

AYUR AYUR COLLECTION · SRI LANKA



Ayur Ayur Ayurveda Retreat

FACT SHEET

Authentic Ayurveda beside the Hamilton Canal, Negombo



THE COLLECTION'S WELLNESS FLAGSHIP

The Retreat

Ayur Ayur Ayurveda Retreat is the heart of our collection — a sanctuary devoted entirely to healing in the traditional way, set among tranquil gardens beside the historic Dutch-era Hamilton Canal in Eththukala, Negombo. A dedicated treatment centre, a resident Ayurvedic physician and a calm, unhurried rhythm create genuine Panchakarma and rejuvenation journeys, just twenty minutes from the international airport.

LOCATION

Eththukala, Negombo — on the banks of the Hamilton Canal, 20–30 minutes from Bandaranaike International Airport and a short drive from Negombo town, beach and lagoon.

STYLE OF RETREAT

Authentic Ayurveda · doctor-led
Boutique · intimate · serene
Wellness & cure focused
Eco-conscious · low carbon footprint

SETTING

Canal-side tropical gardens
Beside the Hamilton Canal
Quiet residential Eththukala
Swimming pool & herbal baths

IDEAL FOR

Honeymooners & couples
Families & groups
Wellness & Panchakarma guests
Solo & long-stay travellers

RATE INCLUSIONS (PROGRAMMES)

Doctor consultations
Daily therapies & herbal medicines
Daily 60-min yoga / meditation
Herbal tea after every treatment



THE SCIENCE OF BALANCE

What is Ayurveda?

A 5,000-year-old science of longevity, healing and harmony.

Ayurveda is a natural, holistic system of healing that secures the balance of a healthy life, promoting physical and mental wellbeing alike. It is a science of balance and longevity, built on the principle of three energies — Vata, Pitta and Kapha — that govern the body and mind.

At Ayur Ayur, hundreds of plant-based medicines and time-honoured therapies are used to bring these energies back into balance — cleansing the body of accumulated toxins and restoring its natural rhythm.

Every guest's journey begins with a personal consultation and pulse diagnosis with our resident Ayurvedic doctor, who designs a treatment plan around your individual constitution, or dosha. Medicines, diet, therapies and daily yoga are then tailored entirely to you.

All medicinal ingredients are botanical and strictly Ayurvedic, and every therapy is performed by — or under the supervision of — duly qualified Ayurvedic practitioners.

TREATMENT BENEFITS

- ✓ Relief for nervous disorders
- ✓ Deep, restful sleep
- ✓ Detoxification & rejuvenation
- ✓ Better tissue nourishment
- ✓ Improved digestion
- ✓ Anti-ageing & vitality
- ✓ Healthy weight & metabolism
- ✓ Beauty & complexion

WHERE YOU'LL REST

Accommodation

Two calm, light-filled room types open to the gardens, each with a private balcony — designed for deep rest between treatments. Both rooms are 28 m² with air-conditioning, en-suite bathroom, and complimentary Wi-Fi.



Deluxe Double Room

11 keys · private balcony · garden view

A serene room with a king bed and a private balcony overlooking the gardens — ideal for a solo retreat or a couple's wellness stay.

SIZE
28 m²
SLEEPS
Up to 3

BED
1 King



Deluxe Twin Room

2 keys · private balcony · garden view

Two comfortable single beds and a private balcony — perfect for friends travelling together on a shared wellness programme.

SIZE
28 m²
SLEEPS
Up to 2

BED
2 Single

IN EVERY ROOM

- | | | | |
|-------------------------|-------------------|----------------------|--------------------------|
| ✓ Air-conditioning | ✓ Private balcony | ✓ En-suite bathroom | ✓ Complimentary Wi-Fi |
| ✓ Tea/coffee facilities | ✓ Garden views | ✓ Daily housekeeping | ✓ Hot water & toiletries |



DOCTOR-LED HEALING

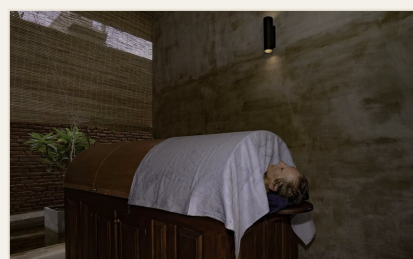
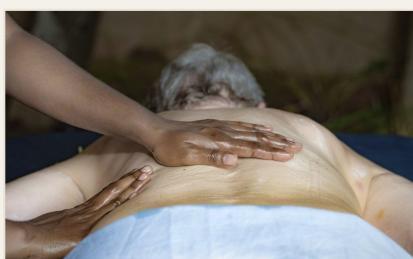
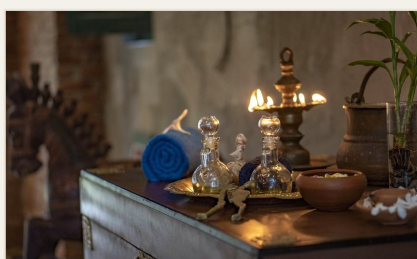
The Ayurveda Treatment Centre

At the heart of the Retreat is a purpose-built treatment pavilion housing our therapy rooms, herbal steam and yoga space. A resident Ayurvedic physician guides every guest — from the first consultation and pulse diagnosis through a personalised course of therapies, medicines and diet.

Classical treatments include the full range of Panchakarma cleansing therapies, Shirodhara oil-flow, Abhyanga massage, herbal and floral baths, and targeted therapies for the spine, joints and nervous system — all using strictly botanical, Ayurvedic preparations.

