

**PARAGON SPECIAL**

till December 20th 2019  
and from April 1st 2020  
no single use surcharge and  
book our garden rooms for less!

# Ayurveda Paragon Newsletter

## Ayurvedic oral hygiene

### Good health starts in the mouth

In Ayurveda, dental care and intensive oral hygiene are seen as a very important component of holistic health. Habitually we are taught to brush and floss at least twice a day but we could be doing a disservice to our mouth by not addressing the bacteria that lives in our tongue, gums and oral mucous membranes.

Through the consumption of food, drinks and the air it is very easy for bacteria, viruses and other toxins to get into the body via the mouth. In order to protect the body from intruders of any kind and thus to support the immune system it is very important to clean the oral cavity. Especially in the niches of the uneven tongue, bacteria like to nest, which leads to a coating on the teeth and tongue. From an Ayurvedic perspective, this tongue coating contains waste products of the digestive system and toxins of the metabolic process (Ama), which want to leave the body. The more Ama is present, the more likely it may cause inflammation and swelling of the gums.

To clear the tongue and mouth of the slags, a regular Ayurvedic oral hygiene is advisable. In addition to the teeth and the tongue cleaning also the oil pulling is practiced.

The Ayurvedic morning routine is a good start for the day and you can do a lot for your health and well-being, right after rising. **The result is quickly visible: circulation and metabolism improve after a short time and you get more energy, a brighter skin and healthier teeth.**

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# The tongue – mirror of the inner world



The tongue is a powerful and highly mobile muscle that supports speaking, chewing and swallowing. In addition to the motor functions, the tongue is also a sensory organ. Thanks to the taste buds on the tongue, we are able to distinguish the six flavors sweet, sour, bitter, salty, spicy and tart. The consistency and temperature of the food consumed are also perceived by the tongue.

In addition, the tongue is an important part of the body's infection defence system and can tell a lot about the inner world and the state of health of the body. Therefore, the tongue diagnosis in Ayurveda is a supplementary examination method in addition to the pulse diagnosis, in which experienced Ayurvedic doctors recognize many disharmonies already in the condition of the tongue.

A healthy human tongue is pale pink to light red, moist, glossy and may be covered with a thin, whitish, clear coating. This can be seen especially in the morning after waking up and is no cause for concern. The white layer consists of old cells, leftover food as well as germs and is a sign that digestion is working well. It should be noted that some foods and beverages such as coffee, black tea and also spices e.g. tumeric can affect the color of the tongue. Even medications and cigarettes have this influence and must always be considered in the assessment. Thick coatings are usually related to the diet and indicate that the stomach and intestine cannot digest well – especially after having heavy and greasy meals.

If the tongue has a rough and cracked surface, is dry, pale and the tongue coating is rather thin and greyish, then this indicates an increased Vata. An increased Pitta is characterized by a reddening of the tongue with a yellowish coating. If Kapha is disturbed, the tongue is sticky, moist and rough with a whitish coating.

Through tongue cleaning toxins, harmful germs, metabolic end products and leftovers will be removed. In addition to the use of a tongue cleaner, the tongue also cleans itself by good and extensive chewing of hard food. This ensures that through the mechanical abrasion on the tongue bacteria and persistent deposits disappear. It is also important to drink plenty of liquid. The fluid flushes away bacteria and leftover food and prevents them from settling on the tongue.





In many eastern cultures, the daily cleaning of the tongue has been a morning and evening ritual of oral hygiene for thousands of years. Also in the ancient Ayurvedic scriptures Charaka Samhita, the tongue cleaning has a great importance.

## *The tongue cleaning*

Since in Ayurvedic teaching the tongue is considered as an extension of the gastrointestinal tract, the coatings are discharged waste products and toxins of the body. Deposits that occur at the root of the tongue affect the sense of taste and very often cause bad breath.

