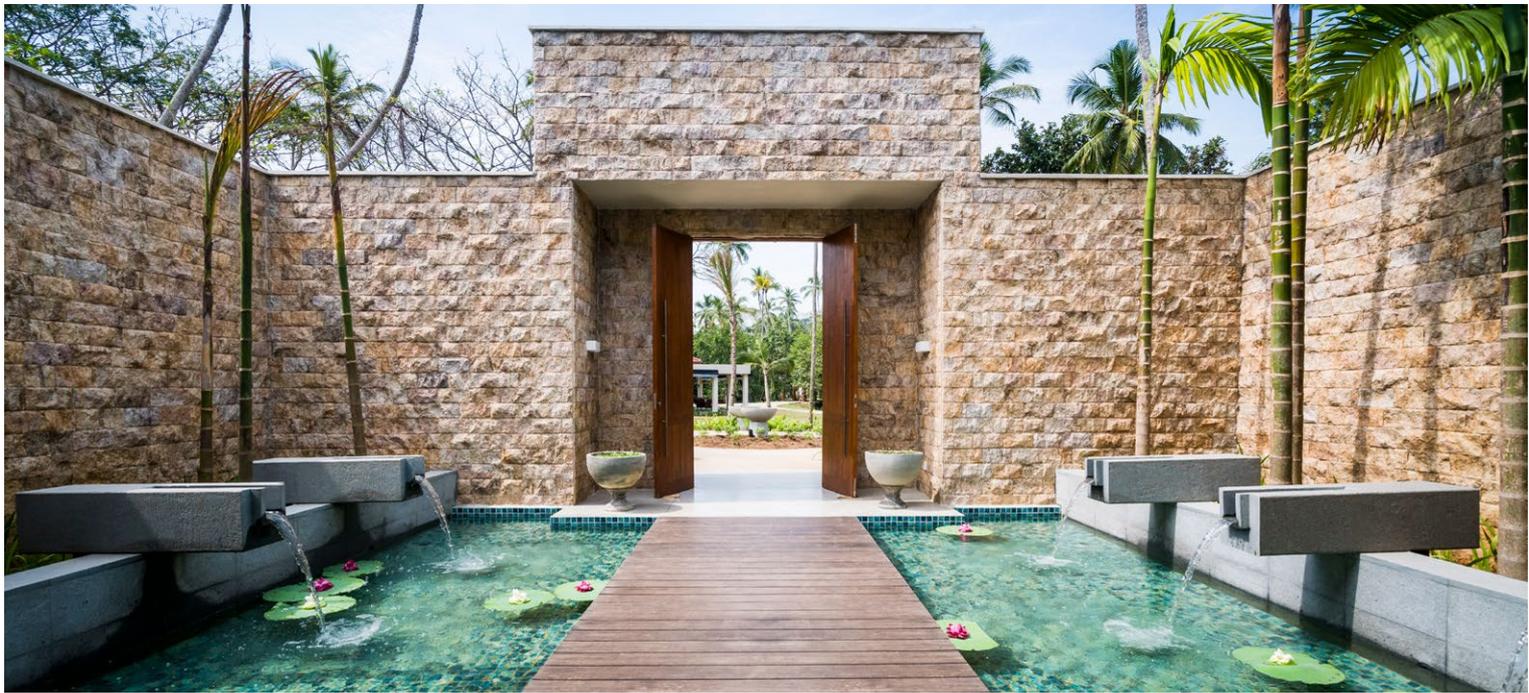



balance
WELLNESS BY ANANTARA

THE SCIENCE OF LIFE
AYURVEDA AT ANANTARA PEACE HAVEN TANGALLE



AYURVEDIC TREATMENTS

Ayubowan. The natural science of Ayurveda is indigenous to Sri Lanka, and this aspect of the country's wellness heritage enjoys a thriving place in modern holistic health. Taking into account each person's unique dosha constitution and imbalances, the **following individual treatments are administered only after a consultation with the resident Ayurvedic Doctor**, who also tailors the ideal selection of herbs and medicines to treat each client's bespoke health concerns. This highly personalised approach ensures treatment efficacy to maximise each person's wellbeing.

