



Welcome to a world of wellbeing , where we provide you individual specialist care to help on relax and rejuvenate. Treat yourself to professional Ayurveda treatment without the compromise of luxury. We offer packages to combat stress promote relaxation and help weight loss. We provide you with the chance to experience the holistic healing effect of Ayurveda to treat your mind, body and soul.

Room Types

Total number of rooms : 64

Room	No.	Area (ft ²)
Classic Rooms	16	313
Deluxe	36	445
Corner Luxury Upper Floor	03	852
Corner Luxury Ground Floor	02	852
Suite	07	657

Room Facilities

- Telephones
- Electronic Safe
- Rain-Shower
- Hair Dryer
- Air Conditioning
- Free Toiletries
- Laundry Service

Stay Experience

- Twin swimming pool
- TV room
- Library
- Crafts centre
- Parking
- Souvenir shop
- Juice & smoothies bar
- Wi Fi
- Internet cafe
- Heritance cusine





Ayurveda Treatments

Ayurveda is a holistic healthcare system that originated in India. The name is derived from Sanskrit, ayus meaning “life” and vid meaning “knowledge”.

According to Ayurveda philosophy, the universe is made up of five elements – ether, air, fire, water and earth. In the human body these are represented as three doshas: vata, pitta and kapha.

Each dosha has various attributes and describes your attributes, likes and dislikes. Most people are a combination of doshas but one often predominates. For you to remain healthy, your doshas must remain in equilibrium. This is achieved through a good diet and lifestyle.

At Heritance Ayurveda Maha Gedara our aim is to correct any imbalance in your doshas to help your body, mind and soul work in harmony. We work out a tailor-made treatment plan to promote relaxation, detoxification and rejuvenation.

The Healing Team

1. Chief Ayurveda Physician - Dr (Miss). Kalpana Ratiyala

Profile

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- M. A (Masters degree in Buddhist Ayurveda Counseling , University of Kelaniya)
- Diploma in Hypnotherapy & Psycho Analysis
- Special training in Ayurveda PanchaKarma treatment & Ayurveda drug manufacturing at Ayurveda Teaching Hospital in Borella
- Certificate in Pranic Healing (Pranic Healer)
- Training in Tachyon Energy Healing
- Special Training in Acupuncture
- Certificate in Therapeutic Massage
- Special Training in Ayurvedic Beauty Culture

1. Resident Ayurveda Physicians - Dr. Nuwan Chinthaka Hettiarachchi

Profile

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Special training in Ayurveda PanchaKarma treatment & Ayurveda drug manufacturing at Ayurveda Teaching Hospital in Borella

2. Resident Ayurveda Physician - Dr (Miss). Sumudu Perera

Profile

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Special training in Ayurveda PanchaKarma treatment & Ayurveda drug manufacturing at Ayurveda Teaching Hospital in Borella
- Special Training in Panchakarma, Spa & Ayurveda Beauty Culture at Osethma Ayurvedic Hospital, Maharagama
- Special Training in Yoga “Sivananda Tradition” at Institute of Indigenous medicine University of Colombo

3. Resident Ayurveda Physician - Dr (Miss). Shanika De Soysa

Profile

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Diploma in Panchakarma and Beauty Culture

4. Resident Ayurveda Physician - Dr. Nirmala Wijesooriya

Profile

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Special training in Ayurveda PanchaKarma treatment & Ayurveda drug manufacturing at Ayurveda Teaching Hospital in Borella

5. Resident Ayurveda Physician - Dr. Achala Herath

Profile

- Bachelor of Ayurveda Medicine and Surgery degree (B.A.M.S) from the University of Colombo.
- Special Training in Ayurveda drug manufacturing at Ayurveda drugs Corporation,
- Special training in Ayurveda PanchaKarma in Ayurveda Hospital in Borella.
- Special Training in Acupuncture
- Certificate in Therapeutic Massage

Treatment/Therapy Facilities

Chief doctor
5 qualified graduate resident Doctors
4 Doctors Consultation rooms
12 multi purpose treatment/therapy rooms with water features
12 individual treatment/therapy rooms with water features
Ayurveda Pharmacy
Herbal medicine preparation area
Spacious Yoga & Meditation hall

Treatment Packages on Offer

1. “ Ayubowan “ Packages with Panchakarma

Stress Management – Two weeks minimum
Rejuvenation & Regeneration – one week upwards
Weight Management – Two weeks minimum



Dining

Main Restaurant

Our spacious restaurant has full-length doors overlooking the swimming pool and gardens, or you can eat on the covered terrace in good weather.

We can provide pure vegetarian, gluten-free and other special diets. If you have any questions about your food or diet, just ask our staff - we will be happy help.

Heritance Ayurveda Maha Gedara, Moragalla, Beruwela, Sri Lanka

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