If you remove the deposits and thus the food debris and bacteria regularly, the taste sensation improves and you can prevent bad breath and inflammation in the throat area. At the same time, the cleaning of the tongue also activates and supports a natural self-cleaning mechanism of the body, because it stimulates salivation, which is an important part of oral health. Regular tongue cleaning also supports the entire digestive and excretory process.

It is recommended to use a tongue scraper to clean the tongue in the morning and in the evening, as most of the deposits have accumulated. Preferably you should use a tongue scraper made of silver or stainless steel, as it is hygienic, easy to clean and long lasting.

Place the scraper on the back of the tongue and gently pull it several times to the tip of the tongue. In between, you can briefly hold the scraper under running water to clean it. Then rinse your mouth several times thoroughly. This cleaning procedure takes only a few seconds, but has a good effect on your overall well-being.

*A useful souvenir  
of your next cure stay:*

The „Ayurveda Paragon“  
tongue cleaner made of silver,  
handmade from our goldsmith.





# The oil pulling

## *Prevention is better than healing*

True to the motto: "Prevention is better than healing", oil pulling is also an integral part of Ayurvedic medicine. It is very important for oral hygiene and it also unfolds its health-promoting effects throughout the body. In addition to the health maintenance of the teeth and the oral flora, the main benefit of pulling oil is the detoxification of the body.

The salivary glands are thereby stimulated and thus the elimination of harmful substances from the body is supported. The oil reaches through the pivoting and pulling all interdental spaces and thus contributes to the health of the oral cavity. It helps, among other things, to prevent or relieve inflamed gums and bleeding gums. In addition, the taste sensation is intensified, the digestive power improved and the teeth strengthened.

Especially cold-pressed and ecologically produced sesame oil has an antibacterial and antiviral impact. The oral cavity is not only detoxified, but the mucous membrane is also kept smooth and immunized against pathogens. Regular use avoids dry mouth, torn lips, tooth decay, toothache as well as sensitive teeth and strengthens the teeth in general.

Oil pulling should always be practiced after brushing the teeth and cleaning the tongue. Take a tablespoon of sesame oil in the mouth. Move the oil throughout the mouth and slowly draw it between your teeth. Afterwards spit the oil into a paper napkin. It is not recommended to put the oil in the sink as it can clog the drain. In no case should you swallow the oil, as it contains harmful germs and deposits from the mouth area. The substances contained in the saliva split up the fat in the oil, resulting in a milky white color. Finally, rinse your mouth with water. The duration should be 20 minutes at best. Just start with 5 minutes and increase the time with practice.

Try to implement this little detox ritual into your morning routine. Your sensory organs are opened, sensitized and it enables you a healthy start into the day.

### *For a fresh breath*

A natural way to keep your breath fresh is to chew spices after a meal. You can take, for example, aniseed and fennel seeds, cardamom and clove. These spices not only have a cleansing and disinfecting effect, they also taste good and stimulate digestion.





# Kuthie Swedha – the Ayurvedic herbal sauna

The Ayurvedic herbal sauna serves to purge and detoxify the body. Due to the sweating, the disposal of toxins and metabolites are promoted. The body channels are opened and increased Doshas like Vata and Kapha can be lowered. The herbal sauna is suited for almost anyone due to the mild temperature of 40–45 °C.

In Sinhalese we use the word “Kuthie Sweda” meaning “sweating hut”, literal translation for the sauna. At Ayurveda Paragon, we have two Ayurvedic saunas that have been built according to the ancient Ayurvedic traditions. Building an Ayurvedic sauna requires very intricate craftsmanship. Firstly, the bricks to build the sauna have to be prepared. Bricks for an Ayurvedic sauna are made from the following material: termite’s clay, jaggery, herbal decoction and bee’s honey. After mixing the ingredients, the bricks are prepared, first air dried and then fired in a kiln by burning the dry skin of the paddy.

