



Ambience...

Probably one of the most comfortable ayurvedic hotels on Sri Lanka. The hotel has served as a regular hotel for many years, now being partially converted into an ayurvedic resort under the management of Mr. Suresh Fernando & head of medical services, the famous Dr. Alawathagama. The atmosphere is absolutely peaceful and potential guests don't hear much but the waves permanently penetrating the southern sri lankan coastline. The transfer time from Colombo is probably 4.5- 6 hours - the Oasis is one of the southernmost locations near Hambantota.

Accommodation...

TV, telephone, private facilities, aircon, veranda or balcony. Extremely tasteful. Extremely comfortable. Credits to Mr. Suresh Fernando here. Management and staff performance is close to perfection. The only true expression for the service-standard here is: deepest dedication to whatever anybody is doing to service and please guests.

Health...

As usual, initial consultations and final results are carried out under the attentive service of Dr. Alawathagama and staff. The health centre is extremely "clinical", however delivers a phantastic standard of service with the total of 16 treatment rooms. The resort is proving very actively that the concentration of Oasis is on ayurveda, far more than other "hotels", offering ayurvedic treatments as a "me too"-product. Meals are served on an all inclusive basis as per dosha, either individually catered or buffest-style. Yoga and meditation conduction are provided on a daily basis, mostly (if weather permits) directly on the beach. The Oasis is the living proof that ayurvedic cures are no contradiction to a good hotel standard and here, at the very edge of Sri Lanka, you can truly feel the spirit of Ayurveda combined with a touch of unspoil nature.



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..

Hikkaduwa is a very lively little town. As the distance to the beach is only a few hundred meters, all kinds of watersports may be utilized. The resort itself is providing a large garden and pool as well as yoga/meditation being part of the cure.

A large number of pubs and restaurant cater to non-ayurvedic visitors downtown Hikkaduwa. Should there be e need to see foreign faces – its all at hands, however most of the guests prefer to stay in the oasis being offered by the Lawrence Hill-