



The Centauria Ayurveda Resort is situated at the lake of Chandrika Wewa, about 177 km from Colombo, near to the town of Embilipitiya, and the national park "Uda Walawe". It can be reached in approx. 4.5 hours of driving from the Banderanaik International airport passing over Ratnapura. The Resort is ideally suitable for Ayurveda- Cures. A beautiful landscape is delivering a certain harmony to potential guests being willing to experience more of the sri lankan countryside during their ayurvedic cure.

Accommodation...

The Centauria Lake Resort consists of 51 rooms with private balcony, 15 of them are with Lake Views which are at the disposal of ayurveda guests. The rooms are equipped with air conditioning/fan, TV, shower/WC, and telephone. The hotel in general provides laundry-service, money changing facilities and 18-hours-room service. The hotel has a huge restaurant where meals usually are served buffet-style, with non-alcoholic beverages, however strictly in accordance with the dosha of ayurvedic guests.

Health...

The main objects of human life are Dharma (path of righteousness), Artha (acquisition of riches), Kaama (gratification of desires), Moksha (emancipation) are being handled in within ayurvedic cures offered by Centauria. Ayurvedic medical system has an arguable, scientific method to teach persons for keeping these four objects in balance for health improvement. If we analyse the word Ayurveda, we will find the combination of these meanings. Ayur means Living, Veda means Science. Pancha Karma is a programme exclusive to Ayurveda, which personalises cleansing and rejuvenation treatments with the utmost care. Centauria offers "precautious/Vorsorge-Cures (massage treatments for wellbeing) and Intensive Cures. In both cases the doctor prescribes the proper treatments after a complete medical checkup and this cure can be held at least four or more times per day. If a break-up is necessary according to the treatments, resting days are to be decided by the doctor.

Yoga & Meditation are integral part of Ayurveda Cures at Centauria.

Possible cure content –

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| <ul style="list-style-type: none"> - 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 | <ul style="list-style-type: none"> - Oilstream-Head-Treatment - Detox (Vashti, Colon Irrigation) - Nose-Cleaning - Herbal Inhalation - Herbal Steam - Herbal Bath - Flower Bath - Yoga & Meditation - Special treatments <p>= Approx hours of treatments per day : 2.5 – 4</p> |
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Leisure...

Uda Walawe National Park Safari Tours, Mahapalessa Hot Water Springs, Vaulpana Lime Stone Cave, Maduwanwela Waluwa, Sinharaja Forest. Sankapala Temple, Madunagala Ancient Temple and Heritage, Boat Trips and Fishing on Chandrika Laka, Visit the Holy City of Kataragama.

