



Ambience...

Let nature's bounties sweep over you and cleanse your soul as you relax amidst the sparkling blue waters of the sea at the Induruwa Aida Ayurveda & Holistic Health Resort.

The Induruwa Aida Ayurveda & Holistic Health Resort is situated on the Induruwa Beach, the famed sun-bronzed beach which is one of the best beaches in Sri Lanka.

The Resort is located on the south-west coast of Sri Lanka, approximately 2.5 hours drive from the main Airport. The Induruwa Aida Ayurveda & Holistic Health Resort is based on the same concept as the Bentota Aida resort and has 10 deluxe rooms with sea view and all modern amenities.

Accommodation...

The rooms are tastefully decorated and facilitated with individually controlled air-conditioning, king-size beds, personal safe, mini refrigerator (stocked on request), balcony, attached bathroom with shower. The total of 15 rooms is available, and a common concept – simple, but tasteful – should underline the fact that ayurveda is the major factor, far away from 5-star-luxury, but comfortable.

Health...

The treatment plans are unique and are recognized island-wide for its therapeutic effects. Soothing Ayurvedic therapies coupled with the golden beach, the deep blue sea and an azure sky has made this resort a popular retreat amongst those seeking to revitalize their bodies and minds. Responsible for the treatment centre at Induruwa is Mrs. Dr. Dahanayake. A well known ayurvedic physician, practising for more than 35 years.

Possible content of cure...

- 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

- Oilstream-Head-Treatment
 - Flower Bath
 - Yoga & Meditation
 - special treatments / accupuncture
- = Approx hours of treatments per day : 2.5 – 4



Leisure...

Tours to Galle, Colombo or Kandy can be arranged through the reception, as well as transfers to Bentota in order to make sure the facilities at Aida Bentota hotel can be used.

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