

SWASTHA SANRAKSHANA

Three-Day Ayurvedic Journey

Embark on a gentle exploration of the healing effects of Ayurveda. A programme is drawn up according to your doshas after a consultation with the Doctor of Ayurveda, and includes diagnostics and a tailored dietary plan. Unwind with yoga each morning and healing treatments throughout the day in the most pristine of island settings.

Treatments	Duration	Sessions
Consultation	30 mins	2
Pada abhyanga (foot reflexology)	60 mins	1
Sheersha abhyanga (head massage)	30 mins	1
Washpa swedana (steam bath)	20 mins	3
Shareera abhyanga (full body massage)	60 mins	2
Udwarthana (herbal powder body scrub)	60 mins	1
Shirodhara (warm oil treatment)	60 mins	1
Acupuncture	30 mins	3
Morning yoga	60 mins	3

SCHEDULE

Day One

	Duration
Morning yoga	60 mins
Consultation	30 mins
Pada abhyanga (foot reflexology)	60 mins
Sheersha abhyanga (head massage)	30 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL (including consultation)	230 mins

Day Two

	Duration
Morning yoga	60 mins
Shirodhara (warm oil treatment)	60 mins
Shareera abhyanga (full body massage)	60 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL	230 mins

Day Three

	Duration
Morning yoga	60 mins
Consultation	30 mins
Udwarthana (herbal powder body scrub)	60 mins
Shareera abhyanga (full body massage)	60 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL (including consultation)	260 mins

USD 630 net per person

For more information, please contact reservations.srilanka@minor.com

Terms and conditions

- Ayurvedic treatments are personalised and are subject to change based upon the Doctor of Ayurveda'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 enroll in the wellness programmes.
- A waiver of release will be signed before commencement of the programme.

EXCLUSIONS

- Accommodation and meals excluded.

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