



Ambience...

This ancient art of rejuvenation and healthy living is available at Sri Lanka's newest Ayu centre, The Neptune Ayurvedic Village in the Southern Coastal resort of Beruwela just 90 km from the Colombo International airport and adjacent to the popular beach resort, The Neptune Hotel. Here the day breaks are calm and serene, providing an idyllic setting for a program of Ayurveda. Our very own team of qualified and well experienced team of doctors will consult you in a soothing and rustic environment to tailor make a therapy package to suit your needs. This extensive Ayurvedic facility is fully operational since November 2003 with beautiful landscaped gardens and ponds.

Living in style...

The open air restaurant will cater buffet meals with a fine variety of traditional and international dishes in keeping with Ayurveda. The restaurant overlooks a large pond with its own meditation and Yoga centre in the middle for maximum relaxation and serenity. The 20 fully air-conditioned bungalows are tastefully designed to provide maximum comfort to the guest. Be swayed to slumber by the comforting breeze and the gentle rustle of trees - in your own garden front, where every room is set in a serene environment amidst lush foliage, whilst enjoying an iced herbal tea in the brilliant sun. All rooms are facilitated with

- * Air- conditioning
- * Mini Safe
- * Hot/Cold Water
- * Pipe Music
- * Hair Dryer
- * Telephone
- * Back Terrace with Garden

Health...

There are 12 individual therapy rooms with its own water sprout and pond to create a unique soothing atmosphere. The experienced therapists uses the finest herbs and oils to provide the exact effect of Ayurveda as handed down by generations of physicians. There is also sauna, steam bath and herbal bath rooms tastefully designed in keeping with the serene concept of the Ayu village. Traditional methods will be predominantly used to provide the ultimate Ayu experience to the guest. An Ayurveda pharmacy there for the guest to purchase any additional remedies with a guarantee of quality. A small nursery of herbs will also be maintained to educate the guest of the natural ingredients that go into our therapies.

Possible cure content –

- 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

- Oilstream-Head-Treatment
 - Detox (Vashti, Colon Irrigation)
 - Nose-Cleaning
 - Herbal Inhalation
 - Herbal Steam
 - Herbal Bath
 - Flower Bath
 - Yoga & Meditation
 - Special treatments incl accupuncture
- = Approx hours of treatments per day : 2.5 – 4

Leisure...

To reach pool and beach you just have to pass the major neptune building. At the beach nearly all kinds of watersports activities can be found and the regular operation of tours is a necessity and will be provided once you contact hotel reception.

