where guests may purchase additional remedies to take home.

Aside from relaxing walks through the pretty gardens deep in thought, the beach is close by for sunset strolls while there is plenty to see and do in the local area.