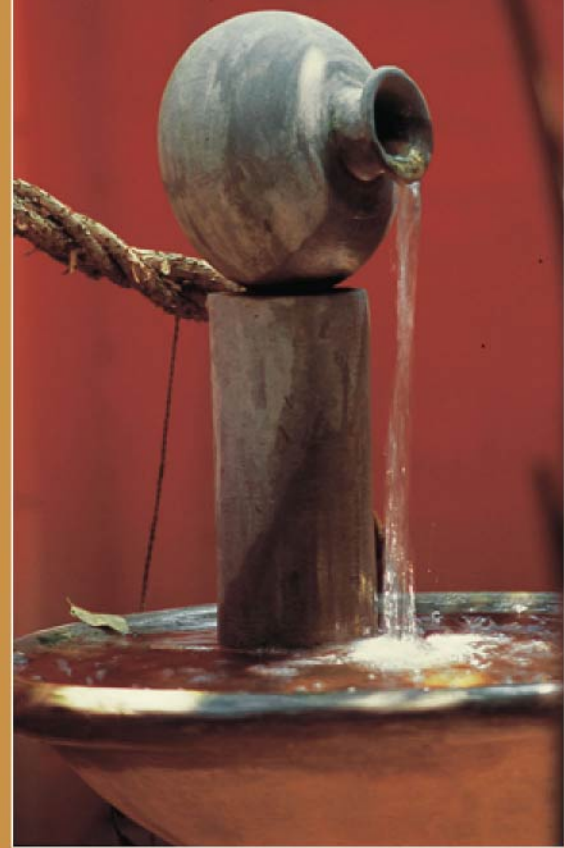


Siddhalepa Ayurveda Health Resort

wadduwa, Sri Lanka.



SIDDHALEPA AYURVEDA HEALTH RESORT - Wadduwa
Best Ayurveda Hotel, Presidential Award - 2008.



LOCATION:

Away from everyday hustle & bustle of the city, surrounded by woodland & meadow we introduce you to a beautiful beach in the Southern Coastal belt of Sri Lanka, fronted by the sparkling blue waters of the Indian Ocean, the creamy foam kissing the surf in a romantic atmosphere is the majestically situated Siddhalepa Ayurveda Health Resort, W adduwa, Sri Lanka.

RESTAURANTS AND BAR:

An Ayurvedic Doctor will be present at all meal times to help you to select suitable Ayurvedic dishes to balance the Three-Dosha. Siddhalepa's Award-winning Cuisine is made with farm vegetables, fruits and Sri Lankan spices to soothe the international palette. Your prescribed Ayurvedic elixirs, tablets and tea will be served to you during meals.



ACCOMMODATION:

Fifty (50) spacious rooms with the comfort of a luxury star class hotel fully equipped with modern facilities for comfortable living, along with a sitting area to which the rays of the sun penetrate with all its glory, is a special feature. The Fifty rooms consist of private balcony or terrace.

All rooms have a king size or twin beds, air-conditioning, ceiling fan, desk, living area, satellite TV, attached bath w/hot water, hair dryer, IDD tel., Electronic safe & Mini bar in all rooms.

SERVICES:



To meet individual health goals, Siddhalepa has designed Ayurveda Therapy Programs for detoxification, de-stressing, cleansing, deep relaxation, anti-aging, weight control, rejuvenation, and general well-being. The traditional Panchakarma programs are also available under the guidance of specialist Doctors.

★ **Complete Ayurveda Centre**

Rooms for Consultation, Treatment, Sauna, Dispensary.

★ **Experienced Doctors**

Well-known traditional Doctors who possess extensive experience with access to specialist Doctors at Siddhalepa Hospital.

★ **Trained Therapists**

Therapists are trained by the Consultants of Siddhalepa Ayurveda Hospital the pioneer Ayurveda Hospital in Sri Lanka.

★ **Traditional Ayurvedic Medicines**

Has its own Ayurvedic Manufacturing facility producing Traditional Ayurveda Medicines according to ISO 9001, ISO 14001 and GMP International Standards, these preparations are exported to over 40 countries all over the world.

★ **Yoga & Meditation**

Conducted by experienced Instructors in a harmonious environment

★ **Specialized Ayurvedic Meals**

Ayurvedic Meals conducive to human health and well-being prepared according to the recommendations of the Doctors.

★ **Basics of Ayurveda for Knowledge Enhancement**

A basic knowledge of Ayurveda, the world's oldest holistic health care system will be imbibed to you under a well projected Teaching Programme designed by a panel of Ayurveda Specialists.

Ayurveda Therapy packages ranging from 1-4 weeks for detoxification - to neutralise or nullify the bad effects of toxins and impurities in the human system, rejuvenation - augmenting the body resistance to illness - Rejuvenating, non - toxic medicaments are prescribed to be taken daily for a stipulated number of days, cleansing - to expel the provoked Vata, Pita, Kapha (doshas) by suitable Panchakarma procedures, stress relief, weight control - specific herbal medications and diet are prescribed following a special set of treatments, balancing of the three doshas and general well-being.

Try our authentic Oil & Powder Massages, Shirodhara, Steam Bath, Body Wraps, Powder massages, Oil therapy, Herbal facials, Herbal Bath in traditional hand carved granite bath etc.

GENERAL INFOS

Star classification	Un classified - Deluxe
Address	861, Samanthara Road, Pothupitiya, Wadduwa, Sri Lanka
Tel No	+94 382296967-70
Fax No	+94 382296971
E-mail	siddalep@slt.lk, siddayur@slt.net.lk
Resident Manager	Mr. Rohan Colombage
Hotelgroup	Hettigoda Group of Companies

Land Extend	08 Acres
Date of construction	1999
Date of last renovation	2004
Number of Buildings	Single Storey - 8 Double Storey - 7 Triple Storey - 2

LOCATION

	Distance	Time by car	Walking time
Distance from Airport	65 km	02 hours	
Name of next town/city	Kalutara		
Distance to next town/city	06 km	Half an Hour	
Distance to Beach	30 m		
Distance to shopping areas	02 km	10 minutes	
Distance to next restaurant	-		
Distance to next pharmacy	02 km	10 minutes	
Distance to next hospital	06 km	Half an Hour	

ROOM FACILITIES

Air Condition	Yes
Fan	Yes
Minibar	Yes
Tea / Coffee Maker	Yes
TV / Satellite TV	Yes
DVD Player	On Request
Radio	Yes
CD Player	On Request

ROOM FACILITIES

Telephone	Yes
Safe	Yes
Hairdryer	Yes
Shower	Yes
Bath Tub	Yes
Terrasse	Yes
Balcony - Some Rooms	Yes
Umbrellas	Yes

BEACH

Life Guard	Yes
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ACTIVITIES**FOC****RATE**

Fitness Center	Yes - Supplement Charged	
Table Tennis	Yes	
Volleyball	Yes	
Yoga lessons	Yes - Supplement Charged	
Indoor Games	Yes (Carrom/Darts)	
Meditation	Yes	

SPA**opening times:**

8.00am to 6.00pm

Doctor Available	Yes - 5 Doctors
Therapists Available	Yes - 20 Therapists
Ayurveda Massages	Yes
Sauna	Yes
Steambath	Yes
Jacuzzi	Yes
Beauty Treatments	Yes
languages spoken	English / German / French

OTHERS FACILITIES**opening times**

Souvenirshop	Yes	9.00am - 6.00pm
Jewellery	Yes	10.00am - 9.00pm
Internet Café	Yes	8.00am - 11pm