INDIVIDUAL TREATMENT SELECTION

Introductory Consultation - 30 minutes / Complimentary

Curious about Ayurveda? Introduce yourself to its therapeutic capabilities through a light consultation with the Resident Doctor of Ayurveda. You'll learn the basics of what being in balance means to you.

Personal Consultation - 90 minutes

This in-depth session with the ayurvedic doctor includes a complete emotional, physical and lifestyle analysis to determine your *prakruti* (your natural state) and *vikruti* (your current imbalances). He understands your ayurvedic body type through observation, lifestyle questions, and examination. The key physical indicators of the doshas are *nadi pariksha* (pulse diagnosis) and *jihva pariksha* (tongue diagnosis). The interview and exam impart a total view of your constitution, while also understanding what in your life is creating current imbalances. From here, a bespoke treatment and life coaching plan is created with the intent of bringing you back into balance.

Abhyanga - 60 minutes

An ancient herbal oil massage therapy for healing and detoxifying body, mind and spirit. ayurvedic techniques are applied along the energy channels of your body in a synchronised manner to release toxins and restore the flow of *prana* (your vital energy) where it has become blocked.

Marma Abhyanga - 90 minutes

Marma energy zones are vital areas of the body. This traditional ayurvedic massage uses herbal ayurvedic oil and appropriate pressure to stimulate these specific points. The idea behind massaging the marma points is to cleanse blocked energy, also called *prana*, by either arousing or calming the doshas. Like a television with three channels, each marma point has three receptors that align with the three doshas. During a marma-point massage, the points are stroked in a deliberate sequence using specific essential oils.





Shirodhara - 60 minutes

Shirodhara deeply relaxes the mind, feels like a meditation and brings instant rejuvenation. The name is derived from the two Sanskrit words: 'shiro' meaning 'head' and 'dhara' meaning 'flow'. Intensely soothing, a consistent flow of warm aromatic oil pours on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.

Sarvangadhara (Pizichil) - 90 minutes

Experience a gentle, rejuvenating body massage. Similar to Shirodhara, in Sarvangadhara the flow of warm oil is poured over and massaged into the entire body for a wealth of holistic benefits. Sarvangadhara controls and nurtures equilibrium in all the doshas, strengthens and fortifies tissues, increases blood circulation, establishes healthy digestion and corrects the metabolism, balances emotions and delays ageing, while relaxing the mind and refreshing the senses.

Ksheeradhara - 90 minutes

Similar to Sarvangadhara, Ksheeradhara is a soothing full body massage that pours and massages medicated milk over the entire body. This is an excellent treatment for proper blood circulation throughout the body and relaxation of the mind. It helps to lubricate joints, relieve pain, spasms and stiffness of the muscles and joints, and also delays ageing.

Nadi Swedan - 60 minutes

This localised treatment uses the healing power of steam to alleviate acute pain. Using a special instrument, sweating is induced by passing steam over the body parts which require treatment, which have first received an application of oil. Nadi Swedan is a restorative treatment that alleviates stiffness in the muscles and joints, enhances mobility and improves the blood circulation.

Udwartana - 60 minutes

Udwartana means to elevate or to promote. A stimulating and exfoliating therapy using a specially prepared herbal powder which is rubbed over the body to slough off dead skin cells and help reduce subcutaneous fat. This therapy effectively helps to improve blood circulation and reduce body weight.

Njavarakizhi (Pinda Sweda) - 60 minutes

This herbal compress therapy is a highly rejuvenating treatment. After a liberal application of herbal oil over the body, small linen bags filled with cooked rice and herbal decoction are used to massage and induce sweat. The rice comes through the bolus to leave a thick paste on the body, which cools down rapidly and is left to nourish your skin. Pinda Sweda enhances physical consistency, relieves stress and strain, strengthens the nervous system and improves the overall appearance of skin.

