

Ayurveda & Wellness

Ayurveda is the 'science of life'. Many people visit sri lanka to escape the mundane and hectic ways of life and to get a healthy dose of Ayurveda's rejuvenating powers. Provides Traditional Ayurvedic Therapy to Cleanse, Detoxify, and Rejuvenate Mind, Body and Soul to promote general Wellness for Health conscious clients using 100% Natural Ayurvedic treatments under the guidance of experienced Ayurvedic Doctors. We ensures a wellness holiday like never before



Detail Itinerary

Day 01 – Destination Colombo Drive: Approximately 1 Hour (35 km)

On arrival in Sri Lanka you will be met and assisted by our Airport Representative, who will direct you to your very own Chauffeur who will transfer you to Colombo, the commercial capital of the country.

Once you check in at your hotel relax and recover from any jet lag. If you have spare time your chauffeur will introduce you to the sights and sounds of Colombo.

Drive through the commercial and city center known as the "Fort", built by the Portuguese in the 16th century where grand colonial era buildings stand alongside modern office structures. See the vibrant markets and bazaars of Pettah, and the National Museum with its fine collection of lovely antiques and art of Sri Lanka. You could visit a Buddhist temple and a Hindu Kovil to experience the diversity of religion, ethnicity and customs of the people. Alternatively you may indulge in some shopping.

Day 02 – Destination Beruwala Drive: Approximately 1 Hour (35 km)

Beruwala is the starting point of the 130 kilometres (81 miles) long stretch of beach. In the past few years great strides have been made in the field of resort development in this area. The bay around remains ideal for bathing almost for the whole year.

You will be checking to the best sri Lankan Ayurvedic Hotel in sri lanka. & First day you will get the doctor consultation.

Day 03 - Head/ Face/ Foot and Body (sync) Active

Day 04 - Shirodhara (Oil stimulation on forehead)

Day 05 - Steam bath/ Sauna

Day 06- Herbal inhalation

Day 07 - Aromatic Deep tissue massage at the Spa & Final Consultation with the doctor

Day 08 – Departure to Airport