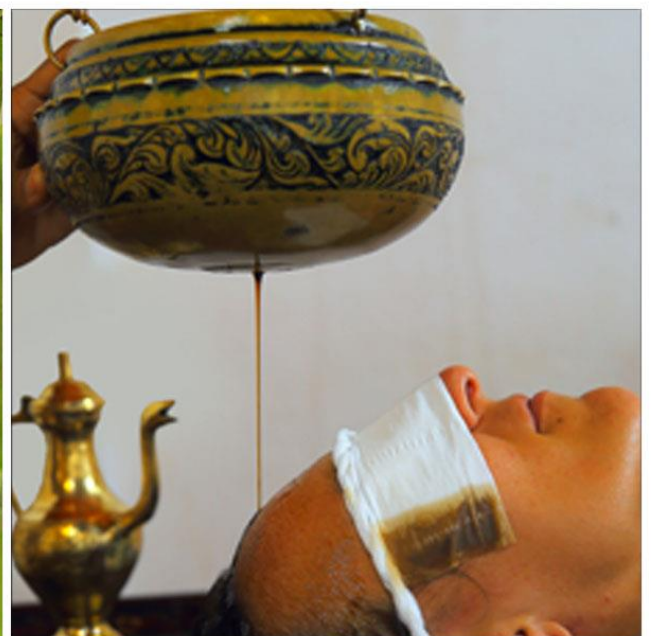


Lotus Villa

" HEALING THE MIND, BODY AND SOUL "



No. 01 Ayurveda In Sri Lanka



Lotus Villa - Ayurvedic Hospital

*"Over thirty years of history and consistency in highest quality"
Experience Ayurveda at its very best with , "the best",*



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162/19, Wathuregama, Ahungalla,
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Lotus Villa

No: 01 Authentic & Traditional Ayurveda in Sri Lanka



Ayurveda and Lotus Villa

The Lotus Villa sits under shady coconut palm trees on a long stretch of beach directly by the Indian Ocean in the South West of Sri Lanka. It was founded by Mr. Peter Huber, an Austrian, in 1982 as a private holiday house with two rooms. In 1992, Mr. Huber "discovered" Ayurveda. He was so inspired by the possibilities that Ayurveda provides for many health problems and therefore Lotus Villa started offering Ayurveda treatments.



