



## Our Ayurveda Treatments

Open daily from 9:00am to 8:00pm

Doctor's consultation provided free for all treatments

**Jetwing**  
**LAGOON**  
NEGOMBO • SRI LANKA

### **STRESS RELIEF DAY PACKAGE**

Pamper yourself and fill your day with the holistic pleasures of Ayurveda in beautiful surroundings.

Our special day programme includes, room, a 2 ½ Ayurveda treatment and a delicious Ayurveda meal, individually catered to suit your unique body constitution

**USD 140 per person for**

**Early bird package from 10:00 to 18:00 hrs or**

**Sunset package from 14:00 to 22:00 hrs**

### **SNEHANA**

Focused on calming the nerves, lymphatic and circulatory system whereby the entire body is spread over in warm herbal oil

**USD 35 per person for 45 minutes**

### **SARVANGE / THAILA-DHAARA**

Pouring oil on the whole body to enhance body activities and coordination

**USD 35 per person for 45 minutes**

### **PINDAWSEDAYA**

Get rid of your stiffness and knots by fomenting with herbs

**USD 35 per person for 45 minutes**

### **BACK TREATMENT**

Therapeutic Ayurveda massage concentrating on the neck, back and shoulder relieving maximum tension

**USD 35 per person for 45 minutes**

### **SHIRO ABHYANGA**

Traditional Ayurvedic head therapy using specific herbal oils with specialized gentle strokes and pressing on various marma points to alleviate pain, stress and insomnia

**USD 35 per person for 45 minutes**



### **PAADA ABHYANGA**

Ayurvedic massage of the feet focusing Marma and reflexology points get rid of pain and to be unstrained  
USD 35 per person for 45 minutes

### **SHIRO DHAARA**

Pouring oil on the forehead continuously and rhythmically to relieve stress, headaches, sinus congestion, nervous disorders, depression, Insomnia  
USD 35 per person for 45 minutes

### **HASTHA PADA ABYANGA**

Ayurvedic massage of the feet & palm focusing marma and reflexology points and enhance body and mind relaxation  
USD 35 per person for 45 minutes

### **UDAWARTHANA**

Take away your dead skin and promote rejuvenation by using fine herbals with healing strokes  
USD 35 per person for 45 minutes

### **LEPANA**

Using herbal properties to draw away impurities and exfoliates the skin and allow the skin cleansed, toned and revitalized  
USD 35 per person for 45 minutes

### **VAKTHRA ABAYANGA / VIMARDUNA**

Removes facial toxins, reduces the appearance of wrinkles, revitalizes the facial tissues  
USD 35 per person for 45 minutes

### **AYURVEDA PACKAGE**

Soft Ayurveda - (03 Days) USD 210

Wellness Delight - (05 Days) USD 350

Health Care - (07 Days) USD 490

Beauty Care - (07 Days) USD 490





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