

WELLNESS SRI LANKA

The traditional Ayurveda healing methods and exercises vary from Ayurvedic steam baths and saunas to meditation, acupuncture, energy medicine and yoga. Based on herbs and diet, it was the regions only treatment method until the introduction of western medication.



Ayurveda" which derives from ancient Sanskrit means "the Science of life" which has a holistic approach to the ways the body and mind can be treated. Ayurveda consists of three vital forces – Vata (wind), Pita (fire) and Kapha (earth). Ayurveda is known for its amazing healing methods for certain illnesses which even surpasses western medication practices, and Ayurveda treatment methods have captured the western world and most tourists have recognized Sri Lanka as their destination of choice for medication.

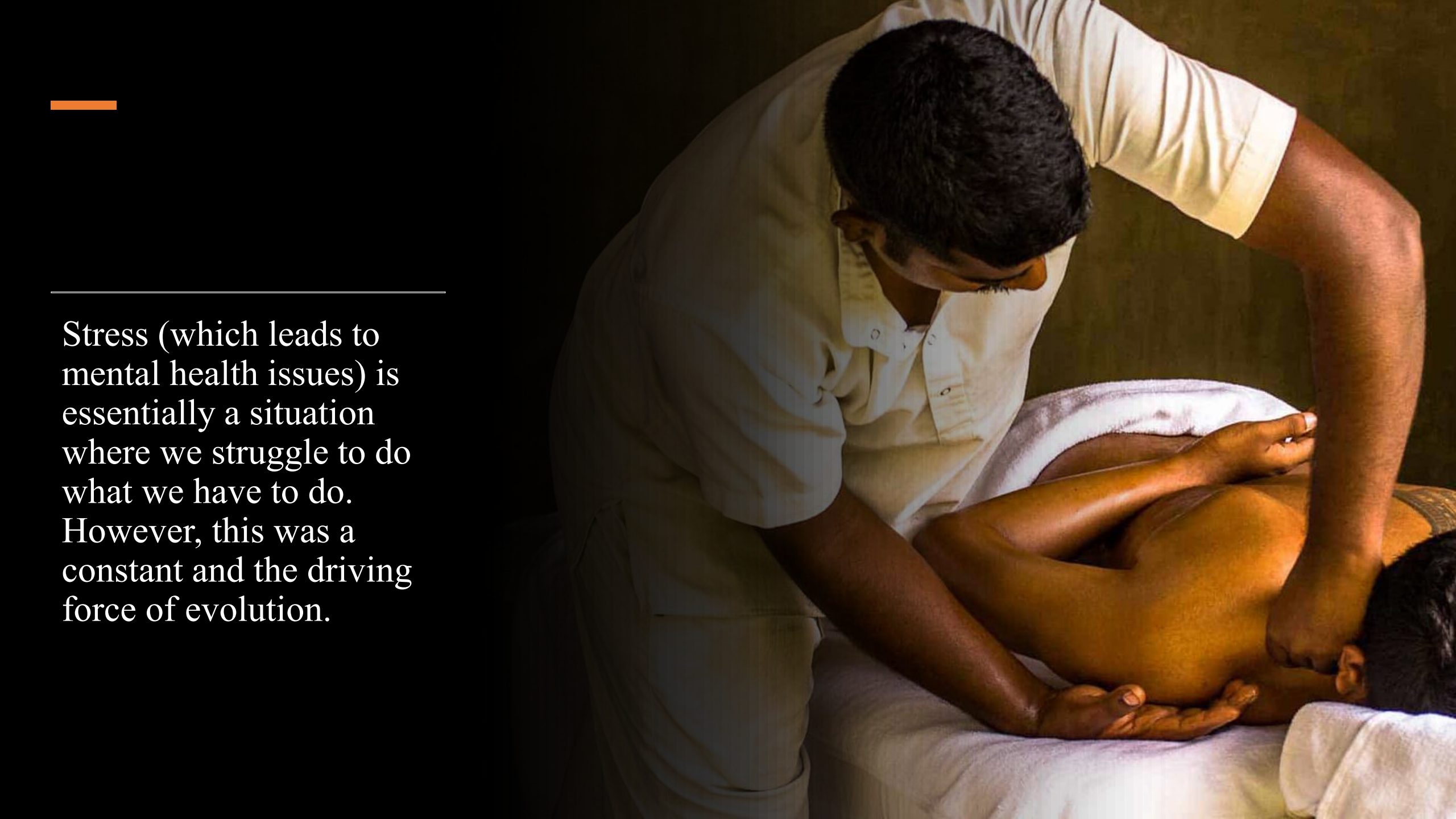


Day 1: Airport / Negombo

You will be welcomed by the Airport Representative and your guide who will be escorting you on the tour. Thereafter you will board the vehicle that will take you to Negombo.
(Approx. Travel time 20 minutes / 10 kms)

