AYURVEDA PARAGON
Sri Lanka

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01

01

The Ayurveda Paragon

The Ayurveda Paragon has been renowned as one of the best Ayurveda health resorts. Since the very beginning in 1996, we have uncompromisingly dedicated ourselves to the traditional doctrine of authentic Ayurveda and have continuously developed this line until today – for the wellbeing of thousands of guests.

The key to our success

Our time-tested and elaborate program is based on the following cornerstones:

- Ayurvedic medical care on the highest level of quality
- Ayurvedic treatments based on the millennia old knowledge of their effects
- Ayurvedic remedies from our own licensed pharmacy
- Delicious meals prepared strictly in accordance with Ayurvedic guidelines
- Unparalleled service
- Informative and diverse supporting programs
- Overnight stay in rooms with view over the magnificent Indian Ocean in four different room categories.

Together these individual components make your stay at the Ayurveda Paragon far more than a relaxing holiday. In addition to the Ayurvedic treatments, we offer Yoga lessons to enhance your physical and mental relaxation. Meditation instructions by a Buddhist monk contribute to valuable spiritual impulses.

With its invitingly open and light-flooded structure, our hotel is a prime example of tropical architecture. Located directly on the palm-fringed beaches of the Indian Ocean, a stay at the Ayurveda Paragon is the perfect combination of beach holiday and Panchakarma-cure. Half-day excursions to sightseeing spots in the vicinity give you ample opportunity to discover the beauty of Sri Lanka. Lectures, discussion groups and cultural programs round up your days at Ayurveda Paragon.

What Makes The Ayurveda Paragon So Unique?

Our highly qualified and experienced Ayurveda doctors are long-standing employees of the Ayurveda Paragon. They will accompany you not only during your stay with us, but will also be available to you with advice and information after your return home. Many guests have made the Ayurveda Paragon their second home which they visit regularly. They have established a bond of trust with „their" doctor and know that they are being looked after in the best possible manner. After all, Ayurveda not only treats physical ailments. The term "oneness of body, mind and soul" truly does apply here.

Our therapists are exceptionally well trained and experienced. They master far more than just pleasant oil massages. From day one of your cure, a well-rehearsed team of two therapists will be assigned to you and will perform all treatments with you during your stay. Needless to say, ladies will only be treated by female therapists while men will be assigned male therapists.

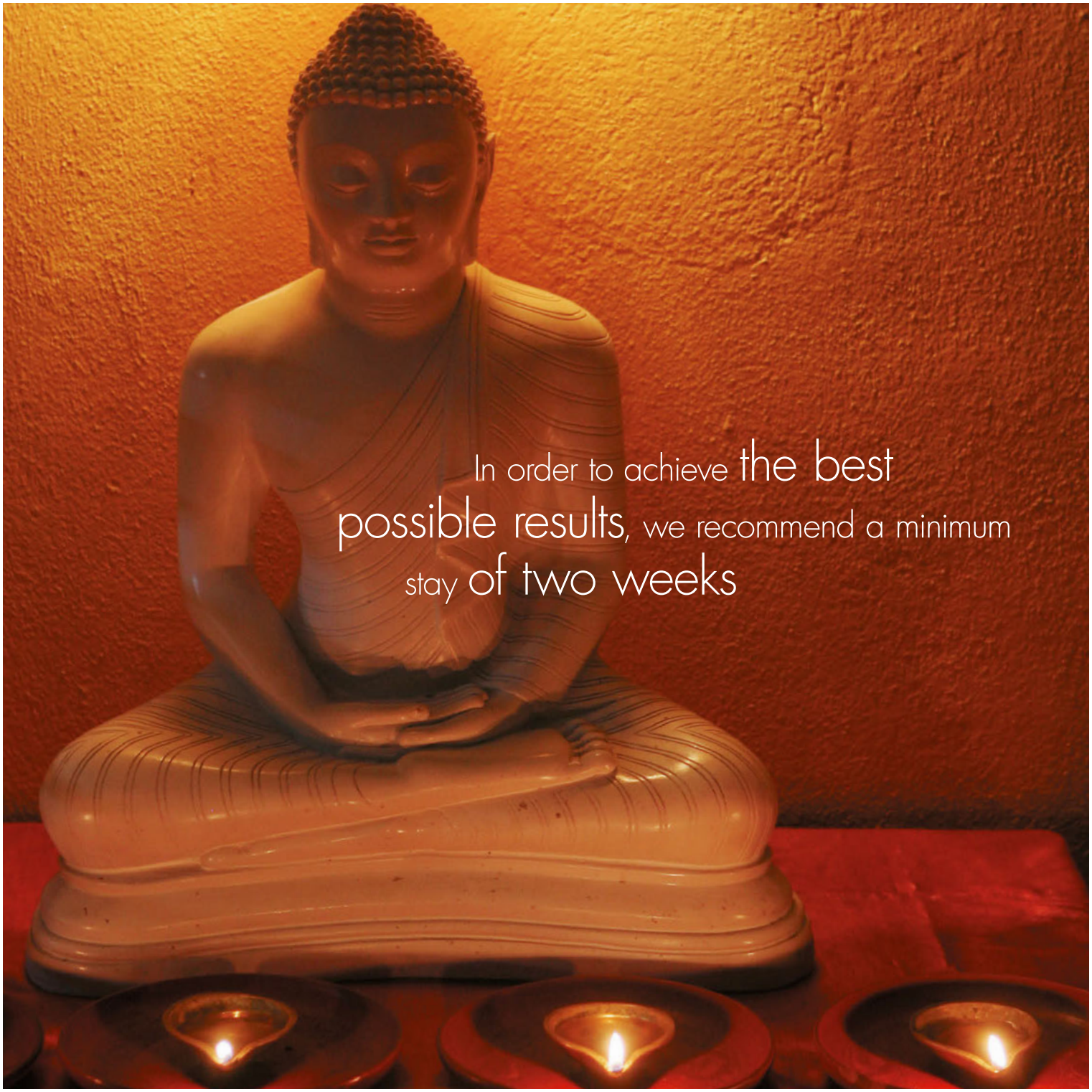
The health centre of the Paragon ranks as one of the best on the island – we are the only Ayurvedic health resort in Sri Lanka to have received the highest award as "Ayurvedic Pharmacy" by the Ministry of Health as well as the certification as Ayurvedic Hospital. Quite rightly, this makes us very proud. Visit our pharmacy and experience how oils, decoctions, and more are produced. You will cherish the value of these natural remedies even more so after having seen their elaborate production process.

