

"Ayabowan "
Adhikari Ayurvedic Resort

Adhikari Ayurvedic Resort take care of the clients to feels the place like their home and improve the wellness with below facilities.

FACILITIES

- Luxurious rooms
- Salt water pool
- Ayurvedically designed meals
- Varieties of herbal drinks
- Yoga sessions
- Meditation programs
- Ayurvedic treatments
- Fish therapy
- Additional requests can be added according to the requirements.

CONTACT US

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WHAT WE DO

THE DAILY PROGRAM OF ADHIKARI AYURVADIC CARE HOME.

WAKING UP: 5:30 am

The day should start with a good night sleep. According to Ayurveda waking up early will give the body a fresh start. The client will be having fresh warm water to start with. The night suits will be changed to a relaxing and suitably for the next event.

NUTRITIOUS HERBAL DRINK: 6.00am

An ayurvedic herbal drink (Kola Kanda) will be provided to the client to make him energetic and carry out the programs till lunch. The beverage "Kola kanda" will be arranged in our open dining area.

YOGA SESSION: 6:15am

This will be a great experience for those who have never herd or wishing to practice. Our experience yoga trainers will guide in the right path for the clients to stretch themselves for body relaxation. This has planned as a half an hour session by feeling the outdoor nature.

THE BREAKFAST: 7:45am

The breakfast is arranged in the dining area in buffet style with traditional healthy food designed by ayurvadhic doctors and prepared by a well experienced chef.

After the breakfast the residents are released to relax themselves. They are welcome to attend many activities as they wish.

- Introducing themselves to others.
- Using the library for reading.
- Attending with the board games.
- Watching TV
- Expressing their feelings and experience they are having under our care with their love ones using free WIFI. And many more.

NATURAL SMOOTHIE: 9:00am

The dining area is ready and served a smoothie prepared with organic fruits in Sri Lanka.

Abhyanga ayurvedhic massage

This is the name used in ayurvedha for full body message which is commonly used. This is a part of Panchakarma(a series of body massages). The entire body is subject to message usin warm oil and muscal relaxation , lymphatic drainage and nourished skin from head to toe is expected from this treatment.(This will be give two times a week)

Sherodhara massage

The head massage which is called sherodhara in ayurvedic terms will help to improve the central nerve system while eliminating mental exhaustion stress and toxins and reducing fatigue.

Kansa Vakti foot massage

Applying stroking and circular movements to the feet and lower legs . This will help to balance energy and detoxing the body.

Swedana treatment

This is a steam bath having in a sealed wooden chamber using steam of herbs. This will help body to sweat and eliminates toxins.

THE LUNCH : 12:30pm

The lunch will be serving in buffet style in the dining area. This will be decided and designed according to the ayurvedic medical treatments given by the doctor. The clients being released to attend any activity according to their free wish or attend the activities done after breakfast.

Herbal drink: 16:30pm

A traditional ayurvedic herbal drink is served for all while relaxing.

Yoga session: 17:30pm

A yoga session will be carried out under supervision just like morning for 20min

Meditation: 18:00pm

A well trained instructor will guide and instruct all participants on meditation that will relax the minds.

DINNER: 19:00pm

The dinner will be served with a traditional soup with ayurvedically designed meal. Then all of the residents will be released for their entertainment activities.

BED TIME: 22:00pm

All the activities being stopped and all the residents are escorted to have a good night sleep.

WHAT IS FREE WITHIN OUR PROGRAM

- A foot or head massage on arrival
- Two full body massages per week
- Steam bath or any other Ayurvedic related treatment on doctor's recommendation
- Doctors consultancy and treatment
- Breakfast, Lunch, Dinner and beverages according to the meal plan
- Using the pool
- WIFI
- Laundry facilities
- Meditation sessions
- Yoga sessions

