

Maho Ayurveda Centre

...sit back and soak it in. energize. revitalize.



Ambience...

The Maho Ayurveda Centre is located in the northwest of Sri Lanka & provides excellent ayurvedic services and well-being facilities to its guests. In the midst of a tropical paradise, the center was set up after 2 years of construction with a lot of dedication from constructors, owners and staff side alike, in order to draw its visitors to a spirit of peace and harmony with the assistance of the traditional ayurvedic system.

Accommodation...

The grounds obtains 12 bungalows with double beds and 4 house-blocks with 6 double rooms each. The external walls of the housing units are made of pressed loam, the interior has been enriched with herbaled clay. This natural material creates a particularly healthy atmosphere and is free from chemical active substances. Instead of an air conditioning system (which is available), radio-controlled cover fans are being used to provide an appropriate portion of fresh air. The range of bathroom facilities correspond with the usual European standard. All rooms have an own terrace.

Health...

The Ayurveda-cure starts with the traditional pulse diagnosis. On this basis the determination of the Dosha and a diet and a therapy plan will be developed. A combination of ayurvedic food with the ayurvedic medicines will lead to a balance of the doshas and improve health. The medical director of the centre is a highly qualified specialist with a reputation beyond doubt. A team of experienced native ayurveda physicians and therapists arrange a daily extensive cure program in accordance to the type of your constitution and needs under the supervision of the medical director.



Possible cure content –

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| <ul style="list-style-type: none"> - 1 initial consultation incl determination of dosha, „Vata, Pitha, Kapha“ - 1 final consultation - 2 x weekly consultation - 2 x daily medication - Food Consultation - Head Massage - Facial Massage - Synchron Massage (whole body) - Intensive Massage - Oil-Herbal-Rice-Massage | <ul style="list-style-type: none"> - Oilstream-Head-Treatment - Detox (Vashti, Colon Irrigation) - Nose-Cleaning - Herbal Inhalation - Herbal Steam - Herbal Bath - Flower Bath - Yoga & Meditation - Special treatments incl accupuncture <p>= Approx hours of treatments per day : 2.5 – 4</p> |
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Leisure...

The Maho Centre organizes trips to temples and monasteries, to spice factories in the mountains and to other attractive sights. The inspection of a production plant for herbal medicine and oils in the proximity of Colombo is offered likewise. Beyond that the Maho Centre offers numerous possibilities to explore the rich history of the environment e.g. the monastery at the footstep of Yapahuwa mountain.

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