

Ayurveda Wellness Tour - 14N 15D



Day 1

Day Itinerary (AIRPORT / NEGOMBO - Approximate travel time 20 Minutes)

Helanka Vacations representative will meet you at the arrival lounge and transfer to Negombo. (Program based on morning arrival flights).

Negombo is situated by the shores of a lagoon which was once a trading port for Portuguese and Dutch. The economy of Negombo is mainly based on its centuries-old fishing industry, though it also produces cinnamon, ceramics, and brassware. Estimated Arrival time: to be updated.

Check into the hotel for lunch.

Afternoon enjoy an Ayurvedic treatment at the hotel. (03 hours session).

Ayurveda is primarily based on the principle of three energies. Vata, Pita, and Kapha which is last but not the least in its importance. An innumerable amount of indigenous plants are the mainstay of these three energies. Personalized treatment packages are at your service. Ayurveda medicines are an age system of using indigenous botanicals from the root to the skin, fruit and seeds. Their curative, preventive and maintenance powers are used even in western medicines. They promote a secure balance for a healthy life.

Dinner and overnight accommodation in Negombo.

Overnight: Ayur Ayur Ayurveda Resort
Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day 2

Day Itinerary (NEGOMBO / KANDY - Approximate travel time 03-04 hours)

Breakfast at the hotel. Thereafter proceed to Kandy.

Kandy was the capital of Sri Lanka during the ancient times of Kings and Queens. Nestling midst low hills and looped by the Mahaweli River, this religious city is one of the most sacred places of worship to Buddhists in the world and was also named a world heritage site by UNESCO.

En route lunch at a local restaurant.

Visit Peradeniya Botanical Garden.

The Royal Botanical gardens in Peradeniya, established in 1821 stretch across 147 acres. These verdant gardens were once used as a royal ground. Being the largest botanical garden in Sri Lanka, its highlights include a fine collection of fruits, orchids, and a stately avenue of royal palms, an aptly named cannonball fruit tree and 40-meter-high Burma bamboo. A giant Javan fig tree on the great lawn can also be found here, held stern by its colossal central trunk that leads into an umbrella-like canopy of branches.

Visit temple of the tooth relic.

The Temple of the Tooth relic; the crown jewel of the Kandy city is also known as Dalada Maligawa. 'Maligawa' translates to palace and the temple is a part of it. It has seen centuries of peaceful reigns and is one of the many historical places in the island.

Arrive and check into the hotel.

Dinner and overnight in Kandy.

Overnight: Santani Wellness Resort

Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day 3

Day Itinerary (Kandy)

Breakfast and lunch at the hotel.

Start of the Ayurvedic wellness treatments.

For anyone who knows they need a break to get unstuck and to reboot, yet prefers to take a more general approach to relax the mind, body and spirit, this fully bespoke program requires absolutely no prior exposure to wellness, fitness or healthy lifestyle. Anyone will benefit from this custom combination of relaxation therapies, healthy meals and Hatha yoga. (Goal: To give your body a relaxing, re-energizing break from the demands of everyday life).

Inclusions

- Non-alcoholic beverages (Fresh fruit juices & Herbal tea).
- Daily Guided group nature walk with the resort naturalist at 10.00 am.
- 60 minutes of group Yoga session per day.
- 30 minutes group meditation per day.
- 75 minutes of spa treatments per day. (Treatment options: Abyangam, Shiro Dhara, Swedish Massage, Hot Stone Massage, Deep Tissue Massage, Reflexology, Patra Pinda Swedana, Choorna swedana).
- Daily use of steam, sauna and thermal salt water pool.

Dinner and overnight in Kandy.

Basis - Full Board - Dinner, Bed, Breakfast and Lunch.

Day

4

Day Itinerary (Kandy)

Breakfast and lunch at the hotel.

Daily activities and Ayurveda wellness experience continues.
Rest of the day at leisure.

Dinner and overnight in Kandy.

Basis - Full Board - Dinner, Bed, Breakfast and Lunch.

Day

5

Day Itinerary (KANDY / BANDARAWELA - Approximate travel time 03-04 hours)

Breakfast at the hotel.

Proceed to Kandy Railway Station.

Enjoy a scenic train journey from Kandy Railway Station to Bandarawela Railway Station. (Snack included during the journey) – Kindy note - Train tickets are strictly subject to availability.

Thanks to its higher altitude, compared to surrounding locations, Bandarawela has milder weather conditions throughout the year. Bandarawela is within hour's reach of surrounding towns and cities by both road and rail. The town is influenced by its colonial history and rests among dense, lush forestation occupying a niche among visitors as a base for eco-tourism.

Your chauffeur guide will meet you at the Bandarawela railway station & transfer to the hotel.

Arrive and check into the hotel.

Start of the WELLNESS PROGRAM - Detox, Weight Balance, De-Stress, Rejuvenating and Diabetes Retreats.

