



ANANTARA

SPA

AYURVEDA WELLNESS
PACKAGES

SUWAYA

ONE DAY OF SELF-CARE

A one-day introduction to self-care. Consult with our resident Doctor of Ayurveda, a lifestyle coach and nutritionist. Learn how to nurture your body and mind in accordance with your doshas. Dip your toes into the world of Ayurveda with a herbal soak and two recommended treatments.

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Lifestyle coaching
- Tour of herbal, spice and vegetable garden
- Choice of two 60-minute ayurvedic treatments
- Choice of herbal bath or herbal steam bath
- Technology wind-down in the evening

Priced at **USD 360 per person**, inclusive of applicable tax and service charge





SAMBARA

Find balance in life with three days of yoga, meditation and Ayurvedic treatments. Burn off energy and stress with workout sessions on the beach or in the gym. Wind down afterwards with a sunset visit to a nearby Buddhist temple.

THREE-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Personalised session of Ayurvedic lifestyle coaching and Ayurvedic eating principles
- Access to the resort's fitness centre
- Daily morning yoga or meditation session
- Daily evening yoga or fitness session
- Technology blackout every evening
- Three Ayurvedic spa treatments
- A visit to Kadurupokuna temple to receive blessings from a monk

Priced at **USD 1080 per person**, inclusive of applicable tax and service charge

DEEP SLEEP

Sleep is vital for recharging body and mind, but is often neglected in modern life. Exchange stress for oceanfront serenity and reset your sleep patterns. Restful, smartphone-free days of yoga, meditation and deeply healing Ayurvedic treatments prepare you to return to your everyday life, renewed.

We offer programmes of five or seven days

FIVE-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- One slumber guru experience
- Two private yoga sessions per stay
- One Ayurveda herb workshop
- Technology blackout every evening
- Five spa treatments per stay
 - One 60-minute head massage treatment
 - One 60-minute shirodara treatment
 - One 90-minute marma abhyanga treatment
 - One 60 shiro vasthi treatment
 - Two acupuncture treatments for sleep
- Four local experiences per stay
 - Visit the local pottery village
 - Guided excursion to the Buddhist temple
 - Lagoon tour with a kayak ride
 - Indigenous healthy high tea experience
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2000 per person**, inclusive of applicable tax and service charge

