

Price list

Low Season/summer

Low Season: Valid from 01. Mai 2024 to 31. Oktober 2024

Single room	130,00 €	Double room p.p./day	120,00 €
Late Check-in/-out*	70,00 €	Accompanion (in double room without cure)	70,00 €

*If you arrive in the morning, the day is calculated as the treatment day. If you arrive in the afternoon, the price for the stay without a cure. In the case of departure in the afternoon, the day is calculated as the day of treatment. At departure in the evening / at night / very early in the morning, we calculate the room price without the cure.

The all-round carefree package includes:

- Ayurvedic treatments and consultations with the doctor (at least four Treatments per day - the necessary treatments will depend on the state of health individually coordinated by the medical team for each person)
- a doctor and therapist are always available
- All Ayurvedic meals, water and herbal teas to support the cure
- all Ayurvedic medications required for the cure and prescribed by the doctor, as well as the herbal paste 'Pichu' for skin or joint treatments
- Yoga 5 days a week (yoga mats are provided)
- Tai Chi & Meditation 2 days a week
- Occasional evening events (e.g. music therapy, folklore dance, Ayurveda cooking course)
- Lectures on Ayurveda (treatments, medicine, nutrition and philosophy)
- German-/english speaking guest care
- Bathrobe, towels, changing sheets (sarongs), soap, shampoo and toothpaste

Medically recommended minimum stay 14 days

Extras can also be booked on site and in consultation with the doctor at any time.

These services are charged separately:

- Additional consultations by specialists in patients with special diseases such as cancer, stroke, heart disorders, ENT diseases or similar
- Acupressure, Acupuncture & Laser Therapy
- Additional examinations such as blood, urine, x-rays, etc.
- Medicine to be taken home after the treatment
- Aircondition 5 €/Tag, desired rooms (firmly booked) 10€/day
- Drinks that are NOT included in the course offer
- Possibly child care
- Trips
- Airport transfer € 85,00 per trip from / to The Garden Beach Ayurveda Resort (up to 2 people)
- *We are also happy to organize special transfers and round trips with a travel companion on request.*

Inquiries and reservations by email or directly by hotline: +94 77 3036444 / +94 777194904

ph +94 777 194 904 · udyoga@thegardenbeach.com · the-gardenbeach-ayurvedaresort.com
The Garden Beach Ayurveda Resort · No.643/19 Thalghapitiya Road · Kosgodra 80570 · Sri Lanka

Price list

Main season/winter

Valid from 1. November 2024 to 30. April 2025

Single room	185,00 €	Double room p.p./day	165,00 €
Late Check-in/-out*	70,00 €	Accompanion (in double room without cure)	70,00 €

*If you arrive in the morning, the day is calculated as the treatment day. If you arrive in the afternoon, the price for the stay without a cure. In the case of departure in the afternoon, the day is calculated as the day of treatment. At departure in the evening / at night / very early in the morning, we calculate the room price without the cure.

The all-round carefree package includes:

- Ayurvedic treatments and consultations with the doctor (at least four Treatments per day - the necessary treatments will depend on the state of health individually coordinated by the medical team for each person)
- a doctor and therapist are always available
- All Ayurvedic meals, water and herbal teas to support the cure
- all Ayurvedic medications required for the cure and prescribed by the doctor, as well as the herbal paste 'Pichu' for skin or joint treatments
- Yoga 5 days a week (yoga mats are provided)
- Tai Chi & Meditation 2 days a week
- Occasional evening events (e.g. music therapy, folklore dance, Ayurveda cooking course)
- Lectures on Ayurveda (treatments, medicine, nutrition and philosophy)
- German-/english speaking guest care
- Bathrobe, towels, changing sheets (sarongs), soap, shampoo and toothpaste

Medically recommended minimum stay 14 days

Extras can also be booked on site and in consultation with the doctor at any time.

These services are charged separately:

- Additional consultations by specialists in patients with special diseases such as cancer, stroke, heart disorders, ENT diseases or similar
- Acupressure, Acupuncture & Laser Therapy
- Additional examinations such as blood, urine, x-rays, etc.
- Medicine to be taken home after the treatment
- Aircondition 5 €/day, desired room with fixed booking 10€/day
- Drinks that are NOT included in the course offer
- Possibly child care
- Trips
- Airport transfer € 85,00 per trip from / to The Garden Beach Ayurveda Resort (up to 2 people)
- *We are also happy to organize special transfers and round trips with a travel companion on request.*

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