



Ayurveda Paragon »Up-to-date«

Padabhyanga – Pure Relaxation for you and your feet

Each waking day our feet help carry us through life. They not only carry our bodies, but also all our stresses and burden collected through daily life. Wrapped in shoes and stockings they are kept warm, but in the cold months that are heading our way, it's important to pay extra attention to these feet that serve us each day. The Padabhyanga – An Ayurvedic foot massage helps you to relax and bring tranquillity. Soothing in the evenings before heading to sleep, it helps to relax the whole body. Other body parts are also stimulated and relaxed by massaging the foot reflex points. Best of all, it's quite simple:

Set aside 10 to 15 minutes time for this foot massage. Heat a little sesame oil or other fragrant Ayurvedic oil. Apply the oil generously to your foot areas. Tip: use a towel as underlay to prevent your furniture or carpets from absorbing the oil. Firstly, start with circular movements of your thumb and massage the sole, starting with the tip of your toes and ending with the heel. Massage the top of your toes and the gaps between your toes gently with your thumb and pointer finger. Press the pain points on your feet and knead them out. Stroke the oil over your ankles up to the knees and feel how your tensions subside. Enjoy the meditative feel of the massage and keep in mind that you are doing something good for yourself. For the ending, wrap your feet in a towel for about 10 minutes, so that the nutrients of the oil can take the full effect. Finally rub off the excess oil with a dry towel and feel how your feet are relaxed and revitalized.

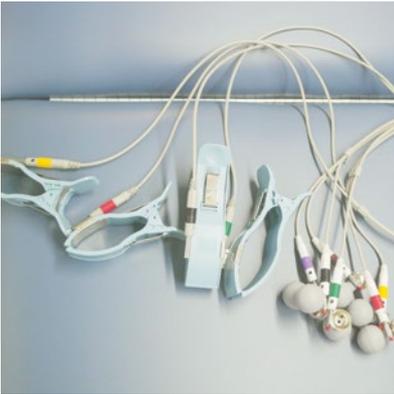
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We are proud to announce that in the year 2013, Ayurveda Paragon became a government acknowledged Ayurvedic hospital. Accordingly, we have constructed and equipped a laboratory with modern western medical tools in order to further assist our Ayurvedic doctors with their diagnosis.

Traditionally, our Ayurveda doctors use pulses and various other physiological signs for diagnosing illnesses. Now with the aid of our new laboratory, our doctors will be able to get accurate reading and reports of labs such as cholesterol levels, glucose levels, etc. We believe that obtaining these reports before and after a full course of Ayurveda treatments will allow us to individualize the treatment plans to better serve you. A Western medical physician, a nurse and a medical laboratory assistant will be available to further assist with this.



We are excited to be pioneers of marrying advancements in western medical world with traditional Ayurveda treatments to provide a more pleasant and enjoyable stay at Ayurveda Paragon. Below is a picture of our lab where latest technology is used to deliver better results through the use of Ayurveda.

Ayurveda Paragon Laboratory





The Thyroid

The thyroid is a small but very important organ in our body. It produces hormones that aid in the energy metabolism, the growth of the organism and proper functioning of cells.

It is also the prone to many different diseases and disorders. One of the most common disorders of the thyroid results from overproduction or underproduction of thyroid hormones better known as Hyperthyroidism or Hypothyroidism. The overproduction (Hyperthyroidism) leads to symptoms such as losing weight, sweating, and heat intolerance. The underproduction (Hypothyroidism) leads to symptoms such as weight gain, cold intolerance. There are various other diseases that affect the thyroid such as Hashimoto's thyroiditis, cancer etc., but these are less common.



From an Ayurvedic point of view, diseases of the thyroid organ result from imbalances of the natural state of our body. This could be induced by our frantic and stressful day-to-day lives coupled with improper nutrition. This leads to a buildup of toxic sediments called Ama in the body and in the thyroid that causes various diseases.

Ayurvedic treatments take a different approach in treating hypo or hyper functioning thyroid glands compared to Western medicine. By treating the root of the problem with stimulation of the thyroid gland, Ayurveda treatments aim to independently regulate the hormone production rather than treating just the symptoms such as weight loss or gain, hot flashes or hair loss etc.

These treatments depend on each individual and their specific imbalances. Special herbal waters and pills are prescribed to support the medical treatments. If enlarged thyroid or goiter is present external bandages and pastes are used.

Positive results are achieved by detoxifying the body, cleaning the seven dhatus (bodily tissues), the reproduction of digestive fire Agni, and the stimulation of the thyroid gland from both, inside and outside. Many of our guests suffer from various diseases of the thyroid and it's symptoms. Many have achieved desirable results with at least 30 days of continuous treatments.

