SLEEP

US Travellers: How to Plan a Sri Lanka Ayurveda Reset Week — ETA, Jet Lag, Dengue Precautions, Medicines Rules and Coaching (Planning Guide)

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Sri Lanka works as a week-long reset built around an established Ayurveda resort stay, early movement, sleep timing and a coach plan you take home. It is a wellness experience, not a medical treatment and not a substitute for your own doctor's care. Before you book: apply for Sri Lanka's ETA, read CDC's Sri Lanka health page, check medicine-import rules, and plan for a roughly 9.5-to-14.5-hour time difference from the US mainland depending on your home zone and daylight saving. See a travel-medicine clinician at least a month ahead.

US travellers: planning a Sri Lanka Ayurveda reset week **Short answer:** Sri Lanka works as a week-long reset built around an established Ayurveda resort stay, early movement, sleep timing and a coach plan you take home. It is a wellness experience, not a medical treatment and not a substitute for your own doctor's care. Before you book: apply for Sri Lanka's ETA, read CDC's Sri Lanka health page, check medicine-import rules, and plan for a roughly 9.5-to-14.5-hour time difference from the US mainland depending on your home zone and daylight saving. See a travel-medicine clinician at least a month ahead. After Bali, Singapore and Kuala Lumpur planning pieces, this guide covers Sri Lanka. Our [Sri Lanka reset hub](/reset/sri-lanka) is in planning; this article helps travellers plan their own trip or join an interest list when dates open.

Who this is for

- US travellers who want a structured wellness week with Ayurveda therapies offered by licensed local practitioners, plus coaching before and after. - People willing to travel via Colombo (CMB) and transfer inland to hill country, Cultural Triangle or the south coast. - Coaching clients who want habits that survive the flight home — not a one-week detox fantasy.

Before you book: paperwork and health

ETA. All foreign nationals must obtain an Electronic Travel Authorisation before arrival via the official site ([eta.gov.lk](https://www.eta.gov.lk/slvisa/)). Short-visit tourist ETA detail: [short visit page](https://www.eta.gov.lk/slvisa/visainfo/shortvisit.jsp?ch3=current&locale=en_US). From 25 May 2026, nationals of listed countries including the United States may receive a free 30-day tourist ETA (confirm your nationality on the live list before you travel). Rules change — verify on the official site, not a reseller. Immigration text is not medical advice. **Travel health.** CDC's [Sri Lanka traveller page](https://wwwnc.cdc.gov/travel/destinations/traveler/none/sri-lanka) covers routine vaccines, hepatitis A, typhoid considerations, mosquito precautions (including dengue notices when active), food and water safety, and other risks. Book a travel clinic visit early. **Medicines.** Follow CDC's [travelling abroad with medicine](https://wwwnc.cdc.gov/travel/page/travel-abroad-with-medicine) advice: original labelled containers, prescription copies, carry-on packing, and destination-country legality checks. Ask your prescriber before travelling with injectables in heat, and about refrigerated storage if relevant. **Ayurveda framing.** Ayurveda in

Sri Lanka is a traditional system practised by local licensed practitioners. letsgo.health presents resort stays as wellness experiences and makes no disease-treatment claims. Check with your own doctor if you have a condition or take medication. Do not stop prescribed medicines because of a wellness menu.

Jet lag

US mainland to Sri Lanka is roughly a half-day shift (eastward for most US travellers). CDC jet lag guidance ([Yellow Book, archived](https://web.archive.org/web/20261013120110/https://www.cdc.gov/yellow-book/hcp/travel-air-sea/jet-lag-disorder. covers light exposure, sleep shifting before travel and short naps. Ask your doctor before any sleep medicine or melatonin.

Building a reset week (lifestyle layer)

- Morning outdoor light and gentle movement before heat builds. - Strength or mobility work a few days a week so the week is not only passive treatments ([Physical Activity Guidelines](https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines)). - Meal timing that matches resort schedules without forcing under-eating. - Hydration and mosquito protection as daily habits, not afterthoughts. - A written 90-day habit plan with your coach for after you land home. Transfers from Colombo to Kandy hills or south-coast resorts often take several hours — build buffer days around long car journeys, and do not schedule a hard workout the morning after an overnight flight.

Sample day shape (education, not a prescription)

1. Early light + short walk. 2. Resort therapy session as booked with licensed practitioners. 3. Protein-forward lunch; rest in heat of day. 4. Mobility or light strength later when cooler. 5. Evening wind-down timed toward local sleep. Adjust for medical advice from your own clinicians.

Where coaches fit

A coach helps you choose timing, pack routines and lock follow-up habits. Medical clearance, vaccine decisions and medicine questions stay with clinicians. After you return, the coach's job is continuity: sleep timing, strength twice a week, and not abandoning protein because vacation ended.

Related resets

[Bali](/reset/bali) · [Kuala Lumpur](/reset/kuala-lumpur) · [Singapore](/reset/singapore) · all destinations /reset Interest list / coach enquiry: support@resohealth.life · profile directory /coach

Packing checklist (non-medical)

- ETA confirmation and passport validity checked on official sites. - Prescription medicines in original labelled containers; copies of prescriptions; clinician letter if travelling with injectables. - Mosquito protection suitable for your destination and season. - Comfortable shoes for uneven paths and long transfer days. - Written habit plan for the first 14 days home (sleep timing, two strength sessions, protein-first breakfasts).

Money and logistics notes

Resort packages vary widely. Confirm what therapies are included, which practitioners are licensed, cancellation terms, and whether airport transfers are private or shared. Build buffer time around CMB arrivals that land late evening.

After you land home

The reset fails if week two is back to zero sleep and zero strength. Book the first coach check-in before you fly. Keep medical follow-up with your own clinicians separate from wellness souvenirs. *Education and planning only. Not medical advice. Resort services and immigration rules change — confirm on official sites before you fly.*

Disclaimer

Education only. Not medical advice.