What To Expect At The Ayurveda Paragon

The Ayurveda Paragon is reserved exclusively for guests undergoing Ayurvedic treatments. Thus, you are among like-minded people and can devote yourself entirely to your treatments and your regeneration. Our complete attention is focused on your personal and individual health and well-being. Our hand-picked staff is trained especially for this purpose and is not preoccupied with other touristic issues. This is what gives the Ayurveda Paragon its unmatched character. Those who are seeking wellness, fashion shows and disco will find something suitable elsewhere.

Our experience has revealed that a stay of 3 to 4 weeks will give you the best possible results. As a minimum however, please plan for two weeks.

A stay at the Ayurveda Paragon will give you the unique chance to let yourself go and to regenerate and rejuvenate completely. Forget your everyday stress; allow yourself the luxury of doing nothing. You deserve it and your body and soul will certainly appreciate it.


In order to achieve the best
possible results, we recommend a minimum
stay of two weeks

Our rooms

The Ayurveda Paragon has 68 rooms, all of which are elegantly furnished in bright tropical colors. Each room has a balcony or a terrace facing the sea side with a view over the endless Indian Ocean. The sea breeze provides for natural cooling throughout the year. For good reasons, we generally renounce television or Internet connections in the rooms, as we want you to completely concentrate on your cure. The absence of media distractions will help you to find rest, contemplation and relaxation. Ceiling fans and mosquito nets provide additional comfort and lend tropical ambience to the rooms.

There is no air condition in our rooms as this would endanger the success of your cure. From the Ayurvedic point of view, cooling down the body prevents the Ayurvedic treatments from unfolding their full effects, especially during your Shirodhara treatments.

For your stay with us, we offer four different room categories:

Standard Rooms
Garden rooms with terrace and direct access to pool and beach on the ground floor as well as upper floor standard rooms with balcony. All rooms are facing the seaside.

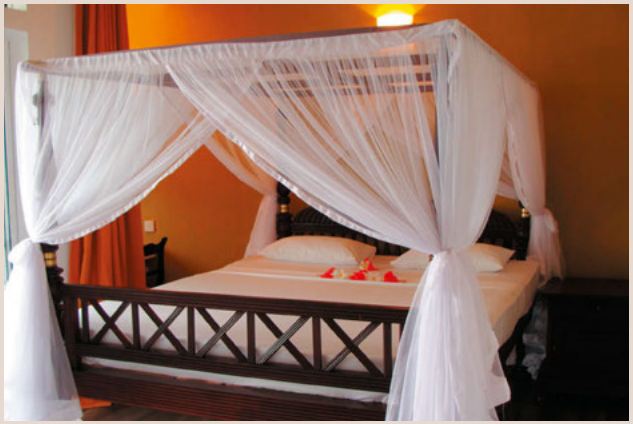
Roof Terrace Rooms
Roof terrace rooms with a large terrace on the top floor. The room size is identical to our standard rooms, the terrace offers space for two sun-beds. Enjoy the magnificent view over the Indian Ocean in the daytime, in the evening the tropical star-spangled sky will amaze you.

Junior Suite

Our Junior-Suites, approximately twice the size of our standard rooms, are spacious with a separate sitting- and sleeping area as well as a bathroom. Our garden Junior-Suite has a large terrace, while those on the upper floors have a balcony each for the living-room and bedroom.

The Suite 420

For the discerning traveler, we offer our Master Suite 420. With its spacious living-area, two separate bedrooms, two bathrooms and a huge, secluded terrace, The Suite 420 is your own private refuge while enjoying your treatments at the Ayurveda Paragon. Enjoy your regeneration within your own personal space.



