

# SWASTHA WARDHANA

## Seven-Day Ayurvedic Journey

Immerse fully in the world of Ayurveda, with a series of treatments to soothe, detox and balance. 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. Take a 360° approach to wellness with daily yoga, steam baths and ancient treatments.

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	7
Shareera abhyanga (full body massage)	60 mins	4
Udwarthana (herbal powder body scrub)	60 mins	1
Shirodhara (warm oil treatment)	60 mins	3
Pinda sweda (herbal massage)	90 mins	2
Wakthra prathikaara (facial treatment)	60 mins	1
Lepana (herbal body wrap)	60 mins	1
Acupuncture	30 mins	5
Morning yoga	60 mins	7



### 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
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

USD 1350 net per person

For more information, please contact [reservations.srilanka@minor.com](mailto: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 11243 8933 E [kalutara.resort@anantara.com](mailto:kalutara.resort@anantara.com)

#### Day Four

	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 Five

	Duration
Morning yoga	60 mins
Udwarthana (herbal powder body scrub)	60 mins
Pinda sweda (herbal massage)	90 mins
Washpa swedana (steam bath)	20 mins
TOTAL	230 mins

#### Day Six

	Duration
Morning yoga	60 mins
Lepana (herbal body wrap)	60 mins
Pinda sweda (herbal massage)	90 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL	260 mins

#### Day Seven

	Duration
Morning yoga	60 mins
Consultation	30 mins
Wakthra prathikaara (facial treatment)	60 mins
Shareera abhyanga (full body massage)	60 mins
Acupuncture	30 mins
Washpa swedana (steam bath)	20 mins
TOTAL (including consultation)	260 mins



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