



one world foundation  
guesthouse & resort

## AYURVEDA & YOGA

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### Ayurveda Philosophy and Ayurveda Team

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These health-focused teachings, deeply rooted in India and its neighbouring countries for more than five thousand years, combine a number of healing and diagnostic procedures. As a holistic form of medicine, it has come to be promoted as a complementary medical method in Western countries as well. Ayurveda begins with the belief that the five elements – air, ether, fire, water and earth – make life possible and steer all our mental and physical processes. From this starting point, Ayurveda derives three bioenergies: air and ether form VATA; fire and a little water form the bioenergy PITTA;

and earth and water form KAPHA. If these energies are not in harmony, it can lead to physical and mental afflictions. Ayurveda helps restore the needed balance.

### Team

The ayurveda team at the Ayurveda Guesthouse & Resort Bogenvillya is headed by the experienced physician Dr. Janakee Perera. After her training as a school doctor, she occupied herself with the intensive study of the effects of medicinal herbs and their applications. An Ayurveda practitioner who has been practicing for more than twenty years, she runs a clinic in Hikkaduwa with a staff of around 40 and, in parallel, a practice especially set up in the Bogenvillya, where she treats long-time patients with the same feeling for her craft as she treats those who have no prior experience with this particular healing method. Dr. Janakee Perera and her well-trained team of therapists look forward to your visit!

### Ayurveda Treatments

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At the Ayurveda Guesthouse & Resort Bogenvillya we offer you ayurvedic treatments tailored to your personal needs. In a first step our supervising physician Dr. Perera will determine your Doshas based on a comprehensive pulse diagnosis and diagnostic consultation. Subsequently a treatment schedule, the type of therapy needed as well as an appropriate nutrition plan will be drawn up. Our ayurvedic cures include consultations and diagnoses by Dr. Perera as well as individually coordinated treatments by our well-trained team of therapists pampering you with head and

facial massages, body and rice ball massages, massages carried out by two therapists, Shirodhara (warm oil is slowly poured over your forehead), steam baths and bathing in herbal waters, etc.



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### Ayurveda Wellness Cure Rasayana

During your stay at the Ayurveda Guesthouse & Resort Bogenvillya, you can support and improve your physical and emotional well-being through individually coordinated Ayurveda treatments such as massages, oil treatments and compliance with certain nutritional rules. This is not focusing on the treatment of an illness, but rather on the individual with his or her own needs. The word "Rasayana" comes from the Sanskrit and means "rejuvenation". This wellness cure aims to balance physical and psychological stresses and, depending on your constitution, can be applied over a period of a few days up to several weeks.

### Ayurveda Cure Panchakarma

In addition to the wellness treatments, the possibility also exists to carry out a personal detoxification programme on site, under the supervision of the experienced physician Dr. Janakee Perera and her accomplished team of therapists. Since the cleansing process for the body involves a lengthy – and initially demanding – adjustment phase, a period of at least two weeks, and preferably three weeks, is recommended for such a cure. Over the course of the cure, you will benefit from regular consultations with Dr. Perera.

### Prices

Ayurvedic cure high season (1 May to 31 October 2024): € 120.00 per day

Ayurvedic cure off season (1 November 2023 to 30 April 2024): € 105.00 per day

Government taxes (VAT and NBT) totaling currently 18 percent are not included. The VAT rate depends on the respective regulations of the Sri Lankan tax office.

### Individual Treatments

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If you don't like to book a complete ayurvedic cure for a period of two or three weeks we recommend an individual selection of our relaxing, detoxifying, rejuvenating or invigorating treatments.

### Prices Individual Treatments

Consultation and diagnosis, Dr. Janakee Perera, € 75.–

S/P Hand massage (special), € 25.–

Pain relieving oil massage strengthening the muscles of the hand.

Facial massage, € 30.–

Beauty massage for the face, € 40.–

A facial massage rejuvenating the skin and strengthening the facial muscles.

Nasal treatment, € 25.–

A special treatment relieving mucous congestions of the respiratory tract.

Sarwagadara, € 55.–

A treatment recommended in case of physical fatigue but also very good for skin diseases or rough and dry skin.



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Kawaladara, € 30.–

A mouthwash to strengthen teeth and gums.

Nethre Pariska, € 25.–

A treatment recommended in case of eye complaints.

Herb fermentation, € 45.–

This treatment is recommended for joint troubles (knees, shoulders, elbows) and tailored to the specific needs.

Inhalation, € 30.–

Recommended for sinus infections, severe headaches and eye complaints.

Synchronous massage, € 55.–

A balancing and relaxing whole body massage carried out by two therapists.

Whole body massage, € 55.–

Relaxing massage for the whole body.

Nawalakiri, € 50.–

A therapy with fermented milk rice to treat lack of energy. The treatment strengthens the muscles and increases the skin moisture.

Herb paste, € 30.–

Paste to assist the healing of broken bones and of the bone tissue.

Foot massage, € 35.–

A suitable massage for kidney problems, prevents over-exertion and promotes mental balance.

Head massage, € 40.–

This massage strengthens hair growth and alleviates strong headaches.

The prices listed are valid until 31 October 2024. Government taxes (VAT and NBT) totaling currently 18 percent are not included. The VAT rate depends on the respective regulations of the Sri Lankan tax office.

## Yoga

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Every morning between seven and eight o'clock, our yoga teacher, Mr. Nuwan Dilanka de Silva, conducts an open lesson in the tropical garden of the Ayurveda Guesthouse & Resort Bogenvillya, overlooking the lagoon and open sea. In case of rain, the yoga class is moved into a covered building. All guests are welcome – regardless of their level of yoga skill – and they are empathetically instructed and accompanied.

Participation in yoga class: € 8.00 per day

Government taxes (VAT and NBT) totaling currently 18 percent are not included. The VAT rate depends on the respective regulations of the Sri Lankan tax office.

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