



Ambience...

The Lotus Villa is located near Ahungalla (3 hrs south of Colombo), a village which best of all can be described as a typical Sri Lankan rural area. Totally undisturbed, in the middle of a large and lush garden, surrounded by uncountable palms trees, the cabanas and living units of the Lotus Villa have been constructed in a way that allows nature to live and guests to enjoy. The beach in front of the Lotus Villa is large, and no further hotels are disturbing the beautiful landscape. Anybody looking for paradise, willing to concentrate on a full panchakarma-cure and furthermore willing to quit stupidities such as telephones, tv sets and airconditions has found paradise.

Acomodation...

Basic. Chair, table, bed, private facilities, veranda. Hammocks to hang in quiet places can be obtained any time from the gardeners. Anybody staying at Lotus Villa should be aware that the tour price has nothing to do with 5-star-accomodation, but very well something with the possibly most authentic cures to be provided on the island.

Health...

Not very much to say. A team of experts is initially analysing every guest, determines treatments according to the volume of the booked cure (Ayu 1/2/3) and finally is delivering a detailed medical report on findings and further proceedings to enable guests to maintain a healthy lifestyle after the cure. This is including recommendations on food, yoga and meditation. The health centre of the Lotus Villa is avoiding any kind of medicine not being produced by the physicians themselves, avoiding furthermore plastics and prefers wood and avoiding simple buffets. It is preferred here to cater individually prepared food according to people`s own dosha.

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



Leisure..

Plenty. Treatments - according to cure booked - last from 3-5 hours a day. As for the rest everybody is invited to make use of the library or read own books. Tours, e.g. to the old hollandish-british colonial port of Galle are offered on an individual basis and Yoga/Meditation is professionally conducted and part of the daily life.