Special Ayurveda Packages for Sri Lankans

Travel Period	**20th November 2026 to 20th December 2026**
Room Type	**Deluxe Room**
Meal Plan	**Full Board**

Package **04 nights stay**

Day 01 Arrival & check in for dinner

Day 02 Yoga or Meditation
Doctor Consultation
Pada Abhyanga – (Therapeutic Foot Massage)
Vakthra Abhyanga - (Therapeutic Face Massage)
Mrudhu Shareera Abhyanga - (Therapeutic Synchronized Body Massage)
Yoga Session

Day 03 Yoga or Meditation
Back & spine massage
Druda Shareera Abhyanga - (Therapeutic Intensive Body Massage)
Sheersha Abhyanga – (Therapeutic Head Massage)
Avagaha Sweda - (Herbal Bath) or Vashpa Sweda – (Herbal Steam Bath)
Yoga Session

Day 04 Yoga or Meditation
Milk rice or Herbal pack massage
Neck and shoulder Massage
Special Treatment - (based on guests condition)
Avagaha Sweda - (Herbal Bath)
Yoga Session

Day 05 Yoga or Meditation
Vakthra Abhyanga – (Therapeutic Face Massage)
Vashpa Vedu Karma - (Herbal Inhalation)
Special Treatment - (based on guests condition)
Druda Shareera Abayanga (Intensive Body Therapy)
Harbal Bath
Doctor Consultation
Check out after lunch

Package Rate	**Single**	**240,000**
	Double	**390,000**

Terms & Conditions

* Maximum occupancy per room is 2 persons.
* The resort is 100% Ayurvedic as such consumption of Liquor and Smoking are strictly not allowed within the premises. Also tea or coffee will not be served herbal tea will be served instead.
* All meals and beverages served will be 100% authentic ayurveda.
* Children below 16 Years are restricted

Rate inclusive with ,

1. Accommodation + FB Basic
2. Ayurveda Treatments +Dr. Consultation (04 treatments per day)
3. Daily yoga offred free of charged
4. Serice Charge and Government Tax

Internal