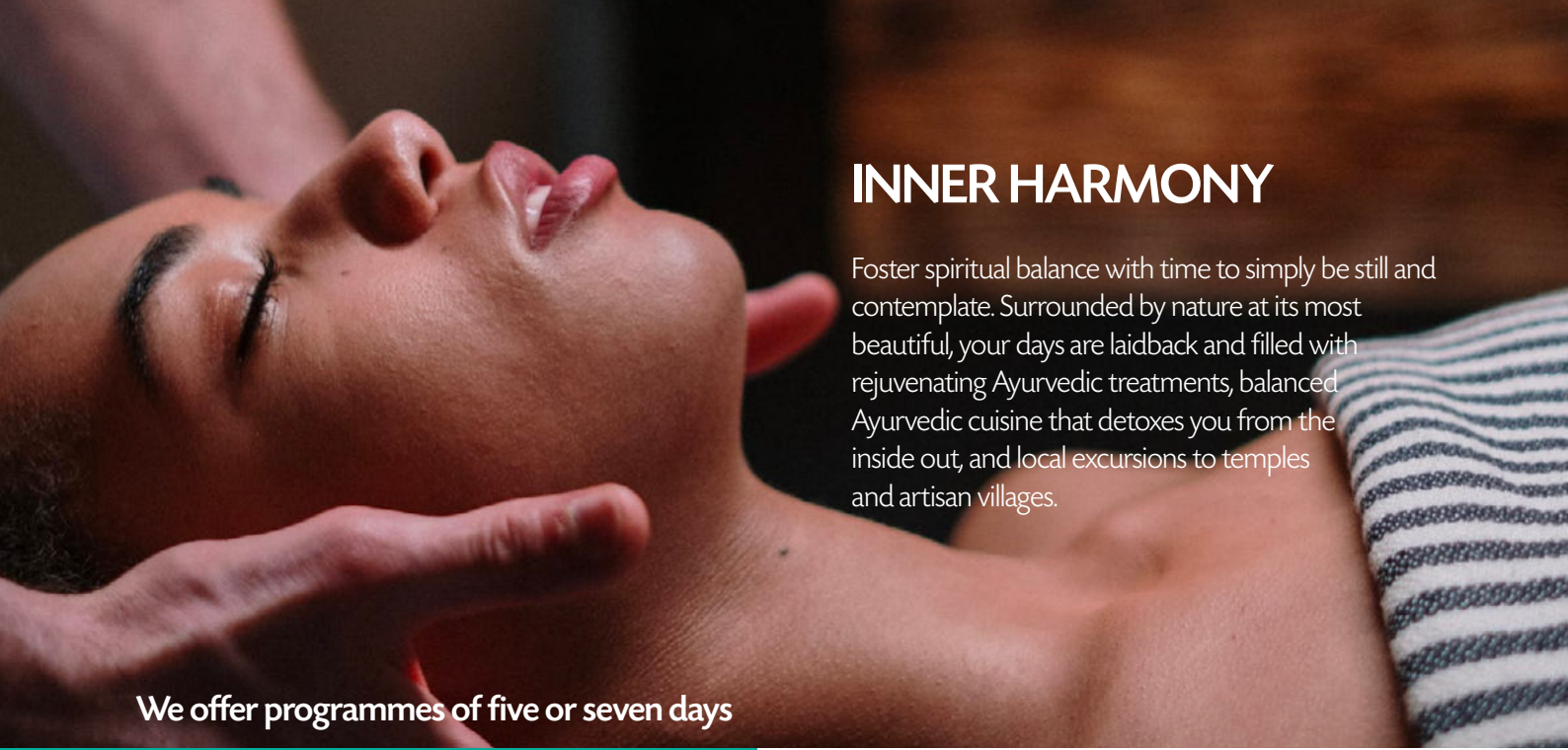


SEVEN-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily early morning journaling or nature walk
- Three private 'mindful moment' sessions per stay
- Two 45-minute life coaching sessions per stay
 - One Ayurveda herb workshop
 - Three private yoga sessions per stay
- Access to the resort's fitness centre
- Technology blackout in the evenings
- Two in-room Anantara slumber guru rituals per stay
- Six spa treatments per stay
 - One 90-minute foot reflexology massage
 - One 60-minute shirodhara treatment
 - One 90-minute marma abhyanga treatment
 - One 60-minute head massage treatment
 - One 60-minute shirovasthi treatment
 - Three acupuncture treatments for sleep
- Two local experiences per stay
 - Guided excursion to Mulgirigala Buddhist temple
 - Indigenous healthy high tea experience
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2800 per person**, inclusive of applicable tax and service charge



INNER HARMONY

Foster spiritual balance with time to simply be still and contemplate. Surrounded by nature at its most beautiful, your days are laidback and filled with rejuvenating Ayurvedic treatments, balanced Ayurvedic cuisine that detoxes you from the inside out, and local excursions to temples and artisan villages.

We offer programmes of five or seven days

FIVE-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Two private yoga sessions per stay (or join resort yoga sessions)
- One Ayurveda herb workshop
- Technology blackout every evening
- Five spa treatments per stay
 - One 90-minute marma abyanga treatment
 - One 60-minute chakra crystal balancing treatment
 - One 60-minute shirovasti treatment
 - One 60-minute shirodhara treatment
 - Two acupuncture treatments for stress relief
- Four local experiences per stay
 - Guided excursion to a nearby Buddhist temple
 - Lagoon tour with a kayak ride
 - Indigenous healthy high tea
 - Visit the local pottery village
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2100 per person**, inclusive of applicable tax and service charge

SEVEN-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Three private 'mindful moment' sessions per stay
- Two 45-minute life coaching sessions per stay
- Access to the resort's fitness centre
- Three yoga sessions per stay (or join resort yoga sessions)
- One Ayurveda herb workshop
- Technology blackout every evening
- Six spa treatments per stay
 - One 90-minute foot reflexology massage
 - One 60-minute head massage
 - One 60-minute chakra crystal balancing treatment
 - One 60-minute shirodhara treatment
 - One 90-minute detox massage
 - Three acupuncture treatments for stress relief
- Five Local Experiences per stay
 - Rakawa turtle conservation (available from September – April)
 - Guided excursion to Wewurukannala Buddhist temple
 - Guided excursion and receive monk's blessing at Kadurupokuna Buddhist temple
 - Indigenous healthy high tea experience
 - Herbal garden tour and lake boating at Sanu
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2940 per person**, inclusive of applicable tax and service charge

NATURAL WEIGHT

Learn the Ayurvedic approach to weight management that leaves you in perfect balance and functioning at your best. Ayurvedic herbal treatments detoxify, Ayurvedic cuisine based on your doshas keeps you well-nourished and satiated, and vigorous training sessions boost your metabolism.

We offer programmes of five or seven days

FIVE-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Private yoga session per stay (or join resort yoga sessions)
- One personalised physical training (PT) session per stay
- One Ayurveda herb workshop
- Technology blackout every evening
- Five spa treatments per stay
 - One 90 - minute deep tissue Ayurveda massage
 - One 60-minute udwarthana treatment
 - One 60-minute detox massage treatment
 - Daily 30-minute herbal steam bath /herbal bath treatment
 - Two acupuncture treatments for weight loss
- Two local experiences per stay
 - Lagoon tour with a kayak ride
 - Visit to the local pottery village
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 1800 per person**, inclusive of service charge and applicable taxes

