



# Wellness in Sri Lanka (11Nights/12Days)

**Tour Code: ATBL15007**

The **Ayurveda** name comes from ancient Sanskrit; Ayuh or "life", and Veda or "Science". So Ayurveda translates as "**The Science of Life**", a fitting name for system that devotes itself to a truly holistic approach to the ways the body and mind can be treated.

## **Holiday Highlights**

- Ayurveda Treatments
- Yoga Meditation
- Madu Ganga River Safari
- Old Town of Galle and its Fortifications
- Kosgoda Turtle Hatchery

## **Day 1 to 11 at Beruwela Ayurveda Hotel (91.5Km)**

Arrival in Colombo International Airport and meet Awonga Tours Representative or chauffeur guide and transfers to Beruwela and check in to your hotel. During your stopover at Beruwela Ayurveda Hotel, a number of excursions will be planned;

## **Swedhana, Pizhichil and Shidehara**

**Swedhana** you are placed in, or on, a wooden chest in which herbs are boiled and the resulting steam escaping through perforations embraces your body, helping to extricate impurities.

**Pizhichil** is somewhat different, consisting of a relaxing massage sometimes using two therapists in which soothing oils are rubbed into your joints.

## **Shirodhara (Third Eye Drip)**

Oils and other liquids are gently poured from a special vessel onto the "third eye" on your forehead for 30 minutes. Profoundly relaxing, this treatment is used for conditions such as headaches and mental tension.

## **Flower Bath**

Flower bath, in which you lie submerged in a warm pool of blossoms, scented with fragrant flowers and sandalwood an experience designed to reset your body as it prepares to return to the real world.

**Gandusha** – Herbal gargling

**Akshitarpana** – Eye care

**Shirovasthi** – Head oil treatment

**Kati vasthi** – Back oil treatment

## **Yoga**

Yoga, which is reflexology and meditation, under the tuition of highly trained therapists. This will enable you to put together a bespoke treatment course.

Your spare leisure time could use for activities such as "Madu Ganga River Safari", visit "Galle and its Fortifications" and "Kosgoda Turtle Hatchery".

## **Day 12: Beruwela/Airport**

Today is final day of your tour and check out from hotel and transfer to Colombo International Airport with great memories of your very own "Wellness in Sri Lanka" Holiday tour.

## **Your Holiday Includes**

- Per person cost of twin-sharing and BB basis (B-Bed B-Breakfast)
- Transportation in air conditioned vehicle with English speaking chauffeur guide for entire tour
- Madu Ganga River Safari charges
- Local government Taxes & service charges

## **Your Holiday Excludes**

- Visas
- Travel Insurance
- Optional tours and activities
- Flights
- Airport taxes
- Activities and highlights
- Camera and video permits at cultural sights

- All expenses of personal nature
- Spa and wellness treatments
- Tips and postage