

**Paragon Special 2020**  
**01.04. – 20.12.2020**  
 no single use surcharge  
 garden rooms for less!



# Ayurveda Paragon Newsletter

## Ayurvedic oils with healing effects

Ayurveda without oil is like an ocean without water. Simply unthinkable. Ayurvedic oils are used in many different ways – especially for massages as well as for mouth and nose rinsing. Medicinal herbal oils – the so-called Thailams – are used for all applications and contribute to detoxification, relaxation, strengthening of the circulatory system, healing of diseases and more. The process required to produce these oils based on their traditional recipes is a lengthy, time consuming, intricate procedure.

The Thailams are usually based on sesame oil, coconut oil or ghee, which serve as a transport medium for the plant-based ingredients with which the oils are refined. The natural additives consist of dried or fresh herbs, roots, stems, leaves, flowers or barks. These are crushed and mixed into a paste with a very fine consistency. Upon which, they are added to the oil. Some Ayurvedic oils use up to 50 different ingredients. The more ingredients an oil contains, the more complex it is to produce.

There are hundreds of different Thailams, which, depending on the constitution type and clinical picture, are prescribed by the doctor individually, based on an Ayurvedic anamnesis and diagnosis. The dosha vata has a cooling, drying and rough property. To reduce vata, a rich, warming oil such as sesame oil is typically used. The typical hot, humid and ambitious character traits of pitta can be balanced with lighter, cooler oils e.g. coconut oil. Since kapha excess is often associated with lethargy, fatigue and heaviness, only little amounts of light, stimulating oil is used here.

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# Coconut oil – *a gift from nature*

Coconut oil is an all-round talent. Whether used externally or internally – it alleviates innumerable ailments in a natural way, while combatting and preventing a wide variety of diseases.

It is made by grating and drying the white meat first. Afterwards it is pressed. Coconut oil is naturally allergen-free, vegan and contains little cholesterol. Due to the contained secondary phytochemicals, minerals, vitamins and saturated fatty acids, many also consider this a super food. As an aliment, it strengthens the immune system, is considered one of the best sources of energy and promotes a healthy brain function. It has an anti-inflammatory effect and boosts fat burning.

In cosmetics e.g. as skin and hair care, the valuable ingredients tighten the skin, provide it with moisture and thus help against wrinkles, cellulite and impure skin. Furthermore, it provides nourishment for hair. Thanks to its antibacterial effects, coconut oil can also be used against inflammatory skin diseases. The cooling, detoxifying and anti-inflammatory impact is also ideal for Ayurveda applications, especially to balance the dosha pitta.

# Sesame oil – *the oldest oil in the world*

Sesame is commonly considered as the oldest oil plant in human history. Ayurveda also attaches great importance to this warming oil. Traditionally, it is taken for both internal and external use.

Only the matured sesame oil that has been heated to over 100 °C is applied as Ayurvedic massage oil. Taken internally, sesame oil, with its beneficial ingredients, has a positive effect on heart activity, blood clotting, arterial calcification and on the structure of the teeth. The level of blood lipids can also be reduced.

Externally used e.g. in Ayurveda with the Abhyanga full-body massage or Shirodara forehead oil flow treatment, it relieves stress, tension, headaches, sleep disorders and depression. Sesame oil is also very popular in conventional cosmetics. The skin gets a healthy complexion and it is supplied with the necessary nutrients. Long-term use can even reduce wrinkles. After massaging sesame oil onto the scalp, the hair becomes shiny and it counteracts hair loss and a dry scalp or dandruff.





## **15 Minutes Ayurvedic self-massage.**

### **How it works:**

Ideally, warm up your massage oil (e.g. matured sesame oil) in a hot water bath.

### **Head and face**

Put a few drops of oil on your center parting and massage your scalp towards your ears in small circular movements. Then work from the neck to the ears and stroke the ears. Afterwards massage your face carefully and move over to your neck with gentle strokes.

### **Arms and Hands**

Now start with circular motions on the shoulders and then move along your arms up to the wrists. Spread out the back of the hand and the palm of the hand and turn and pull the fingers softly.

### **Torso**

Massage from the inner midline of the breastbone in large circles in the outward direction. Then begin gently massaging your belly clockwise starting from the navel.

### **Legs and feet**

First massage your buttocks with circular movements. Swipe your legs down and back up several times with both hands. Apply pressure to your ankles and knees by using small circular movements. Finally, stroke your feet to the toes and also the soles of your feet.