(Meditation doctor will meet you on arrival and create a program for 03 nights including Individual wellness consultation, yoga session, Personalized Nutrition plan, and spa treatment).

Unlimited beverages (Non – Alcohol), High tea and Mini bar included.
Dinner and overnight in Bandarawela.

Overnight: Anasa Wellness Resort
Basis - Full Board – Lunch, Dinner, Bed, Breakfast

Day 6

Day Itinerary (BANDARAWELA)

Breakfast and lunch at the hotel.

Activities according to the wellness program as mentioned above.

Dinner and overnight in Bandarawela.

Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day 7

Day Itinerary (BANDARAWELA)

Breakfast and lunch at the hotel.

Activities according to the wellness program as mentioned above.

Dinner and overnight in Bandarawela.

Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day 8

Day Itinerary (BANDARAWELA / BERUWALA - Approximate travel time 04-05 hours)

Breakfast at the hotel. Thereafter proceed to Beruwala.

Beruwala was established by Arab traders around the 8th century AD. The island's oldest mosque, Kechimalai, can be found here, built on a rocky peninsula overlooking the town. Beruwala is the starting point of the 130-kilometre-long (81 miles) stretch of beach known as the "golden mile" ending in Bentota. The area in town known as "China Fort" is renowned worldwide as a gem trading centre. Visit the Pathea gem market and marvel at the myriad of precious gemstones and jewellery on offer.

Arrive and check into the hotel for lunch.

Start of the Ayurveda Programme

The Resort is homely and friendly, and is exclusive for Ayurveda guests. The total atmosphere at the resort is created to be conducive for Ayurveda way of living. Yoga and Meditation classes are conducted frequently to augment the Ayurveda way of living of complete body & mind.

The main focus of Ayurveda is to provide total relaxation to its clients, starting with the surrounding itself and attention to total Body & Mind.

Ayurveda is for everybody. It has two main objectives.

1. Curative - To cure illnesses.

2. Preventive - To protect the general health of person and prevent him from illnesses.

This means any person whether sick or healthy can benefit from Ayurveda to cure illnesses or promote his health.

The Programme

On Arrival - Doctors consultation,
A resident Ayurveda Doctor will examine the guest on arrival and a welcome treatment in the form of an Ayurveda Therapy to relax the feet will be given. This is called "Pada Avagahanaya" or Foot in Oil Bath and "Pada Abyanga" or Foot Massage.

After a comprehensive medical examination, the Chief Doctor/Senior Doctor will determine the body type and the Doshas and will prescribe an individual Ayurveda medical treatment plan to suit the needs of the guest.

The selection and the frequency of treatment will be as prescribed by the Chief Doctor. This treatment plan will be administered daily by an experienced team of well trained, friendly Therapists under the direct supervision of qualified resident Ayurveda doctors.

Basic principles of Ayurveda Treatments

- Increasing Appetite & Digestive Energy in the body - Deepana, Paachana
- Detoxification and Neutralization of Toxins - Shodana, Shamana
- Body Rejuvenation - Rasaayana
- Relaxation and Psychological Rejuvenation - Mano Santharpana

Details of the General Daily Programme, on request.

Dinner and overnight in Beruwala.

Overnight: Heritage Ayurveda Maha Gedara
Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day 9

Day Itinerary (BERUWALA)

Breakfast and lunch at the hotel.

Activities according to the Ayurveda program.

Optional - Excursion to Galle (Galle city tour / Kosgoda Turtle hatchery / Mask Factory in Ambalangoda) - Extra USD 25 per person.

Dinner and overnight in Beruwala.

Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day
10

-
14

Day 10 – 14: Beruwala (5 nights) Vehicle with Guide or driver service will not be available during these 05 Days.

Breakfast and lunch at the hotel.

Activities according to the Ayurveda program.

Dinner and overnight in Beruwala.
Basis - Full Board - Lunch, Dinner, Bed, Breakfast

Day
15

Day 15: End of Itinerary

Breakfast at the hotel. Your chauffeur guide will meet you at the hotel in Beruwala and transfer to Airport to connect with your departure flight.

Departure time and hotel leaving time to be update.
End of the tour...

Rates on request (based on given hotels)

Tour Included

- 14 nights' accommodation on Full board basis. (Meals start with lunch on Day 01 & end after the breakfast on Day 15).
- Transport in an air conditioned Car/Micro Van with an English speaking Chauffeur. (Above 6pax – English Speaking National Guide).
- Arrival & Departure transfers.
- Entrance fees for the sites as per the program.
- Wellness packages as per the program.
- Water bottle on Arrival.
- All applicable taxes (Subject to change without any prior notice).

Tour Excluded

- Early check in & late check out not included.
- Tips and Portorage's.
- Other extra expenses of personal nature.
- Camera & Video permits (for tourist sites mentioned).
- All extra expenses at Hotels.
- Visa fee charges.