Contact us

Did your cure at Ayurveda Paragon bring you relief from your symptoms? Were you able to reduce the dosage of your hormone intake long-term? Are you starting to feel that there is a better balance in your body once again?

Your attending physician at Ayurveda Paragon is pleased to hear any successes big or small in the fight against thyroid disease.





Full Moon in Sri Lanka – an insight into the Sri Lankan culture

There are a lot of colorful celebrations and traditional holidays in Sri Lanka. A very important one for the Buddhist community is the monthly recurring (Poya) Full Moon Day.

During the day there are several different ceremonies and rituals that take place in remembering the important occurrences in the life of Buddha or his disciples. Every Poya day represent another life event of Buddha or has significance to Buddhism. In the recent Newsletter we already introduced six of the Full Moon celebrations and their meaning. The second part follows now with the months September to February



September – Binara Poya

Binara Poya indicates the start of the last rainy season month. This Full Moon has a special meaning. Binara Full Moon Poya Day is a time of celebration, reflections and contemplation. During this national holiday, Buddhists observe the disciplinary code first lay down by Buddha, and Buddhist monks, known as Bhikkhus, spend much of this time in prayerful meditation.

The celebration marks the first time that women were permitted to join the Buddhist order.

October – Vap Poya

Three months ago, the start of the rainy season was celebrated during the Esala Full Moon. Now the end comes with Vap Poya. Vap Poya, or better known as the months of robes, denotes the day when the monks return from their reclusiveness. In many parts of the country they perform colorful processions in the early morning hours to hand over the robes for the monks.

November – Il Poya

The Il Full Moon remembers on the prophecy of Bodhisattva Maitreya where he explained that Buddha be bestowed on the enlightenment to send 60 students for spreading the principles.

December – Unduvap Poya

On Unduvap Poya, it will be remembered how Arahat Theri Sangamitta, the daughter of the king Askoka and also buddhistic nun, brought with her a right branch of the Sri Maha Bodhi – tree (Bodhi = Enlightenment) from India to Anuradhapura. Under this sacred Bodhi – tree, Siddharta Gautama gained the enlightenment and became Buddha.

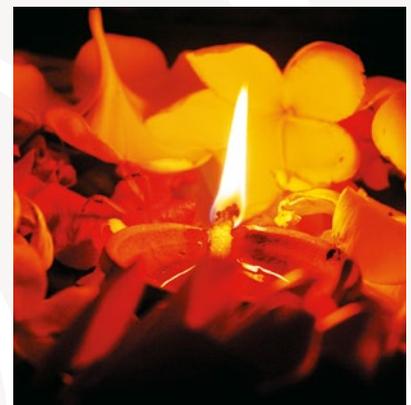
Also on Unduvap Poya the “Sri Pada” season starts in Sri Lanka. The sacred mount “Sri Pada”, or even known as Adam’s Peak, is one of the most famous places of pilgrimage. Buddha visited this mountain on the eighth year of his enlightenment, during his third visit to Sri Lanka, according to legends; he left a footprint behind on the top of this rock. The pilgrimage season comes to the end on Vesak Poya.

January – Duruthu Poya

Durutha Poya is the first Full Moon of the year according to the Gregorian diary and remembers Lord Buddha’s first visit to Sri Lanka.

February – Navam Poya

In the buddhist history, Poya Navam held the first Buddhistic council.





Meet our Staff Members



*Nishantha
Dulmina
Abeywickrama
Gunararatne*

"With patience and calm we always do our best to try to make everyone happy!" During your daily visit to the health centre, you have probably come across: Mr. Nishantha. Since the opening of Hotel Paragon in 1996, he has been working with us as one of our most experienced staff members. Mr. Nishantha further gained experience in the field of hospitality by working abroad at a resort in the Maldives Islands from the year 2002. But after two years abroad, he returned back to the Paragon for two specific reasons, he craved the workplace atmosphere sanctioned at the hotel as well as the flexible working hours that allows for time with family.

Originally from Weligama, Mr. Nishantha lives with his wife and two children only 10 km away from the hotel, in Ahangama town. Mr. Nishantha like many of our Paragon team, values the freedom Paragon creates for its employees. The national sport "cricket", is for our former team leader of the Paragon hotel cricket team a welcomed leisure – time activity.

After graduating in Galle, Nishantha worked as a „tea maker supervisor“. Then he went onto to joining the hospitality field before joining Paragon in 1996. At Ayurveda Paragon Mr. Nishantha is responsible for the medical records and documents of all our guests and employees. Together with Mrs. Kanthi, he coordinates the therapeutic treatments and ensures that our guests' needs are met and fulfilled.