End your Abhyanga by putting a little oil in each ear and nostril. Let the oil soak in for 15 minutes and rub yourself vigorously after showering. This stimulates the blood circulation. Afterwards, rest for a short while to complete the detoxification process and you are ready for your day.

If time is a factor, focus on massaging your scalp, ears and soles.

# Abhyanga – the Ayurvedic oil massage

During an Ayurveda cure, the four-hand full-body massage is often the basis of all treatments. It has a detoxifying effect, strengthens the nervous system, balances the doshas and gives pure enjoyment and relaxation. The metabolism, the blood flow and the cardiovascular system will be improved and vitality and youthful radiance preserved. It also stimulates the organ function and strengthens the immune system. The enwrapping in heated oil creates a feeling of security and well-being. Overall, an Abhyanga has a cleansing and relieving effect.

Pamper yourself! You can also feel the positive effects of the Abhyanga with an Ayurvedic self-massage. Find out for yourself how 15 minutes of self-massage in the morning improve your day and your well-being.



# Nasya – *the Ayurvedic nose cleaning*

This Ayurvedic therapy removes deposits and secretions from the sinuses, nose and throat, which are caused by excess doshas in the head area. In general, this also strengthens the sensory organs, improves sleep and has positive effects on the spirit and mind.

As part of a Panchakarma cure, nose cleansing – if prescribed by the doctor – is carried out as one of the purification methods.

For acute or chronic complaints, the treatment is performed as an intensive nose cleanse by experienced therapists. Depending on the constitution type and the symptoms, different oils, herbal juices or even powders are used. Nasya is a very successful treatment for example for migraines, earache, sinusitis, tinnitus, hay fever as well as for bronchitis and asthma.

As a preventive measure, the nasal cleansing can also be carried out in a simplified form as an Ayurvedic morning ritual. Especially in the cool season many people suffer from dry nasal mucosa and inflammation of the tonsils and sinuses. The oils used have an antibacterial, moisturizing and regenerating effect on the nasal mucosa. With regular application, nasal breathing is improved, the respiratory tract is strengthened and colds are prevented.

*Try it yourself and benefit from the positive effects.*

Dab 1–3 drops of oil (high-quality sesame oil or special nasya oil) into your nose with your little finger and gently pull it up.

Then lightly squeeze both nostrils, massage, reopen and continue to pull up the oil.





## Our new salt water pool

Since the beginning of this year we have changed our pool to a salt water pool which offers many advantages for our guests. The salt water contains valuable minerals and trace elements. It nourishes the skin and tightens the connective tissue. The cell metabolism is stimulated and the vegetative nervous system as well as the immune system are strengthened. The salt water content is significantly lower than the content of sea water and therefore the typical „salt water taste“ is not noticeable. Due to a special salt water system, no chemicals are needed in the pools upkeep.



## Weight loss weeks

September 2020

**Lose weight is a healthy and lasting way with our special Ayurveda weight loss program. Participation is possible for all arrivals between 1st and 30th September 2020.**

- Special Ayurvedic buffet
- Acupuncture treatments
- Talks and discussions with our Ayurvedic doctors, covering the topic nutrition and weight loss



To achieve a noticeable and lasting effect, we recommend a minimum stay of two weeks. Guests who do not want to participate in the weight loss program can do their individual cure as usual.

You can get further information under our telephone number +94 (0) 91 2283103/104/105 or via [info@paragonsrilanka.com](mailto:info@paragonsrilanka.com)

## Cooking & cure

November 2020

**For all arrivals between 1st and 30th November 2020 you can attend an Ayurvedic cooking class during your cure with our Executive Chef Mr. Prasana free of charge.**

- Visit to a local vegetable market
- Communal cooking of Ayurvedic meals
- Talks and discussions about nutrition





# We introduce our employees

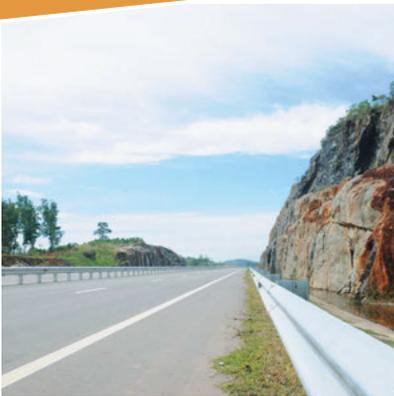


## Good to know

### *Mr. Nimal Meepa Gemage*

*Deputy Housekeeping Manager*

+++ NEW +++



### **Airport-Paragon transfer – now it's even faster!**

Another section of the highway has been completed and the transfer from the airport to Ayurveda Paragon **now only takes approx 1.5 hours.**

"Mr. Nimal" – as he is referred to by our guests – grew up in the neighboring town of Ayurveda Paragon and stayed close to home through adulthood. He comes from a large family with six siblings and seven nephews and nieces. In his spare time, Mr. Nimal likes to go swimming and enjoy the beautiful beaches of Sri Lanka. He also attends to his 83-year-old mother with household chores, cooking, with various errands such as shopping and market visits.

