

Paragon »up-to-date« Newsletter



Tropical Christmas

Spend your Holidays under the tropical sun and rejuvenate at the same time.

Many of our guests appreciate the advantages of taking their Ayurveda-cure during the winter and have spent their Christmas holiday season with us for many years. While the health centre takes care of their wellbeing as usual, our service-team turns the hotel into an ocean of tropical decorations, each year with a new and more creative approach. Our buffet is already overwhelming on normal days. During our holiday celebrations, it becomes a work of art when our chef and his team turn it into a firework of delicious Ayurvedic food and unbelievably creative decorations. Needless to say, our doctors keep a watchful eye on it all to ensure that even the holiday feast is prepared according to Ayurvedic guidelines and will contribute to your health and wellbeing.

Why not escape this hustle and bustle by spending a relaxed, stress-free and healthy Christmas and New Year at the Ayurveda Paragon while being pampered, spoiled and rejuvenated?

Contents

<i>Tropical Christmas</i>	01
<i>Spotlights Sri Lanka</i>	02
<i>Weight Reduction weeks in November</i>	03
<i>Ayurveda and Oil</i>	04
<i>Common Diseases from the Ayurvedic Perspective</i>	06
<i>Migraine – Ardhavabhedha</i>	07
<i>Did you know?</i>	08
<i>Staff Member – Perera</i>	08
<i>Dates Oct – Dec</i>	09
<i>Winter Offers</i>	10
<i>Room Reservations</i>	11
<i>Paragon friends</i>	12





Spotlights Sri Lanka



Rainy and Dry Seasons in Sri Lanka

Over centuries and millennia, life in Sri Lanka has revolved around the cycle of the seasons. Planting of the rice seedlings takes place according to the beginning of the monsoon rains just as much as the annual retreat of the monks into their monasteries. For millennia, the beginning of the rainy season was as punctual as a Swiss watch. This is no longer so. Things have changed drastically, the global climate-change has not stopped at Sri Lanka's doorsteps. Nowadays it can happen that there are some days of consecutive rain during the dry season while the much needed rains often fail to appear during the monsoon-season. Strictly speaking, Sri Lanka has two climate zones with opposite rainy seasons. While the southwest-monsoon prevails in the South of the island from May to October, it is dry season in the East of the island.

From this point of view, Sri Lanka is a perfect travel destination any time of the year. This is also the opinion of the international press. In January, the New York Times declared Sri Lanka as the best travel destination for year 2010. The renowned magazine „National Geographic“ ranked the beautiful island among the 25 best holiday-destinations in their March-edition.

Visiting our small paradise during the summer-months has another advantage: Flight-prices to Sri Lanka drop considerably during the time of May to September and tourist attractions are less crowded. Be our guest in tropical Sri Lanka and you will be mesmerized!



Weight Reduction Weeks in November

Loose Weight, Get Well and Rejuvenate at the Same Time

During the month of November the Ayurveda Paragon will introduce a special Ayurvedic weight-reduction programme. This programme is intended for those who wish to loose weight the healthy way while under medical supervision.

The programme includes, among others:

- ☞ special Ayurvedic treatments purposefully developed for weight reduction
- ☞ acupuncture to support the weight reduction
- ☞ a separate buffet with carefully chosen food for the participants of the programme
- ☞ special Ayurvedic drinks to aid weight loss
- ☞ a special Yoga-programme designed for weight-loss
- ☞ lectures regarding the subject from the Ayurvedic point of view
- ☞ discussion groups about weight-loss at tea-time with one of our experienced Ayurvedic doctors

Our Ayurvedic doctors ...

... recommend a cure-duration of minimum three weeks to achieve noticeable and enduring results. The programme will be conducted for guests arriving between 26 October and 28 November 2010.

If you have any questions, please feel free to contact us any time at +94 91 438 4888 or send us an email to: paragonsrilanka@aol.com.

From the United States, please use our freecall-number (888) 233 1156.





Ayurveda and Oil – natural and effective ...

Ayurveda and Oil – Two Inseparable Partners

Ayurveda without oil is like an ocean without water. Simply unthinkable. Oil is used in Ayurveda in every imaginable way. It is applied to the skin, used in herbal medications, as mouthwash, nose rinse, to drink, and many other ways. Ayurvedic oils are as multifarious as nature itself. They provide a range of the highest quality massage oils available, formulated according to traditional Ayurveda recipes. These “thailams” are meticulously prepared over a period of days or even weeks, in a unique process, to retain the medicinal and energetic qualities of the plants. When applied, Ayurveda oils easily penetrate the skin and deliver the healing properties of nature directly to the cells of the body.