Our Master Suite will make
your holiday a very personalized stay
at the Ayurveda Paragon

»Therapeutic Ayurveda treatments at the Hotel Paragon are like an immersion into a world of slow motion. You forget all your worries, obligations and any sense of time and then completely concentrate on the profound regeneration of body and mind.«

Alexandra H.

The Restaurant

Our restaurant will spoil you three times daily with a comprehensive selection of exquisite Ayurvedic specialties freshly prepared for you. Our restaurant staff with their unobtrusive, friendly and excellent service makes every meal a pleasure. Needless to say, all meals are prepared according to Ayurvedic guidelines. Weather permitting, dinner will be served under the tropical starry sky in the garden twice weekly, accompanied by the sounds of local musicians. Select your favorite dish from our buffet or enjoy our plate service if your doctor has prescribed a special diet for you.

Beach And Reef

Located directly on the shores of the beautiful Indian Ocean, our hotel offers ideal conditions for a restful beach holiday. A double, offshore reef in front of the Ayurveda Paragon forms a huge, natural pool, where you can swim safely all year around with pleasant water temperatures and enjoy beach life at its best.

Due to the reef, there are coral-rocks along some stretches of the beach. We therefore recommend wearing beach shoes in order to avoid possible injuries to your feet.

»"… having returned home three weeks ago, I look back at the truly best moments in my life which I was blessed to have spent at the Paragon. My soul feels liberated, joy of life has returned to me, I feel a wonderful serenity, vitality and I am endlessly content.«

Stefanie S.

What Our Guests Say

»When I meditate in the morning, inevitably thoughts of the Paragon cross my mind which cannot be chased away easily … I see the rich buffets in the restaurant, the social get-togethers during five o'clock tea … and especially I remember the friendliness, the cordiality and the smiles of ALL members of the Paragon team. I am grateful for these wonderful weeks, for the calmness and the positive thoughts, which cannot be chased away during meditation … all this remains in my heart«
Dr. Rhena B.

»I especially appreciated the very individual treatments instead of having to undergo a standard treatment regimen. Personal responsibility to follow the doctors' recommendations is expected here, which makes this treatment program even more appealing «
Nora R.

»… the staff here cannot do enough for you. It seems their only wish is to make you happy. Coming here feels like joining the Paragon family …«
Claire E.

»… everything is coherent, from the exceptionally competent and sensitive medical consultations to the perfectly fine-tuned therapies, diet and the medication. The daily treatments were a profound experience, which not only affected my body, but also served as food for my soul.«
Gabi G.

»… we are deeply relaxed and there is a potential risk that we will come back …«
Gerd R. and Anna S.

»I discovered the Paragon Five Years Ago …

… and since then I return to this wonderful place regularly. There is no other place where I can I relax and push my big "reset"-button like I can here. It is the perfect place to process a year full of turbulences; Yoga and the Ayurvedic art of healing turn me into a "reconditioned" being. The fact that I am able to gain fresh energy, lose weight and look ten years younger after the Ayurvedic treatments contribute to my returning just as much as the unbelievably friendly staff of the Paragon.

It is a place where everyone can search and find themselves, where new friendships are established and old ballast is thrown overboard.

The Ayurveda treatments take me back to the real me. Many people nowadays work incessantly; they are committed to the point of self-sacrifice and forget to take care of themselves. In the end, hardly any social contacts are left; sleeping-disorder, depression and anxiety take over. "Re-thinking" is not enough at this stage, now is the time to "re-act".

Listen to your inner self and to your body! Set new priorities in your job and in your private life. If you have the feeling that life is overpowering, it is time to reset your clock. And there is no better place for this than the Ayurveda Paragon. In the hands of experienced Ayurveda doctors you can have your classic ailments treated; either through physical therapies or with the help of Ayurvedic herbal remedies which are manufactured in the in-house pharmacy. If you feel burnt out, you will return home with renewed energy.

You know, I still don't fully comprehend what exactly happens to me during these wonderful treatments, but I do know that I have never felt as good as after a stay at the Paragon. To me it is worth the journey to Sri Lanka. You should come and experience this paradise for body and soul!«

Jessica Kastrop
TV-presenter and author

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What is Ayurveda? आयुर्वेद

Ayurveda is one of the oldest natural healing methods of the world. Its origins date back as far as 5,000 years. The holistic approach of Ayurveda includes body, mind and spirit.

What is Ayurveda?

Ayuveda is a term from Sanskrit: „Ayus“ includes all aspects of life from birth to death. „Veda“ means learning or knowledge. Therefore, Ayurveda is „the knowledge of a healthy and long life“. It is one of the oldest medical sciences of the world with its origins dating back as far as 5,000 years. The oldest written Ayurvedic record, the “Caraka Samhita”, which was written about 2,100 years ago by the physician Caraka, is still considered to be the standard reference for all Ayurveda practitioners. It describes the entire medical system ranging from anatomy, physiology, the causes of illness, examination-methods up to recommendations for appropriate behaviour and diet according to the individual constitutional types.

