

*A trip needs planning, especially when the destination is a remote and exotic country, like for example Sri Lanka. The two most relevant questions are of course: do you need a visa? And do you need special vaccinations? Here you will find the most important information to consider before your trip to the beautiful island of Sri Lanka.*



You should prepare some things before enjoying the beaches of Sri Lanka. But don't worry, it's nothing complicated ...

## **Before flying to Sri Lanka: Health and entry requirements**

### **Entry & Visa**



Citizens of the European Union, Switzerland and Canada planning a trip to Sri Lanka need evidently a **passport valid for at least 6 months**. A classic travel visa is not required to enter Sri Lanka, but you must apply for an **Electronic Travel Authorization (ETA)**, which in effect is almost the same. The online application is short and simple, and you can find it here: <https://www.eta.gov.lk/slvisa/>. All you have to do is fill out the form in the website and pay 35 USD with a credit card (Visa, Mastercard or American Express). Within 24 hours **you will receive a confirmation email with the approval of your ETA for Sri Lanka**. This visa-like permit is valid for 30 days, starting from the date of arrival in Sri Lanka.

If you forgot your ETA at home and land in Sri Lanka without it, don't panic! You can also apply for it directly at the airport. It just costs a few dollars more than before. You must of course also have a valid return ticket. If you enjoy your holidays in Sri Lanka so much that you want to extend your stay, once you have reached the 30-day deadline, then this is also possible: you will need to go to the Immigration Office, located in Colombo. There you can get a permit for up to 90 days. But beware: you have to go to the office **at least eight days before the end of your ETA**.

## Health & Vaccinations



There are no compulsory vaccinations required by law (as long as you are not arriving from a yellow fever endemic country). However, we would recommend you to at least consider vaccinating against **hepatitis A + B, diphtheria and tetanus**. For people in a risk group additional vaccinations against typhoid fever, rabies, measles and Japanese encephalitis might be recommended. It is always a good idea to get direct advice from a doctor or ask at your local Institute of Tropical Medicine.



### **The annoying mosquitoes: Malaria & Dengue**

Sri Lanka is officially malaria free since 2016, so you don't have to worry about that. However, mosquitoes can also transmit dengue fever. Therefore, you should try to protect yourself from mosquito bites with repellents and mosquito nets.

### **Other important health rules**

Those who travel far and away and find themselves trying exotic new dishes and spices should always pay close attention to their reactions and digestion, especially in tropical climates. Those with sensitive stomachs should be especially careful when eating, and drink only water from safe sources or that has been cooked.



*New food colors, shapes and aromas can be very seductive, but you shouldn't eat everything you see!*

Therefore:

- Drink only bottled mineral water with an intact cap, or boiled, filtered or otherwise sterilized water
- No ice cubes!
- Observe a basic rule: cook it, fry it, peel it... or forget it!

HIV / AIDS is common in Sri Lanka. As you know, it can be transmitted through blood contact and sexual intercourse, so please always make sure to use condoms and sterile disposable syringes and needles.

The sun shines intensely in Sri Lanka. Take care of your eyes and skin: use good quality sunglasses and sunscreen with an appropriate protection factor.

Would you like to visit Sri Lanka? You can find additional information about Sri Lanka here: [Destination Sri Lanka](#)

We can also prepare a personalized trip adapted to your needs and wishes. Just write us: [Mail](#)

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*To lead a healthier and happier life, one doesn't necessarily have to visit a therapist or a doctor. According to Ayurveda, there are a few very simple practices that can help you improve your life. You don't even have to know what your ayurvedic constitution is. If you follow these rules, you will soon notice a massive improvement in your life's quality.*

By Daniela Luschin-Wangail

# 10 simple Ayurvedic tips for a better life

## ***1 Start the day with oil and water***



The first thing you should do after getting up: oil pulling. What is that? Put some oil in your mouth and swill it back and forth for about 10-20 minutes. 20 minutes would be ideal, but modern life sometimes makes this a bit difficult. So simply do it for as long as you can. Then spit it out. The oil removes toxins from the body. You can use different oils: sesame, sunflower or olive oil are all good choices. I personally prefer coconut oil.

While you are oil-rinsing your mouth, you can boil some water and let it cool down. Drink a large cup of boiled, warm water every morning! This helps in two ways: boiled water cleans the body, and it also helps to stimulate the digestive fire. People who have difficulties with a good digestion should especially take this practice to heart.

## ***2 No snacks between meals***

Many people believe that it is better to eat several small meals than a few large ones. The Ayurvedic tradition says otherwise. The Agni (digestive fire) plays a very important role in Ayurveda and it is crucial in a healthy life. The Agni can only burn properly if it doesn't have to work unceasingly. Give it time enough after every meal to fulfill its task, and don't put it constantly to test. This means that you should consider a resting/digesting time of about 4 hours after each meal. You'll be pretty hungry again afterwards. Many people find this very difficult, but practice and routine will make it something natural. If you can't avoid it, eat something very light, small, such as some nuts, or even better, drink a sweetened tea or milk.

