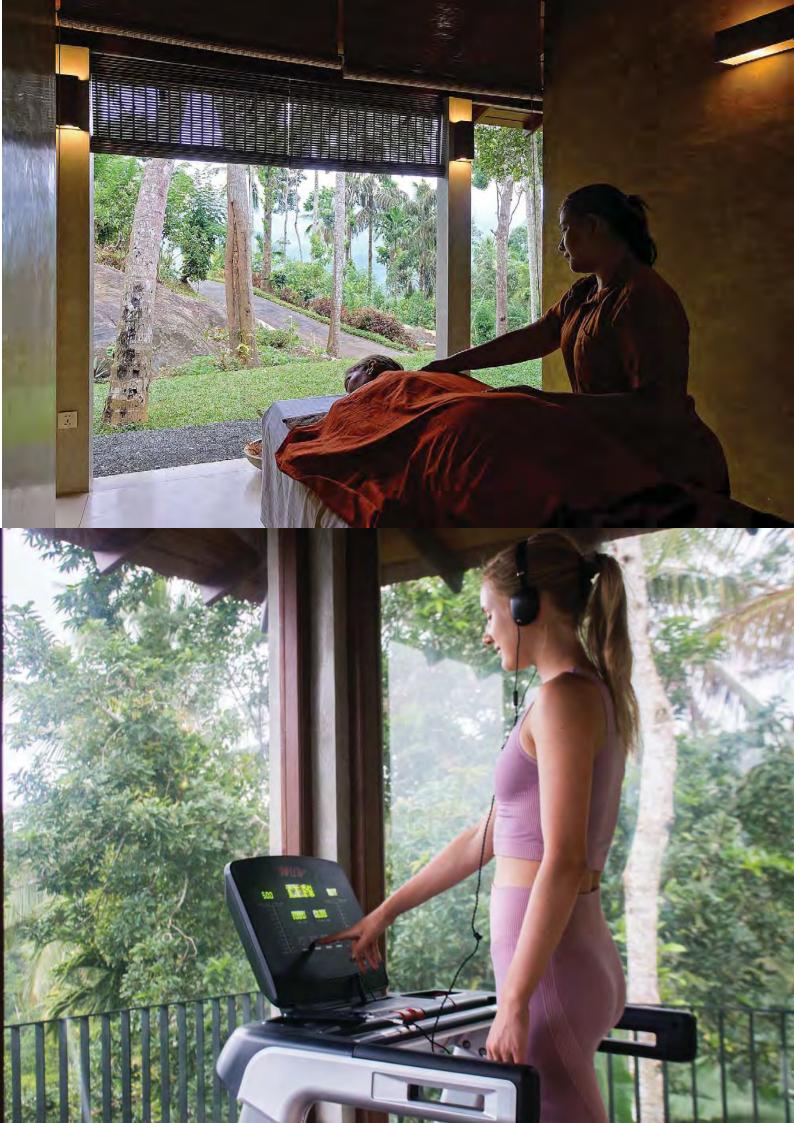
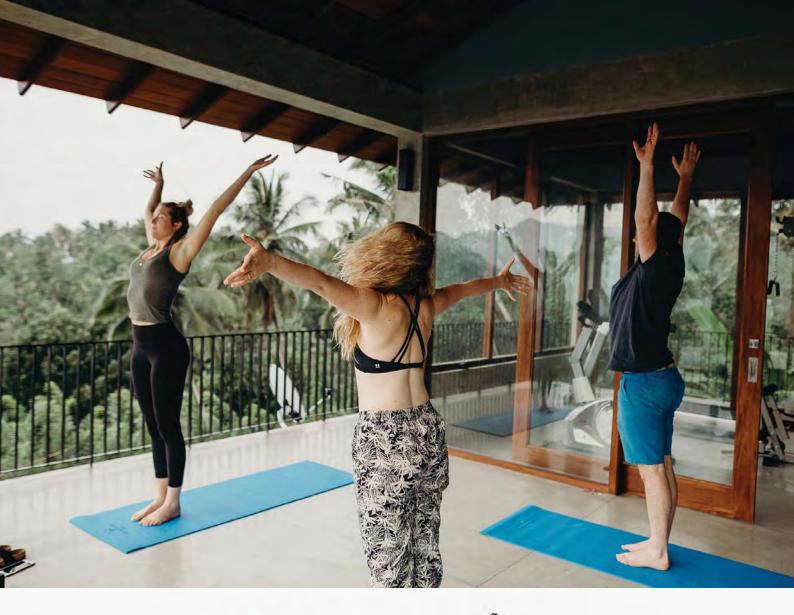


