



# Touch of Ayurveda

## Resident Offer

Ayurvedic medicine, with a heritage of over 5000 years, is the world's oldest health system, translating from Sanskrit to mean 'knowledge of life.' Key texts like the Charaka and Sushruta Samhita highlight its long-standing wisdom.

Indulge in our exclusive Ayurvedic package for resident guests in Sri Lanka, featuring a refreshing 2-night stay alongside a revitalizing 3-day treatment experience.

This holistic approach has gained significant recognition in recent decades, particularly in industrialized countries, where people appreciate Ayurveda not just for treating ailments, but also for its preventive benefits. Experience how Ayurvedic therapies can rejuvenate your body and soul, enhancing overall well-being.

Single – LKR 160,000 | Double – LKR 220,000

### OFFER DETAILS



#### DAY 1

- Arrival
- Doctor Consultation
- Pre-dinner Ayurveda Briefing
- Dinner



#### DAY 2

- 1 Hour Yoga & Meditation
- Breakfast
- **Ayurvedic Treatments (tailored to your constitution):**
  - 25 minutes: Mukha Abhyanga (Face Massage)
  - 25 minutes: Pad Abhyanga (Foot Massage)
  - 45 minutes: Sharwanga Abhyanga
  - 25 minutes: Herbal Bath or Steam Bath
- Lunch
- Dinner



#### DAY 3

- 1 Hour Yoga & Meditation
- Breakfast
- Final Doctor Consultation
- **Ayurvedic Treatments (tailored to your constitution):**
  - 20 minutes: Head Massage
  - 45 minutes: Intensive Abhyanga
  - 20 minutes: Herbal Bath or Steam Bath
- Lunch
- Departure

**Complimentary Late Check – Out up to 6:00 PM**

Indulge in a rejuvenating retreat that harmonizes your body, mind, and spirit through the ancient wisdom of Ayurveda.

\* T&C Apply

For inquiries and reservations

+94 11 2 253 802 | +94 11 2 254 297 | [info.ayurveda@tamarindresort.com](mailto:info.ayurveda@tamarindresort.com) | [www.ayurveda.tamarindresort.com](http://www.ayurveda.tamarindresort.com)