Being a natural, holistic healing method, Ayurveda emphasizes the importance of treating the cause of illness rather than its effects. Each patient is viewed as an individual and is actively integrated into the recovery process. Prevention and psychosomatics are basic elements of Ayurveda. Contrary to Western medicine, it works with a combination of different remedial attempts, which has proven to be the key to its success especially with chronic diseases. Therefore it fulfils the need of today’s individuals to be perceived as comprehensive beings much more so than any other healing method.

What Can Ayurveda Achieve?

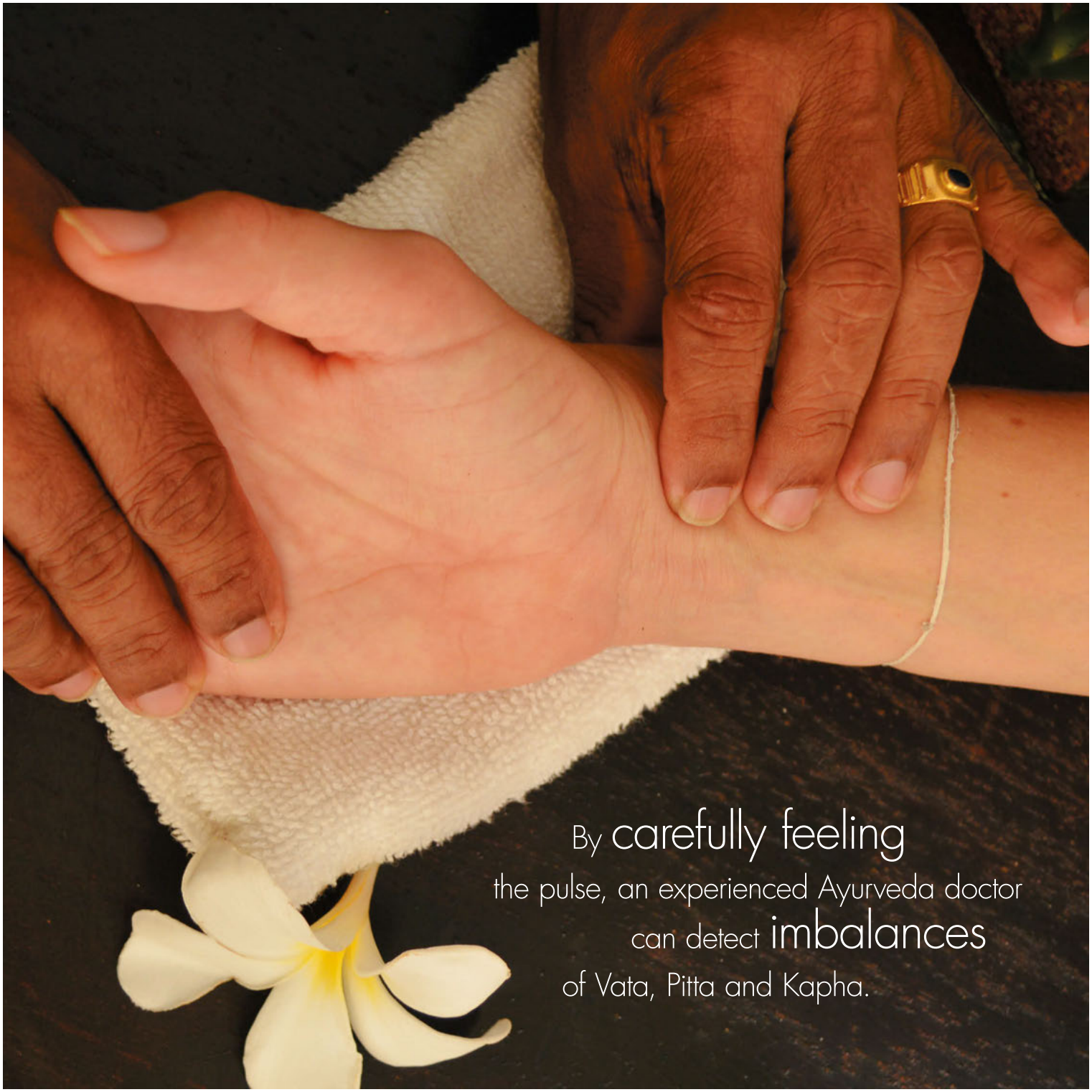
In most cases, physical discomforts can be noticeably reduced with a Panchakarma cure; quite often, even chronic diseases can be alleviated considerably. In general Ayurveda is known to achieve astonishing results with illnesses which are considered difficult to treat with conventional medicine. One distinguishing aspect of Ayurveda lies in questioning the psychological backgrounds and possible causes if illness.

