

Ambience...

The Aida Ayurveda & Holistic Health Resort, which began as a single resort, has today expanded into two sprawling resorts located at Bentota and Induruwa. Both resorts specialize in Ayurveda, the ancient healing philosophy of Sri Lanka, and are renowned for their Ayurvedic treatment plans which combine back-to-nature therapy with state-of-the-art comfort and convenience. Aida has further diversified into the Textile Trade and the Gem & Jewellery industry and has on offer exquisite jewellery studded with precious and semi precious stones. A Sanctuary. A Safe Heaven. A Luxury Hotel. Whichever name you choose to call it, you are sure to leave its confines fully relaxed and rejuvenated.

Accommodation...

There are about 30 guestrooms in the Bentota Aida Ayurveda Hotel. All rooms hold individually controlled air-conditioning, king-size bed, personal safe*, minifridge open request, piped music*, television*, IDD facilities*, attached bathroom with modern facilities. * five standard river view rooms, being offered at a special rate, do not hold the marked facilities.

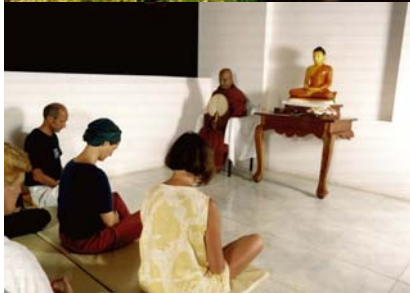
Health...

After a private examination and diagnosis for each individual guest, each guest will go through a treatment plan designed to meet their individual requirements. All guests will receive personal attention from a Resident Ayurvedic Doctor and trained Therapists. The treatment plan comprises of Detoxification, Rejuvenation, strengthening the Immune system, a special diet programme and will also include SHIRODHARA (oil stream on the forehead), NASYA (intensive declogging of the nose sinus area), Herbal baths, Steam baths and Eye baths. First class service, soothing décor and an idyllic setting by the Bentota River are complemented by therapists skilled in diagnosis, treatment, massage, acupuncture, yoga and in the celebrated PANCHAKARMA THERAPY with treatments for the purification of the body, prevention of disease and the establishment of natural good health.

Possible content of cure...

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



Leisure..

- Open-air amphitheater
- Open-air swimming pool
- Jacuzzi
- River Cruising
- Gem and Jewellery Store
- Internet & email facilities
- day trips to Colombo, Rathnapura, Galle and Kandy