The sauna is “igloo shaped” consisting of two walls and in between the two walls there is a gap of 10–15 cm. This gap helps to keep the temperature inside the sauna consistent at about 40–45 °C. This mild heat puts less pressure on the blood circulation than higher temperatures. Furthermore, a mixture from Bael fruits, termite’s clay, pleasant smelling herbal decoctions and medical paste is applied on the inner wall of the sauna. This layer is replaced every 3 months.

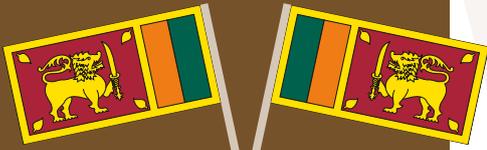
The floor of the sauna is built upon a thick metal plate followed by four different layers. Each layer is a mixture of different materials. The first layer is made from corals, river sand, decoction and termite’s clay. The following layers are from bee honey, herbal glue, jaggery, termite’s clay and river sand. The final layer is a medicinal tray from Maragosa wood filled with 25 different medicinal herbs. These herbs are replaced every 2 months.

The Ayurvedic sauna receives its heat by a fire burning, underneath the floor. The fire is fueled with the dried shells of coconuts and cinnamon wood for 2.5 hours in the morning, then the fire is put out but the temperature in the sauna stays between 40–45 °C for the rest of the day, due to its structure.





## News



+++ NEW +++

### **Free Visa for Sri Lanka**

From August 1<sup>st</sup> 2019 to January 31<sup>st</sup> 2020\* the visa for EU citizens and citizens of many other countries is free of charge for a stay up to 30 days. For more information please visit [www.eta.gov.lk/slvisa/](http://www.eta.gov.lk/slvisa/)

\*subject to change without notice

Did you know...



### **Direct flight to Sri Lanka**

**Airline Edelweiss Air** will offer again a direct service between Zurich and Colombo starting from October 2019 till April 2020.

We will be happy to make you an offer for the outward and return flight together with your booking enquiry.

# We introduce our employees



**Mr. Nihal Dharmasiri**  
Chief Security Officer

Directly at the entrance of the Ayurveda Paragon you will find the office of Mr. Dharmasiri, the head of the security department. For 11 years now, he has been in charge of the safety of our guests as well as our personnel. His motto is: 'Only a safe hotel is a good hotel'. 20 employees work under his direction and guard the hotel 24/7 at eight different guard stations to ensure guest safety. Only authorized persons are allowed to enter the hotel area. Before entering and leaving the hotel, all persons, such as the suppliers are checked. The security staff is also responsible for opening and closing the gates.

Mr. Dharmasiri also has many administrative responsibilities apart from security. In addition to the responsibility for the duty rosters of his employees, he is also responsible for the documentation of the working times of all employees. Furthermore, his duties include checking and recording all incoming supplies for the hotel.

"Security" has always been a topic of interest for him, so after completing his schooling he decided to pursue a military education. For 24 years, he worked for the Sri Lankan military, before retiring. In Sri Lanka one could apply for a pension after working for 22 years in military services. Since Mr. Dharmasiri did not enjoy his retirement too much, and he was still looking for a career challenge, the position of "chief security officer" at the Ayurveda Paragon was just perfect for him.

Mr. Dharmasiri is 59 years of age and lives in Galle with his wife and son. The family also includes two dogs and many aquarium fishes. In his free time he enjoys cycling – especially through the tea plantations in the inland. He is also a big fan of the Sri Lankan Cricket Team and enjoys watching TV shows.