Ayurveda has proven to be particularly successful with the following problems:

- Rheumatism
- Arthritis
- Back pain
- Asthma
- Diabetes
- Skin diseases (e.g., Neurodermatitis, Psoriasis)
- Allergies
- Chronic enteritis
- High blood pressure
- Heart- and circulatory discomfort
- Sleeping disorder
- Metabolic disease
- Headaches and migraine
- Nasal sinusitis
- Depression
- Stress and Burnout
- Reducing the side effects after operations and chemotherapies

The radical cleansing process of a Panchakarma cure not only alleviates illnesses, but also contributes to a considerably improved general well-being. The positive effects of this intensive cleansing process are:

- Activation of the metabolism
- Stabilization of the immune system
- Increased vitality
- Noticeably improved overall well-being
- Increased stress tolerance
- Improved concentration and memory
- Enhanced creative and intuitive abilities
- A new feeling of wholeness
- Inner calmness
- A new experience of a cleansed being
- Beautiful, harmonized and revitalized skin
- Shiny and strong hair
- Clear, beaming eyes
- Strengthened connective tissue
- Weight loss


By carefully feeling
the pulse, an experienced Ayurveda doctor
can detect imbalances
of Vata, Pitta and Kapha.

The Basis of Ayurveda and Panchakarma: The Doshas

According to Ayurveda, all matter in the universe are made up of the five basic elements fire, earth, water, air and ether (empty space) in varying proportions. Each element bears the combination of different characteristics. The element air, for example, is light and mobile. Earth is heavy, cold and stable. Fire is hot, mobile and penetrating. In our body as well as in nature, two basic elements form one Dosha:

- Air and ether form **Vata**. Vata governs bodily functions connected to movement.
- The elements fire and water are reflected in **Pitta**. Pitta is transformation.
- **Kapha** is a combination of earth and water and manifests itself as matter

These three bio-energies regulate all physical, spiritual and mental processes. The science of Ayurvedic constitutions is based on the existence of Doshas: Their proportions determine the individuality of a person, which remains unchanged throughout life – at least as long as the person is healthy. According to the dominating Dosha, a person is considered a Vata-, Pitta- or Kapha-Type. Their composition determines certain strengths, weaknesses, susceptibility to disease and characteristics of a person.

Vata – The Principle of Movement

The combination of the elements air and space (or ether) forms the bio-energy known as Vata. Its primary characteristic represents movement.

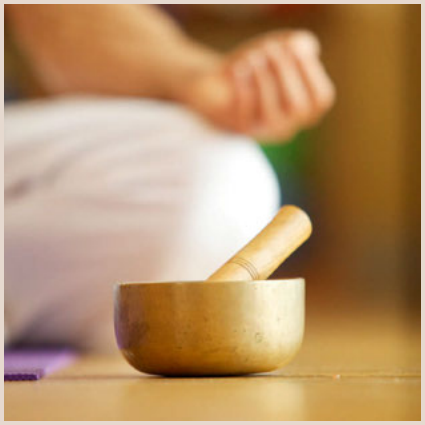
Vata governs processes like respiration, blood circulation, locomotive system, transport of all liquids, secretions, gases and waste products. Vata therefore influences the heart circulation system, the digestive tract and the respiratory system. Furthermore it causes the management of the nerves' impulses from the brain to the muscles and back. Vata also dominates the nervous system and the brain and therefore also controls the human consciousness. Vata is the dominating Dosha; without Vata the other two Doshas would be like clouds in the stormy sky, a poem verse from the famous Charaka Samhita claims. Vata easily loses it equilibrium as two of its major characteristics are impermanence and lightness. People who suffer from stress often have an imbalanced Vata-Dosha.

Pitta – The Principle of Transformation

Pitta in Ayurveda is responsible for the generation of heat and the processing of food within the body. Pitta literally means "that which transforms". It controls the entire metabolism, our digestion, the conversion of food into body substance, the transformation of sensory stimuli into thoughts and thought into memory. Furthermore Pitta regulates the body temperature and physical needs such as hunger and thirst. On the spiritual level, Pitta is associated with courage and decisiveness. Emotions like fear, timidity, annoyance and sensuous desire are also steered by Pitta. The most common Pitta disturbances in the body are skin problems and stomach inflammations. Outbursts of rage and a "hothead" are disturbances of Pitta on the mental level.

Kapha – The Dosha of Holding Things Together

Kapha, the third Dosha, consists of the two elements water and earth. Kapha is the bio-energy which is responsible for growth and structural increase. Kapha is the origin of cohesion and protection. Therefore, all tissues and substances with a protective function are attributed to Kapha. Kapha gives strength to the body to endure physical hardship and to master difficult tasks. But it also contributes to mental stability. Malfunctioning metabolism and overweight are physical disturbances of Kapha; listlessness, sluggishness and depressions are mental conditions caused by excessive Kapha.



The Path To Regaining Health

Ayurveda defines health far more comprehensively than purely by the absence of illness and pain. The original texts say: „truly healthy is …

… whose energies are in balance
… whose digestion and metabolism are balanced
… whose tissues are in order and whose waste products are regularly disposed of
… whose five senses function properly and
… who lives in happiness and fulfillment"

There is no universally applicable treatment of a particular illness in Ayurveda. Everything is based on an individual's constitution. As a result, no two people with the same illness will be given the same treatment. This is one of the key differences between Ayurveda and western medicine: while the latter takes the illness as a starting point in its attempt to treat it, Ayurveda focuses on the complete human being and his or her energetic balance or imbalance. Hence, healing means the restoration of the balance of Doshas within the body.

