

Dr. Nadeesha De Silva – Ayurvedic Doctor



Dr. Nadeesha was recruited by Anantara Kalutara after extensive experience hotels and private government hospitals in her native country of Sri Lanka.

Passionate about incorporating food, herbs and lifestyle techniques to resolve health-related issues, Dr. Nadeesha loves the peaceful atmosphere at Anantara Kalutara. She is specialised in Ayurveda Pancha Karma, massage manipulation and beauty culture. Her research includes Ayurvedic solutions for many psychological and physiological problems. Dr. Nadeesha offers a range of curative treatments at the resort and her door is always open for consultation.

“The field of Ayurveda is growing quickly as more people seek alternative methods to heal their bodies. Ayurveda is the most complete form of holistic medicine practiced in the world today – it has provided me with balanced awareness and a greater balance in my life. At Anantara Kalutara, I demonstrate the powerful healing effects of Ayurveda and also how it leads to sustainable wellbeing.”

An award-winning national netball player, this woman of many talents developed an interest in medicine from an early age. She pursued a Bachelor of Ayurvedic Medicine and Surgery (BAMS) from the University of Colombo, Sri Lanka, and a Certificate in Sports Science from the University of Durham in the U.K. Her education continues today, as she studies alongside her Ayurvedic practice for two Diplomas: Acupuncture and Basic Counselling.

Book a consultation or treatment with Dr. Nadeesha today to take your first steps towards a deeper self-care experience.

Please reserve your session in advance with Anantara Spa. Call +94 34 222 0222 or email spa.akal@anantara.com