Podikizhi (Pinda Sweda) - 60 minutes

Podikizhi is the most effective detoxification treatment for the entire body. Muslin cloth is filled with a unique blend of herbal and medicated powders. These poultices are warmed and used to massage the entire body. Podikizhi promotes toxin elimination, increases the mobility of joints, and provides effective relief from muscular aches and pains.

Shirovasthi, Greevavasthi, Urovasthi, Kativasthi - 60 minutes

'Vasthi' means 'herbal enemas'. For this unique herbal bath treatment, a small well made from herbal paste is created. Warm medicated ayurvedic oil is then poured inside this well and left to soak into the skin. The medicinal properties are absorbed directly by the body, making this therapy highly effective for the treatment of chronic or acute pains. Vasthi can be performed on a variety of locations: Shirovasthi (head), Greeva Vasthi (neck) Urovasthi (chest), Kativasthi (lower back) and Januvasthi (knee).





Pichu - 60 minutes

Pichu is a miraculous palliative treatment in Ayurveda that uses cotton soaked in warm medicated oil to cure various degenerative ailments. It can be performed on the head, neck, spine, hips, chest, knees and shoulders, according to the needs of the illness. Pichu can be enjoyed as a main treatment for the head and spine, or a simplified version can be applied in conjunction with other ayurvedic therapies.

Akshi Tarpana - 60 minutes

Akshi Tarpana is a rejuvenating eye care treatment. A well is created around the eyes so that warm, medicated ghee can be slowly poured inside. The patient is then requested to open and close their eyes before it is removed. A gentle massage around the eyes is also performed. This therapy improves vision by preventing degeneration, relieving eye strain, strengthening muscles and nourishing the eyes.

Nasya - 60 minutes

Nasya is a healing therapy that combats the pollution we inhale. It is also highly effective in treating headaches, sinusitis and migraines, as well as hormonal and physiological problems. A few drops of herbalised oil or powder are placed in the nose, while the face, shoulders and chest are massaged with specific herbal oils to induce perspiration.

Virechana Karma - 60 minutes

Virechana Karma is an oral administration of herbs - either by capsule or concoction, depending on which medicine should be administered for your dosha makeup. This is followed by an abdominal massage. The therapy is conducted mid-morning and should be followed by a clear afternoon, eating only boiled vegetables and rice for lunch and dinner in your room. Virechana Karma is a very effective flushing therapy and is only administered by the Ayurvedic Doctor.



Herbal Bath - 60 minutes

This restorative therapy starts with an Abhyanga massage using medicated oil to detoxify and clear energy blockages. Medicated herbs are then rubbed on the body, after which a bath infused with a herbal decoction encourages deep relaxation, improves sleep quality and appetite, increases longevity and uplifts the spirit.

Immerse yourself in Sri Lanka's ancient heritage of natural ayurvedic healing. Experience a tailored approach to wellness – expertly guided by our Resident Doctor of Ayurveda, who is passionate about helping each guest attain optimum health and happiness. Discover how sun, sea air and nature in luxurious coastal seclusion provide an ideal environment to disconnect from modern stress, restore peace and vitality. Each ayurvedic retreat offers a holistic journey of distinct benefits. Collectively these programmes encompass an ideal of happiness – a healthy balance of body, mind and spirit.

CHOOSE YOUR AYURVEDIC PROGRAMME

Please speak with our Spa Team to learn more about the following seven day wellness programmes.

Inner Harmony – Calm your mind and body to create emotional and spiritual balance.

Deep Sleep – Give yourself well-deserved time to relax, heal and rebuild.

Natural Weight – Discover the ayurvedic approach to healthy weight management and vitality.

A Rebuilding Detox – Detoxify physically and mentally, and rebuild your natural energy.





ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments outside your package inclusions will be charged to your room and will appear on your account at check-out.
- We recommend that you do not sunbathe after aromatherapy and waxing treatments.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.



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