



As a guest of Ayurveda Paragon

A conversation with Daniela Ziegler

Daniela Ziegler, the well-known actress and singer, spent three weeks in Ayurveda Paragon this year. We are glad, that we had the opportunity to speak to Ms. Ziegler candidly about her personal Ayurveda experiences.

When did you first become knowledgeable about Ayurveda?

I discovered Ayurveda at the end of the 80's purely as a result of my curiosity and since then I regularly continued to orientate myself regarding Ayurveda, first in Germany and later also in Sri Lanka. There I had my first cure in the year of 1996.

What do you appreciate about holistic medicine and how is your experience?

In contrast to the western medicine here is also the mental constitution considered. Ayurveda has a very relaxing and stabilizing effect to my body and soul. Once I prepared myself with an Ayurveda cure before a long line of performances for a musical. The target was singing every evening and avoiding getting a cold. It worked perfectly – I was the only one who was not sick.

Do you also follow up with Ayurvedic recommendations at home? How do you include this in your demanding work life as an actress and singer?

This is quite difficult. My daily routine is very different. For instance, if I stand in front of the camera I often have to get up at 5 or 6 a.m. and then I'm working for 10 to 14 hours. I start my day with a glass of warm water, a half, pressed, lemon, 1 tsp. of turmeric, some flax seed oil and sometimes also a little bit of honey. During the day I drink a lot of water as well as Vata, Pitta or Kapha tea, depending on my sensations. But to meditate or do yoga in the mornings – then, probably, I should get up at 3 o'clock in the morning. This I cannot do, but I congratulate everybody who can. When I'm acting, my routine changes and the primary working hours are in the evening till 11 o'clock pm. Then it is easier to practice yoga in the morning. I often do a breathing meditation in the evening before a performance.

Approximately every two years I enjoy a cure and I'm very happy, that I'm in good health at this age. When I'm standing on stage I still can keep up with the younger colleagues. I think Ayurveda was a contributing to this. But I don't believe in the rejuvenation through Ayurveda.

Do you think more people should focus on Ayurveda or rather should take part in a cure? Is it a matter of age?

Well, I was 40 when I started with this and I think that is an age at which many people are listening to themselves, I find the earlier the better. Making a cure in Sri Lanka is something special, because the people here are very friendly and attentive. This is very significant during a treatment, because it helps you to open up yourself to absorb everything well.

How did you find us?

Two colleagues who are also friends of mine are "Paragon repeaters" and they told me: "Why don't you try Paragon?" As I was dealing with some difficulties due to private reasons, I wanted to leave, relax and make a long journey. This is what prompted me to first visit Ayurveda Paragon. The first part of my journey was a cruise, followed by a three weeks cure in Sri Lanka.

What do you particularly appreciate about a cure in Ayurveda Paragon?

The Paragon is a really well-managed cure hotel. I feel well looked after and well cared for from my physician and all other employees. Two wonderful therapists are treating and massaging me. That's a real pleasure, because for me it is very important that the therapists are working synchronously. The mandalas of blossoms and leaves, which the therapists are making every day with unbelievable effort and on which you are looking during the treatment, are really enchanting.

So far I always decided either to do a cure or vacation, but at the Paragon Hotel both is possible. I love the ocean – to watch the ocean is some kind of meditation for me – just relaxing. Due to the roaring of the sea I sleep very well in Paragon and I let the terrace door open for a better listening to the ocean. Here it is also great that it is possible to swim in the ocean because of two off-shore reefs, that means it is like an "in-house seawater pool". In Paragon you can withdraw from the other guests or you can have contact with them, however you like, for example during the very good and varied meals. Well, with what I'm feeling now, for sure I will also be a repeater.

What kinds of treatments do you especially enjoy?

The body massage is wonderful and I like the marma therapy very much, which is removing blockades and allows the energy to flow. The milk rice fermentation is very good for my skin, and it is not for nothing that Cleopatra bathed in milk.

Would you mind telling us, where we can admire you soon on stage or in film?

Due to the deceases in my family, which were accumulating, there was an infringement in my life. At the moment I'm taking a break and I cancelled all offers. Maybe the second part of the film "Familie mit Hindernissen", which was shown on ARD this year, will be made and there is also a request for a musical in Berlin, but I will take time to decide when I continue and when I'm ready for the next role.

Dear Mrs. Ziegler, we wish you all the best and thank you very much for the time you have taken for this conversation. We look forward to welcoming you again!

Tanja Claassen (Ayurveda Paragon) was talking with Daniela Ziegler in May 2017.