



Karunakarala
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- Ayurveda Resort -

fact sheet



Karunakarala Ayurveda Resort is a healing resort with 17 private villas dotted around the garden and 30 modern deluxe rooms.

Here, guests can enjoy Ayurvedic healing away from the hustle and bustle of everyday life, surrounded by beautiful forests and overlooking a flowing river.

Ayurveda is a 'science of life' that has been nurtured over a long history. Special meals and treatments, tailored to each guest, are prescribed by the hotel's resident Ayurvedic doctor. To heal the mind and body from one's core, small events such as yoga and meditation are also organized on a daily basis. Please participate in these events and relax according to your mood of the day.

Welcome to Karunakarala Ayurveda Resort.
Enjoy the luxury of simply being healed in the midst of nature.

Location

Negombo is a resort area on the west coast of Sri Lanka, brimming with attractions such as beautiful beaches, restaurants, and shopping opportunities.

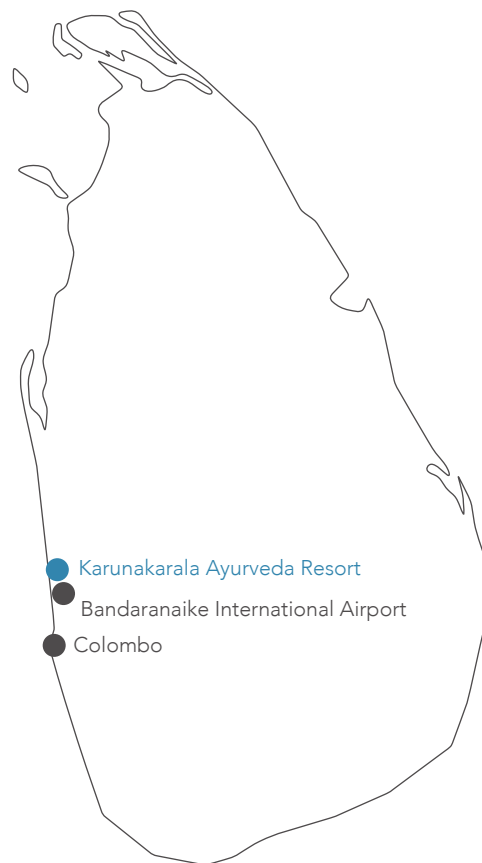
Karunakarala Ayurveda Resort is situated just 5km away from Negombo Beach, nestled along a tranquil riverbank surrounded by lush forests.

Distance from airport

15 km from Bandaranaike International Airport (CMB)

Explore nearby attractions

- Negombo beach
- Negombo lagoon
- Muthurajawela Marsh (Wetland Conservation Area)
- Negombo fish market (Biggest fish market in Sri Lanka)
- Angurukaramulla Temple
- St. Mary's Church
- Negombo Dutch Fort
- Dutch canal



Accommodation

Room type	Size (m ²)	Bedding	Maximum occupancy	No of rooms
Private Luxury Villa Standard	37.16	Twin	2	4
		King	2	5
Private Luxury Villa Superior	49.23	Twin	2	1
		King	2	1
		King + Single	3	2
		Triple	3	4
Sunrise Deluxe Room	45	Twin	2	11
		King	3	18
		Barrier-free	2	1

Private Luxury Villa Superior



Sunrise Deluxe Room



Room amenities

- Complimentary drinking water
- Air conditioning & Fan
- Complimentary wi-fi
- TV
- Telephone
- Safe
- Refrigerator
- Shower
- Hair dryer
- Free toiletries
- Bath & Face towels
- Indoor slippers
- Terrace chair
- Toilet (All rooms)
- Toilet with washing function (Only for Villa)
- Bathtub (Only for deluxe room)

Stay Experience

Resort Facilities

- Swimming pool
- Boat port
- Riverside wooddeck
- Library
- Souvenir Shop
- Traditional mud-made house
- Organic farm
- Spiritual area

Guest Services

- Laundry service
- Currency exchange
- Complimentary wi-fi
- Luggage storage
- Transfer service
- Free self-parking
- English/Japanese speaking staff



Ayurveda Facilities

- Ayurveda Hospital (Weda Gedara)
- Doctor consultation room
- Treatment rooms
- Ayurveda pharmacy
- Rooftop yoga hall

Dining

Restaurant

Lotus restaurant (main restaurant)

Operating Times

Breakfast : 07:00-09:30
Lunch : 12:00-14:30
Dinner : 18:00-21:00

Sunrise restaurant

Varied operating hours

**Vegan option available*

Ayurveda treatment

In Sri Lankan Ayurveda, imbalances in mental Doshas (Satva, Rajas, and Thamas) and body doshas (Vata, Pitta, and Kapha) are recognized as major contributors to diseases. Ayurveda's goal is to restore harmony among these Doshas. This is achieved through a process involving clinical examination, diagnosis, personalized dietary and lifestyle interventions, treatment, herbal medicines.

All of our packages are designed to provide guests with the optimal relaxation and comprehensive treatments.

Ayurveda Packages

Wellness Package

- Minimum 1 night

The Wellness Package is the most popular choice for guests seeking:

- Stress relief / Relaxation
- Weight management
- Anti-aging / Beauty care
- Treatment of health issues (min 6 nights)
- Detox therapy Panchakarma (min10 nights)

It includes accommodation, daily consultations with in-house doctors, 3 hours of daily treatment, full-board Ayurvedic meals, herbal medicine, daily yoga and meditation classes, and optional free activities.

Curative Package

- Minimum 6 nights

The Curative Package is tailored for those with specific health issues and more serious conditions. Prior to booking, an online consultation is required. It provides accommodation, every two weeks on-site consultations with partnered visiting doctors, daily consultations with in-house doctors, daily treatments, yoga and meditation classes. Treatment plans are determined by partnered Ayurveda doctors.



Activities

Hotel Activities

- Ayurveda lesson by in-house doctor
- Traditional cooking demonstration
- Botanical garden tour
- Herbal ball making workshop
- Beach Yoga
- Saree fitting
- Horoscope



Outdoor activities & excursions

- Bicycle rental
- Maha oya river boat tour
- Kingdom of Dambadeniya tour
- Negombo city tour
- Colombo city tour
- Gem mining tour



Sustainability

- Solar energy
- Solar thermal hot water
- Glass water bottles for less plastic usage.
- Reduce waste by using it for feed and fertilizer.
- Tree planting

Currency

Sri Lankan Rupee, US Dollar and Credit Cards are accepted.



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