

# 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 7 €/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 7 €/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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