



Kingdom Ayurveda Resort

Ayurveda in Sri Lanka

The package includes

- First consultation with our Ayurveda chief doctor; anamnesis with pulse diagnosis.
- All Ayurveda therapy like massages, wraps, herbal medicine, steam bath, face pack, powder massage etc.
- **Regular consultation** with our Ayurveda doctors.
- Freshly prepared herbal remedies and **Ayurveda medicine**.
- **Daily Ayurveda treatments** (around 4-5 treatments per day- except cleaning day).
- At the end of the stay a **detailed last consultation** with advice to the lifestyle habits of the patient.
- **Nutritional advice from the Ayurveda doctor** tailored to bring balance to a person's Dosha.
- Single bed room or double bed room; all rooms have a bathroom with shower and WC **and AC except #201**.
- **Full board accommodation**: breakfast, lunch and dinner.
- Fresh homemade herbal tea and hot water.
- Freshly squeezed fruit juice, Lassi or Thambili (the juice from King Coconut) depends on the doctor's recommendation.
- Cooking lessons held once every two weeks.
- Free Wi-Fi in the lobby lounge.

Yoga classes at Kingdom Ayurveda Resort

- **Hatha Yoga - Morning sessions from 7.00 am to 8.00 am**

Transfer

We will manage your transfer from and to the airport by limousine or Minivan with AC
€ 120 - per Car / per Way

Check-In

On Arrival you are able to check-in at 02.00 pm

If your flight will arrive early in the morning, you might arrive at Kingdom resort before Check-in-Time.

We are offering breakfast and/or lunch. You are free to use the garden facilities for relaxing after the long distance trip. There is a public bathroom/shower for changing clothes.

Early Check-In 40 - €

We are able to accept Early Check-In depending on your arrival at Kingdom Ayurveda Resort if rooms are available.

In the High season it might be a little bit difficult. We are charging 40 -€ for Early Check-In.

Check-Out

On departure day you have to check out at 11.00 am

If your flight leaves in the evening, we store your luggage until pick up for transfer. You are free to use all the facilities in the garden. We offer you lunch and dinner or snacks. There is a public bathroom/shower for changing clothes.

Late-Check-out 40 - €

We are able to accept Late Check-Out depending on your departure at Kingdom Ayurveda Resort if rooms are available. In High season it might be a little bit difficult. We are charging 40-€ for Late Check-Out.

We offer for free to every guest a relaxing welcome-massage on arrival day.

And / or Say-Good-Bye-massage on departure day. It depends on your flight details.

If you want to have another full treatment day starting from Arrival early in the morning / until departure in the evening, you have to book 1 more night at your room including the whole package.

Payment

- No credit cards are accepted.
- To fix your room, you have to send 30% advance payment. **(non-refundable)**.
- The rest 70% you can pay by bank three weeks before arriving in Sri Lanka or pay in cash when you arrive at the Resort.

Price List Kingdom Ayurveda Resort - Valid from 01.05.2026 to 31.10.2026 (Summer)

Room No.	Room Type	Room Features	Fan/AC	Price per 1 Night per Person	Package 14 Nights	Package 21 Nights	Package 28 Nights
Prices for Double use in €/euro per Person							
201	Standard Room First Floor	Shower and WC Queen size bed, normal balcony	Fan	120	1,680	2,520	3,360
206	Standard Room First Floor	Shower and WC Queen size bed, normal balcony	Fan + AC	125	1,750	2,625	3,500
207 208	Standard Room Ground Floor	Shower and WC Queen size bed, large terrace	Fan + AC	125	1,750	2,625	3,500
203 204	Superior Room First Floor	Shower and WC Queen size bed, large balcony	Fan + AC	135	1,890	2,835	3,780
Prices for Single use in €/euro per Person							
201	Standard Room First Floor	Shower and WC Queen size bed, normal balcony	Fan	135	1,890	2,835	3,780
203 204	Superior Room First Floor	Shower and WC Queen size bed, normal balcony	Fan + AC	145	2,030	3,045	4,060
206	Standard Room First Floor	Shower and WC Queen size bed, large terrace	Fan + AC	155	2,170	3,255	4,340
207 208	Standard Room Ground floor	Shower and WC Queen size bed, large balcony	Fan + AC	140	1,960	2,940	3,920
202 205	Standard Single First Floor	Shower and WC Single bed, normal balcony	Fan + AC	140	1,960	2,940	3,920

Passport

Please, check the expiry date of your passport.

Many countries (Sri Lanka including) require remaining passport validity of **no less than six months** on arrival.

ATM (Auto Mated Machine)

Possibility to use ATM for cash withdrawal; please check for your bank authorization.

The nearest ATM is about 4 km from Kingdom Ayurveda Resort.

Arrival

You can arrive at your convenience flight.

Please send by e-mail your *Arrival and Departure Flight Details*.

If you arrive with a private transfer, please call the Manager and inform him about the hour of your arrival at the Resort.

Facilities

At the arrival lounge are possible to change money. Some main bank counters have a branch.

You can also buy a local phone card. Any way for these services you can ask also the manager of the Resort

Beach

The beach is nice and sandy, but swimming is very dangerous and unsafe; careful attention should be paid to breaking waves and rocks, sea urchins.

Address

KINGDOM AYURVEDA RESORT

Godauda, Kottegoda, Matara.

Tel. +94 41 22 59 364 / Mobile: +94 76 377 84 25

Front Desk Officer - Mrs Madhubashini

Travel Tips

Visa: From 1 January 2012, the obtaining of a chargeable visa is required. This can be requested in advance as "Electronic Travel Authorization" (ETA) under www.eta.gov.lk. For an additional charge, the visa can be issued on arrival at the airport in Colombo. Note: When entering the payment of the visa is possible with dollars, euros or credit card.

Time zones: Sri Lanka (formerly Ceylon) is 4:30 h ahead of our time. During the Central European Summer Time, there is a difference of 3:30 h.

Vaccinations: Currently, there are no compulsory vaccinations for Sri Lanka. Please inform about the current status with your local health department.

Telephone: You can phone with your own mobile phone from anywhere. Phone calls are significantly cheaper by using a local phone card.

Electricity: Just as in Europe, in Sri Lanka the electricity supply is 220 - 240 V AC. Each room has adapters for your electronic devices.

Sun protection: We recommend you sun cream with a high SPF all-the-year, because Sri Lanka is close to the equator and the solar radiation is correspondingly strong.

Clothing: The oils used during a treatment are difficult to remove from clothing. For this reason, we recommend that guests do not bring their best and most expensive underwear. Apart from that, a light summer wardrobe is appropriate. We suggest for the treatments to use old panties or short pants.

Laundry Service: We will charge 10 € for one Load, including ironing.

Liability provision

Please see our specifications as your guaranteed service. The instructions of our doctor must be followed. We specifically point out that the attending Ayurveda doctors only prescribes each individual spa treatment according to your current health condition.

Our treatment program is just for your health care and does not replace the treatment of acute suffering through hospitalization. Demands from your side are not evolvable for treatments that have to be omitted from our doctor's perspective. We do not medicate infectious diseases. By registering, you assure us that you do not suffer from a contagious disease. Please note that an Ayurveda treatment cannot be carried out during pregnancy.

Complications during treatment, particularly concerning possible allergic reactions, are our responsibility within the context of intent or gross negligence.

For services not used, we do not grant refunds.

We do not assume liability for local or state typical disturbances, such as sound, smells or injuries caused by animals.