



WELLNESS & AYURVEDA TOUR

(8N/9D) - 2020

Valid from February to October



Ayurveda Panchakarma

Soul Resorts offers an extremely comprehensive and carefully tailor-made Ayurveda Panchakarma (“Five Therapies”) programme to ensure that your body and mind are relaxed, rejuvenated and recharged. The precise programme day to day is determined by our expert Ayurvedic doctor at the first consultation and then monitored daily during your stay. The type and number of therapies or treatments that would be prescribed would depend on numerous factors such as your age, your prakriti (physical and body constitution), health condition, any particular ailment or disability you may have and your specific objective or requirement.

The *Panchakarma* treatment involves 3 phases -

- *Purvakarma* - preparatory process
- *Panchakarma* - elimination and release process
- *Paschakarma* - Rejuvenation process

In general, the program follows the records of the ancient *vaidyas*, involving:

- A thorough first medical consultation by our expert Ayurvedic Doctor [includes a pulse and *Dosha* evaluation]
- Daily supervision and monitoring by our senior Ayurvedic Doctor
- Final evaluation and consultation by our Doctor
- 3 - 5 Ayurveda therapy treatments by specialist Therapists comprising-
 - *Abhyanga* (different forms of medicated oil massages);
 - *Swedana* (individual heat / sweat herbal therapy);
 - *Shirodhara* (warm medicated oil drip to the forehead); and
 - *Udhulana* (body dusting with herbal preparations);
- Indoor and or herbal bath therapy
- Cleansing Day - for extraction of toxins from the body
- Individualized Ayurveda diet - viz., specially prepared meals, comprising multi-course breakfast, Lunch and Dinner, by expert Chefs
- Ayurveda organic medications (if prescribed by Doctor) during your stay and to take away and continue at home
- Herbal and organic tea
- Plenty of fruit beverages and herbal rejuvenation drinks, and unlimited supply of warm drinking water
- Educational interactive lecture for continued self-treatment and maintenance of internal balance
- Ayurveda food preparation class with our specialized Chef
- Fresh tropical fruit
- “Sarongs” for wearing, special bedroom linen and bandages for blood circulation control
- Lifestyle and diet recommendations specific to each individual
- Serene “village” ambience set amidst a natural ‘forest’ and herbal garden

WE ALSO OFFER YOGA AND MEDITATION ON REQUEST, EVERY OTHER DAY OF YOUR STAY.

Including:

- ✓ **Full board**
- ✓ **Herbal drink.**
- ✓ **Treatments diagnosed by the resident Ayurveda Doctor.**
- ✓ **Yoga & Meditation**
- ✓ **Pick up and drop off to airport.**

Excluding:

- ✓ **Visa**
- ✓ **Personal expenses.**
- ✓ **Tips .**

RATES & HOTELS

Blow rates net per person

Day	Destination	Hotel/Resort	Room
1-8	Dickwella	Soul Resort	Deluxe

person
in
Double

1550.0
0

person
in
Single

1690.0
0

Above rates with transport for Per Person in US Dollars (USD)

ADDRESSES AND CONTACTS

Sri Lanka:

NO. 416-2/1- 01st Floor, Nawala road, Rajagiriya

Office Hours

09:00 - 20:30 | Monday to Friday

10:00 - 15:00 | Saturday

Tel./Fax +94 11 7445616

Mob. +94 769991206

E-mail reservation@shantivoyage.com

UAE - Head Office:

Al Obaid Office tower, 11th floor, Airport rd., Abu Dhabi
- UAE

Office Hours

09:00 - 20:30 | Monday to Friday

10:00 - 15:00 | Saturday

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