

# HERITANCE

Ayurveda  
Maha Gedara

## FACT SHEET

[www.heritancehotels.com](http://www.heritancehotels.com)



**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 <sup>2</sup> )
Standard	16	313
Deluxe	36	445
Corner Luxury	05	852
Suite	07	657

### Room Facilities

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

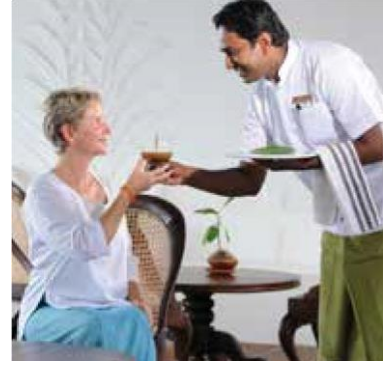
### Stay Experience

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



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## Ayurveda Maha Gedara



### 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

#### 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
- Special Training in Acupuncture

#### 3. Resident Ayurveda Physician - Dr (Miss). Anupama Mataraarachchige

##### *Profile*

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Special Training in Acupuncture

#### 4. Resident Ayurveda Physician - Dr (Miss). Yoshitha Batagoda

##### *Profile*

- B. A. M. S (Bachelor of Ayurvedic Medicine & Surgery, University of Colombo)
- Special Training in Panchakarma, Spa & Ayurveda Beauty Culture

#### 5. Resident Ayurveda Physician - Dr. Madusanka Jayasinghe

##### *Profile*

- Bachelor of Ayurveda Medicine and Surgery degree (B.A.M.S) from the University of Colombo.

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## Treatment/Therapy Facilities

Chief doctor  
5 qualified graduate resident Doctors  
4 Doctors Consultation rooms  
12 multipurpose 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

T: (+94) 34 5555 000 F: (+94) 34 5555 050

E: [res.amg@heritancehotels.com](mailto:res.amg@heritancehotels.com) W: [www.heritancehotels.com/ayurvedamahagedara](http://www.heritancehotels.com/ayurvedamahagedara)