

# Siddhalepa Ayurveda Health Resort

Wadduwa, Sri Lanka.

Fully Refurbished August 2011



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, Wadduwa, 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 spices to soothe the international palette. Your prescribed Ayurvedic elixirs, tablets and tea will be served on your individual table.

## 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 each with a private balcony or terrace or sea view Bungalow.

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





# AYURVEDA

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.



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.



## 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.

## GENERAL INFORMATION

Star Classification	4 Star
Hotel Address	861, Samanthara Road, Pothupitiya, Wadduwa, Sri Lanka
Telephone	+94 38 2296967-70
Fax	+94 38 2296971, +94 11 2735465
E-mail	leisure@siddhalepa.com
Senior Marketing Manager	Mr. Ushan Edirisinghe
Web	www.siddhaleparesort.com
Resident Manager	Mr. Priyantha Ratnayake
Hotel Group	Hettigoda Group of Companies

Land Extent	08 Acres
Date of construction	1999
Date of last renovation	2011 July & 2015 July
Number of buildings	Single Storey 8, Two Storey 07, Three Storey 02
Quality cortication	ISO 9001, GMP
Awards	Best Ayurveda Hotel, Presidential Award - 2008 ,Best Green Hotel in the SME Category Award - 2012, Energy Conservation Champion in the SME Category Award - 2012
Achievements with Trip Advisor	Certificate of Excellence 2014-2015, Traveler's Choice winner 2013- 2014

LOCATION - Located on Wadduwa beach	DISTANCE	TIME BY CAR	ACTIVITIES
Distance from airport	65 Km	02 h	Fitness centre Supplement charged
Name of next town/city	Kalutara		Table Tennis Free
Distance to next town/city	06 Km	half an hour	Volleyball Free
Distance to Beach	30 m		Yoga lessons Supplement Charged & free for Ayurveda Guests
Distance to shopping areas	02 Km	10 Min.	Indoor Games Carom/ Darts Free
Distance to next restaurant			Meditation Supplement Charged & free for Ayurveda Guests
Distance to next pharmacy	02 Km	10 Min.	WiFi Supplement Charged
Distance to next hospital	06 Km	half an hour	Sun Bed Free

ROOM FACILITIES	DELUXE TERRACE	DELUXE SUITE	SUPERIOR TERRACE	SUPERIOR BALCONY
Air Condition	yes	yes	yes	yes
Mini Bar	yes	yes	yes	yes
Tea / Coffee Maker	yes	yes	yes	yes
TV / Satellite	yes	yes	yes	yes
DVD Player	yes	yes	yes	yes
LCD TV	yes	yes	yes	yes
Home Theatre	yes	yes	No	No
Hair Dryer	yes	yes	yes	yes
Telephone	yes	yes	yes	yes
Safe	yes	yes	yes	yes
Rain Shower	yes	yes	yes	yes
Terrace	yes	yes	yes	No
Balcony	No	yes	No	yes
Umbrellas	yes	yes	yes	yes

OTHER FACILITIES		OPENING TIMES 8.00 am - 6.00 pm
Siddhalepa Herbal Products factory outlet	yes	9.00 am - 6.00 pm
Jewelry shop	yes	10.00am - 9.00 pm
Internet café	yes	8.00 am - 11.00 pm
Wi-Fi	yes	8.00 am --- 11.00 pm
Nails Talks- Nail care	yes	9.00am --- 04.00pm

### RESTAURANTS - 02

01 International Cuisine
02 Ayurveda

### BAR - 02

01 Ama Pan Hala - Juices/elixirs
02 Pool Bar - Juices / elixirs

Ayurveda SPA	OPENING / CLOSING TIMES 8.00 AM TO 6.00 PM
Doctors Available	Yes - 5 doctors
Therapists Available	Yes - 20 Therapists
Ayurveda therapy Massages	Yes
Sauna	Yes
Steam bath	Yes
Jacuzzi	Yes
Jacuzzi- Salt water	Yes- Chargeable
Beauty Treatments	Yes
Languages spoken	English/German/French/Russian/Japanese

Value additions for Ayurveda visitors	Free of charge -arranged on request (for 7day stays or more with Ayurveda) A visit to Siddhalepa Ayurveda products factory. Ayurveda cooking demonstration Exposure of Herbs session conducted by doctor
Key attractions could be visited during the stay	Walukaramaya Hsitoric temple, Kalutara temple, Richmond Castle, Moonstone mining, World Heritage site- Galle Dutch Fort , Turtle hatchery, Colombo city tour, Cinnamon makers, river boat tour