



### **" Ayurvedic Rejuvenation therapy for Wellness "**

Embark on a rejuvenating journey through Sri Lanka's lush landscapes, where ancient traditions meet modern wellness practices. This all-encompassing wellness experience is designed to nurture your mind, body, and spirit, offering a harmonious blend of luxurious accommodations, world-class spa treatments, yoga, meditation, and Ayurvedic healing. Immerse yourself in the island's natural beauty and rich cultural heritage, as you restore balance, enhance vitality, and rejuvenate your soul. Whether you seek relaxation, healing, or purification of mind & body, this experience will truly revitalize you.

*Nurture your body, refresh your mind, and renew your spirit*

## *A pathway to wellness and renewed vitality*



### **Benefits of Ayurveda Rejuvenation Packages**

- ✚ *Helping nourishment of the body.*
- ✚ *Promotion of longevity of an individual.*
- ✚ *The privation and promotion of positive health.*
- ✚ *Prevention and cure of diseases to related parts of the body*
- ✚ *Prevention and correction of ageing process.*
- ✚ *Helping a person to overcome fatigue*



## Per Room Tariff in USD (US Dollars)

Name of the hotel: *Jetwing Ayurveda Pavillion, Negombo*

Hotel Link: <https://www.jetwinghotels.com/jetwingayurvedapavilions/ayurveda-hotel-sri-lanka/classic-room/>

- Below rates are Per Room on Full Board Basis (All Three Meals included on daily basis).

Period	<b>05 Nights Package with Full board + Ayurveda treatments &amp; Return Airport transfers</b>							
	Standard non-AC		Classic Rooms -AC		Queen Pavilions		King Pavilions	
	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)
<b>01<sup>st</sup> May 26– 31<sup>st</sup> October 26</b>	USD 1265	USD 2128	USD 1553	USD 2415	USD 1696	USD 2616	USD 1840	USD 2703

Period	<b>05 Nights Package with Full board + Ayurveda treatments &amp; Return Airport transfers</b>							
	Standard non-AC		Classic Rooms -AC		Queen Pavilions		King Pavilions	
	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)	SGL (01 Person)	DBL (02 Persons)
<b>01<sup>st</sup> November 26 – 30<sup>th</sup> April 27</b>	USD 1771	USD 2634	USD 2059	USD 2921	USD 2208	USD 3071	USD 2346	USD 3209

### **Facilities & Services**

- Accommodation on full board basis (All Three Meals on daily basis)
- Arrival transfer & departure transfer to/fro Colombo Bandaranaike International Airport by Flat roof car (sits upto 4 persons).
- All Ayurveda treatments are offered daily after doctor's consultation.
- Internal medicines will be prescribed by the doctor according to the body type.
- Daily two hours and fifteen minutes ayurveda treatment
- All treatments are offered in the villa and niwasa (treatment center)
- All meals catered according to the body constitution.
- One cookery demonstration (during minimum 05-night stay)
- One music therapy (during minimum 05-night stay)
- Daily yoga session in the morning
- Swimming pool with jacuzzi jet nozzle
- Pool Exercise Program 2 times per week (Fixed session)
- Ayurveda health report (during minimum 05 nights Stay)
- All

Taxes

**The Above Package Includes:**

- ✚ *Doctors Consultation and Assessment of your bio-energetic type on daily basis.*
- ✚ *Snehana -Ayurvedic oil Body therapy*
- ✚ *Pindasweeda -Ayurvedic medicinal pudding fomentation therapy*
- ✚ *Shiroabyanga - Ayurvedic oil head therapy*
- ✚ *Shirodhara - Ayurvedic pouring oil head therapy*
- ✚ *Udwartha – The Ayurvedic medical wet peeling of the body therapy*
- ✚ *Vakthrabhyanga – The Ayurvedic face therapy*
- ✚ *Padabyanga -Ayurvedic foot therapy*
- ✚ *Sweeda - Ayurvedic steam bath*
- ✚ *Droniavagaha -Ayurvedic herbal bath*

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