Check in to the hotel and get greeted with a welcome drink.

Dinner & Overnight stay at Wattura Resort and Spa or similar (HB)

A close-up photograph of a masseur in a white short-sleeved shirt performing a massage on a person lying on a table. The masseur is leaning over the person, with his hands on their back. The person being massaged is lying on their side, with their back to the camera. The scene is dimly lit, with a warm, golden light highlighting the masseur's hands and the person's back. The background is dark and out of focus.

Stress (which leads to mental health issues) is essentially a situation where we struggle to do what we have to do. However, this was a constant and the driving force of evolution.



Day 2/Day 3 /Day 4: Negombo/Kandy

Travel to Kandy to discover the epitome of luxury.

Check in to the hotel and get greeted.

Dinner & Overnight stay at Santani Resort and Spa (HB)

A person is sitting on a wooden bench in a spa, looking out at a lush green forest. The spa has a wooden ceiling and a large window. A wooden bowl with a spoon is on the bench in the foreground.

Santani Resort and Wellness Treatments

Daily wellness treatments and therapies to revive the mind, body and spirit (90 minutes per day)

Personalized wellness consultation upon arrival with the resident doctor including body type analysis

Discussion with the chef about healthy eating

Daily morning and evening group Hatha Yoga

Access to spa facilities such as sauna, steam room and thermal saltwater bath

Guided group nature walks with our resident naturalist

Unlimited fresh juice and herbal teas

Lifestyle discussions and healthy living guidance

This therapies is effective for various kinds of arthritis, spondylitis, back pain, sports injuries, sciatica, joint pains and soft tissue inflammations.





Day 5/Day 6 /Day 7: Kandy/Ahungalla

Travel to Ahungalla to discover the epitome of luxury.

Check in to the hotel and get greeted.

Dinner & Overnight stay at Heritance Ayurveda Maha Gedara (HB)



**AWAKEN YOUR VITALITY WITH HERITANCE
AYURVEDA'S REJUVENATION JOURNEY**

Personalized Consultation: A thorough consultation with an Ayurvedic expert to assess your specific rejuvenation needs and tailor the program accordingly.

Panchakarma Treatments: A series of Panchakarma therapies, such as Abhyanga (full-body oil massage), Shirodhara (oil pouring on the forehead), and Basti (medicated enema), to cleanse and detoxify the body, promoting deep rejuvenation.

A woman with her eyes closed is lying on a massage table, receiving a head massage. A therapist's hands are visible, holding a brass bowl from which water is being poured over the woman's head. The woman is wearing a dark top, and a rolled-up towel is under her head. The background shows a window with white blinds.