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HEALTHY



The Ultimate Luxury Escape: Aarunya Resort





Wellness Program - 7 nights / 8 Days

Day 1

Arrival at Aarunya Nature Resort & Spa, Kandy. Day at leisure. Consultation with Ayurveda Doctor. Evening Foot and Head Therapy. Overnight at the hotel.

> Day 2 Breakfast at the hotel. Morning Yoga. Full Body Therapy. Evening Yoga.

Day 3 Breakfast at the hotel. Morning Yoga. Full Body Therapy + Shirodhara. Evening Yoga.

Day 4 Breakfast at the hotel. Morning Yoga. Full Body Therapy + Shirodhara. Evening Yoga.

Day 5 Breakfast at the hotel. Morning Yoga. Full Body + Herbal Bundle. Evening Yoga.

Day 6 Breakfast at the hotel. Morning Yoga. Full Body + Herbal Bundle. Evening Yoga.

Day 7 Breakfast at the hotel. Morning Yoga. Full Body + Flower or Herbal Bath. Evening Yoga.

Day 8 Breakfast at the hotel. Morning Yoga. Consultation with Doctor + Health Report. Depart hotel.

> Inclusions: Consultation with Ayurveda Doctor. All meals (Full Board Basis catered to guests need). All Ayurvedic Treatments. 1 Excursion with entrance fees included. Daily Yoga.

Meditation.

Not included: Accommodation at the hotel. Transport/excursions not mentioned above. Additional tours of an ad hoc nature. Additional Treatments not mentioned above.

Cost: \$ 950 per person.

The above Wellness program is meant to be used as a guide. All programs will be tailor made and customized to the guests based on health, fitness and prevailing ailments identified during consultation. Upon confirmation a detailed health check-list is to be completed by the guest prior to arrival covering all known ailments, allergies, and conditions clearly identified. Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on the Ayurveda Doctor's advice and bears no responsibility for side effects/issues caused by undeclared conditions.



Wellness Program - 10 nights / 11 Days

Day 1

Arrival at Aarunya Nature Resort & Spa, Kandy.

Day at leisure. Consultation with Ayurveda Doctor. Evening Foot and Head Therapy. Overnight at the hotel.

Day 2

Breakfast at the hotel. Morning Yoga. Full Body Therapy. Evening Yoga.

Day 3

Breakfast at the hotel. Morning Yoga. Full Body Therapy + Shirodhara. Evening Yoga.

Day 4

Breakfast at the hotel. Morning Yoga. Full Body Therapy + Shirodhara. Evening Yoga.

Day 5

Breakfast at the hotel. Morning Yoga. Day Excursion to Knuckles. Evening Full Body Therapy.

Day 6

Breakfast at the hotel. Morning Yoga. Full Body + Herbal Bundle. Evening Yoga.

Day 7

Breakfast at the hotel. Morning Yoga. Full Body + Herbal Bundle. Evening Yoga.

Day 8

Breakfast at the hotel. Morning Yoga. Full Body + Flower or Herbal Bath. Evening Yoga.

Day 9

Breakfast at the hotel. Morning Yoga. Full Body Therapy. Evening Yoga.

