



Ayurveda Paragon »Up-to-date«

Ayurveda Paragon Goes International

A lot of things have changed at the Ayurveda Paragon in the past few years. Whereas earlier most of our guests were German, we have in the meanwhile made a name for ourselves internationally. Thus, in April 2013, we were able to welcome guests from eight different nationalities.

The quality of our Ayurvedic-medical care has and always will be our major strength. On the following page you can find a few examples of the extraordinary successes our doctors have achieved in improving the health and well-being of our guests.

Another aspect of our growing popularity is the fact that more and more guests make their bookings for the high season from mid-December to March at an early stage. Should you plan to visit us during this time, we recommend to contact us soon.

Your
Ayurveda Paragon Team

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Many guests come to the Ayurveda Paragon to maintain their health and vitality. Others come with acute illnesses, quite often they represent cases where conventional medicine has given up. And sometimes, our doctors work small wonders, which not only benefit those concerned, but also create joy and amazement among the entire Paragon-team. We want to share a few of these amazing stories with you.

Paragon Success Stories

Johann R., 73 years old, Mr. R. as suffered from dementia for the past nine years and visited the Paragon together with his wife, without whom he cannot manage daily life. Upon arrival at the Paragon, Mr. R. could not hold a conversation, was unable to unlock a door, put on his shoes or use the toilet without help. He received comprehensive Ayurvedic treatments especially targeted for this problem as well as acupuncture. After three weeks he remembered events from his earlier professional life, used the toilet on his own and was able to unlock doors without help and his wife was utterly happy about these improvements, which also increased her own quality of life.

Mrs. K., 47 years old, reached the Paragon with acute burn-out-syndrome, was completely exhausted and close to complete breakdown. During her three weeks of stay with us, she initially received relaxing treatments along with detoxifying herbal remedies. The traditional Panchakarma-cure together with Yoga and meditation helped Mrs. K. to regain balance of her doshas, to rid herself of "Ama" (toxic waste products in the body) and to reconnect with her inner spirit.

After completing her stay with us, she stated that she "will return home like newly born with a new courage to face life".

Sonja M., 54 years old, came to the Ayurveda Paragon after a long period of suffering and uncountable visits different doctors in her home country. For seven years she had increasing muscle stiffness, myasthenia (weakening of muscles) and pain in her nerves, all of which lead to her having to use a walking aid. Furthermore, her speech was impaired. At home, doctors suspected primary lateral sclerosis. Initially, Mrs. M. received very special decoctions, which are also prescribed for patients suffering from paralysis. Additionally, she was given special herbal water which was freshly prepared for her on a daily basis along with herbal paste to relieve the tightening on the tongue-muscles.

Her treatments were mostly aimed at relaxing and loosening her muscles as well as stimulating the nerves which are responsible for her movements. Acupuncture was applied to support this process. At the end of her stay at the Ayurveda Paragon, Mrs. M. was able to walk independently without her walking aid and could swim for the first time since 3 ½ years. The entire team of the Ayurveda Paragon followed her progress with joy and amazement. In order to further advance her improvements, Mrs. M. has already booked her next stay at the Ayurveda Paragon.



Stop Smoking with the Help of Ayurveda

By now it is widely known that smoking is dangerous for your health. Many would like to stop smoking, but have not yet found a method suitable for them to stop this habit.

Tobacco-consumption and smoking were already known around the time of 5,000 B.C. Thus it comes as no surprise that Ayurveda already developed treatment methods against this addiction thousands of years ago.

In the old scriptures, the Ayurveda Paragon has rediscovered herbal remedies and treatment methods which can help smokers to free themselves of the smoking-habit. The therapy is very individually based and will be determined after a thorough initial consultation by one of our Ayurvedic doctors based on the personal constitution. Acupuncture, Yoga, meditation as well as helpful dietary advice complete the program, which can be the beginning of a healthy, smoke-free life. The body will be thoroughly detoxified through traditional Panchakarma-treatments, so that the toxic waste products which have accumulated by years of smoking will be removed. This, in turn, will reduce the withdrawal-symptoms. The non-smoking program will be carried out parallel to the general Ayurveda-cure.

For more Information about our smoking program simply call us or send us an e-mail: **Phone: +94 91 438 4888; info@paragonsrilanka.com** or from the United States, please use our free call-no. **(888) 233 1156**. We look forward talking with you.