OUR EXTRA TREATMENTS WILL HELP TO CURE

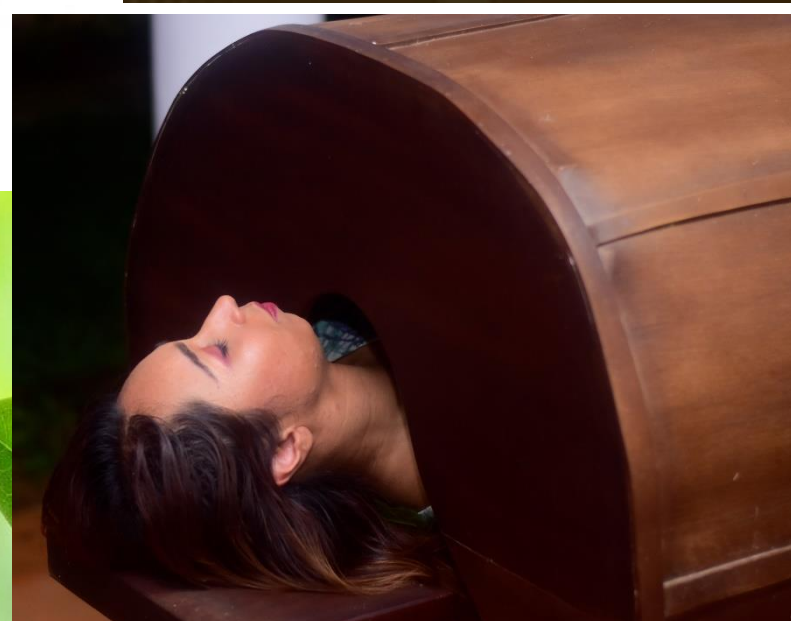
- Sciatica pain
- Balance of metabolism
- High blood pressure and high cholesterol
- Diseases of the nervous system
- Arthritis
- Less fatigue
- Improves natural immunity
- Boost the body strength
- Weight Loss
- Relief joint pain
- Skin whitening
- Menstruation issues
- Menopause issues
- Wrinkles treatment
- Solving dietary problems
- Acne treatment



THE TREATMENTS : After the refreshments

Each and every resident will be checked by an Ayurvedic doctor for their health conditions and treatments will be suggested. Those who have previous medical conditions should provide the treatment records for further analyses.

This will become a daily routine because we believe the clients should feel like home and be confident on them for better improvement. Our aim is to make our clients happy, healthy and relaxed by improving themselves on the day they depart.



TERMS AND CONDITIONS

YOU MUST INFORM

- You must inform us your illnesses and any allergies you got
- Contagious diseases would not be treated

PETS

Pets are not allowed within the premises and separate locations to accommodate them can be arranged within the treatment period at a certain cost.

THE POOL

The swimming pool is opened for every one under supervision and need to get the advice from the doctor before use.

EXTRA ACTIVITIES OUTSIDE THE AYURVADIC HOME

The residents will be charged extra for additional activities if they wish such as

- Visiting beautiful and historical places in Sri Lanka.
- Extra medical treatments

ADVICE

To avoid utter most loss clients are advised to have their insurance ready

- Travel cancellation insurance
- Medical expenses insurance
- Travel insurance that covers the above or includes the loss of anything

SPECIAL NOTES

- Activities may change according to the conditions (Ex. Weather)
- Charges will apply for extra ayurvedically-made cocktails

The residents can discuss their issues with the management about their requirements without any effect on the program.

Thank you
Management Team

PACKAGES /PERSON

SILVER - STAY 7 DAYS PAY FOR FOR 5 DAYS FOR **880** EURO (Additional Partner 550 EURO)

GOLD - STAY 14 DAYS PAY FOR FOR 12 DAYS FOR **1,900** EURO(Additional Partner 1200 EURO)

PLATINUM - STAY 21 DAYS PAY FOR FOR 19 DAYS FOR **3,100** EURO(Additional Partner 1800 EURO)

THE PRICES ARE ALL INCLUSIVE OF TAXES EXCEPT 10% OF SERVICE CHARGE.

(WE TAKE CARE OF YOUR AIRPORT PICKUP AND DROP FOR FREE)