

KINGDOM LANKA

HOTEL & RESORTS

AYUBOWAN!

WELCOME TO A WORLD OF HAPPINESS & WELLBEING



**YOGA
AYURVEDA
MEDITATION**

The Science of Life



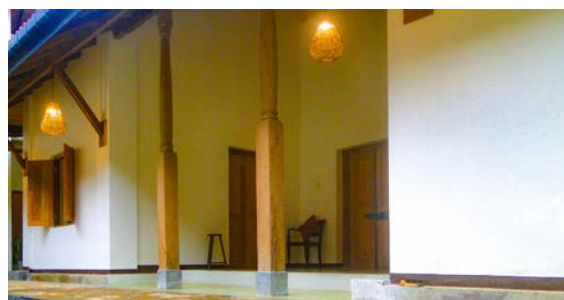
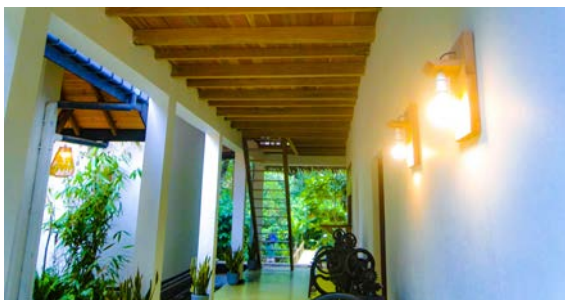
www.gimanfreeayurveda.com

WELLNESS RETREAT FOR YOUR WELLBEING



We have two dedicated Ayurveda & Wellness retreats for your wellbeing, offering wide range of treatments for most common ailments. Giman Free Beach Resort, on the pristine Beach of Pasikuda and British Colonial tea plantation Resort called the Kingdom secret in Kiriella. Further, we do have elderly care for elders who needs peaceful stay during winter season or has no help with their own Homes. They are take care of in their day to day life with the assistance of the in house Doctors. Special rates are on offer for long stays at the retreat.

One other interesting option is the medical & leisure stay at the Resort, in house doctor will cater to your medical condition and make your stay more interesting while paying attention to your medical condition.



Kingdom Secret - Kiriella

Remnants of the colonial era of the British Plantation industry in “Ceylon”

Restored to its best possible charm: The ancient planters bungalow is surrounded with lush Tea , Cinnamon , pepper and Rubber plantation. To add spice to the experience is our very own spice garden consisting of, cinnamon, cloves, paper, erricanuts and many more.

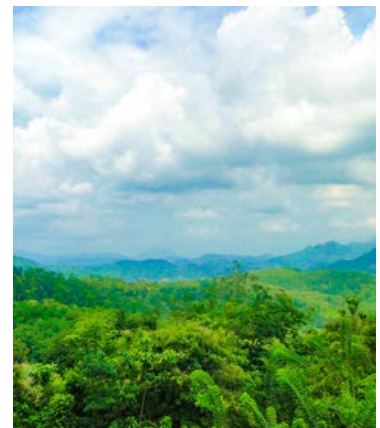
It is an experience that the discrete traveler would not want to miss in Sri Lanka.

Listen to the songs of the Birds and the sounds of the crickets in this calm and tranquil atmosphere.

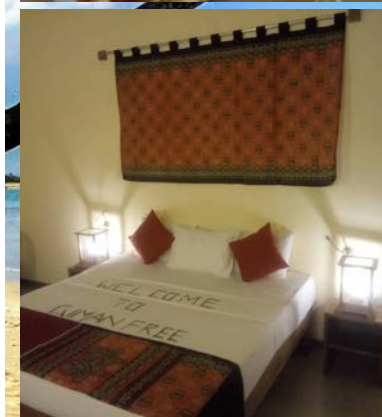
The lingering aroma of the Tea plantation in the cool evening air sets the ambiance for a relaxing stay.

It is an experience that you will cherish forever with wellness treatments and general attention for most of the common sicknesses.

Kingdom Secret is surrounded with lots of vegetation, spring water is available in abundance, hence offered free of charge as a gift from Mother Nature. The Chef will make all efforts to provide meals prepared with organic produce to give the best from nature. Fruits that are sourced from the Village and fruits that grow in the wild that are best for human consumption are served at your request.



Giman Free Beach Resort



Giman Free Beach Resort is the ideal atmosphere for Ayurveda treatment for wellbeing. It's a secluded environment that is ideal for easy and relaxing life that is fundamental to the systematic approach to wellbeing.

Unspoilt beaches with no human disturbance, calm and shallow waters in the sea, large garden and wild vegetation which is home to medicinal plants, creates the ideal atmosphere that will meet the needs of the natural healing process.

