

Ayurveda Paragon Newsletter

NEW RATES
Ayurveda Paragon
Special 2018 (page 6)

Water – the essence of life

Many difficulties like fatigue, lack of concentration, sleep disorders, volatility and heartburn can result from water shortage. Even though the adult human body consists of 65% water on average, one cannot retain this water. About two and a half liters are excreted daily through the kidneys, intestines, lungs and skin.

Water is a 'Life-giver'. According to Ayurveda practices, drinking warm water has many health benefits. The warm water, warms the body, activates circulation and metabolism while helping to regulate digestion. Waste and toxins are flushed out of the body, vital substances transported and the doshas balanced.

Water can also be an aid with weight loss. Drinking warm water reduces cravings for snacks, improves fat burning and helps to detox your body. It is recommended to regularly drink small amounts of warm to hot water throughout the day. By boiling the water, the structure of the water changes and it will be enriched with energy, which provides better absorption in the body and in the cells. Depending on one's constitution type, the water should be at room temperature or hot. In case of a Kapha type fairly hot water is indicated. A Pitta – or Vata type of person should drink water at room temperature.

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Back to Balance

stressed

burnt out

exhausted

The human being is exposed to a variety of influences in modern society, more than ever before, flexibility and adaptability are required. Time and performance stress play a dominant role. Too many activities without compensatory rest periods. And not infrequently, fears of financial hardship, unemployment, illness or old-age poverty are added.

But every person has an own individual sense of stress and it depends on their current condition and inner balance. Stress and its effects are always perceived subjectively. It is not just the external professional or social circumstances that can lead to fatigue or even being burnt out. These are deeply impressed emotional patterns and behaviors which cause a person to stop listening to their own signals and misjudge their physical and mental performance. The mental and emotional conditions influence the immune system and thus the entire body. At the same time, the physical condition influences our thinking and feeling.

Fatigue, lack of motivation, lethargy, insomnia, lack of concentration and memory, anxiety and depressive mood – all these are clear signals of pathological fatigue. But even physical disorders such as tension headaches, back problems, irritable stomach or high blood pressure can point to an excessive burden.

From the Ayurvedic point of view the three doshas Vata, Pitta and Kapha are unbalanced. A human being is healthy, resting in oneself when the doshas are in balance. The aim of all Ayurvedic therapy measures is to restore the balance of these three life energies. Lifestyle habits which increase the burden factors should be reduced step by step and replaced with new coping strategies for everyday use. Maybe life has to be rethought and stress factors terminated. A harmonious balance between rest and activity is very important and nutrition habits and behavior patterns should be reflected and improved.

In Ayurvedic therapy the so-called anointing of the forehead “Shirodhara”, which contributes to strengthen the psyche, is particularly promising. Even meditating regularly opens the access to the inner source of power, boost the conscious perception, evolve relaxation, serenity and inner stability and also lead physiologically to the activation of regeneration mechanisms. At the same time, the lively inner relation to oneself serves as a catalyst for many other health-promoting behaviors and also boosts our self-motivation.



»Take time each day to sit quiet and listen to things. Observe the melody of life that vibrates in you.«

Buddha

Calm your mind with meditation

Meditating regularly can have a calming effect. The heartbeat is slowed down, the breathing deepens and muscle tension is reduced. Regularly practiced, it helps to redeem serenity and regain ones inner strength.

Meditating is easy! The only challenge is that one must carve out time for meditating.

Find a quiet place, turn off the phone and set an alarm for 10 minutes. Sit down in a comfortable position. The back should be as upright as possible. Close your eyes and inhale and exhale five times. Continue to breathe normally and try to observe your breath, how the air flows in and out and how it feels. It is normal that your thoughts are drifting off. But always return mentally to your breath. Let go of all ideas about what can or should happen – there is no right or wrong.





How to maintain the results of your cure at home

Your body is your most precious commodity. Please always keep this in mind!

In general

- Go to sleep about the same time every night
- Do sports or exercises
- Sleep for 6–8 hours
- Yoga and meditation help to reduce stress
- Create a nice ambience in your home and appealing surroundings
- Try to live in harmony with nature and the change of seasons
- Listen to your inner voice and satisfy real needs

Nutrition

- Have your meals regularly in a quiet atmosphere and in a balanced mood
- Lunch should be your main meal
- Have a small dinner
- Dinner should be around 2–3 hours before bedtime
- Freshly prepared, warm meals are better than reheated food
- Eat only when you are hungry. The time gap between two meals should be 3–6 hours
- Do not drink for 30 minutes before your meal, during the meal and for 30 minutes after the meal
- If you need to drink during your meal, please choose warm water
- Please drink a lot of boiled warm water
- Make use of the products of your own country and buy according to the seasons
- Try to take a short rest after meals, but do not sleep. Go for a short walk outdoors if possible.
- Try to reduce coffee, tobacco and alcohol especially right after the cure. Also reduce sour or spicy dishes, too much fat/oil and raw vegetables.