## ***3 Fresh, warm & cooked***



Ayurveda is no fan of raw food, because everything that isn't cooked is usually harder to digest. Many raw food aficionados suffer eventually difficulties with their digestion and are often victims of constipation (those who don't have a really strong Agni). Especially people who have problems with bowel movements should pay attention to this point and eat as little raw food as possible. In Ayurveda you eat warm, fresh and cooked. Optimally, this should apply to all three meals of the day: a warm porridge for breakfast, for lunch a good satisfying meal made with fresh ingredients, and in the evening something light and warm, for example a soup. The freshness also plays an important role. Ayurveda doesn't have anything to do with frozen food and microwaves. Use fresh ingredients – preferably seasonal, and from the region, because they're easier to digest!

#### ***4 Don't eat too late***

Don't feed your body too late in the evening. You should take the last meal 3 hours before sleeping. Forget the salad in the evening, which is low on calories but difficult to digest since it's raw. Also pizza is less than ideal at this time: it is too heavy for the stomach. The best options are soups and light stews! Do not use the following foods in the evening: cheese, yoghurt and sour foods!

#### ***5 Don't go too late to bed, and wake up early!***

It would be ideal to be in bed by 10 pm at the latest, and depending on how much sleep you need, to get back up 6-8 hours later. According to the Ayurvedic doctrine the body regenerates itself best between 22 and 2 o'clock in the morning. The sooner we get up, the fresher we start the day! Sleeping too long makes you sluggish, so you shouldn't exaggerate.

#### ***6 Savor milk like an expert***



In the western world, milk has recently been put aside or even vilified as the cause of many stomach problems, but in Ayurveda it is still considered a precious nutrient. One needs only to know how to use it and combine it properly, since milk is incompatible with many foods! In many other cultures, not just the Indian one, tradition dictates that milk shouldn't be mixed with certain other foods. The following foods are not intended to be used together with milk (and milk products):

**Fish, meat, salt, leaf vegetables, legumes/beans, fruits, eggs, garlic, mustard.**

Think about how many meals we have in which milk (or milk products) are combined with these foods! Pancakes, muesli, fruit yoghurts, banana milkshake, several sauces... the list goes on. And maybe many people who suffer from lactose intolerances owe their intestinal problems to these unfavorable connections only!?

## ***7 The right amount***

The amount of food you should take depends also on your constitution, but in general it can be said that you should find a good middle ground. Too little can be as bad as too much. Often one speaks of two handfuls as a right quantity. So not really that much.

## ***8 Take your time***









This applies to many aspects of life, but it plays an important role here: eat in a quiet and pleasant atmosphere. Not standing, and not in a rush! Chew slowly and concentrate on the food. Don't play on your mobile phone, don't read the newspaper! Also in everyday life: give yourself time to rest. Moments to *do nothing*. Just sit down and look around, contemplate. Or go out into the fresh air and just walk and enjoy.

## ***9 Treat yourself to a massage***

You don't have to necessarily look for someone else. You can do it yourself. Take a lot of good, slightly warm oil and massage your body and your head (even your hair, do it well). Do not be frugal with the oil, and take plenty of time to do it! Finish it with a shower or take a pleasant bath! You'll see how good it is for both your body and your soul.

## ***10 Meditation***

The best time to meditate is usually in the morning, but of course it also works in the evening. Meditate daily - or at least as often as possible. This is time for you, time to disconnect. You don't have to be a meditation expert. Just sit down, close your eyes, focus on your breathing and nothing else. 20 minutes would be ideal, but every single minute counts.

**You may not be able to apply all 10 rules to your life right now, but the regular practice of even just a few of them will improve your life quite a lot. Try it!**

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### **More Ayurveda?**

If you are interested in a more comprehensive Ayurvedic experience, we can fully recommend you a stay in one of our Ayurveda-Resorts in Southern India! There you will learn a lot about yourself and your Ayurvedic constitution, about what is good for you and what isn't! As an entry into Ayurveda or as a next logical step to improve your life: [To the Resorts](#)

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*When hearing the word Ayurveda, many people automatically think about relaxing oil massages and traditional sitar and tabla sounds in the background. Something soul-cleansing, the touch of expert hands and soothing music caressing a tired body and a stress-riddled mind. No one thinks of enemas, strict diets or full-time schedules and long lists of rules. That's certainly not as romantic, but Ayurveda is so much more than just a wellness program. It is a guide for life. A whole philosophy.*

