

TROPICAL LANKA GETAWAYS

TEL: 1300 43 44 57

MIND AND BODY PAMPER (AYURVEDA) PACKAGE 7 NIGHTS/8 DAYS

Ayurvedic medicine “*Ayurveda*” for short is one of the world's oldest holistic healing systems developed over 3,000 years ago. Ayurveda is based on the belief that one’s health and wellness depend on a delicate balance between the mind, body, and the soul. The main goal of Ayurveda is to promote good health while focusing on specific health problems.



In the Western world, Ayurveda therapies and practices have been integrated in general wellness applications. Natural, plant-based products used in Ayurvedic treatment are mainly derived from roots, leaves, fruits, bark, or seeds of medicinal value, such as cardamom, cinnamon, turmeric, ginger etc. Ayurvedic treatment involves a suite of natural techniques including massage, dietary regimes, lifestyle advice, practice of Yoga and meditation, to name a few.

The best results of an Ayurvedic treatment regime can be reaped only after continuous treatment of at least one week.

Sri Lanka, engaged in this oldest tradition of medicine offers an all-inclusive package to rejuvenate your body, mind and soul with a view to attain a healthy balance.



Package Inclusions

- Airport transfers on arrival and departure, to and from the designated hotel
- 7 Nights' accommodation in superior room
- Fruit Basket on Arrival
- Breakfast, Lunch and Dinner as per Ayurvedic dietary advise (Fresh Vegetables and Fruit, Herbal Juices and Fish are included in Meals. No meats will be served).
- Traditional Sweets with afternoon tea
- Ayurveda Tea throughout the day
- 2 ½ hours of Traditional Ayurvedic treatment per day
- Two 1-hour Yoga sessions per day for 6 days.
- One session of meditation per week
- One Ayurvedic Lecture per week
- Elixir Tasting (a medicinal preparation believed to promote longevity)
- Gift package of Ayurvedic products
- Visit to a Factory where Ayurvedic Products are prepared
- All Government Taxes

Package Exclusions

- Ayurvedic Treatment after the life of the package
- Upgrade to rooms of higher category
- Early Check in /Late Check out charges
- Additional dishes outside the Ayurvedic Menu
- Expenses outside the list of 'Inclusions'

Terms and Conditions

- Prices are subject to variation without prior notice, due to changes to exchange rate & hotel tariffs and Government taxes
- Due to high demand of Ayurveda Packages 75% payment on confirmation and balance 45 days prior to commencing tour
- Cancellation after confirmation of a package is subject to a cancellation fee, which may vary based on the time of cancellation
- Prices may be subject to seasonal supplements