Day 10

Breakfast at the hotel. Morning Yoga. Full Body + Flower or Herbal Bath. Evening Yoga.

Day 11

Breakfast at the hotel. Morning Yoga. Consultation with Doctor + Health Report. Depart hotel.

Inclusions:

Consultation with Ayurveda Doctor.

All meals (Full Board Basis catered to guests need).

All Ayurvedic Treatments.

2 Excursions with entrance fees included.

Daily Yoga.

Meditation.

Not included:

Accommodation at the hotel.

Transport/excursions not mentioned above. Additional tours of an ad hoc nature.

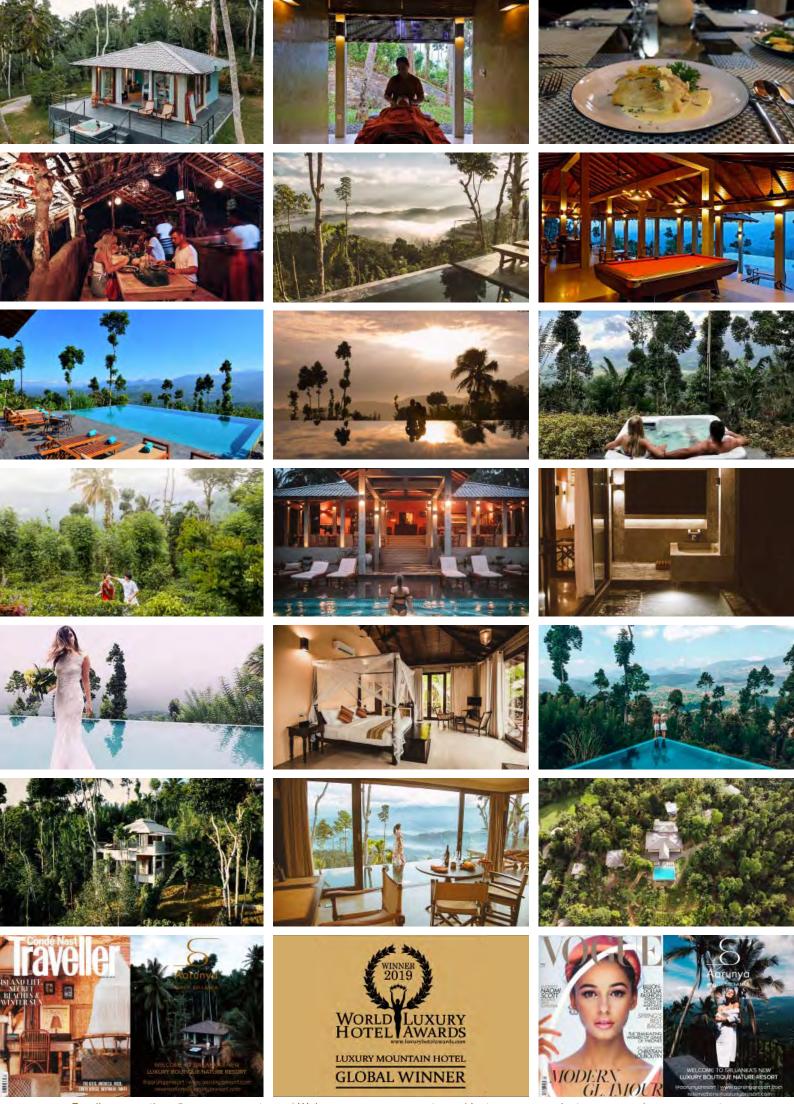
Additional Treatments not mentioned above.

Cost: \$ 1350 per person

The above Wellness program is meant to be used as a guide. All programs will be tailor made and customized to the guests based on health, fitness and prevailing ailments identified during consultation. Upon confirmation a detailed health check-list is to be completed by the guest prior to arrival covering all known ailments, allergies, and conditions clearly identified. Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on Ayurveda Doctor's advice and bears no responsibility for side effects/issues caused by undeclared conditions.







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