

Special Programs
and Saving-Offers
in Summer 2012

Ayurveda
Paragon »Up-to-date«

The Ayurveda Paragon will be especially attractive during the upcoming summer-season:

- Just in time for the bikini season, the Ayurveda Paragon offers its renowned weight-reduction programme in May. Lose your extra pounds permanently and in a healthy way.
- For those who love Sri Lankan and Ayurvedic cuisine, we offer cooking classes with our famous chef Mr. Prasanna in August and September.
- Both programs are included in our regular prices of Ayurvedic treatments
- Bargain hunters can significantly reduce the price of their stay with us between May and September by selected choice of rooms. In addition, the single room surcharge will be dropped in the months of May, June and July.
- Contact us to receive your individual offer.

Contents

Ayurveda Paragon
Special Summer Programmes ...01

News from Sri Lanka02

Overweight from the
Ayurvedic Point of View03

Food Items and their
Ayurvedic Effects04

Meet Our Staff Members06

Our Prices07

Paragon Friends08



News from Sri Lanka



New Visa Regulations for Sri Lanka

Effective January 1, 2012, Sri Lanka has joined the group of countries requiring a visa to enter the country. Obtaining a visa has been made easy by placing the entire process online. Application and payment can be made in two simple steps at the website <http://www.eta.gov.lk/slvisa/>. The fee for a 30-day visa is US\$ 20 and can be paid by credit card online. Please make sure your passport is valid for a minimum of 6 months.

Finally ...

It has finally become reality! On 27 November 2011 the first section of the highway from Colombo to Galle was officially opened by President Mahinda Rajapakse. For guests of the Ayurveda Paragon, this means that the travel time from Bandaranaike airport to the hotel has been reduced to approximately 3 hours. A circular highway around Colombo is scheduled to be completed in 2013, avoiding the arduous journey through the island's capital and further reducing the time to reach the Ayurveda Paragon in the future..





Overweight from the Ayurvedic Point of View

Put an End To Overweight – Slim and Healthy With Ayurveda

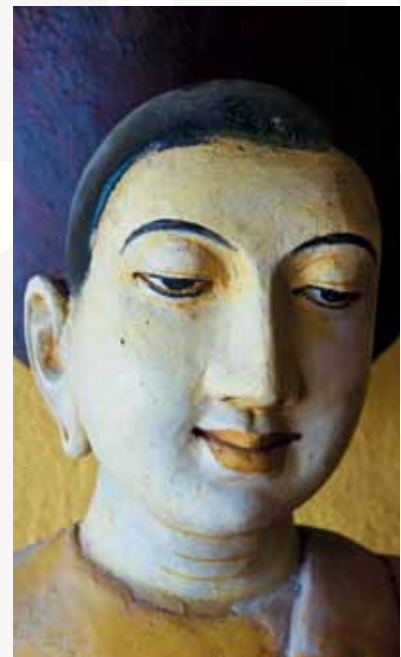
More than 50% of the populations in industrialized nations are overweight. The so-called emerging markets are experiencing a similar trend. Obesity is considered to be the cause for many diseases of the cardiovascular system, for disorders of the musculoskeletal system as well as being fundamental for the development of high blood pressure, diabetes, allergies, sleep disorders and other serious illnesses. At the same time, the weight loss industry is growing into unprecedented dimensions. Those suffering from overweight experience the same repetitive effect of weight loss and gain, known as the yo-yo effect.

From the Ayurvedic point of view, overweight is – simply put – an excess of the Kapha dosha. Thus, those who have a strong or increased proportion of the Kapha dosha in their constitution are most susceptible to the accumulation of fatty deposits. In addition, many people who are struggling with surplus pounds have a malfunctioning Agni. Agni is the digestive fire, the “engine of metabolism” and thus also responsible for fat burning. If the fire of digestion is not working properly, reduced energy-flow and dyspepsia will be the result.