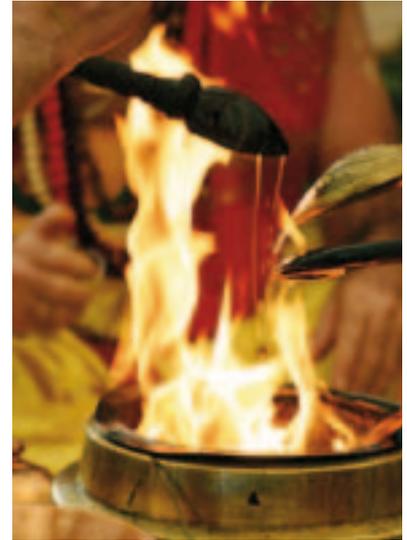
The basis of Ayurvedic oils is always one of the three: Sesame oil, coconut oil or king coconut oil. But that is just the beginning. Depending on its final use, herbal ingredients are prepared to be mixed with the oil. There are thousands of herbs, roots, stems, leaves, flowers or barks which are used either fresh or dried. After their harvest, they are crushed and mixed until they form a paste. The generation of this paste is an extremely arduous task as the plants must be ground, pounded, and sifted to be a very fine consistency. ►



This paste is then mixed with the oil chosen for the particular person with his or her particular Dosha-constitution and ailment. Some medicated Ayurvedic oils are boiled for as long as two weeks consecutively at a low temperature, while mantras are being chanted to add positive energy to the mixture. According to Vedic astrology, the position of the moon and sun is also taken into account during this process.

Each oil composition bears its own name. As soon as one ingredient varies, the oil has a different name. Most of these stem from ancient times and their names are in Sanskrit language. Many Ayurvedic doctors have developed their own oils with their special ingredients and they make sure to keep their formulas a secret.

In contrast to conventional western medicine, no two guests will receive the same oil-mixture for the same ailment. Instead, Ayurvedic doctors always take the individual constitution of a person into account when selecting the oil for Ayurvedic treatments. There are special oils to clean the body, to strengthen it, to heal or to nourish. The oil for Shoridhara, for example, will be a different one for each guest; again, each according to the person's dosha-domination. Likewise, Ayurvedic massages have totally different effects, depending on the oil used during the massage: to enhance blood-circulation, pigment-stimulating, fat-reducing, to stabilize the nervous system and many more.



Ayurveda oils – seemingly simply but yet incredibly effective.





Common Diseases from the Ayurvedic Perspective

Who has not encountered them, the widespread illnesses and ailments in industrialized countries, which make life difficult for so many people and at the same time cause tremendous economic damage?

The incredible success rate in treating especially these illnesses is one of the pillars on which the outstanding reputation of Ayurveda is based. Hardly any other healing method is able to improve the lives of those suffering and to help them to regain a higher quality of life.

Each issue of our newsletter will be dedicated to one topic covering this broad spectrum of widespread diseases. We will begin with Migraine. ►





Migraine – Ardhavabhedha

Migraine is a very common form of headache, from which approximately 15% of the population suffers. Women are more prone to be affected than men. In many cases, the cause is genetically based.

Even the ancient Ayurvedic writings already treated this subject extensively. According to old Ayurvedic wisdom, migraine is caused by too much heavy and dry food. Also excessive physical activity can effect this strong pain. Today we know that Migraine can be caused by insufficient sleep, indigestion, muscular tension, and many other reasons. Emotional stress is one of the most common origins of migraine-headaches.

From the Ayurvedic perspective, migraine is caused by an imbalance of the Tridoshas – the constitution of body and spirit. In Ayurvedic terminology, this condition is called „Ardhavabhedak“. The treatment of migraine in Ayurveda is fundamentally different from that applied in other healing methods. Ayurveda does not treat the effects of migraine, but rather takes the individual constitution of the person and the roots of the problem into consideration. Comprehensive diagnosis by an experienced Ayurvedic physician is indispensable in these cases.

Nasya, Shirodhara, Takradhara, Dhurma pana, Chakra...

Treatments often include fermentation on the forehead, „Nasya“, nasal drops and -powders, gentle head massages, Shirodhara Takradhara (a treatment with buttermilk) Dhurma pana (medicated smoke which is inhaled through the nose), Chakra-massages, special foot-baths as well as relaxing body-massages. These treatments are accompanied by a special diet, herbal remedies especially prepared to reduce the cause of the suffering as well as relaxation-instructions, Yoga-exercises and general advice how to avoid migraine-attacks.