Below Rates will be in effect from 22nd of April 2024 to 22nd of May 2024

- Price

TRANSPORT

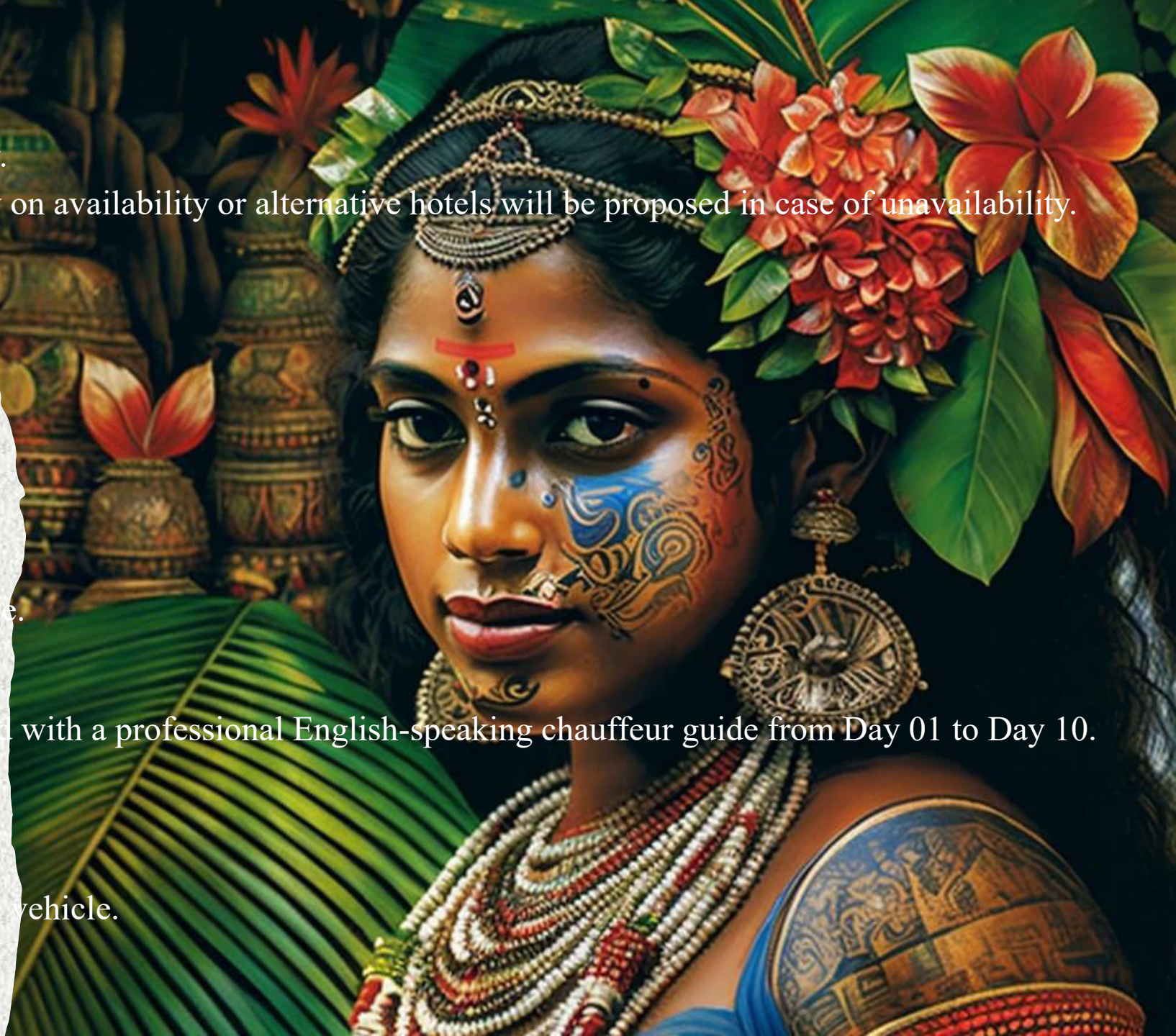


Payment and Cancellation

- ✓ 100% payment before arrival is necessary.
- ✓ All selected hotels will be confirmed only on availability or alternative hotels will be proposed in case of unavailability.
- ✓ Cancellation before 4 weeks – no charge
- ✓ 4-2 Weeks: 50% of Accommodation
- ✓ 2-1 Week: 75% of Accommodation
- ✓ Less than 1 week 100% charge

Tour Price Inclusive

- ✓ Accommodation at the hotels listed above.
- ✓ Entrance fees mentioned in the itinerary.
- ✓ An air-conditioned Micro van is provided with a professional English-speaking chauffeur guide from Day 01 to Day 10.
- ✓ Highway Tolls.
- ✓ Pick-up and drop-off at the airport
- ✓ Mineral water bottles are available in the vehicle.



Tour Price Excludes

- ✓ VISA Fee
- ✓ Tips of personal nature such as for bell boys, shoe care, sanitary purposes
- ✓ Travel Insurance
- ✓ Drinks with meals
- ✓ Anything outside said itinerary (Optional excursions)
- ✓ PCR and antigen test charges
- ✓ Quarantine charges if found positive of Covid 19 virus.

**** Prices quoted are subject to change in case of any sudden fuel hikes and government tax alterations****