The causes of obesity from an Ayurvedic perspective

- Too much food, especially fatty, fried foods, dairy products, excessive consumption of sugary foods, too many carbohydrates and cold drinks
- Lack of exercise
- Indigestion
- Frequent eating between meals
- Unresolved stress
- Taking medications such as corticosteroids or insulin
- Alcohol consumption
- Psychological stress compensated by eating
- Hormonal dysregulation, excessive production of growth hormones

Ayurveda does not offer one standard diet for weight loss – but rather tailor-made nutrition plans, treatments and lifestyle recommendations according to the individual constitution. Those who live and eat in accordance with their constitution do not get fat. ►





Ayurvedic treatments for Weight Loss

First and foremost, treatments and herbal remedies will be prescribed to reduce Kapha, improve the digestive fire (Agni) and the metabolism in order to eliminate Ama (pollutants). In addition, our doctors recommend taking part in our yoga program. Specific yoga asanas and breathing exercises (Pranayama) activate and enhance the metabolism. Focused meditation can help transform the mental properties "Tamas" (lazy, sluggish) into "Rajas" (very active) and finally into, "Sattva" (balanced, full of positive energy, active). In contrast to conventional diets, our weight-reduction program takes a holistic approach and will consider body, mind and soul likewise with its treatments. Losing weight the Ayurvedic way is not only healthy, but also long-lasting.

Food Items and their Ayurvedic Effects

Since our summer programs are so closely related to food, we would like to take the opportunity to give you some background information of some of the essential ingredients used in Ayurvedic cooking.

Ayurvedic cooking is unthinkable without **garlic**. Its botanical name is *Allium sativum*, belonging to the family of lilies. Garlic originated in Central Asia; the Chinese were aware of its healing properties as early as 3000 BC. Garlic contains calcium, phosphorus, iron, thiamine, Riboflavin, niacin and vitamin C. It activates and strengthens the immune system of the body and is a powerful antiseptic.

Garlic has the following effects on the doshas:

- It reduces Vata and Kapha
- increases Pitta

Ayurvedic dosage forms: powders, juices, medicated oils

In Ayurvedic medicine, garlic is used – among others – for colds, asthma, heart disease, and high blood pressure and to prevent age-related vascular changes such as arteriosclerosis and high cholesterol.

Garlic contains allicin, which has a similar effect as antibiotic penicillin. Louis Pasteur (1822–1895) and Albert Schweitzer (1875–1965) already knew about the antibacterial properties of the plant. Schweitzer used garlic in Africa to combat diarrheal diseases caused by amoebas. In 1721, people in France successfully protected themselves from infection during the plague. In India, garlic is still a folk remedy for infections. ►



Ginger – botanical name Zingiber Officinale

Ginger – the healing root, originates in India. In Ayurveda, it has been highly valued for more than 3000 years. Both the Ayurvedic and Chinese Traditional Medicine consider ginger as the most valuable and almost universal medicine.

The ginger root contains large amounts of volatile oils, Zingiberene, which give the spice its anti-inflammatory and antibacterial properties. In addition, this “multi-purpose-plant” contains gingerol, which has a similar chemical structure as the painkiller aspirin. This explains the pain-relieving effect of ginger. In Traditional Chinese Medicine for example it is used for treatment of migraines. A number of vitamins, minerals and essential oils make ginger a valuable remedy for both external and internal applications.

Ginger has the following effects on doshas:

- It reduces Vata and Kapha
- increases Pitta

Ayurvedic dosage form: fresh, raw or dried ginger root

Application: externally as baths, wraps and compresses; internally

It is said that both dosage forms cause different effects in the body when consumed. Thus, for example, fresh ginger is used to cure vomiting, nausea and upset stomach, while dried ginger is recommended for chronic respiratory disease and neurological diseases. In Ayurveda, it is also used to support Agni, the digestion-fire. Taken before meals, ginger stimulates the appetite, after meals it aids digestion. Its mild spiciness is generally well tolerated and quite effective against flatulence. Ginger supports purification processes in a natural way.

A tip for those who intend to use ginger regularly: It is quite easy to grow your own supply of ginger. Simply place a fresh, still succulent root in a pot with potting soil and water regularly. The root, or more precisely, the rhizome will increase quite rapidly and produce enough green shoots. Freshly harvested ginger is juicy and has a much more intense flavor than those from the supermarket.





Meet our *Staff Members* ...



