

The Spence Update

11 MAY 2020

Updates on COVID-19

Click on the country flags below for updates:



Sri Lanka



Maldives



India



Oman

Our response plan against COVID-19

Our Joint Managing Director – Mr. Susith Jayawickrama addresses the UK travel industry in Selling Travel's COVID-19 updates:

[READ FULL ARTICLE ▶](#)

In the news

Travel with Dior Parfums to Sri Lanka
"At the heart of the forest, I am surrounded by new olfactory sensations"
- Dior Perfumer Creator -

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Data driven estimations of the end of COVID-19

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A rare new orchid found in Sinharaja rainforest, Sri Lanka

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Ceylon Chamber of Commerce presents post COVID-19 economic recovery plan to President of Sri Lanka

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Curfew relaxed and economic activities resume

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Efforts ongoing to assist over 11,000 tourists in the country

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Qatar Airways aim to fly to 80 destinations, including Maldives by June

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Addressing the challenges of COVID-19 in the Maldives

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Spread some positivity

VIRTUAL ZOOM BACKGROUNDS

Be creative during those long Zoom meetings! Here are a selection of beautiful destination backgrounds of our very own hotels, to transport yourself to in your next Zoom call.

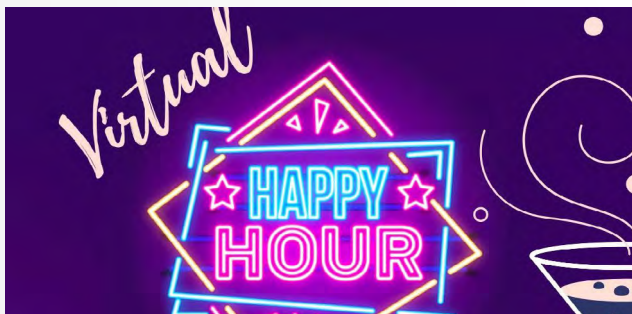
Visit our facebook page to view our selection:



HOME IS WHERE HAPPY HOUR IS!

We have taken the initiative to provide you with an array of video entertainment to look forward to, every Friday including, but not limited to unique excursions to plan on for your future trips, 'how' to guides and delicious recipes.

Tune into our Facebook page every Friday at 5.00 p.m. for an hour of entertainment



Inspired to inspire

REFRESHING ICED TEA

Inspired by the iced tea recipe by Adaaran Select Meedhupparu's talented Restaurant and Bar Manager, Asiri Weeraratne.

YOU WILL NEED:

Chilled black tea - 150ml | Fresh lime juice - 10ml | Sugar syrup - 10ml
Lime slices - 03 Nos | Cinnamon - 01 stick | Cloves - 4 Nos

PREPARATION:

In a tall glass with a few ice cubes, add the lime slices, cinnamon stick and cloves. Fill the glass with black tea, freshly squeezed lime juice and sugar syrup. Mix well and serve.

Try making your own iced tea to quench your thirst and beat the heat!



#FORAPOSITIVEFUTURE

As we are facing a pandemic that has halted the lives of millions, hope is a powerful force to hold on to. The Aitken Spence team has come together to share simple, yet positive messages to let you know that we are with you, through it all. Stay strong!

Until we meet again: Aitken Spence Hotels

[Click here to watch video ▶](#)

For a positive future:
Heritage Hotels and Resorts

[Click here to watch video ▶](#)

YOUR TRAVEL SOUVENIR



"Beautiful Sri Lanka"
Picture credit: travelwithgunes
Captured at Heritage Kandalama

THE AYURVEDIC APPROACH TO SELF-ISOLATION COURTESY OF HERITANCE AYURVEDA



COVID-19 is dictating the way we live and for many of us, staying indoors with minimal contact and a shrinking social life is frustrating. Heritance Ayurveda shares with us a different perspective with an ayurvedic approach on how this time can be optimized for self-care and growth.

1. Make a habit of going to bed early. Be an early riser. Get at least 6 – 8 hours of sleep, daily.
2. Breathing exercises or Pranayama (breath control) exercises for 5-10 minutes daily helps refresh your mind and body.
3. Consume freshly prepared food with vegetables. Add a fruit with Vitamin C to your diet. Avoid eating between meals.
4. Add small quantities of herbs such as Pepper, Ginger, Garlic, Cloves and Turmeric to your meals whilst cooking.
5. Drink at least 2 litres of warm water frequently.
6. Drink at least 2 cups of Tea daily. It has been proved that Coriander Tea and Ginger Tea are particularly beneficial for your health.
7. Green tea and mint helps the functionalities of your respiratory system.
8. Avoid cool drinks and cold water.
9. An ideal home remedy is steam inhalation with coriander, lime leaves. Make a practice of it whenever possible. Alternatively, you may use rosemary and/or mint leaves. Expose hands to the steam carefully for 2-3 minutes.
10. Morning sunlight exposure before 9.00 a.m. helps absorb Vitamin D to improve your immune system.
11. Be active. Take a walk, meditate, exercise and if possible, practice Yoga.
12. This is the best time to learn gardening and to help around the house.
13. Catch up on reading and listen to music.

There's no better time to focus on your wellbeing and develop a healthy routine. We hope these simple tips help you improve your quarantine lifestyle and develop a positive attitude. Stay safe and stay home!