



7 nights / 8 Days

Wellness Program

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 hotel. Morning Yoga. Full Body Therapy + Shirodhara.
Evening Yoga.

Day 4

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

Day 5

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

Day 6

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

Day 7

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

Day 8

Breakfast at 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.

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 guest prior to arrival with all known ailments, allergies and conditions clearly identified. Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on Ayurveda Doctor recommendation and bears no responsibility for side effects and issues caused by undeclared conditions.



10 nights / 11 Days

Wellness Program

Day 1

Arrival at Aarunya Nature Resort & Spa, Kandy.
Day at leisure. Consultation with Ayurvedic 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 hotel. Morning Yoga. Full Body Therapy + Shirodhara.
Evening Yoga.

Day 4

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

Day 5

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

Day 6

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

Day 7

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

Day 8

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

Day 11

Breakfast at 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.

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 guest prior to arrival will all known ailments, allergies and conditions clearly identified. Aarunya Nature Resort & Spa, reserves the right to refuse guests services based on Ayurveda Doctor recommendation and bears no responsibility for side effects and issues caused by undeclared conditions.