*Mr. Jinendra
Nirmala
Jayasooriya*
Our Housekeeping-Manager

If you see the shadow of a gentleman with a tie rushing by you, then most likely it was him: **Mr. Jayasooriya, head of our housekeeping department.**

Mr. Jayasooriya is not only responsible for ensuring that your rooms are cleaned daily, your bed linen and towels changed and your mosquito net is lowered in the evening, he also makes sure that our lobby, the health center and the gardens are kept clean and tidy. He directs 28 employees – from apprentice to supervisor, from gardener to our laundry-staff.

Mr. Jayasooriya learned his profession from scratch at the Lanka Oberoi (now Colombo Plaza Hotel), a 5-Star-Hotel in Colombo, where he was selected as best employee of the hotel. Later he moved to Eden Resorts in Beruwela, where he spent two years working as a housekeeping supervisor. When the Ayurveda Paragon opened its doors in 1996, Mr. Jayasooriya took the opportunity to work closer to his home. Since then he has been working tirelessly to ensure that our guests feel at home at the Paragon.

Mr. Jayasooriya comes from Dondra, the southernmost town of Sri Lanka and only makes the 60 km journey home every other day, where his wife and two daughters (10 and 14 years old) wait for him. In his little spare time he enjoys reading and exploring Sri Lanka with his family. His elder daughter is the chess champion of Sri Lanka in her age group.



Our Prices ...

Summer Offers (01 April – 30 September 2012)

| Duration of Stay | Ground Floor Double p.P. | Ground Floor Single | 1 st + 2 nd Floor Double p.P. | 1 st + 2 nd Floor Single | Roof Terrace Double p.P. | Roof Terrace Single |
|------------------|-----------------------------|------------------------|--|---|-----------------------------|------------------------|
| 14 Nights | 1.450 EUR | 1.618 EUR | 1.660 EUR | 1.828 EUR | 1.884 EUR | 2.052 EUR |
| 21 Nights | 2.065 EUR | 2.317 EUR | 2.380 EUR | 2.632 EUR | 2.716 EUR | 2.968 EUR |
| 28 Nights | 2.610 EUR | 2.946 EUR | 3.030 EUR | 3.366 EUR | 3.478 EUR | 3.814 EUR |

Special Offer in the months of May, June, July: No Single Room Surcharge.
Save even more by booking a garden room on the ground floor during summer months.

Winter Offers (01 October 2012 – 31 March 2013)

| Duration of Stay | Basic price p.P. | Single Occupancy | Roof-Terrace Double Occupancy p.P. | Roof-Terrace Single Occupancy |
|------------------|---------------------|---------------------|---------------------------------------|----------------------------------|
| 14 Nights | 1.974 EUR | 2.142 EUR | 2.198 EUR | 2.366 EUR |
| 21 Nights | 2.835 EUR | 3.087 EUR | 3.171 EUR | 3.423 EUR |
| 28 Nights | 3.640 EUR | 3.976 EUR | 4.088 EUR | 4.424 EUR |

Repeater's Discount

Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings made through a travel agency.

| Discount is calculated from the basic room rate. | 2 nd – 5 th Visit | 6 th – 10 th Visit | from 11 th Visit |
|--|---|--|-----------------------------|
| | 5% | 10% | 15% |

Needless to say we will be happy to provide you with an offer for your individual duration of stay and your flights according to your desired departure airport just as well. You can also calculate the price of your individual stay on our website www.paragonsrilanka.com under "Prices and Reservations".

Contact us

Call us any time. We'll be happy to be of service to you!

You can reach us Monday to Friday from 09.00 to 19.00 hrs. and Saturday from 09.00 to 13.00 hrs. CET. During other times, please leave a message for us on our answering machine and we will return your call shortly.

From Germany, Austria and Switzerland, our freecall No. is **00800 466 46678**.

If you are calling from the U.S., please use our toll-free No. **(888) 233 1156**.

From all other countries, you can reach us at +94 91 438 4886 to -4888.



