

# AYURVEDHA TOUR

14 Nights/15 Days



Spend your days relaxing and receiving a variety of treatments surrounded by tropical and indigenous trees, and herbal and medicinal plants. Overlooking the Indian Ocean, you will be thoroughly cared for by the expert physicians, consultants and hospital trained therapists.

Delve deep into the ancient culture of Ayurveda and achieve holistic wellness through a variety of activities such as yoga, meditation and Ayur tea tasting. Taste and experience the healthy Ayurveda meals on offer, and consult expert physicians about a special diet for you to enjoy

## DAY 01 | AIRPORT – WADDUWA

Arrival at Bandaranayke International Airport, Sri Lanka and transfer to Wadduwa. You will be greeted by one of our chauffer guides /national guides at the airport.

**Meals:** Breakfast will not be served on Day 01

**Activities:** Transfer to Wadduwa

**Hotel:** Siddhalepa Ayurveda Health Resort

## DAY 02 – DAY 14 | AYURVEDIC TREATMENT

Ayurvedic treatments throughout the stay.

**Meals:** Breakfast at Siddhalepa Ayurveda Health Resort

**Hotel:** Siddhalepa Ayurveda Health Resort

- **Shirobyanga** - to nourish the scalp and enhance growth of hair
- **Shirodhara** - to induce sleep and stress relief
- **Picchill** - to soothe and relieve inflammatory conditions of the scalp
- **Parisheka** - to relieve burning sensation of the body
- **Abyanga** - to impart strength, good complexion and longevity and to relieve fatigue and induce sound sleep. To relieve aches and pains, ease muscular spasms and muscular rheumatism
- **Mukabyanga** - to nourish the facial muscles and to improve complexion
- **Ayurveda Face Packs** - to cleanse, moisturize and soothe the skin
- **Akshitarpana** - to use a special eye bath to nourish the eyes and enhance eye sight
- **Netraparisheka** - to cleanse the eyes and soothe irritated eyes
- **Netrapindi** - to place special medicated eye packs to soothe irritated eyes and to nourish and relax tired eyes
- **Pinda Sweda** - to induce sweat, remove stiffness of joints and make them supple, cleanse the body channels and invigorate and restore by the application of a special procedure of sudation
- **Parisheka Sweda** - to produce sweat and cleanse the body of its toxins
- **Avagaha Sweda** - special sudation for lumbago, sciatica and to relieve renal pain
- **Naadi Sweda** - to direct regulated steam to localized areas to relieve pain by means of a special apparatus
- **Kuti Sweda** - (Sauna) to reduce weight with care under the supervision of an Ayurvedic doctor
- **Steam Bath** - to reduce body weight and fat, the body is made to sweat in a special chamber made of medicinal wood.
- **Herbal Bath** - to alleviate certain skin disorders, remove toxins and relieve pain. It refreshes and invigorates the human body
- **Pebble Walk** - to bring about reflex reactions of the sole to stimulate and tone-up internal organs.

### **In addition, Yoga Lessons**

- 6 days a week and weekly meditation sessions are conducted
- Ayurveda Lunch (includes vegetables & fish) – Buffet and set menu
- Ayurveda fruit juice with breakfast
- Ayurveda Tea during the day
- Midafternoon Ayurveda snacks / Ayurveda tea

### **DAY 15 | WADDUWA - COLOMBO - AIRPORT**

Proceed to airport after breakfast

**Meals:** Breakfast at Siddhalepa Ayurveda Health Resort

**Activities:** Sightseeing tour of Colombo & departure transfer to the airport.

**\*\*\*\*\* End of Services \*\*\*\*\***

### **TOUR COST**

**PERIOD - 01.11.2018 - 30.04.2019**

<b>NO OF PAX</b>	<b>PER PERSON (DBL SHARING) AUS \$</b>
<b>02 PAX</b>	<b>1790.00</b>

### **PRICE INCLUSIVE OF:**

- ❖ Accommodation 04 star hotels on Full Board Basis starting with Lunch on Day 01 and ending with Breakfast on Day 15. Cost may change.
- ❖ Arrival, departure transfers and the tour as per the itinerary in an air conditioned Car accompanied with an English speaking licensed Chauffer guide.
- ❖ Passenger Insurance (Vehicle)
- ❖ Fuel, Parking & highway fees
- ❖ Complimentary SIM Card on arrival
- ❖ Garlands on arrival
- ❖ All currently applicable government taxes and service charges

## **PRICE EXCLUSIONS:**

- ❖ Peak period supplements
- ❖ International air-fare, airport tax or any kind of insurance cover other than what is stated.
- ❖ Items of personal nature like drinks, laundry, telephone calls, tips, etc.
- ❖ Any other Sites not mentioned in the itinerary.
- ❖ Any other item not specifically mentioned above in 'PRICE INCLUSIONS'.
- ❖ Visa fees to Sri Lanka.

## **GENERAL:**

- ❖ Hotel check-in time: 1400 h, Hotel check-out time: 1100 h.
- ❖ 'No Show' will not be entitled to any refunds.
- ❖ Acceptance of these 'Terms and Conditions' is a requirement of your booking. Submission of a booking is your acknowledgement that you have read, understood and agreed to be bound by these 'Terms and Conditions'.

## **PAYMENT:**

- ❖ In order to confirm your tour package, full payment is required upon confirmation.
- ❖ Credit Card payments require a 3.5% surcharge.
- ❖ Bank TT or Pay Pal (3.5% surcharge required) are accepted which is a common mode of payment

## **TOUR CANCELLATION POLICY:**

- ❖ 90 days or more before departure – LOSS OF DEPOSIT!
- ❖ 89 to 64 days before departure - 25% of Tour Cost
- ❖ 63 to 43 days before departure - 50% of Tour Cost
- ❖ 42 to 31 days before departure - 75% of Tour Cost
- ❖ Within 30 days of departure - 100% of Tour Cost