»Sri Lankan Cinnamon is still considered as **the finest** kind of cinnamon«

Cinnamon – spice and remedy

Cinnamon has been used for years as one of the oldest flavorings in the world. The origin was genuine Ceylon cinnamon, which comes from Sri Lanka (formerly known as Ceylon). Sri Lankan Cinnamon is still considered as the finest kind of cinnamon with a noble, highly aromatic and slightly sweet taste. The spice is extracted from the bark of the cinnamon plant. During the process, first the rough, outer bark of the branches is peeled off in order to detach the valuable inner bark. The thinner the bark, the finer and more aromatic is the cinnamon flavor.

In Ayurvedic medicine almost all parts of the cinnamon tree are used: leaves, bark, roots. For example, oil is extracted from the cinnamon leaves, as this oil warms up the body and has an anti-inflammatory effect on colds. Some of the health benefits of cinnamon include: helps reduce cholesterol levels, regulates blood sugar levels, and it is also considered as a natural agent in controlling diabetes. Regularly consumed, it can also boost fat burning and is good for the digestion and eliminates bloating and tension in the intestines. In addition, cinnamon helps expand vessels, reduces blood pressure, stabilizes the circulation and promotes blood circulation.

In case of acute toothache, cinnamon oil is pain-relieving – simply massage the painful area with diluted cinnamon oil or soak a cotton ball and apply it. It is recommended to use authentic Ceylon cinnamon, because it contains hardly any coumarin. Coumarin is a natural flavoring which can be unhealthy in large quantities. The cinnamon sticks are best kept in tightly closed containers in a cool and dark place. They retain their aroma up to 3 years. Cinnamon powder, on the other hand, quickly loses its aroma.





We introduce our employees



**Sunil Polwatte
Gallage**, Pool Attendant

Mr. Sunil Gallage has been with Ayurveda Paragon since opening day over 21 years ago. He is responsible for the cleanliness of the pool and has to certify that it meets the hygienic standards. Furthermore he ensures that all sunbeds in the garden are equipped with the appropriate mattresses and towels daily.

During his downtime he likes to be creative and therefore uses palm tree leaves to make beautiful Mobilee figures such as birds or fish – which he then gifts to the guests. These are always a great pleasure to the guests and a very popular souvenir.

Mr. Sunil Gallage grew up by the Koggala Lake and he still lives there today – together with his wife and their two sons, who are 18 and 22 years old. Since his house is only about 100m away from the lake, he borrows his friends' boats to take his family on trips around the Koggala Lake. Some of the other activities he enjoys partaking in is volleyball, swimming and snorkeling.

Ayurveda Paragon Special 2018

Special Deals

Summer special (01.05.–31.07.2018)

14 nights incl. cure from 1.658 EUR
Save up to 500 EUR for 28 nights
380 EUR for 21 nights
260 EUR for 14 nights

Summer season extention (till 31.10.2018)

No surcharge for single occupancy from 1st May till 31st October.
Garden rooms remain cheaper.

No seasonal surcharge (20.12.2018–03.01.2019)

Save 120 EUR per week p.P.

Our prices



Spring Offer (16.03.2018 – 30.04.2018)

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

Price cut
01.05.–31.07.2018

Summer Special (01.05.2018 – 31.07.2018)

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 Special:

May 1st, 2018 – October 31st, 2018 **NO single use surcharge** and book our garden rooms for less!

Extension of the summer season
until 31.10.2018

Summer Offer (01.08.2018 – 31.10.2018)

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 (01.11.2018 – 20.12.2018)

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

Winter Peak Season (21.12.2018 – 28.02.2019)

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

No seasonal surcharge

Spring Offer (01.03.2019 – 30.04.2019)

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 nd – 5 th Visit	6 th – 10 th Visit	from 11 th 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 seven 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 – Sunday: 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. You can also calculate the price of your stay at our website **www.paragonsrilanka.com** under "Prices and Reservations".

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**.

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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»The journey
of a thousand miles
begins with one step.«

Lao Tzu