Paragon Friends

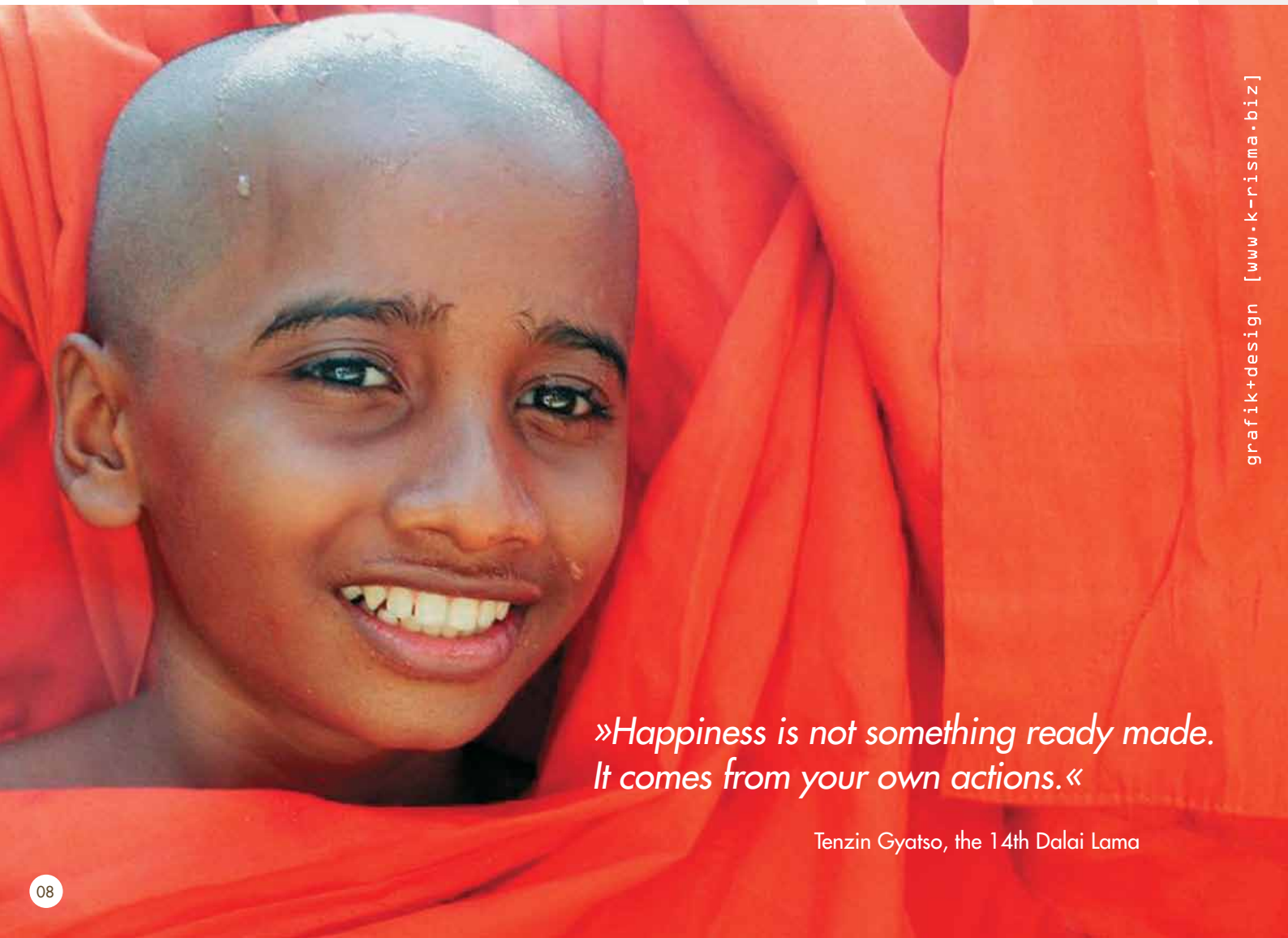
If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we would be delighted to find your comments in our guest-book at www.paragonsrilanka.com.

If you tell your friends about us, you will receive a coupon worth 50 Euros for each new booking based on your recommendation (booking should be a minimum of 14 nights), which will be reduced from the cost of your next cure at Ayurveda Paragon. Of course you can use this coupon as a gift to friends just the same.

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info@paragonsrilanka.com
From the United States, please use our freecall-no. (888) 233 1156.



*»Happiness is not something ready made.
It comes from your own actions.«*

Tenzin Gyatso, the 14th Dalai Lama