

DR. AMARA MANCHANAYAKA



Dr A. Manchanayaka is specialised in fractures and dislocation. His major was in herbal plant remedies and solving joint related problems for over 10 years.

If you are interested to know what your constitution is or if you have any injuries that you would like to give some extra attention, a personal consultation can be scheduled on Saturdays & Sundays.

Dr. Amara will assess your body type and condition. Thereafter, a specific treatment can be performed.



EXPERIENCE THE ELEMENTS



Elements Watersports & Nature Resort is an Eco resort where nature comes in the first place.

Offering Ayurvedic treatments contributes to the overall spirit of working with, and enjoying the elements of nature.



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AYURVEDA

Experience authentic Ayurveda.



An ancient Sri Lankan science of how to keep the body and mind in balance.





A BRIEF HISTORY OF AYURVEDA IN SRI LANKA

Ayurveda, meaning “Knowledge of Life”, is followed by millions of people across the globe as a holistic approach to health and well-being.

The foundation of Ayurveda is the belief in a combination of five basic elements which form three types of energy or dosha within the body:

- vatha (a combination of air and space),
- pitha (fire and water) and kapha (earth and water).

According to Ayurvedic principles illness arises when these dosha are out of balance.

The aim is to restore the harmony in the body. Comprehensive treatment includes massage, herbal baths, oil treatment and a special diet.

SIGNATURE TREATMENTS

FACIAL

The facial consist of an Ayurvedic face massage touching upon the pressure point located the face. There will either be a use of oil or powder, depending on the condition of the skin. Followed a Sandalwood mask will be applied for about 10 to 15 minutes. After cleaning the face an application of fresh Aloe vera will make the skin feel softer and younger. This massage cleanse, smooths and clarifies the face, ideally for a sunburned or tired skin.



HEAD AND SHOULDERS

This special heat treatment is done by applying small steam-heated bundles of herbs tied in cotton bags and pressed gently on aching parts of the body. This massage is great to release any tension created by kitesurfing or sitting behind the computer too long. The oil and herb mix are chosen according the body condition.



FULL BODY MASSAGE

In this treatment oil is applied on your entire body using Ayurvedic oils chosen to suit your body conditions. The oils increase strength, relieve fatigue and help to reduce muscle pain. The trigger point stored in our body are pressed one by one to alleviate blockages and to promote a good bloodcirculation and water drainage. The massage is completed by applying heated herbal balls onto the



SHIRODHARA + FULL BODY MASSAGE

Shirodhara, “shiro” meaning forehead and “dhara” meaning flow, is a treatment where a continuous flow of warm oil is poured onto the forehead. It is the most well-known treatment within Ayurveda. Shirodhara is performed with a special blend of oil which helps to calm the nervous system, reduce stress, and relieve headaches and sleeplessness. This treatment leads to deep mental and spiritual relaxation.