The natural set up natured by our in-house expertise, attracts the energy to the location from the all mighty Universe.

We at Giman Free make all efforts to provide meals prepared with organic produce to give the best from nature. It serves seafood from the day's catch with none or minimal refrigeration to secure the freshness of the fish that is served.



GIMAN FREE

Yoga & Ayurveda

Our main objective is to provide a lifetime experience to our guests to meet the best practiced "way of life" well supported by the unique landscape of the best sandy beach in Sri Lanka.

Committed to give our guest the best that we are blessed with –"The nature".





GIMAN FREE AYURVEDA

Welcome to a World of Happiness
and Wellbeing.



Ayurveda in Sanskrit means “the science of life” – an ancient system of health care which is widely practiced in Sri Lanka and India. It roots back deep into prehistory: description of a basic kind of Ayurvedic medical theory is found as far back as the second millennium BC, in the sacred proto-Hindu texts known as the Vedas.

Ayurveda is a holistic system which regards illness as the result of a derangement in a person’s basic structure make up. The Ayurvedic system holds that all bodies are composed of varied combination of five basic elements – ether, air, fire, water, and earth. Each body is governed by three doshas or life forces: pitta (fire and water), kapha (water and earth) and vata (air and earth). Illness is seen as an imbalance of these influences, and specific diseases are considered symptoms of more influential problems. Ayurvedic treatment aims to rectify such imbalances and Ayurveda doctors will typically examine the whole of a patient’s lifestyle, habits, diet and emotional proclivities in order to find the roots of a disease. Treatment often consists of encouraging a balanced lifestyle as much as administering specific therapies.

We at Giman Free Ayurveda Centre (Suwa Piyasa) attempt to create the atmosphere that is fundamental to the systematic approach to balance the three influences above.

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AYURVEDA IS FOR EVERYBODY

IT HAS TWO MAIN OBJECTIVES.

Preventive – *To protect the natural wellbeing and protect the Healthy condition of the person preventing him/her from illnesses.*

Curative – *To cure illnesses*

Genuine courses of Ayurveda treatment need to last at least two weeks to a month to take effect. The resort has dedicated Ayurveda Doctor who after an initial consultation will prescribe a program of treatment based on each patient's individual state of health. These programs usually consist of a range of herbal treatments and various types of bath and massages in combination with cleansing and revitalization techniques which includes Yoga, meditation, special diets and abstaining from alcohol.

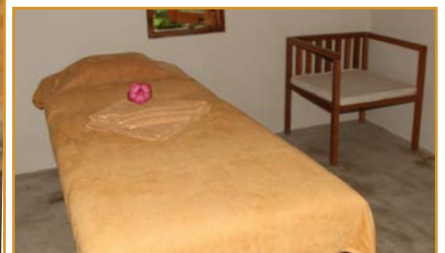
One of our most important assets is the polite and accommodative staff to please our guests which is part and parcel of the healing and rejuvenation process.

Our own travel guides will accompany the guests directly from the Airport and provide meals at selected and recommended places at no extra cost to the clients.

We provide a wide range of activities that are recommended to our guests, which includes,



Our Pride



- RESIDENT DOCTOR
- CONSULTATION DOCTORS
- THERAPISTS
- NATURALISTS WHO PREPARE SPECIAL TREATMENT PACKS
- CHEF
- OTHER GENERAL STAFF

TREATMENT/THERAPY FACILITIES

- 0 Doctor's consultation room
- 0 Multi-purpose treatment rooms with equipment made out of medicinal timber
- 0 Ayurveda pharmacy
- 0 Herbal medicine preparation area
- 0 Open treatment area
- 0 Ayurveda/herbal garden
- 0 Authentic Yoga setup
- 0 Meditating paths

AYURVEDA TREATMENTS THAT WE OFFER

- 0 Wellbeing and Rejuvenation
- 0 Stress Relief and Stress Management
- 0 Weight Loss and Weight Management
- 0 Beautification and Purification



EXCURSION THAT RESORT PROVIDES FOR YOU

- Wild life tours to four wild life parks around the hotel
- Cultural tours to Polonnaruwa, Anuradhapura, Sigiriya and other places of importance
- Religious tours to Somawathiya, Lankapatuna and Koneswaran temple
- Boat rides
- Snorkeling
- Diving
- Trekking
- Mangrove escapes
- Golf at the eagle Golf Course in Trincomalee - built by the British in the 1940's
- Village trips to experience the traditional culture and heritage of the local community



ORGANIC FOOD THAT WE SERVE



GIMAN FREE AYU CENTRE & YOU

A uniquely designed Ayurveda center and the Yoga Center is one of the very few you could find in the Country.

