



Ambience...

The Surya Lanka is situated at the south coast of Sri Lanka, in the proximity of Matara. Unaffected by the other touristic development of Sri Lanka, Surya Lanka represents an oasis of peace and offers a delightful surrounding. Because of the ultimate beach location, Surya Lanka is a place for guests loving comfortable strolls at the beach. Sri Lanka's eventful history reflects in the special architecture of the building. Form and colours remind of Portuguese colonial mansions. The gourmet meals take place in an entirely open air atmosphere with the impression of feasting in true nature.

Accommodation...

The main buildings of Surya Lanka hold a reception hall and 20 rooms without telephone and television, nevertheless comfortable, appropriate and they fit smoothly in the sumptuous garden surrounding. All rooms are facilitated with balcony or terrace with sea view.

Health...

Treatments at Surya Lanka start consequently one day after the arrival due to the intense transfer timings. The Surya Lanka offers light cures (preventive measures), intensive cures (healing support) and welfare cures (diagnosed complaint treatment). The primary objective of the Health Resort is to enhance the well being of the guests. The design of the cures concentrates on the harmonious integration of mind and body to enhance the quality of life. A well-trained team of physicians caters individually to the needs of each particular guest, designs the individual treatments and specifies the constitution after the anamnesis. One of the two physicians at Surya Lanka is an experienced physician of western school, who co-ordinates modern school medicine and traditional ayurvedic treatments. Surya Lanka is definitely NOT a resort for holiday-makers, looking for a beach destination enriched with some massage-treatments left and right, but THE place for serious, health-conscious persons, willing to agree to detoxification and feeling the necessity to take precautionary action in order to stay in good health.

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
- = Approx hours of treatments per day : 2.5 – 4



Leisure..

The Surya Lanka offers trips to Galle, one of the oldest colonial cities at the southwestern tip of Sri Lanka, as well as to nearby elephant farms or monasteries.