# Our prices

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## Summer Offer (01.08.–31.10.2019)

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

**NEW**

## Winter Offer (01.11.–20.12.2019)

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 (21.12.2019–29.02.2020)

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.–31.03.2020)

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

**NEW**

## 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

## 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.

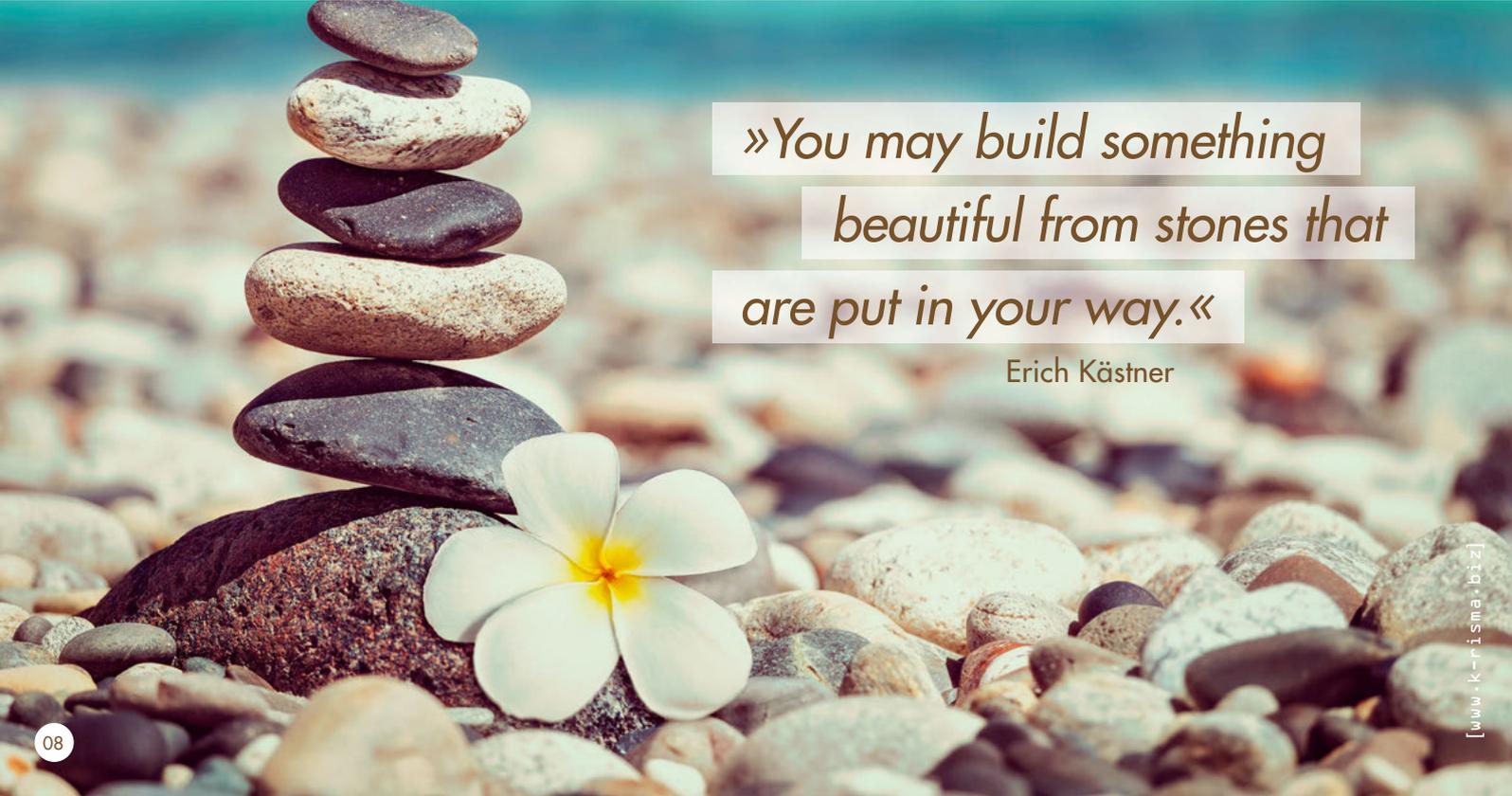
We will be happy to answer any questions and provide you with a price quote for your visit.

## 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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»You may build something  
beautiful from stones that  
are put in your way.«

Erich Kästner