



Ayugiri Ayurveda Wellness Resort Sigiriya joins Healing Hotels of the World
Healing amidst serene lakes and the lush jungle of Sri Lanka



Guests experience transformative wellbeing rooted in ancient Ayurvedic traditions

09 January, 2025, Cologne, Germany -- Healing Hotels of the World is proud to announce its newest member, Ayugiri Ayurveda Wellness Resort Sigiriya, a serene sanctuary for holistic healing nestled in the heart of Sri Lanka's cultural triangle. Set amidst lush jungles, tranquil lakes, and breathtaking biodiversity, Ayugiri offers an unparalleled journey of renewal, blending the ancient traditions of Ayurveda with modern luxury.

With its philosophy rooted in Swastha Ayurveda, Ayugiri focuses on creating balance and longevity through personalized programs. Guests are guided on a transformative path of self-discovery by expert practitioners, offering treatments such as Panchakarma, Shirodhara, and yoga, all complemented by a curated Ayurvedic culinary experience.

Anne Biging, CEO of Healing Hotels of the World, expresses: "Ayugiri Ayurveda Wellness Resort Sigiriya is a sanctuary where authentic Ayurveda meets the serenity of nature. Their commitment to personalized healing, sustainability, and cultural heritage aligns perfectly with our vision of holistic wellbeing."

Set on a pristine 76-acre estate, Ayugiri seamlessly integrates luxury with nature. The resort features 20 luxury suites, two presidential suites, and private villas equipped with plunge pools, offering guests the ultimate privacy and comfort. Unique accommodations, including a treehouse and mud huts, further enhance the holistic environment.

Ayugiri's commitment to sustainability is evident in every aspect of its operations. From eco-friendly construction materials to biodiversity initiatives and community education programs, the resort fosters harmony with the environment.

Ayugiri offers a garden-to-table dining experience, with organic, locally sourced ingredients forming the foundation of its cuisine. Tailored Ayurvedic meal plans, overseen by experienced Ayurvedic doctors, ensure that each dish supports the guest's

healing journey. From detox menus to vegan and vegetarian options, the culinary offerings are designed to nourish both body and soul.

The resort's extensive spa facilities include state-of-the-art therapy rooms, a sauna, steam room, and herbal baths, alongside traditional Gal Oruwa treatments. Guests can indulge in over 178 personalized therapies, including massages, facials, and body treatments, all aimed at restoring balance and vitality. Dedicated yoga and meditation halls provide serene spaces for introspection and rejuvenation.

Eksath Wijeratne, CEO of Browns Hotels & Resorts, shares: "It is an honor to represent Ayugiri Ayurveda Wellness Resort, Sigiriya, as part of the prestigious Healing Hotels of the World community. This partnership connects us with a global network of visionaries and wellness leaders, further strengthening our commitment to offering transformative Ayurvedic experiences to guests from around the world."

For those seeking immersive experiences, Ayugiri offers a variety of activities, including pottery making, star gazing, and guided spiritual excursions to nearby landmarks such as the Sigiriya Rock Fortress. Guests can also explore the lush surroundings with detox walks and village tours, deepening their connection to nature and local culture.

The resort's proximity to cultural landmarks and its emphasis on authentic Ayurvedic practices make it a destination for those seeking not only physical rejuvenation but also spiritual and emotional transformation.

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the two collections of Urban and Resort Healing Hotels around the world bring holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

www.healinghotelsoftheworld.com

Ayugiri Ayurveda Wellness Resort Sigiriya

Ayugiri Ayurveda Wellness Resort Sigiriya is a tranquil retreat set on a lush 76-acre estate in Sri Lanka's cultural triangle, offering a harmonious blend of ancient Ayurvedic traditions and modern luxury. Surrounded by jungles, lakes, and rich biodiversity, the resort features 20 luxury suites, private villas with plunge pools, and unique accommodations like a treehouse and mud huts. With personalized Ayurvedic treatments, curated wellness programs, organic cuisine, and a commitment to sustainability, Ayugiri provides a transformative sanctuary for mind, body, and soul.

[WEBSITE](#)

To find selected photo material accompanying this press release, please click [here](#).

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