

Ayurveda in Sri Lanka

Ayurveda, an individual reward for meeting and incentive organizers.

It happened to me in Sri Lanka. I discovered a new way of vacationing: feeding the soul and slimming down the body. The acquired energy stayed with me for two months and now I'm once again in need of a trip to Sri Lanka.

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Manik Rodrigo: 'Ayurveda has become very popular with Europeans'

The oldest medicine in the world

If you're looking for an individual incentive, I'd recommend two weeks of refreshing yourself in a Buddhist setting. The Sri Lanka specialist, Paul Van Den Henden of SriTours (Ghent), will immediately say: 'You should never organise an incentive in an Ayurvedic spa, because no alcohol is allowed and the meals are vegetarian.' He's right and that's also what kept me from trying it out sooner. But when I entered the 15 acres Ayurveda resort of Barberyn Beach, I saw a five-star hotel with a charming welcome lounge, a rolling garden with a magnificent view of the Indian Ocean, a private pool with lifeguard, a fruit juice bar, a restaurant on the roof, a secluded Ayurveda wellness

centre and young and friendly staffers. And the treatment had not even started yet. I had already had some experience with Ayurveda in the Kerala Backwaters, but I did not expect this.

What's the reward?

Ayurveda is derived from the ancient Hindu Sanskrit: 'ayuh' means 'life' and 'vida' means 'science' or 'knowledge'. Three things should be kept in mind. One, Ayurveda is not an alternative medicine. It is one of the oldest forms of medical science known to man - originating 5000 years ago. Two, Ayurveda is more than a system of herbal medicine. It is a way to a long and healthy life and can complement modern medicine. Three, Ayurveda aims to do two things: treat the symptoms of the disease and help individuals strengthen their immune system. Ayurveda treats body and spirit as one entity: what affects one affects the other and vice versa. If they work together they can overcome almost any disease.

Doctors specialised in Ayurveda will advise you to follow a treatment for at least two weeks, because the effects will be more visible then. The treatment starts with an in-take conversation: 'Who are you? What do you do? How do you live? What's your diet like? How do you exercise? ... What do you want to change about your life?' Afterwards you receive a tailor-made program. An Ayurvedic oil is created with herbs from the garden, you get a dietary programme and you get to choose your own exercise: yoga, shiatsu,



swimming in the pool or ocean. Daily, each guest gets three hours of Ayurvedic wellness: massage, herbal treatment and baths. Apart from that, it's just your regular turn of the mill stay at a five-star hotel. But ... you start to enjoy each and every breath and bite you take. The food is so tasteful and plentiful, that you don't even notice that you're losing weight. One day, you'll wake up and notice you've attained a zen-like state of mind and you'll know that your incentive investment was worth it. You return home and live life more freely and much more healthy.

Family-run resorts

We heartily recommend the family-run Barberyn Reef and Barberyn Beach Ayurveda Resorts. The father of the current executive manager, Manik Rodrigo, opened the resort in 1982. It was the first Ayurvedic hotel in Sri Lanka and got an award for pioneering the art of Ayurveda in Sri Lanka. Nowadays it's run by the renowned Rodrigo family, specialised in ensuring the best and most personal service for European guests.

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