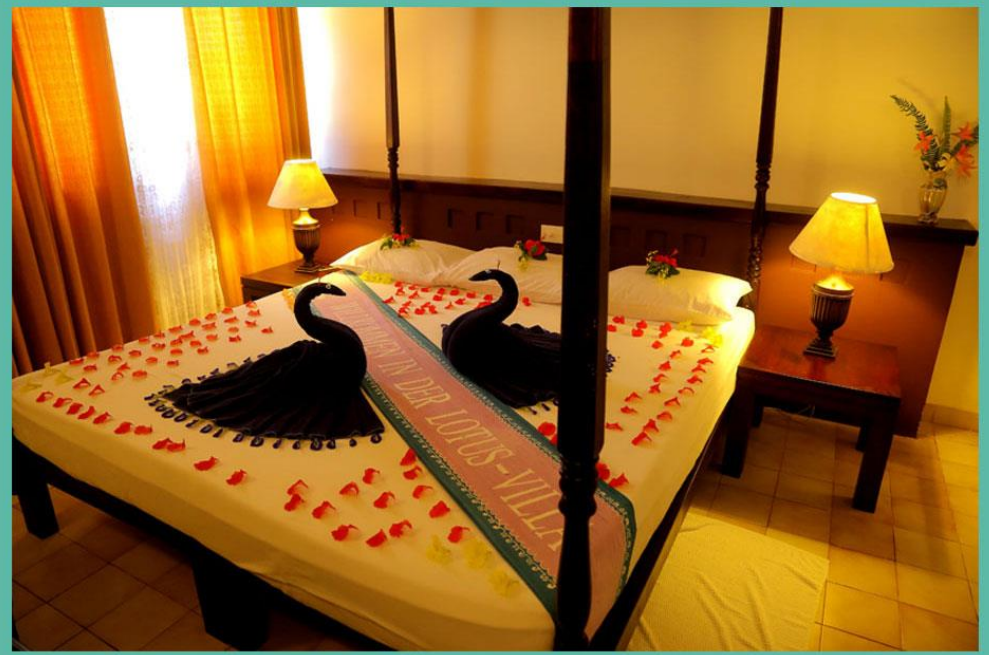
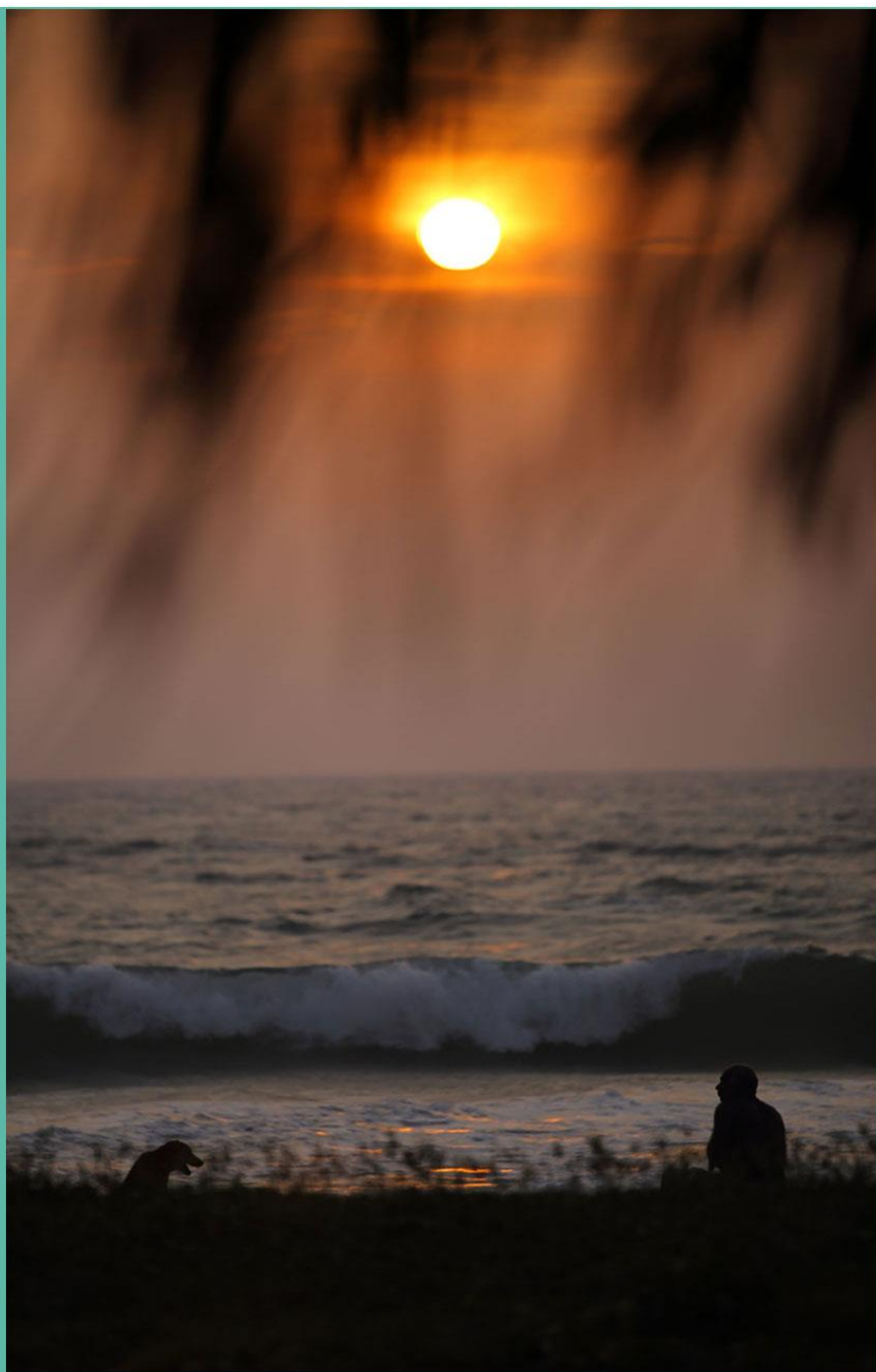
Since 1994 Lotus Villa has exclusively been an Ayurveda – health resort. In 1997 Mr. Huber suffered two strokes in a very short time span. It was with Ayurveda that he was successfully treated. As the Ayurveda practiced here at Lotus Villa is of the highest standard and quality, in 1998 we were able to obtain the honour of becoming an Ayurvedic Hospital as a result of the quality of Ayurveda offered at Lotus Villa.

