Ayurvie Sigiriya by Theme Resorts and Spas

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Theme Resorts & Spas has launched a second addition to the ‘Ayurvie’ series, ‘Ayurvie Sigiriya’. The retreat was ceremoniously inaugurated by Her Grace the Duchess of Rutland Emma Manners. The Duchess, who was on an ayurvedic wellness tour in Sri Lanka, was the first guest at Ayurvie Sigiriya to experience Sri Lankan Ayurveda Panchakarma, Buddhist meditation and yoga. The tour was facilitated by LYLIS Holistic Travels in Europe and Connaissance de Ceylan and Theme Resorts & Spas. Ayurvie Sigiriya offers a range of treatments to their guests

after a one-on-one consultation with the in-house Ayurvedic Physician. Daily treatments are prescribed with the aim of rebalancing the forms of energy that constitutes in the body (doshas). Wholesome dishes prepared with organic fruits and vegetables produced in the property’s gardens are served based on the advice of the Ayurvedic Physician. The primary focus of each meal is to enhance positivity for the health of the guests.

In designing Ayurvie Sigiriya, Theme Resorts & Spas has opted for earthbag constructions, which are capable of meeting the structural needs with lower energy and material con-sumption. The ten-room accommoda-tion and its interiors reflect traditional village homes in Sri Lanka. Thus, pro-viding a comfortable living space for the guests experiencing the healing of their body and mind. The retreat fea-tures a beautifully positioned swim-ming pool, overlooking the paddy fields and a yoga mandapa built in the background of the serene natural environ-ment. Guests can try their hands at creativity and craftsmanship at the pottery workshop or enjoy traditional live music playing at the restaurant. Ayurvie Sigiriya offers a lively experience to those who seek to rediscover themselves in ayurvedic goodness, surrounded by the serene countryside.

(L–R): Dr Gyatso, Grandnephew of S Mahinda Thero; Emma Manners, Her Grace The Duchess of Rutland; Phil Bhurt, Life partner of the Duchess; Magali Mazzei, Founder/Director, LYLIS Holistic Travels; Chandra Wickramasinghe, Founder/MD,

Connaissance de Ceylan and Theme Resorts & Spas and Dr Palitha Kohona, former Permanent Representative of Sri Lanka to the United Nations (UN).

Ayurvie Sigiriya offer guests a range of ayurvedic goodness.