

Ayurvedic Tour

Spend a week in perfect harmony with your natural environment. Let a healthy doze of ancient wisdom invigorate your senses and bring back the balance of body, mind and the soul. Ayurveda is a holistic medicinal system of life. This tour bring you the very best in ayurvedic treatments for detoxification, rejuvenation, and anti-aging.

Please note that the following schedule is only a general description. Our doctors will create customized treatment plans upon assessing individual needs and requirements.

DAY 1

Arrive at the Colombo international airport. You will be transferred to the Ayurveda Pavilions, a purpose built health resort set in the unique town of Negombo. Designed into the existing landscape maintaining a natural harmony with a village like atmosphere, a walled garden and a courtyard with tropical plants.

Cleansing and Detoxification: Ancient methods of Ayurvedic medicine are used to purify the whole body by eliminating the accumulated toxins. Even a person with a pure body can benefit from the preventive aspects of the treatment.

DAY 2

Rejuvenation: Restore the vigor and vitality of the body and enhance the body's immunity.

Anti-Aging: Throughout the day you will receive time tested herbal treatments for beauty enhancement. The traditional recipes once reserved for the ancient royalty are now custom tailored to modern day requirements. The treatments include procedures for hair care, and skin care.

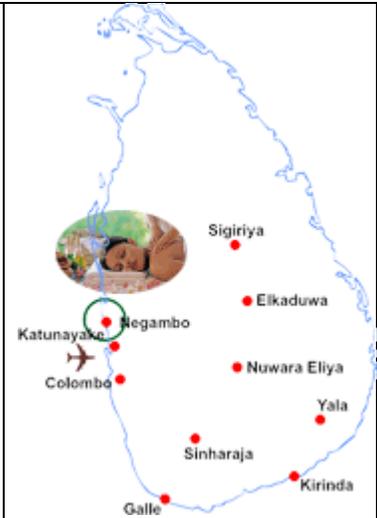
The herbal oils used in this process also improves complexion and brings back the natural luster of the skin.

DAY 3

Take a day off from the world of stress and strain, and let our Ayurvedic doctors help your mind and body repair itself. Carefully planned programs such as special soothing massages will work at the physical level to soothe the aching muscles and tensed nerves throughout the day. Once relaxed your mind and body will work together to bring the natural rhythm back to your life.

DAY 4

A step towards your correct weight: Deep massage with herbal powders and pastes, synchronized massage with specific oils, steam bath, etc., mobilizes the accumulated fat, and help you develop the "proper appetite". Appropriate therapeutic treatments are also available through our Ayurvedic physicians to help you stay on the right path.



DAY 5

Meditation and Yoga: Meditation helps keep your mind focused and stress free, which in turn leads to relaxed body that does not crave for unhealthy lifestyle choices. The yoga practices are personalized and are prescribed if a need to add to the effectiveness of the treatment is needed.

DAY 6

Spine and Joint Health: You will receive therapies directed towards relieving inflammation and pain and improving the circulation. Additional treatment may be available for releasing spasm, and for strengthening and nourishing of the spine and the joints.

DAYS 7

Transfer to the airport for your flight home.

ALL WEEK

Lifestyle Disease Management: The Ayurvedic approach treats the modern day life style by products: Diabetes, Hypertension, High Cholesterol, etc with time-tested methodologies. The treatments are as always coupled with preventive measures. You will also receive individualized food and lifestyle advice.

With holistic treatments based on the expert knowledge of a trained and experienced doctor, there's Yoga, meditation, music therapy as well as special wellness packages to suit specific needs, complemented by ayurvedic cuisine with cookery demonstrations to learn from. Quiet and intimate this Sri Lanka Ayurveda hotel provides a perfect environment for guests to discover their inner selves through therapy in peace and solitude.