Ayurveda at Lotus Villa

Since Ayurveda perceives everyone as a unique individual, every guest of Lotus Villa is provided with a personalized treatment, meal and medicine plan based on the body profile and the intensity of the symptoms when they come to Lotus Villa. Our qualified Ayurveda team is dedicated and always put their full effort to make you satisfied and relaxed.



In addition to that, all the medicines are hygienically produced at our licensed medical production unit and your meals at Lotus Villa will be an unforgettable experience since the culinary art of Lotus Villa is rooted in the tradition of Ayurveda. All the individual meal plans are developed by the team of doctors and the chefs by combining the taste, medicinal value and presentation.



Treatment Itinerary

The chief physician and the team prepare the tailor-made treatment plan according to the diagnosis. Every day after dinner, you will be provided with the treatment plan for the next day which will help you to plan the next day. It is not necessary for you to keep track of time, we will do this for you and the assigned therapist visits to accompany you for the treatments.



Nutrition

Our restaurant and kitchen are quite different from a usual catering business. When serving, we care much about the health while making the food look good, taste good and also the quantities served. At Lotus Villa we go above and beyond to make sure that all our vegetables are produced organically.

In Ayurveda one of the most important habit to ensure a healthy lifestyle is to take each meal at the proper time of the day. So, at the Lotus Villa we take great care and pleasure in making sure that lunch and dinner is served at the same time every day by ringing a bell to announce that is time for lunch or dinner.

Medicine Production

Ayurvedic medicines are made with due care and diligence at Lotus Villa's licensed medicine manufacturing unit while utilizing Sri Lanka's well-grown herbals. A team of experts under the supervision of our chief physician uses 120 different ingredients for a single oil. For every Dasha, there are 48 to 52 oils which can be used for many common diseases.

Therefore, we have around 150 different oils in our store. A detailed lecture on medicine production will be provided during your stay. Further, you can visit our own herbal garden to see the herbal plants utilized for the production of most of the drugs and oils.

Doctor's team

At Lotus Villa we have one chief doctor and 3 assistant doctors available full time so that there is at least one doctor in the premises 24 hours a day. Therefore, if you get a pain or feel unwell in the night, you only need to ring the alarm bell at your bed and a physician will come and see you.

Chief Doctor

Dr. Manikkam Neranjanadevi Amarathunga is a descendant of a long generation of Ayurvedic doctors. Ancestors from both, her mother's and father's families have been Ayurvedic doctors for many years. Dr. Neranjanadevi joins us with a vast experience of 32 years in Ayurveda with very early experiences in her childhood too. Pursuing her interest in Ayurveda she entered the Rajagiriya Institute of Indigenous Medicine in 1978 and completed her D.A.M.S. (equivalent to Bachelor of Ayurveda degree) a five year course of Ayurveda Medicine and Surgery at IIM of the University of Colombo in 1985. Moreover, Dr. Neranjanadevi has completed her post graduate studies in Ayurveda Medicine, Counselling, Women Studies and her Masters in Acupuncture. Therefore she blends her sound Ayurveda knowledge and the vast experience to offer immaculate Ayurveda healing at Lotus Villa by becoming a great asset to the organization.

Yoga, Thai-Chi, Meditation

The holistic basis of Ayurveda implicitly incorporates mental health in most aspects of health promotion, disease prevention and treatment. Lotus Villa wants to expel the stress and negative feelings of our patients to uplift their mental health conditions by engaging in Yoga, Thai-Chi and meditation. Yoga session every morning, before breakfast will be the best way to start your day happily and energetically. An excellent teacher who patiently and expertly instructs you under a sun protected gazebo on the beach with music of the Indian Ocean waves will be an unforgettable memory at Lotus Villa. In the evening, Tai-Chi or meditation can be practiced under the supervision of a well-trained master.

Peter Huber School – CSR of Lotus Villa

Lotus Villa is dedicated to strengthening the corporate and social best practices. Peter Huber School is the main CSR project conducted by Lotus Villa group and firmly believes that education is the best solution to empower the unprivileged local communities. This project has been continuously operating since 1998 and Children who live in the nearby villages are the beneficiaries of this project. Education, uniforms, food and required study materials are provided to the enrolled kids free of charge.