Dr. Poshini, Ayurvedic doctor at the Ayurveda Paragon, recommends reducing the causes of migraine headaches. One important aspect is relaxation, both on physical as well as on psychological level. Her dietary recommendations include watery vegetables, whereas hot spices, cabbages, peanuts and pineapples should be avoided. In general, people suffering from migraines should avoid direct exposure to the sun. A very helpful advice: If you feel the beginning of migraine headaches, pull down your earlobes with both hands and yawn hardily. This reduces the pressure in your blood vessels and minimizes headaches.

Ayurveda demonstrates its strengths especially in treating chronic diseases such as migraine. For noticeable results in treating migraines, our Ayurvedic doctors recommend to plan for a cure of minimum two weeks, better yet if you can allow yourself three to four weeks.



Sri Lanka goes Hollywood



Did you know?

Even Hollywood appreciates the beauty of Sri Lanka. Numerous films were shot completely or partially in the tropical island. Among them such classics like „The Bridge on the River Kwai“, „Indiana Jones and the Temple of Doom“, „The Second Jungle Book“, „Mother Teresa“ and many more. Even some videos for the world of pop-music were filmed with the scenic backdrop of this tropical paradise.



Meet our *Staff Members* ...

Kanthi Perera

She is heart and soul of our health-centre, prepares your treatment and consultation schedules and is there for all your questions regarding your cure-schedule. Furthermore she trains our therapists and teaches them the art of synchronized massages. And if you want to order some Ayurvedic medicine after your return home, she will take care of that just as well as she arranges your daily medicine during your cure. When one of our many repeat-guests announce their upcoming visit, she makes sure that their file is made available to our Ayurvedic doctors on time.

Miss Kanthi, as she is usually called, originally came from Kalutara, where she started her career in hotel business. Before joining the Ayurveda Paragon in 1996, she spent three years in Germany, where she developed her German language skills.

Together with her husband Ms Kanthi now lives in Talpe, not far from the hotel. A devout Buddhist, she likes spending quality time in „her“ temple, where she finds peace of mind in prayer and meditation. She is also a hobby-gardener, growing her own vegetables and flowers in her garden.

On another note, Miss Kanthi is unique a record holder: She is proud owner of more than 120 saris! So you will hardly see her wearing the same sari twice during your cure.



Dates in Ayurveda Paragon

There is always a reason to celebrate at Ayurveda Paragon

Holidays in Sri Lanka are abundant. Each full moon is a holiday, honoring a certain event in the life of Buddha. Beyond that, there are several other occasions which are celebrated at the Ayurveda Paragon within the next few months:

October 2010: The Ayurveda Paragon will celebrate its 14th birthday on 24 and 25 October 2010. Discover the cheerfulness of a birthday celebration coupled with traditional, religious and spiritual activities intended to bring another happy and prosperous year to the hotel and its guests. The Paragon birthday is legendary and many guests schedule their stay with us especially around this day.

December 2010: More and more people seek seclusion and tranquility for their Christmas and New Year holidays. At Ayurveda Paragon you can enjoy this very special season in peace and quiet while doing something good for your health and relaxing with your Ayurvedic treatments at the same time. Start the year 2011 rejuvenated and revitalised with happy memories of an unforgettable holiday season.





Winter under tropical sun in Sri Lanka

Our Prices For The Winter Season

From 01 October 2010 to 30 March 2011:

14 Nights 1.820 EUR

21 Nights 2.625 EUR

28 Nights 3.360 EUR

Single Room Surcharge 70,- EUR per week

Roof Terrace Surcharge 150,- EUR per week for single room use,
100,- EUR per person per week for double room occupancy.

Of course we will be happy to provide you with an offer for your individual length of stay and for flights from your preferred departure airport.

Contact us at ...

... +94 91 438 4888 or send us an email to: paragonsrilanka@aol.com.
From the United States, please use our freecall-number (888) 233 1156.



Room Reservations

For many of our guests, the Ayurveda Paragon has become a second home. We fully understand that you wish to have „your room“ during your next stay with us and will do everything possible to fulfill your request. This year shows that many of the favoured rooms have already been booked during the high season from November to February. Should you plan your visit during this time and wish to have a particular room, we recommend to get in touch with us soon.

Despite all our efforts to allocate your desired room to you, please do consider that – due to legal restrictions – we cannot bindingly confirm this particular room. Especially in tropical countries, unforeseeable circumstances may prevent occupation of a certain room during the time of your visit. In case of any questions, please contact us!

