



Aarunya

KANDY, SRI LANKA

WELLNESS RETREAT PROGRAMS

WELCOME TO SRI LANKA'S AWARD WINNING LUXURY BOUTIQUE RESORT.

Aarunya, meaning first rays of the sun in the ancient language of Sanskrit, is a collection of modern luxury villas set high on a mountain top surrounded by spice and tea gardens. Experience memorable sunrises, truly spectacular dining experiences, and exotic therapeutic rituals while at Aarunya.

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HEALTHY *luxe*



The Ultimate Luxury Escape: Aarunya Resort

REVIEWS / FEBRUARY, 2019





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.

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:

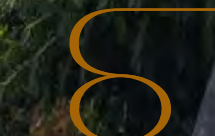
Consultation with Ayurveda Doctor.
All meals (Full Board Basis catered to guests need).
All Ayurvedic Treatments.
2 Excursions with entrance fees included.
Daily Yoga.
Meditation.

Not included:

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

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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