

Barberyn Ayurveda Resorts Sri Lanka

BARBERYN REEF AYURVEDA RESORT, BERUWALA

FACT SHEET

LOCATION

Barberyn Reef Ayurveda Resort is set on a long beach front property in the coastal town of Beruwala, 58km south of the capital, Colombo. A reef runs the length of the property, providing a natural, tidal lagoon for swimming.

The first resort on the Southern coast of Sri Lanka to provide Ayurveda health services to overseas guests, it has a rich history and depth of over 38 years. Extensively renovated and upgraded in 2005, the warm and friendly resort has a returning clientele of two generations.

The resort provides free airport transfers for the 2 hr to 2.5 hour ride between Colombo airport and Beruwala for resident guests.

AYURVEDA HEALTHCENTRE FACILITIES

- Ayurvedic Health Centre, open daily
- Resident Ayurvedic physicians
- Visiting Specialists
- Therapists
- Decoction specialists
- Pharmacist
- Dieticians
- Treatment Rooms, including steam baths and herbal baths
- Acupuncture
- Pharmacy & Dispensary (for Herbal Medicines)
- Herb Garden for relaxation during treatments
- German language interpreters

RESORT FACILITIES

- Restaurant serving breakfast, lunch and dinner.
- Sunshine Restaurant on the beach, *al fresco* dining
- Oriental Collection Gift Shop
- Tailoring service
- Gems& Jewellery Shop
- Library and TV room
- Billiards (pool table)
- Conference rooms
- Swimming in the natural sea lagoon

ACTIVITIES

- Yoga
- Meditation
- Lectures on Ayurveda
- Cooking demonstrations
- Periodic Ayurvedan Training courses
- Cultural activities

SERVICES

- Short excursions around Beruwala
- Tours around Sri Lanka
- Tickets to seasonal religious parades

GUEST ACCOMMODATION

The accommodation has been extensively renovated and upgraded and consists of the following:

- 75 guest rooms with double beds or twin beds
- Accommodation range from clusters of beach and garden front rooms (groups of 2, 4 and 6 rooms) with some rooms on stilts and rooms on two levels. Accommodation is also available in two main buildings set in the lush resort gardens.
- All guest rooms have en-suite toilet with bath or shower, balcony or terrace, ceiling fans, mosquito nets and telephones. Air conditioning is available in some rooms.

ACCOMMODATION TYPES

Classic Beach Front Rooms

Air Conditioned Rooms

Deluxe Rooms

Classic Garden Rooms

Standard Rooms

ADDRESS & CONTACT

Barberyn Reef Ayurveda Resort

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