



HERITANCE  
AYURVEDA

FACT SHEET



Aitken Spence Hotels' first resort first and yet another Geoffrey Bawa's designs, Heritance Ayurveda is a wellness resort dedicated to calm the mind, body and soul using generational Ayurvedic treatments and healing practices.

Spanning across six acres of beachfront land, Heritance Ayurveda portrays a minimal, elegant design equipped with modern amenities to ensure guests receive a completely reinvigorating experience. Heritance Ayurveda adopts a wholistic approach to wellness from the hotel architecture, ambience to the cuisine and hospitality. The resort offers bespoke treatments and personalized programmes according to your preference, carefully curated by professional doctors and therapists.

To those seeking for wellness as a way of life, the resort is an ideal getaway to disconnect and detox.



## Destination

The Kalutara district is home to the diverse town of Beruwala, which marks the map as an unmissable destination to visit when travelling to the coastal side of the island.

## Distance from airport

105km (CMB) Bandaranaike International Airport

## Nearby attractions

- Lunuganga Geoffrey Bawa's country estate
- Turtle hatchery
- Kande Viharaya temple
- Kalutara Temple
- Madu river
- Brief garden
- Beruwala light house



## Accommodation

### Accommodation Options

Room category	Bedding	No of rooms	Size (m2)	Maximum occupancy
Classic	Single	10	29	1
	Twin	6	29	2
Deluxe	King	11	42	2
	Twin	25	42	2
Corner Luxury	King	5	79	2
Suite	King	6	61	2
	Twin	1	61	2

## Room Amenities

- Tv with cable channels\*
- Telephones
- Air conditioning
- In-room safe
- Complimentary wi-fi
- Rain shower
- Hair dryer
- Iron and ironing board on request
- Free toiletries
- Bathrobe

*\*Available in selected room categories only*



## Stay Experience

### Resort Activities/Facilities

- Twin swimming pool
- Fitness centre
- TV room
- Library
- Shopping arcade
- Live entertainment
- Crafts centre

### Treatment/Therapy Facilities

- Four doctor consultation rooms
- 12 multi-purpose treatment rooms
- 16 individual treatment rooms
- Ayurveda pharmacy
- Herbal medicine preparation area
- Yoga & meditation hall

### Guest Services

- Laundry service
- Currency exchange
- Complimentary wi-fi



## Dining

Restaurant	Type of Cuisine	Operating Times
Main Restaurant	Buffet serving specialised cuisine	Breakfast : 7.00 a.m – 9.00 a.m Lunch : 12.30 p.m – 2.30 p.m Dinner : 6.30 p.m – 8.30 p.m

## Ayurvedic Treatments

Ayurveda is a holistic healthcare system that originated in India. According to Ayurveda philosophy, the five elements – ether, air, fire, water and earth are represented as three doshas; vata, pitta and kapha.

At Heritance Ayurveda, our aim is to correct any imbalance in your doshas to harmonise your mind, body and soul. Upon consultation, we offer a tailor-made treatment plan curated for your relaxation, detoxification and rejuvenation.

## Our Treatment Packages

A range of treatment programmes are available with the minimum being a one-week programme for rejuvenation and regeneration. The programmes are designed by qualified ayurvedic doctors after examination.

Each day, a guest will be assigned from four to five treatments with a specific dietary plan. The treatment plan is developed in a manner that guests can follow through after completion of the programme.

## SLIMMING PROGRAM

Minimum two-week stay

Includes special treatments such as herbal powder massage, ayurvedic diet program, acupuncture and slimming tea.

## STRESS RELIEF PROGRAM

Minimum two-week stay

Including various relaxation treatments, with main therapy being Shirodhara (liquid on forehead). Also includes Shirolepa (herbal head pack), Shirovasti, and Sarvangadhara (full body oil pouring treatment).

## REJUVENATION PROGRAM

One-week upwards

A detoxification and regeneration program using herbal medicines to increase body energy and immunity with Pinda Sweda (milk rice and herbs pack) to improve exibility and stamina.

## IMMUNISATION BOOSTER PROGRAM

Minimum two-week stay

Includes herbal treatment methods to enhance the immune power and fighting mechanisms of the human body.



### Our Preventive Care Experts

Dr. Kalpana Ratiyala **BAMS, MA**  
Chief Ayurveda Physician

Dr. Anupama Mataraarachchige **BAMS**  
Resident Ayurveda Physician

Dr. Yoshitha Batagoda **BAMS**  
Resident Ayurveda Physician

Dr. Madusanka Jayasinghe **BAMS**  
Resident Ayurveda Physician

Dr. Nimesha Dolamullage **BAMS**  
Resident Ayurveda Physician



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Authentic Spence Hotels