



Panchakarma - 14 days

The ancient healing practice of Panchakarma is a unique experience that leaves the body and mind relaxed and rejuvenated.

Many illnesses result from the build-up of toxins that can impair the body's natural defenses through the lymph, circulatory and immune systems.

Panchakarma promotes healing and restoration by eliminating these toxins from the body. During the course of our lives, we may occasionally feel out of balance, stressed and out of touch with our inner self. At such times a Panchakarma treatment can work wonders, improving the overall condition of your body, mind and soul.

What is included?

- Accommodation according to your selection
- Ayurvedic breakfast, lunch and dinner, water, herbal tea and fresh king coconut water
- Doctor consultation with pulse diagnosis, analysis of dosha type & definition of treatment plan
- Daily treatments of 3.5 hours
- Mukabhyanga - Ayurvedic head, face and foot massage
- Abhyanga - Ayurvedic full body oil massage
- Udvartana - herbal powder massage
- Lepa therapy - herbal skin treatment
- Pichu therapy - medicated cloth treatment
- Nadiswede - herbal steam bath
- Shirodhara - flowing oil treatment
- Neck and shoulder massage
- Herbal bath
- Herbal facial treatment
- Acupuncture
- Doctor consultation on day 4, 7, 11, and day 14
- Ayurvedic medicine according to doctor recommendation
- Kimono and towels for the treatments
- 1 month supply of Ayurvedic medicine according to doctor recommendation to take home
- 10 yoga sessions according to schedule
- Airport transfer (Colombo or Mattala)
- 1 Ayurvedic cooking lesson

Pricing

BEACH VILLA

210 EUR per day for 1 person
190 EUR per day per person for 2 people
170 EUR per day per person for 3 people

GARDEN VILLA

190 EUR per day for 1 person
160 EUR per day per person for 2 people

EVERY SKIN IS DIFFERENT

you can choose between oil, coconut milk or aloe vera as base for your massage