SEVEN-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Two private 'mindful moment' sessions per stay
- Two 45 -minute life coaching sessions per stay
- Three yoga sessions per stay (or join resort yoga sessions)
- One Ayurveda herb workshop
- Two personalised physical training (PT) sessions per stay
- Access to the resort's fitness centre
- Technology blackout every evening
- Six spa treatments per stay
 - One 90-minute deep tissue massage
 - One 90-minute detox massage
 - One 90-minute Marma Abhyanga treatment
 - One 60-minute Udwartana treatment
 - Two 30-minute herbal steam baths and one herbal bath treatment
 - Three acupuncture treatments for weight loss
- Two Local Experiences per stay
 - Guided excursion and receive monk's blessing at Kadurupokuna Buddhist temple
 - Guided excursion to Mulgirigala Buddhist temple
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2520 per person**, inclusive of applicable tax and service charge



A REBUILDING DETOX

Cleanse from within with an Ayurvedic lifestyle that feeds your natural fire and burns toxins. Cleanse the mind as well, with contemplative nature walks, gentle yoga sessions, and daily Ayurvedic treatments that deeply relax.

We offer programmes of five or seven days

FIVE-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Two yoga sessions per stay
- One private yoga session per stay (or join resort yoga sessions)
- Technology blackout every evening
- One Ayurveda herb workshop
- Five Ayurveda treatments
 - One 90-minute marma abhyanga
 - One 60-minute pinda sweda treatment
 - One virechana karma treatment
 - One 60-minute udwartana treatment
 - One acupuncture treatment for detox
- Three local experiences per stay
 - Lagoon tour with a kayak ride
 - Indigenous fishing tour
 - Visit the local pottery village
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 1800 per person**, inclusive of service charge and applicable taxes



SEVEN-DAY PROGRAMME

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Three private 'mindful moment' sessions per stay
- Two 45-minute life coaching sessions per stay
- One Ayurveda herb workshop
- Three private yoga sessions per stay (or join resort yoga sessions)
- Access to the resort's fitness centre
- Technology blackout in the evenings
- Two in-room Anantara slumber guru rituals per stay
- Six spa treatments per stay
 - One 90-minute foot reflexology massage
 - One 60-minute shirodhara treatment
 - One 90-minute marma abhyanga treatment
 - One 60-minute head massage treatment
 - One 60-minute shirovasthi treatment
 - Three acupuncture treatments for sleep
- Two Local Experiences per stay
 - Guided excursion to Mulgirigala Buddhist temple
 - Indigenous healthy high tea experience
- Ayurveda cuisine (breakfast, lunch, dinner)

Priced at **USD 2800 per person**, inclusive of applicable tax and service charge

PANCHAKARMA

Maintain peak wellness and prevent disease with Panchakarma, the definitive purifying and rebuilding Ayurvedic programme. Our resident Doctor of Ayurveda will draw up a personalised programme for you based on your doshas, any health issues and the state of your immune system.

This programme is recommended as a regular, seasonal detox.

Expectations during Panchakarma program

- Wake up early to the sounds of a gong before receiving your medicines.
- Do yoga and meditation on the beautiful sand overlooking the picturesque beaches or just relax on your terrace or in the gardens, taking a morning walk.
- After that, it is time for breakfast before you meet with the doctor and start your daily treatments in the Panchakarma treatment center.
- After breakfast, you will have free time to yourself to relax before your scheduled treatments.
- The duration and number of the daily treatments will vary depending on the stage you are at.

INCLUSIONS

- Personalised consultation with the resident Ayurveda Doctor
- Personalised dosha constitution
- Daily morning journaling or nature walk
- Daily morning yoga or meditation session
- Daily evening yoga or fitness session
- Ayurveda herbal workshop
- Personalised meals according to body dosha balance as recommended by the doctor
- Weekly Ayurveda lectures
- Technology blackout every evening
- Daily two-hour ayurvedic treatments which include,

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|----------------------------|----------------------------|---------------------------------------|
| - Head massage | - Abhyanga | - Njavarakizhi |
| - Neck & Shoulder massage | - Marma abhyanga | - Kati Vasthi/ Janu Vasthi/ Uro Asthi |
| - Foot Reflexology | - Pinda Sweda | - Pichu |
| - Shiro Vasthi/ Shiro Lepa | - Sarvangadhara (Pizichil) | - Akshi Tarpana |
| - Virechana Karma | - Ksheeradhara | - Herbal Bath |
| - Shirodhara | - Nadi Swedana | - Vasthi Karma |
| - Nasal | - Udwartana | |

To reserve your experience or explore ways to tailor your package, please call our central reservations team at +34 722 6060 or email reservations.srilanka@anantara.com

Terms and conditions apply.

- Ayurvedic treatments are personalised and are subject to change based upon the Ayurveda Doctor's guidance.
- Ayurvedic treatments work by internal cleansing and may cause a disturbance to your usual body rhythms.
- People below 18 years of age and above 70 years of age are not eligible for certain programmes and will require a doctor's approval.
- If you have any current or chronic illnesses, a medical clearance is required to enrol in the wellness programmes.
- A waiver of release will be signed before the commencement of the programme.