Silk Route

Did you know...?

Hospitality and welfare from the first minute! Start your arrival in Sri Lanka with a pot of tea, instead of the usual struggle on the baggage claim.

Because now, this procedure will be done for you! – With the Silk Route Service by the Airport Colombo. Upon your arrival, you will be picked up directly from the gate, lead through immigration and ushered to the Lounge, where you can relax with a pot of tea from the exertions of the long flight. While you enjoy this moment of silence, the airport staff will take care of the baggage claim. When everything is managed for you, you will be fetched out of the Lounge and pass the Airport through a side exit, where our Hotel driver will be awaiting you.

And of course, your journey should end as it started. You can enjoy the Silk Route on your departure day as well and avoid waiting in airport lines. You enter the airport at a separate Silk Route entrance and take a seat in the Lounge. Your baggage will be collected and screened by the Airport staff and the whole Check in procedures will be advanced for you. During this time, you can enjoy the comforts of the Executive Lounge and until it is time to be escorted to the Boarding Area.

Feel free to contact us for booking this special service. Silk Route is offered by the Airport of Colombo.



Our prices for your rejuvenation

Winter Offer (16 October – 20 December 2014)

Duration of Stay	Basic Price p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.072 EUR	2.254 EUR	2.296 EUR	2.478 EUR
21 Nights	2.982 EUR	3.255 EUR	3.318 EUR	3.591 EUR
28 Nights	3.836 EUR	4.200 EUR	4.284 EUR	4.648 EUR

Winter Peak Season (21 December 2014 – 15 March 2015)

Duration of Stay	Basic Price p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.128 EUR	2.310 EUR	2.352 EUR	2.534 EUR
21 Nights	3.066 EUR	3.339 EUR	3.402 EUR	3.675 EUR
28 Nights	3.976 EUR	4.340 EUR	4.424 EUR	4.788 EUR

Seasonal Surcharge from 24 December 2014 – 02 January 2015: 84 Euros per week per person

Spring Offer (16 March 2015 – 30 April 2015)

Your Advantage

Duration of Stay	Basic Price p.P.	Ground Floor Single	Ground Floor Double p.P.	Standard Room Single	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.072 EUR	2.114 EUR	1.932 EUR	2.254 EUR	2.296 EUR	2.478 EUR
21 Nights	2.982 EUR	3.045 EUR	2.772 EUR	3.255 EUR	3.318 EUR	3.591 EUR
28 Nights	3.836 EUR	3.920 EUR	3.556 EUR	4.200 EUR	4.284 EUR	4.648 EUR

Single use reduction from 01st of April

Summer part I (01.05.2015 – 31.07.2015)

Duration of Stay	Standard Ground Floor p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.582 EUR	1.722 EUR	1.946 EUR
21 Nights	2.268 EUR	2.478 EUR	2.814 EUR
28 Nights	2.856 EUR	3.136 EUR	3.584 EUR

Summer part II (01.08.2015 – 15.10.2015)

Duration of Stay	Standard Ground Floor p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.610 EUR	1.750 EUR	1.974 EUR
21 Nights	2.310 EUR	2.520 EUR	2.856 EUR
28 Nights	2.940 EUR	3.220 EUR	3.668 EUR

Summer Special: 01st May to 15th October NO single use surcharge and book our garden rooms for less.

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.

Discount is calculated from the basic room rate.	2 nd – 5 th Visit	6 th – 10 th Visit	from 11 th Visit
	5%	10%	15%

Previous price lists and special offers are no longer valid.

Needless to say we will be happy to provide you with an offer for your individual duration of stay. You can also calculate the price of your individual stay on our website www.paragonsrilanka.com under "Prices and Reservations".

Contact us

Call us any time. We'll be happy to be at your service! You can reach us Monday to Friday from 09.00 to 19.00 hrs. and Saturday from 09.00 to 13.00 hrs. CET. During other times, please leave a message for us on our answering machine and we will return your call shortly.

From Germany, Austria and Switzerland, our freecall No. is **00800 466 46678**. If you are calling from the U.S., please use our toll-free No. **(888) 233 1156**. From all other countries, you can reach us at +94 91 438 4886 to -4888.



Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted to find your comments in our guest-book at www.paragonsrilanka.com. If you tell your friends about us, you will receive a coupon worth **50 Euros** for each new booking based on your recommendation (booking should be a minimum of 14 nights), which will be reduced from the cost of your next cure at Ayurveda Paragon. Of course you can use this coupon as a gift to friends just the same. This bonus can only be granted for direct bookings.

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»The Mind is everything.
What you think you become«

Lord Buddha