*Our doctors
recommend duration of three weeks
for a lasting success*



Viraj

responsible for ground floor rooms 101–107. Viraj lives in Galle with his parents and has been with the Paragon since September 2011.

Meet our *Staff Members ...*

Room-Boys

They are the ones who keep your room clean, replace your soap and towels and prepare your mosquito-net before dawn. Our team of quiet but indispensable helpers. Many of them have been with the Ayurveda Paragon for many years and their ties to the hotel are very strong.



Gunarathna

responsible for rooms 201–207. Gunarathna is one of the old-timers at the Paragon. He is 39 years old and has been with the Paragon since the very beginning in 1996. He lives in Ahangama with his wife and two boys.



Prasanne

responsible for rooms 301–307. Prasanne is 38 years old and like his colleague Gunarathna, he has been with the Paragon for the past 17 years. He also lives in Ahangama and has one daughter and one son.



Pushpakumara

responsible for rooms 401–407. Pushpakumara has also been with the Ayurveda Paragon since 1996. He is from Unawatuna and has a daughter and a son.



Ashan

responsible for rooms 108–117
Ashan is 20 years young and has been with the hotel since 2011. Like many of his colleagues, he is from Ahangama and is not yet married.



Mangala

responsible for rooms 208–218
Managala is 35 years old, lives in Galle and has one daughter. He has been with the hotel since the very beginning in 1996.



Dilip

responsible for rooms 308–318.
Dilip is 25 years old and the joker among his colleagues. You will hardly ever find Dilip without a smile. He is from Weligama and will get married next year.



Nuwan

responsible for rooms 409–418
Nuwan is 31 years old and not married yet. He is also from Ahangama.



Pathma

responsible for rooms the Junior-Suites, Master-Suite and rooms 220, 320. Pathma is from Meepe and not yet married.



Buddhike

Buddhike is our stand-in and helps out wherever help is needed. He comes from Imaduwa, is married and has one daughter.



May I introduce myself?



My name is AyPa and I am the mascot of this fabulous hotel. My huge family has lived at the Ayurveda Paragon for many generations, and we do like it. Therefore, we take pride in eating mostly Ayurvedic food, preferably directly from the hands of the kind guests of this hotel.

Although I must say I don't really favour oil-massages. My fur is well-groomed enough. But I do like an occasional caressing. One of my very favourite foods is freshly cut coconut, which the kind guests often leave in the garden for me. Alternatively, I won't despise a piece of cake every now and then either.

In general, I am a very peaceful being. But if there is something I don't approve of, or something disturbs me, I will voice my opinion loudly and make sure all of my relatives in the Paragon garden will hear about it.



Contact us

Call us any time. We'll be happy to be of service to you!

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.



Our rates for *your* rejuvenation at Ayurveda Paragon

Summer Offer (01 April 2013 – 30 September 2013)

Duration of Stay	Ground Floor Double p.P.	Ground Floor Single	1 st + 2 nd Floor Double p.P.	1 st + 2 nd Floor Single	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	1.582 EUR	1.750 EUR	1.722 EUR	1.890 EUR	1.946 EUR	2.114 EUR
21 Nights	2.268 EUR	2.520 EUR	2.478 EUR	2.730 EUR	2.814 EUR	3.066 EUR
28 Nights	2.856 EUR	3.192 EUR	3.136 EUR	3.472 EUR	3.584 EUR	3.920 EUR

Special Offer in the months of May to September: No Single Room Surcharge.
Save even more by booking a garden room on the ground floor during summer months.

Our Prices will remain stable during the next winter season!

Winter Offer (01 October 2013 – 31 March 2013)

Duration of Stay	Basic price p.P.	Single Occupancy	Roof-Terrace Double Occupancy p.P.	Roof-Terrace Single Occupancy
14 Nächte	1.974 EUR	2.142 EUR	2.198 EUR	2.366 EUR
21 Nächte	2.835 EUR	3.087 EUR	3.171 EUR	3.423 EUR
28 Nächte	3.640 EUR	3.976 EUR	4.088 EUR	4.424 EUR

Season Surcharge from 20 December 2013 – 10 January 2014: 84 Euro per week per person.

Repeater's 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%

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

Price Information

The above stated price includes the traditional Panchakarma-cure and all prescribed Ayurvedic medicine. Full board, all non-alcoholic drinks as well as yoga- and meditation classes and the Airport transfer for your arrival and departure are also included in this price. Your room will be available to you from 2 pm on your day of arrival and until 12 noon on your departure day.