AT THE CENTRE

- ✓ Resident Ayurvedic doctor & daily consultations
- ✓ Panchakarma detox therapy rooms
- ✓ Shirodhara, Abhyanga & Pindasweda
- ✓ Herbal steam, floral & herbal baths
- ✓ Kativasti, Januvasti & Urovasthi (spine/joint)
- ✓ Nasya, Nadisweda & targeted therapies
- ✓ Daily 60-minute yoga & meditation
- ✓ Herbal tea after every treatment



Signature Wellness Programmes

Every programme begins with a doctor's consultation and unfolds as a bespoke daily rhythm of therapies, yoga and nourishment. Each includes a daily 60-minute yoga or meditation session and a herbal tea after every treatment.

Signature Panchakarma Detox	7 / 14 nights
Deep detox & cleanse — the classical Ayurvedic purification	
Rasayana Rejuvenation	5 / 7 nights
Renew vitality with nourishing oil therapies & tonics	
Stress Relief & Deep Sleep	3 / 5 nights
Calm the nervous system; restore natural, restful sleep	
Spine & Joint Care	5 / 7 nights
Targeted medicated-oil therapy for back, neck & joints	
Immune Boost Detox	5 / 7 nights
Strengthen natural defences with cleansing & herbs	
Ayurvedic Weight Loss	7 / 14 nights
Reset metabolism with herbal therapies & tailored diet	
Anti-Ageing Rejuvenation	7 / 10 nights
Rasayana therapies to renew skin & restore energy	
Menopause & Women's Wellness	7 / 10 nights
Gentle, balancing support through the transition	
Couples Rejuvenation	4 nights
Side-by-side rituals designed for two	
Weekend Wellness Escape	2 / 3 nights
A short, restorative introduction to Ayurveda	
Wellness & Island Explorer	6 / 8 nights
Balance daily Ayurveda with guided island excursions	

Programme durations are guided by our doctor; longer stays deepen results. Detox & weight programmes are offered on Full Board so nutrition is fully guided.

Ayurveda Treatment Menu

A selection from our treatment menu, available to all guests. Therapies are performed by qualified practitioners; the treatment centre is open daily 8:00 am – 7:00 pm.

TREATMENT	DURATION	LKR	TREATMENT	DURATION	LKR
Full Body Massage	60 min	5,400	Urovasthi (chest therapy)	60 min	7,900
Full Body Massage & Steam Bath	90 min	7,400	Januvasthi (knee therapy)	45 min	7,900
Shirodhara (oil-flow therapy)	45 min	5,400	Shirovasthi (head therapy)	45 min	7,900
Ayurveda Facial	60 min	6,400	Nadisweda (herbal steam)	45 min	7,900
Ayurveda Body Scrub	60 min	7,200	Steam Bath	30 min	3,600
Herbal Body Application	60 min	7,200	Floral Bath	30 min	3,600
Pindasweda — Herbal Poultice	60 min	7,900	Herbal Bath	30 min	3,600
Pindasweda — Milk Rice	60 min	7,900	Targeted Massage (by area)	30 min	3,600

Prices are per treatment in Sri Lankan Rupees (LKR) and are indicative; approximate US\$ 12–26 each. Bespoke wellness programmes (opposite page) bundle daily treatments, consultations, yoga and meals at package rates.



NOURISHMENT

Ayurvedic & World Cuisine

Meals are prepared to your programme and preference — a physician-guided Ayurvedic diet designed around your dosha, or Western and Sri Lankan dishes when you wish. Fresh, seasonal and wholesome, with a soothing herbal tea after each treatment.



THE DAILY RHYTHM

A Day at Ayur Ayur

- **Early morning** Sunrise yoga & pranayama in the garden pavilion
- **Breakfast** A nourishing Ayurvedic breakfast to your dosha
- **Morning** Doctor's consultation, then your prescribed therapies
- **Midday** A light, balancing Ayurvedic lunch & rest
- **Afternoon** Further treatments, herbal steam or a canal-side walk
- **Evening** Restorative yoga & guided meditation
- **Dinner** A wholesome dinner, followed by herbal tea

PRACTICAL INFORMATION

Good to Know

DISTANCES

Bandaranaike Int'l Airport (CMB) — 20–30 min ·
Negombo town & beach — 10 min · Colombo —
approx. 1 hour

AIRPORT TRANSFERS

Private transfers arranged on request

CHECK-IN / CHECK-OUT

2:00 pm / 11:00 am

TREATMENT CENTRE HOURS

Daily, 8:00 am – 7:00 pm

ROOMS

13 rooms · 2 types · 28 m² · balcony

MEAL PLANS

BB · HB · FB · FB with Ayurvedic treatments

CURRENCIES & CARDS

LKR, EUR, US\$ · Visa & Mastercard

GOOD TO KNOW

Eco-conscious, low carbon footprint · free Wi-Fi &
parking · English & German-friendly consultations

BEYOND THE RETREAT · CURATED EXPERIENCES

- ✓ Sigiriya & Dambulla
- ✓ Kandy & Temple of the Tooth
- ✓ Negombo City & Fish Market
- ✓ Negombo Lagoon Boat Safari
- ✓ Galle & Southern Coast
- ✓ Colombo City Tour
- ✓ Anuradhapura Ancient City
- ✓ Private chauffeur touring



RESERVATIONS & ENQUIRIES

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