Panchakarma – The Royal Path to Recovery

The frequently quoted and renowned "Panchakarma" is considered to be the supreme discipline of deep cleansing. The literal translation from Sanskrit is „five actions". Through the application of numerous different treatment methods the body is cleaned of metabolism by-products, undigested food components (mala) and environmental poisons (ama). „Spiritual purification" (resolving burdening experiences, unresolved conflicts etc.) is also a part of such a cure.

This is a clear indication that Ayurveda is far more than wellness: The purpose of this cure is the fundamental realignment of the metabolism so that the body can regain its original balance. At the same time the immune system is stabilized and the body's own self-healing power is reactivated. This thorough cleansing takes place not only physically, but also spiritually. It is also a process of "letting go". Therefore, Panchakarma presents itself as a unique concept of rejuvenation, prevention and healing.

Because of the intensity of such a cure, a duration of two weeks minimum is highly recommended, three or four weeks will show even better results.

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Your Ayurveda Treatment at Ayurveda Paragon

The aim of Ayurvedic treatments is to achieve the balance of body, mind and spirit. Health is possible only when all three parts are given equal attention.

»We are enthralled by the effects of the ancient wisdom.
Body and spirit are not numbed, but instead awoken
and aided to help themselves and to find a new
balance, both physically and mentally. And it works!«
Elke und Ralf M.

Ayurveda – Unity of Body, Mind and Spirit

The aim of Ayurveda is prevention, rejuvenation, revitalization and healing. The goal of an Ayurveda-cure is to harmonize body, mind and spirit. Health is possible only when all three levels are given equal amounts of attention. One important aspect of this is a harmonious environment. Only in such a surrounding can body and mind truly regenerate and regain their balance. Where else would this be possible if not along palm-fringed beaches, surrounded by the immense beauty of tropical nature.

Regaining the unity of body, mind, and spirit at the Ayurveda Paragon is supported by three pillars:

- Our Panchakarma-cure with relaxing, soothing and healing Ayurveda-treatments and the herbal remedies individually attuned to each guest's constitution.
- Our well balanced Ayurvedic nutrition with dietary advice tailored to your individual needs.
- Gentle instructions in Yoga, meditation and breathing exercises.

Yoga and Ayurveda

Yoga and Ayurveda share the same roots and perfectly complement each other. Just like Ayurveda, Yoga sees the human being as a holistic unity of body and mind in harmonious interaction with external conditions. The combination of Yoga and Ayurveda is ideal to reduce stress, improve health in the long term and harmonize the body.

While Ayurveda focuses on achieving a balance on the physical level, Yoga is dedicated to the spiritual and emotional balance. The practice of Yoga with its spiritual technique of meditation, its breathing methods and physical exercises serves to reduce Tamas (darkness, chaos, sluggishness) and Rajas (restlessness) and to achieve a state of pure balance. Yoga can support Ayurveda (and vice versa) in many ways. At Ayurveda Paragon, Yoga is an integral part of our Ayurveda program.

The Course Of Your Treatments

The day of your arrival is dedicated to settling in and allowing your body to adjust to climate- and time-change in Sri Lanka. After your arrival, we will spoil you with a relaxing foot-massage. On the following day, your cure begins with your first comprehensive consultation with one of our highly qualified Ayurveda doctors. Through a detailed conversation with you and with the help of the traditional and acclaimed pulse-diagnose, your individual Dosha-constitution, your current state of health and your mental condition will be determined. Based on these results, your Ayurvedic doctor will create your personal treatment plan. For any possible language barriers, one of our Guest Relations Officers will assist you during this consultation. Your Ayurvedic doctor, the guest relations officer and your therapists will be your personal support-team during your stay with us.

In some cases, it will not be possible to treat all of your ailments at the same time. Together with your doctor, priorities and focus points of your treatment-plan will be established. You will have further consultations with your doctor in regular intervals, during which your cure will be reviewed and adjusted. Of course you can contact your doctor any time beyond these consultations in case of questions or doubts. Your communication with the doctors is of utmost importance for the success of your treatments. Please don't hesitate to tell him or her about any problems you encounter, may they be physical or mental.

Now is the time to let go! Forget the worries of your daily life at home, allow yourself the luxury of doing nothing! You deserve it and your body and soul will appreciate it.

Throughout the following days and weeks, you will go through different phases of an Ayurveda cure. There may be days when you will feel tired and weak. This is absolutely normal and you should give in to your body's desire for rest. During Shirodhara treatments you may encounter strong emotional fluctuations and feelings you had thought forgotten may come to surface again. Make use of the opportunity. Give these emotions space and listen to your soul. This will contribute to your internal cleansing.

During the final stage of your stay you will experience how energy and positive thinking return, your skin rejuvenates, your eyes beam and your hair looks strong and healthy.

HARSHANI

The Classic Ayurveda Treatments

This is the most important and complex part of your stay. Below we give you a brief overview of what you can expect from your Ayurveda-cure. Ayurveda is also called "the method of thousand steps". The diversity of treatments is nearly unlimited. In general, your cure is divided into three phases:

The preparatory stage, during which the bodily waste-products (ama) and excessive Doshas are mobilized with oil-massages, heat-treatments and herbal medication.