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.

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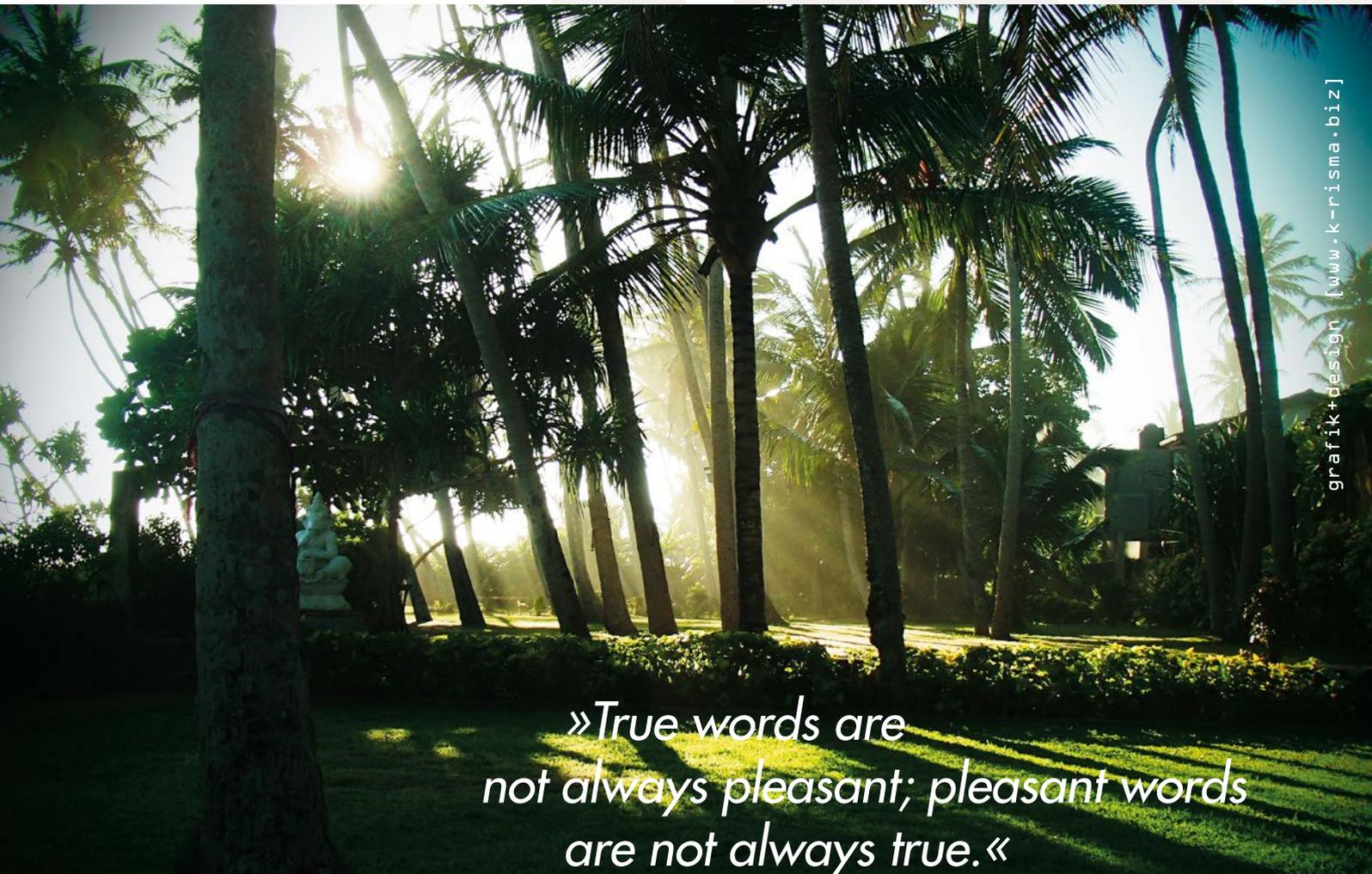
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Our newsletter will keep you up to date with news and activities of the Ayurveda Paragon. If you wish to receive this news-letter regularly, please let us know. Simply call us at or send us an e-mail:

Phone: +94 91 438 4888

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*»True words are
not always pleasant; pleasant words
are not always true.«*

Laotse (about 550 v. Chr.)