

## ENDURE HOLISTIC HEALING AT JETWING AYURVEDA PAVILIONS, NEGOMBO

Taking guests to a world of holistic healing is Jetwing Ayurveda Pavilions nestled away in a tranquil setting by the Negombo coastline. A premier wellness resort dedicated to guests who wish to experience the therapeutic powers of traditional Ayurveda, Jetwing Ayurveda Pavilions features a resident ayurvedic doctor, Dinesh Edirisinghe.

Devoted to his area of expertise and a firm believer of the healing powers of the traditional medicine, Dr. Dinesh at Jetwing Ayurveda Pavilions directs guests through a spiritual and bodily healing process. While all guests undergo a scanning upon check-in to design an appropriate personalized treatment Dr. Dinesh has been gifted with the ability to determine the ailments of each individual's bodily compositing upon reading the pulse.

With 23 years of experience in Ayurveda, Jetwing Ayurveda Pavilions has been a premier health retreat in the country. The physical body, our state of mind and the energies in the environment we live in, according to Ayurveda, are all intertwined and have a direct influence on our energetic balance. This holistic approach is met at this secluded property designed as a private haven facilitating devotion to ayurvedic treatments with its open spaces and ethnic feel. All the physicians and therapists at the property work under the guidance of Dr. Dinesh and are dedicated in providing guests with an in-depth ayurvedic experience. While the treatments can differ on the bodily ailments and the duration of the stay, the knowledgeable ayurvedic doctor had many thoughts to share about the therapies and practices of Ayurveda at Jetwing Ayurveda Pavilions.

1. You are a widely acknowledged Ayurveda doctor, tell us about your interest in the field and of your accomplishments.

Well, I have been working as an ayurvedic doctor since 2007 and I joined Jetwing in 2009. From that point onwards I have been working with many of foreign and local guests both as a healer and hotelier. In all honesty as an ayurvedic practitioner, I enjoy my job very much because all things that we speak of always helps me to keep my physique intact and at the same time it helps me to enhance my pulse reading as well. For our guests we offer both preventive and curative treatments. We focus on physical, mental and spiritual health. We look at the *poorva karma*, *panchakarma* and *paschath karma* according to the Ayurvedic rule, and meditation programs, yoga sessions as well as treatment programs.

2. How is ayurvedic treatment different from spa treatments?

Spa treatments focus on pampering but the Ayurveda treatments are quite different from it – while both result in relaxation, calmness, and therapeutic relief from muscular pain and nervous tension Ayurveda therapies go much further with the treatments being designed according to the body's *dosha*. As indicated by Ayurvedic philosophies, our bodies are comprised of three *doshas*: *vata*, *pitta* and *kapha* and according to the disease the levels each of these *doshas* can be change. Therefore, it is important to recognize the unbalanced *doshas* to provide the ideal treatment. Ayurveda focuses on natural cleansing to balance the *dosha* through the practice of specific techniques with usage of natural oils and medicines.

3. Jetwing Ayurveda Pavilions is a wellness resort dedicated for ayurvedic treatments, how is it unique in its services?

There are so many Ayurveda resorts across the country but I know for a fact that we are unique because our service is individually catered. We have been providing ayurvedic treatments for 23 years. We have 12 luxury pavilions and 24 standard rooms that ensure maximum privacy, additionally the pavilions have separate treatment areas. This means that the guests can experience their treatments in the privacy of their own villa. There's no buffet service, even the food is catered to the individual's body constitution under the guidance of the doctor. We serve only fresh food and to give our guests the feel of home we don't maintain a particular time for their meal. Our experienced physicians and therapists are dedicated to meet the ayurvedic needs of our guests.

4. Tell us about the treatments at the Jetwing Ayurveda Pavilions and what a guest can experience here?

We have single option treatments, 3-30 day treatment programs, one day relaxing treatments, primary treatments for diabetes, hypertension, arthritis, and dermatitis. These treatments will be designed depending on the analysis made after the first consultation. The healing will vary from the inclusions of daily ayurvedic treatments, daily yoga sessions, music therapy, meditation sessions, intake of natural medicine (internal and external, healthy diet all directed at attaining stress relief, better sleeping patterns, invigoration of body dynamics, energy boosting, stronger immune system, weight loss and much more.

For more information or reservations please call on 011 4 709 400, e-mail on [resv.villas@jetwinghotels.com](mailto:resv.villas@jetwinghotels.com) or visit our website on [www.jetwinghotels.com](http://www.jetwinghotels.com).

Family owned and in the tourism industry for the past 44 years, Jetwing Hotels has surpassed expectation at every aspect. Building on their foundation of being passionate, as well as the experience of true, traditional Sri Lankan hospitality, constantly pioneering discoveries captures the essence of the brand. Such a strong statement and direction have enabled Jetwing Hotels to imagine, create and manage marvels and masterpieces, where distinctive design and elegant comfort complement each other and the environment. In line with the Jetwing Hotels Sustainable Strategy, across all properties sustainable and responsible practices are given precedence with resource efficiency, community upliftment and education, and awareness being some of our key focus areas.

**Media Relations – Jetwing Hotels**

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- Garden clippings and food waste is composted at each Jetwing Hotel to produce organic fertilizer for the hotel gardens and farms.