The different Panchakarma-treatments will then remove these waste-products and excessive Doshas from your body.

Finally, the purified body is strengthened, the immune system revitalized and you will feel noticeably regenerated.

Abhyanga
The aim of Abhyanga massage is to bring equilibrium to the body by harmonizing and stabilizing the Doshas. Abhyanga massage is a gentle but firm whole body massage from head to toe using warm medicated oils chosen according to your constitutional type. The massage is carried out in a soft rhythmic way by two therapists massaging simultaneously, achieving intense regeneration, relaxation and detoxification. The organism is supplied with warmth and vitality while cell-regeneration is activated and the body is revitalized. You will feel inner peace, lightness and serenity.

Acupuncture
Acupuncture is used as additional treatment to complement your Ayurvedic cure and can achieve excellent results. It is an integrated part of our Ayurvedic program and will not be charged separately.

Pushpa Avagahana (Flower Bath)
The divine conclusion of your Ayurvedic cure: The flower bath closes the pores and returns the body to "normal" climate. This fairly cool bath seduces the senses with the scent of sandalwood and flower essences.

Avagahana Sweda (Herbal Bath)
This bath is one of the most common ways to remove toxins from the body. Herbs and whole leaves, attuned to your constitutional type, are added to the lukewarm water, thus opening your pores and removing toxins.

Nasya,
a cleansing of nose and sinuses. For this, special Ayurvedic oils and powders are used. The treatment relieves sinusitis, headaches, anxiety, nervousness, dry mouth and is especially effective in the treatment of migraines.

Padabhyanga (Footmassage)
This finely tuned technique of massaging, kneading and rubbing along the foot reflex zones with warm oil will loosen blocked energies and completely relax and revitalize the body. This highly effective treatment can relieve fatigue, sleep disorder and even pain.

Pindasweda
During this treatment, the body – or parts thereof – is massaged with warm herbal bags. The heat of the medicated herbal bags stimulates cell growth, reduces water collections and loosens "Ama" (waste products). The pleasant warmth calms body and mind and regulates the Doshas.

Sarwangadhara (Continuous oil pouring)
Nearly two liters of warm medicated oil are slowly poured over the entire body and gently massaged into the skin. The oil has therapeutic effects, warms and detoxifies the body. Also called "Pizzichil".

Shirodhara –
The royal anointing of the forehead
This is probably the most commonly known Ayurvedic treatment. A fine, continuous stream of warm oil is gently poured over the central Chakra point on the forehead in a rhythmical movement. It induces a deep relaxation, calms the senses and spirit, improves mental clarity and memory and has a soothing effect on the nervous system. At the same time, it stimulates the activity of the body's organs. Shirodhara helps to relax both physically as well as emotionally, calms the eyes and can improve vision; it relieves migraine and sleeping disorder and regulates blood pressure. Shirodhara has a very different effect on everyone, on some it causes a very deep impact and may release strong emotions such as depression, aggression or extreme happiness. It is strongly advised to keep the head and ears covered during the entire Shirodhara-treatment. Air condition, ventilators or wind should be avoided just the same as physical strain and stress. Swimming is also taboo during this time. It is of utmost importance to follow the doctor's instructions during this therapy, as otherwise its success is seriously jeopardized.

Udvartana (Powder massage)
By most considered to be a very special treat. Literally Udvartana means: massage with powder. After applying a small quantity of oil (in some cases this is also done without oil), a powder consisting of dry herbs is applied by two therapists and massaged synchronously into the skin. This stimulates the skin's metabolism and the blood circulation.

This listing introduces only a small fraction of the countless possible types of treatments. Our doctors compose a personal treatment program for every guest according to his or her individual constitution. Should this not result in the desired success, they will do further research in the millennia old writings to find alternative treatments for you. Should it be your determined goal to lose weight during your cure, please discuss this with your doctor. He or she will give you diet recommendations and support you in your efforts. Likewise, we offer special programs for those who wish to stop smoking.

Your treatment regimen is
personalized for you according to your
individual constitution.

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Excursions

Although an Ayurveda cure is generally characterized by rest, relaxation and regeneration, you still do have ample opportunities to get to know the closer surroundings and to experience the beauty of Sri Lanka.

We offer excursions to various destinations, which generally take place in the morning as well as in the afternoon, thus ensuring that every guest has a chance to participate, regardless of his or her individual treatment schedule. Visit mystic temples, historic sites, enchanting lakes and the renowned World Heritage Site Galle Fort. In addition, you can hire one of our vehicles with driver to explore the surrounding areas on your own. Should you wish to take longer tours and excursions lasting more than half a day, we recommend doing this directly after your arrival in Sri Lanka, before starting your cure. This way you can devote yourself entirely to your treatments and your regeneration after having explored the island.

Cultural Programs

Sri Lanka is a culturally rich and diversified country with a long and lively history. To introduce you to this part of this enchanting island, cultural events take place regularly at the hotel.

