

SWASTHA STHAPANA

Five-Day Ayurvedic Journey

Detox and restore your body's equilibrium for optimal wellbeing. 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. Herbal concoctions from 5,000-year-old recipes flush out any impurities.

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	5
Shareera abhyanga (full body massage)	60 mins	3
Udwarthana (herbal powder body scrub)	60 mins	1
Shirodhara (warm oil treatment)	60 mins	2
Pinda sweda (herbal massage)	90 mins	1
Wakthra prathikaara (facial treatment)	60 mins	1
Acupuncture	30 mins	3
Morning yoga	60 mins	5

SCHEDULE

Day One	Duration
Morning yoga	60 mins
Consultation	30 mins
Pada abhyanga (foot reflexology)	60 mins
Sheersha abhyanga (head massage)	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL (including consultation)	200 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
Shirodhara (warm oil treatment)	60 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL	170 mins



Day Four	Duration
Morning yoga	60 mins
Udwarthana (herbal powder body scrub)	60 mins
Pinda sweda (herbal massage)	90 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL	260 mins

Day Five	Duration
Morning yoga	60 mins
Consultation	30 mins
Wakthra prathikaara (facial treatment)	60 mins
Shareera abhyanga (full body massage)	60 mins
Washpa swedana (steam bath)	20 mins
TOTAL (including consultation)	230 mins

USD 1000 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.

ANANTARA KALUTARA RESORT SRI LANKA

St. Sebastian's Road, Katukurunda, Kalutara

T +94 34 222 0222 F +94 11 243 8933 E kalutara.resort@anantara.com