Subscribe to Newsletter

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 +94 91 438 4888 or send us an e-mail to: paragonsrilanka@aol.com.

From the United States, please use our freecall-no. (888) 233 11 56.



Paragon friends

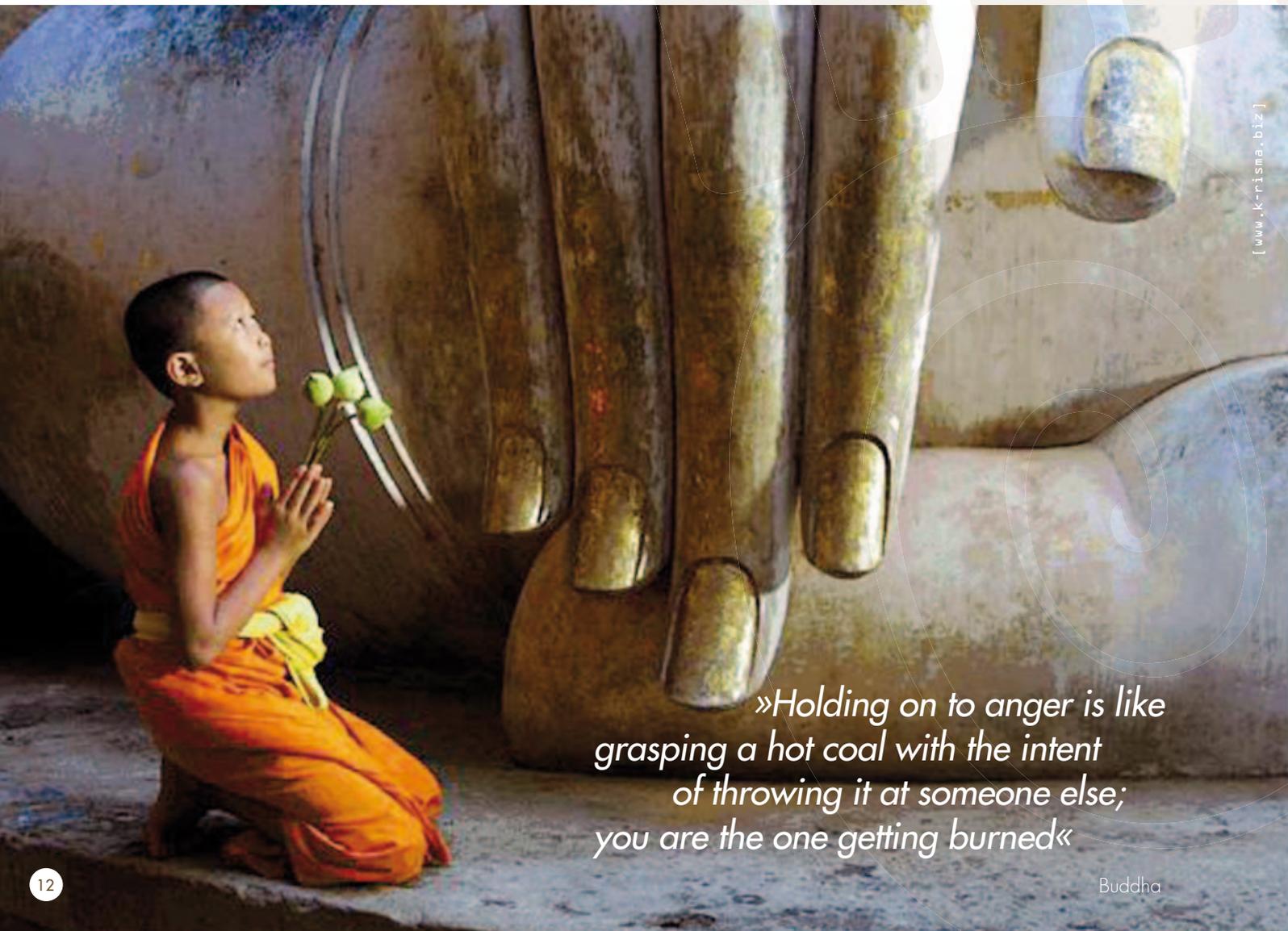
If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted to find your comments in our guest-book at www.paragonsrilanka.com.

If you tell your friends about us, you will receive a coupon worth 50,- EUR for each new booking based on your recommendation, 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.

P.O.Box 1 . Talpe . Sri Lanka
Phone +94 91 438 4888
Fax +94 91 438 4800
paragonsrilanka@aol.com
www.paragonsrilanka.com



Ayurveda Paragon
Sri Lanka



»Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned«

Buddha