

Lawrence Hill Paradise Resort

...very personal, very charming



Ambience...

LAWRENCE HILL PARADISE HOTEL is located near the small town of Hikkaduwa, approximately 3,5 hours south of Colombo. The Lawrence Hill is displaying a very special type of ayurvedic resort. It is located on a hill, - approximately 400 meters from the beach- in a tropical garden with a designer-shaped-pool. It is purely german owned and probably (operationwise) the smoothest place aytour offers.

Accomodation...

Large rooms, extremely comfortable without being luxurious. Telephone, ladies hair dryer, large bath rooms facilitated with shower only and large bedrooms with buddhist wallpaintings. Everything to comfort guests without tempting anybody to plug in a laptop, however – it is not forbidden either.

Health...

Very professional and tasteful treatment treatment rooms. Clean and hygienic without the usual "hospital touch". 2 doctresses, 15 therapists. Initial & final consultations are professionally done, panchakarma and rejuvenation treatments with the utmost care and - this actually speaks for itself - the ratio between guests and therapeutical staff is almost 1:1. Lawrence Hill offers a cure the comfortable way. Meals usually are served buffet-style, the food is marked according to the suitability per dosha. Yoga and meditation are part of the daily life.



AME
aytour
medical edition

Possible cure content –

- 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 incl accupuncture
- = Approx hours of treatments per day : 2.5 – 4

Leisure..

Hikkaduwa is a very lively little town. As the distance to the beach is only a few hundred meters, all kinds of watersports may be utilized. The resort itself is providing a large garden and pool as well as yoga/meditation being part of the cure. A large number of pubs and restaurant cater to non-ayurvedic visitors downtown Hikkaduwa. Should there be e need to see foreign faces – its all at hands, however most of the guests prefer to stay in the oasis being offered by the Lawrence Hill-



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