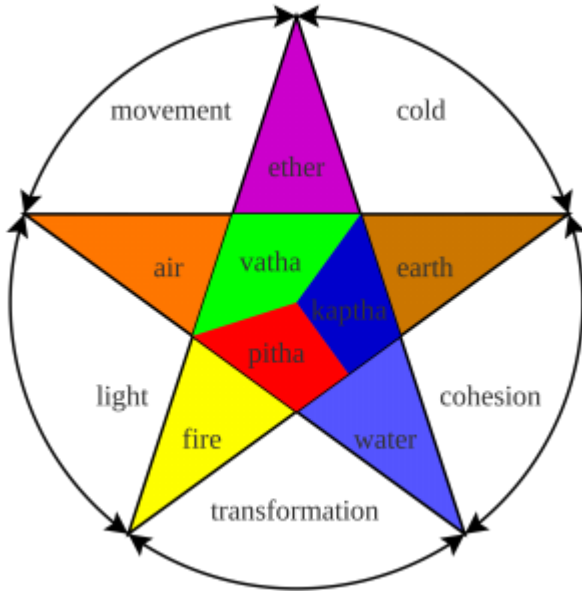
# आयुर्वेद

**Ayurveda** is a composite term formed by combining two Sanskrit words: **Ayus** and **Veda**. Ayus means and accounts for life, while Veda represents knowledge. Ayurveda then can be translated as “the science of life”, and it is a method and a way to live happily and healthy. Ayurveda is much more than just a few oily strokes on a tense back: it is a complex and detailed program that leads to a better and healthier lifestyle.

Ayurveda is also not an esoteric humbug made up just to trick a few euros out of gullible purses, but one of the oldest sciences in the world, fully dedicated to pursue human health and both understand and eradicate disease. Ayurveda takes a **holistic approach** to health, and comprises all the many aspects of human well-being: physical, mental, emotional and spiritual.

## Kapha . Pitta . Vata

### *3 Principles of Life*



Man is defined by three doshas (life principles). These three doshas are organized in a personalized way for each individual human being. Usually one or two doshas are more dominant or pronounced, but sometimes all three may be influential in approximately the same manner. The human being is healthy when the three doshas are in balance. This equilibrium, however, does not mean that all three are equally strong: each person has his or her own Prakriti - a natural constitution or state, a personal balance - which must be maintained. If one or more doshas become unbalanced, the person becomes ill, and one speaks of the Vikriti - a state of disease - which is to be treated.

The three doshas are called **Kapha, Pitta and Vata** and each is characterized by different properties and principles. They are also determined by the 5 elements.

- Kapha: principle of stability/structure; Elements: earth + water
- Pitta: principle of fire/mutability; Elements: water + fire
- Vata: principle of motion; Elements: air + ether

To determine the constitution of an individual is a very complicated matter, which requires a very precise and long anamnesis, and one should therefore turn to an experienced person. Nevertheless, it is possible to find several “ayurvedic” questionnaires on the internet that claim accuracy despite comprising just a few generic questions. The results of such online tests are at the very least questionable, but sometimes it can be fun to play ...

### ***Diet: Food is medicine***

In Ayurveda, the diet plays a very important role. “You are what you eat” is one of its highest principles. Through our diet we are able to keep our doshas balanced, and when the diet is inappropriate the equilibrium between them is lost and we become ill. For example, a Pitta personality, which is basically a person very much determined by the element fire, will get eventually problems if she regularly eats very spicy food.

All food can be described and categorized according to the 6 fundamental tastes (rasas):

- sweet
- salty
- sour
- astringent
- bitter
- pungent/spicy

Kapha should focus on astringent, bitter, and spicy foods and omit sweet, salty and sour ones.

Pitta should swerve away from salty, sour, and spicy foods, and focus on those sweet, bitter and astringent.

Vata in turn can eat sweet, sour and salty without problems, and should minimize consumption of the other three.

But since we are often also mixed types, it is not always so simple, and we need help from an expert. Or you have to learn to properly listen to your own body. Unfortunately, many people have forgotten how to do that.



### ***Quick tips for a better life***

Although Ayurveda advises against generalizations, there are a few commonplace rules that can do a lot of good:

- eat with a plan, not randomly
- eat again only after the last meal has been properly digested (approx. 4 hours)
- lunch should be the most important meal of the day, since the digestive tract works at its best at this time
- eat calmly and focus your mind on the food
- do not eat more than two handfuls
- warm, cooked, fresh food is always preferable to cold, raw food
- drink boiled, lukewarm water (do not drink cold water)
- never eat too late (at least 2-3 hours before going to bed)
- the dinner should be light and easily digestible (no raw food in the evening)
- do not go to sleep too late - the body recovers better between 22:00 and 2:00 o'clock in the morning
- no daytime sleep (resting is ok)

We would like to continue giving you some ayurvedic tips in the next few blog posts. So check back often, or follow us on Facebook, where you can be instantly notified whenever we publish a new tip!

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## More Ayurveda & Yoga



Take a look at our **Ayurveda and Yoga resorts**, where you can get professional support on your way to a healthier and happier life. These are not mere wellness temples, but well-run resorts with authentic Ayurveda treatments and Yoga classes. You can be confident you will be in good hands.

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