

Resident Ayurvedic Doctor - Dr. Sampath Perawattha

With a combined history in the practice of traditional medicine and Ayurveda as well as healing through yoga and meditation, Dr. Sampath is passionate about wellness and health.



Offering a holistic approach to health is vital to Dr Sampath, he says “My ambition is to instill knowledge of Ayurveda in people to help them balance their body and mind and embrace a natural lifestyle. By listening to each client and carefully tailoring specific therapies for their own wellbeing, we can achieve a healthy balance that makes them comfortable.”

A Sri Lankan native, Dr. Sampath has been practicing Ayurvedic therapies for over 8 years and holds a Bachelors Degree in Ayurvedic Medicine and Surgery (BAMS) from Colombo University in Sri Lanka.

Previous to immersing himself in Ayurveda, Dr Sampath spent 15 years practising as a traditional medical doctor in Sri Lanka.

He brings his considerable skills to Anantara Peace Haven Tangalle Resort after gaining experience in Ayurveda hospitals, research institutes and Ayurveda resorts across the country. Dr. Sampath is passionate about tailoring Ayurvedic therapies to each client and offers a heartfelt motivation in his consultations and dosha analysis. Also a certified yoga practitioner, he enjoys enhancing yoga practices and teaching Anantara guests about the benefits of yoga.

Dr. Sampath also offers meditation at the resort, with complimentary sessions offered daily at the Yoga Pavilion. Guests can take part in an early meditation session to prepare their mind for the day or try some Tai Chi later in the evening. He can also provide private sessions, which can be held in your villa.

Discover your dosha with a complimentary consultation with Dr. Sampath or attend one of his Wellness Talks on Ayurvedic wellness. Reserve an acupuncture session or try some pranayama or Yogic Sleep to improve your health. With daily activities in the Yoga Pavilion, guests can benefit from the wisdom of Dr. Sampath in a variety of sessions.

Please reserve your session with Anantara Spa in advance to avoid disappointment.

Call +94 47 767 0700 or email spa.atan@anantara.com

Anantara Peace Haven Tangalle Resort

Phone + 94 47 767 0700 | Email: tangalle@anantara.com
Goyambokka Estate, Tangalle, 82200, Sri Lanka | anantara.com