

TOUR ITINERARY

STRESS RELEASE WITH ENHANCING OF ENERGY & IMMUNITY



DAY 01 AIRPORT / KATUNAYAKE Drive Time: Approx. 10 Min

Upon arrival accommodation: Tamarind Tree Hotel Katunayake (STD Room)

<https://www.tamarindtreehotels.com/>

DAY 02 KATUNAYAKE / NEGOMBO / HABARANA Drive Time: Approx. 3 ½ hours

City Tour of Negombo.

In the evening check in to Ayurveda retreat and your tailored seven-day Ayurvedic programme will be started after your initial consultation with the resident Ayurvedic doctor.

Accommodation: Athreya Ayurveda Ashram - Habarana

Meals: Lunch/Dinner/Breakfast

DAY 03 to DAY 08 HABARANA

Attend to morning Yoga session and Ayurveda treatments at the retreat.

The programme will include traditional Ayurvedic treatments such as shirodhara, the slow pouring of hot oil onto the forehead; massages using oil made with a particular blend of plants and spices to suit you; herbal baths, and following a special vegetarian diet plan personalized to your health and body type. In addition to your programme, you will have plenty of time to explore your idyllic escapist surroundings.

Accommodation: Athreya Ayurveda Ashram - Habarana

Meals: Lunch/Dinner/Breakfast

Driver Guide will not be included.

DAY 09 HABARANA / KANDY / WADDUWA Drive Time: Approx. 6 ½ hours

Morning Yoga Session.

On arrival in Kandy visit Temple of the Sacred Tooth Relic and local markets.

Accommodation: Siddhalepa Ayurveda Health Resort - Wadduwa

Meals: Lunch/Dinner/Breakfast

DAY 10 to DAY 15

WADDUWA

After breakfast, meet your doctor at the resort and start the treatments specially designed according to your illnesses or health conditions. Yoga and meditation will be also included.

Backed by a 200 year old heritage in Ayurveda practice, the Siddhalepa Ayurveda Health Resort and Spa offers a wide range of authentic treatment packages for most illnesses or health conditions. Spread over seven acres of tropical & indigenous trees, herbal medicinal plants, vines and bushes, as well as overlooking the Indian Ocean, this Ayurveda resort offers a holistic experience; this is provided under the expert care of resident physicians, visiting consultants and hospital trained therapists. The resort's Ayurveda centre is the only one in the country affiliated with a Siddhalepa Ayurveda hospital with access to a range of medicines produced to ISO standards by the Group in its factories.

Accommodation: Siddhalepa Ayurveda Health Resort - Wadduwa

Meals: Lunch/Dinner/Breakfast

DAY 16

DEPARTURE

END OF THE TOUR