Ayurvedic Knowledge

In the evenings, our Ayurvedic doctors give lectures on different aspects of Ayurveda. Here you can find out, for example, how to maintain the effect of your cure at home and what you can do at home to the preserve your health. During cooking demonstrations our chef will reveal the secrets of preparing delicious and healthy Sri Lankan meals.

Shopping

Our shopping arcade “Gallery Beyond” presents exquisite, selected pieces from clothing to jewelry, from Sri Lankan art to drug store articles. Do your shopping in a relaxed atmosphere at fixed prices without having to leave the hotel. You can also have unique pieces or self-designed jewelry made by our experienced goldsmiths.

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Sri Lanka

There is a good reason why Marco Polo described Sri Lanka as “the most beautiful island of its size”. Those who have visited this enchanting country will never forget it.

Sri Lanka

With 65,610 square km slightly smaller than Ireland, Sri Lanka incorporates everything one expects from a tropical paradise within a relatively small area: Beautiful, palm-fringed beaches, lush vegetation, rice-fields in ever changing shades of green, millennia-old cultural sites, mystic temples, friendly people, Asian hospitality, and, and, and.

There is a good reason Marco Polo called Sri Lanka the „most beautiful island of its size". Those who have visited this enchanting country will never forget it.

Sri Lanka is located 700 km north of the equator; it stretches out to approx. 435 km from North to South and 240 km from East to West. Sri Lanka is a very heterogeneous country with a population of approx. 20.2 Million people. The Singhalese form the majority with 70%, whereas the Tamils are the largest minority group with 18% of the population. Approx. 8% are descendants of Arab and Malay Muslims. In addition there are the Veddahs, the former native inhabitants, of whom there are only a few thousand left. Many of the "Burghers", a group of formerly very influential Eurasians of mixed Dutch or Portuguese descent, now live in Australia or other Western countries. They make up less than 1% of the population.

The average temperature along the coast is around 30 °C, in the central highland at approx. 2,000 meter height at 16 °C.

Just as diverse as the ethnic groups is the multitude of religions in Sri Lanka. The majority of Singhalese profess Buddhism as their religion (69%), while most Tamils practice Hinduism (15.5%). Muslims are represented with 7.6% and approx. 7.5% of the population is Christians.

Sri Lanka has three official languages, Singhalese, Tamil and English.

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Frequently Asked Questions

Facts and Information regarding your stay at Ayurveda Paragon.

Frequently Asked Questions

Do I need a visa to visit Sri Lanka? *Yes, a visa is required for all nationalities except Singapore and Maldives. You can obtain your visa online at the website www.eta.gov.lk for a fee of US$ 30 (subject to change). Normally, visa is granted within one working day*

Should I get vaccination before coming to Sri Lanka? *There is no compulsory vaccination for Sri Lanka. Only if you have stayed in a yellow fever area two weeks before your journey you will need a yellow-fever vaccination.*

Can you book my flight for me or does this have to be booked through a travel agent? *We will be happy to assist you with your flight bookings. Although the Ayurveda Paragon does not act as a travel agent or tour operator, we can research the best possible flight connection and make your flight-bookings for you.*

What is the best time of the year for an Ayurveda cure? *Basically, any time of the year is suitable for a Panchakarma-cure. The temperatures in Sri Lanka vary only slightly throughout the year. Should you wish to spend a more quiet time with us, the European summer-season, when our hotel is not fully booked, will be ideal for you. During the winter, humidity in Sri Lanka is lower, our hotel is frequented by more guests, and flight prices are usually higher.*

Why does the Ayurveda Paragon have no air conditioned rooms? *Ayurveda works mostly through warmth and heat treatments. Even drinking cold water during your stay with us should be avoided. So it comes as no surprise that the artificial cooling of the human body is considered counterproductive from the Ayurvedic perspective.*

I have some food allergies. Can I still do an Ayurveda cure nevertheless? *Yes, you certainly can do Ayurveda with food allergies. Our Chef will prepare your food individually as per your needs. Furthermore, our Ayurvedic treatments may noticeably reduce your allergies as well.*

How many treatments will I have during my stay? *Our treatments will start after your initial consultation with one of our Ayurvedic physicians on the day after your arrival. During your stay with us, your daily treatments will last between 1.5 and 2 hours followed by one hour of rest. You will have no treatments on your departure day.*

How is the Beach at the Ayurveda Paragon? *We are fortunate to have a unique, double reef directly in front of our hotel. This allows safe and relaxed swimming in the Indian Ocean throughout the year. The reef also causes some rocky segment along the beach. Hence, it is advisable to use beach shoes while walking.*

Where to go shopping? *Our new shopping arcade "Gallery Beyond" presents exquisite, selected pieces from clothing to jewelry, from Sri Lankan art to drug store articles. Do your shopping in a relaxed atmosphere at fixed prices without having to leave the hotel. You can also have unique pieces or self-designed jewelry made by our experienced goldsmiths.*

[www.k-risma.biz]

Imprint

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See you soon at the Ayurveda Paragon

AYURVEDA PARAGON

Sri Lanka