Paradise by the Beach

Posted on



The pool is the heart of the hotel

The Eden Resort and Spa is the ideal beach stay: relatively close to Colombo, it is a cocoon of comfort with a stunning natural beach.

Words Yomal Senarath-Yapa | **Photographs** Menaka Aravinda

The interiors are
mellow and relaxing

The Eden Resort and Spa is akin to the Paradise we are said to have once lost. It is a self – contained haven in Beruwela. The main building is shaped, roughly, like the letter ‘C’. Within the curve of the ‘C’ is a huge green pool which is the heart of the hotel’s activity. The huge space around the pool is shaded thickly with palms. Here guests lounge on deck chairs watching pool sports or the serene sea. This green haven runs down to the white beach past the pool.

The hotel offers a unique experience from the reception to the rooms to the beach. The first glimpse you catch of the resort as you arrive is the white wall mural depicting tropical palms and ferns. Through wide, gilt edged wooden doors you walk into a spacious atrium that climbs up three floors. The atrium’s high circular ceiling is painted with scenes from The Ramayan in soft, blue and green shades. Behind the reception in the corner of the atrium is another work of art; in fact a Sri Lankan masterpiece. This mural with birds, butterflies and flowers is known as one of the legendary Senaka Senanayake’s best works. These works of art are the foretaste for a stay that is as tasteful and aesthetic as it is luxurious.

The hotel rooms come in five grades, excluding the two beautiful, sumptuous penthouses offering a vast view of the Indian Ocean. They have altogether 156 rooms. The main characteristic is that everything is restful, relaxing, from the murmuring beach to the wide spaces which, though 5-star, is very discreet, as opposed to conspicuous luxury.



The exquisite Penthouse affords an amazing view of the Indian Ocean

The gastronomical experience is varied. The Garden of Eden, their main restaurant, seats 230. It is arranged in levels with a view of the pool. There are eight more restaurants, of which two offer romantic private dining. The walk-in wine cellar of Herbs and Spices fine dining restaurant is unique among Southern hotels. The rooftop cocktail bar is called 7th Heaven.

The Ayurvedic Spa is the therapeutic healing space of Eden. It is tucked in a private area of the beach-garden. In a pool with a gurgling fountain Marbled Catfish swirl around and soothing music flows from the entrance. Experienced massage therapists help you relax more, making stress and pressure vanish. Eden Resort also has a separate water sports centre in Beruwela, to which the hotel transports guests. It is also a base from which to experience some unique phenomena that this part of the South has on offer. These include Bevis Bawa's garden 'Brief', a model of what a tropical garden should be; the Richmond Castle, and the turtle hatchery in Kosgoda. Eden, with its symbol of the apple, is a place where you can indulge in luxury and restfulness; pampering and a natural, paradisiac atmosphere. Once you have enjoyed its hospitality you are reticent to leave it. Whether you are solitary or sociable, active or inert, adventurous or lazy, the Eden stay has something that appeals to everyone.

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