He has been part of the Paragon family since inception in October 1996, starting as a room attendant after having gained experience in the same position at another hotel prior to Paragon. His work ethic, combined with motivation and professionalism has led to his hospitality career at Ayurveda Paragon.

He is the deputy head of the housekeeping department for 7 years now and together with the head of the department he is responsible for a team of 35 personnel. Every day he checks the rooms and public areas for cleanliness and functionality and is happy to attend to guests' needs. He mentioned that it gives him great pleasure to contribute to a fulfilled guest experience.

The laundry and floral departments also belong to his field of work. The latter is secretly his favorite area. With a lot of passion he often designs the flower mandalas in the lobby, which are changing daily and are very popular among the guests.

# Our Prices

**Paragon Special 2020**

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garden rooms for less!



## Spring Offer (01.03.–31.03.2020)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

## Spring Special (01.04.–30.04.2020)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	2.447,20 EUR	2.608,20 EUR	2.898,00 EUR
21 Nights	3.501,75 EUR	3.743,25 EUR	4.177,95 EUR
28 Nights	4.540,20 EUR	4.862,20 EUR	5.441,80 EUR

## Summer Special (01.05.–31.07.2020)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.658,30 EUR	1.819,30 EUR	2.109,10 EUR
21 Nights	2.366,70 EUR	2.608,20 EUR	3.042,90 EUR
28 Nights	2.994,60 EUR	3.316,60 EUR	3.896,20 EUR

## Summer Offer (01.08.–31.10.2020)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.915,90 EUR	2.076,90 EUR	2.366,70 EUR
21 Nights	2.753,10 EUR	2.994,60 EUR	3.429,30 EUR
28 Nights	3.509,80 EUR	3.831,80 EUR	4.411,40 EUR

## Winter Offer (01.11.–20.12.2020)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	2.447,20 EUR	2.608,20 EUR	2.898,00 EUR
21 Nights	3.501,75 EUR	3.743,25 EUR	4.177,95 EUR
28 Nights	4.540,20 EUR	4.862,20 EUR	5.441,80 EUR

## Winter Peak Season (21.12.2020–28.02.2021)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.704,80 EUR	2.946,30 EUR	2.994,60 EUR	3.236,10 EUR
21 Nights	3.864,00 EUR	4.226,25 EUR	4.298,70 EUR	4.660,95 EUR
28 Nights	5.023,20 EUR	5.506,20 EUR	5.602,80 EUR	6.085,80 EUR

## Spring Offer (01.03.–31.03.2021)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

## Repeaters Discount

Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings made through a travel agency.

Discounts are calculated on the basic price:	2 <sup>nd</sup> – 5 <sup>th</sup> Visit	6 <sup>th</sup> – 10 <sup>th</sup> Visit	from 11 <sup>th</sup> Visit
	5%	10%	15%

**Previous price lists are no longer valid. Subject to changes.**

\*The basic price is equal to the price in a standard room per person. Our standard rooms are on the ground floor, 1st and 2nd floor.

## Contact us

Call us any time. We will be happy to be of service to you! You can reach our reservations office six days a week. If you are unable to reach us during the times indicated below, please leave a message and we will return your call promptly.

Monday – Friday: 08.00 to 18.30 hrs CET  
Saturday: 08.00 to 16.00 hrs CET



### Our telephone numbers:

From Germany, Austria and Switzerland:  
Our free call No. is 00800 466 46678

From the U.S.: our toll free No. is 1-(888)-233-1156.

From all other countries you can reach us at +94 91 2283 103/-104/-105.

We will be happy to answer any questions and provide you with a price quote for your visit.

## Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we welcome your comments in our guest book at [www.paragonsrilanka.com](http://www.paragonsrilanka.com).

Guest Referrals: When referring a guest to Ayurveda Paragon, you will receive a **voucher of 50 Euros** for each new booking based on your referral (booking should be a minimum of 14 nights). This voucher can either be applied towards the cost of your next cure at Ayurveda Paragon or it can be gifted to a friend. This offer is only valid for direct bookings made with Ayurveda Paragon.

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»Take time to do the things  
that make you happy.«