

SRI LANKA – Jetwing Ayurveda Pavilions

SLIMMING - A BALANCED COMBINATION OF TREATMENTS COMBINING WESTERN AND TRADITIONAL MEDICINE FINDINGS FOR INNER GLOW – RADIANCE AND SUPPLE – SLIM BODY CONTOURS

Ayurveda is a well-founded, scientifically recognised medical concept, which goes far deeper than a few pleasant oil massages. It aims at balancing the bio-energies and reviving their flow. But **western medicine** too has its merits. **We take the best of both worlds** and blend it to tailor your individual path to a well-balanced – slim body.

A fundamental therapeutic aspect in all slimming measures is the **detoxification of the body**. Our body is geared for survival and when toxins get into the blood system the body reacts with “ALARM” : Reactions like panic, restlessness and of course hunger attacks are just the logical response to combat what the anatomic system recognises as severe threat.

Thus, soothing head massages and oil-treatments, for a well-balanced mind and a well-tailored detoxification programme are a must for a comprehensive slimming concept. Tasty organically grown food, tailored to your bio-energetic typus will assist you to start spinning the wheel in the right direction.

A UNIQUE BLEND of meditation – yoga and psychological counselling is designed to make your stay an adventure journey to the “splendour within you”. Your very own, secluded garden and treatment area protects you from being distracted by any disturbing influences. To reap the benefits of group-dynamics, special seminars have been designed to ensure social togetherness. Weight loss is to be regarded as a revolutionary process in your system – you are not alone – skilled and caring people will be at your side “when the going gets tough”.

DISCOVERING YOURSELF is the most challenging of all discovery tours we are offering. Guided meditation tours will unveil hidden and well-protected potentials for joy of life – and release chains hampering you in unfolding your true and unique self, which will ultimately be reflected in your outward appearance. Postural Integration therapies aim at re-uniting your subconscious entity with your physical awareness – thus optimising the symbiosis of psychosomatic harmony.

Gently we will lead you to enjoying activity again: Yoga and exercises designed by leading physiotherapists from western countries are part of your schedule.

Guided cycling, guided walks and occasional tuk-tuk rides to interesting sites in and around Negombo are part of the comprehensive package we offer.

Beauty is not just skin deep!!