Yoga Center blends with its environment, organic farming and lush vegetation. Throughout the treatment period guests are served with herbal drinks and herbal medicines. Approximately 4 treatments/activities are performed during a particular day. These include Ayurveda treatment, Yoga exercises and meditation. Meditation programs and excursions that are recommended by the in house Doctor. Organic produce from its own garden is served (on availability) to give its client the best of all, complimenting the Herbal ingredients used by Ayurveda treatment.

Professionally conducted Ayurveda treatment sessions as a holiday at our Resort will leave you de-stressed, feeling revitalized and ready to face the busy urban life again.

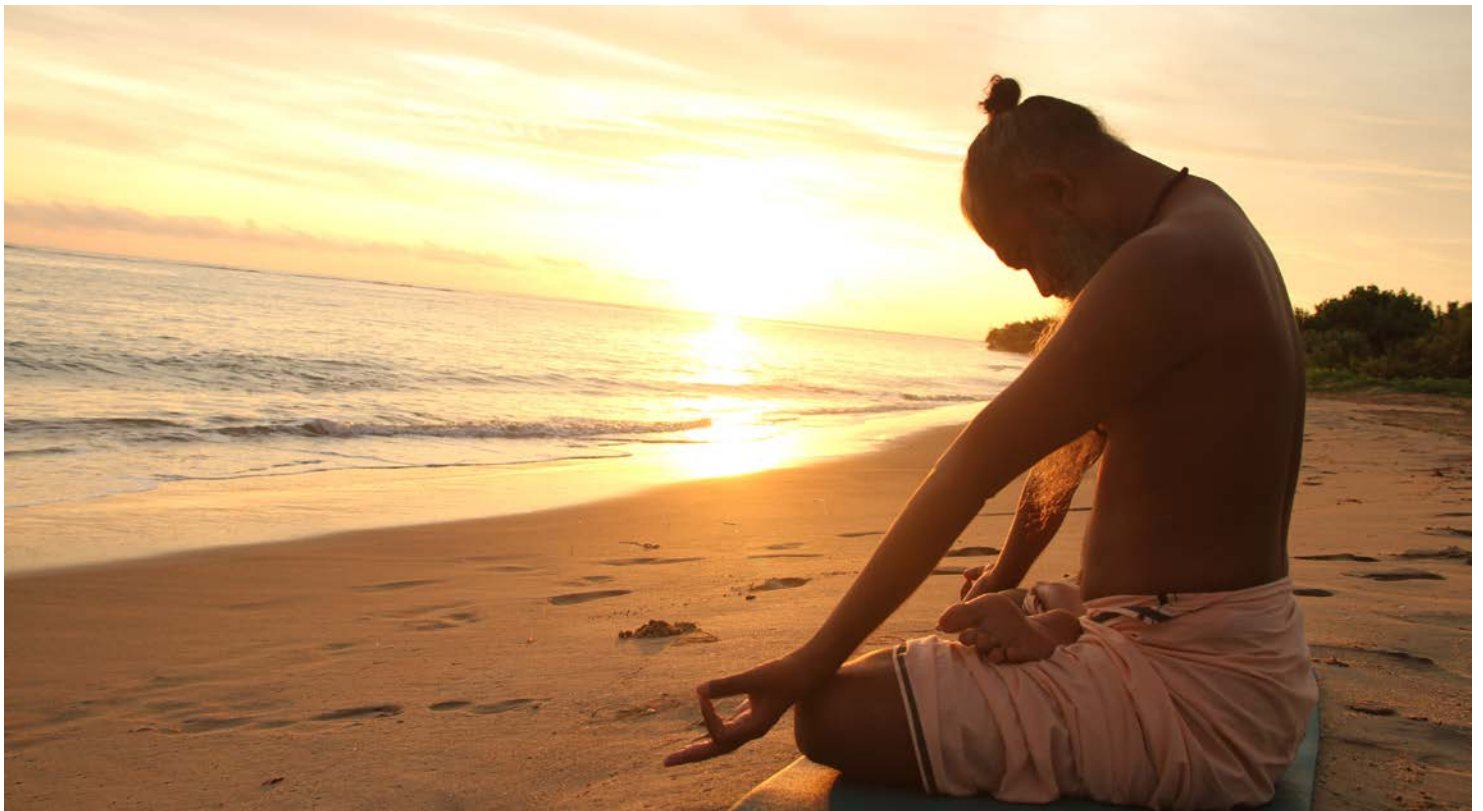
With Ayurveda stays at Gimán Free, you will find yourself much more interesting and re-juvenated to meet the demanding lifestyle as we step into the real World again.

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WELLNESS RETREAT



CONTACT

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SRI LANKA*



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