



THE PATH TO BALANCE AND WELLNESS

through Ayurveda, Nutrition,
and Yoga programs

Explore the enriching world of Ayurveda, an ancient Indian system of medicine focused on holistic well-being, nurturing the mind, body, and spirit. Discover a comprehensive guide where you have the flexibility to choose from one, two, or the comprehensive three-day packages to elevate these elements through Ayurvedic therapies, Yoga, Pranayama, Meditation and a harmonizing Ayurvedic cuisine that restores balance among the doshas for optimal health.


ANANTARA
KALUTARA • RESORT

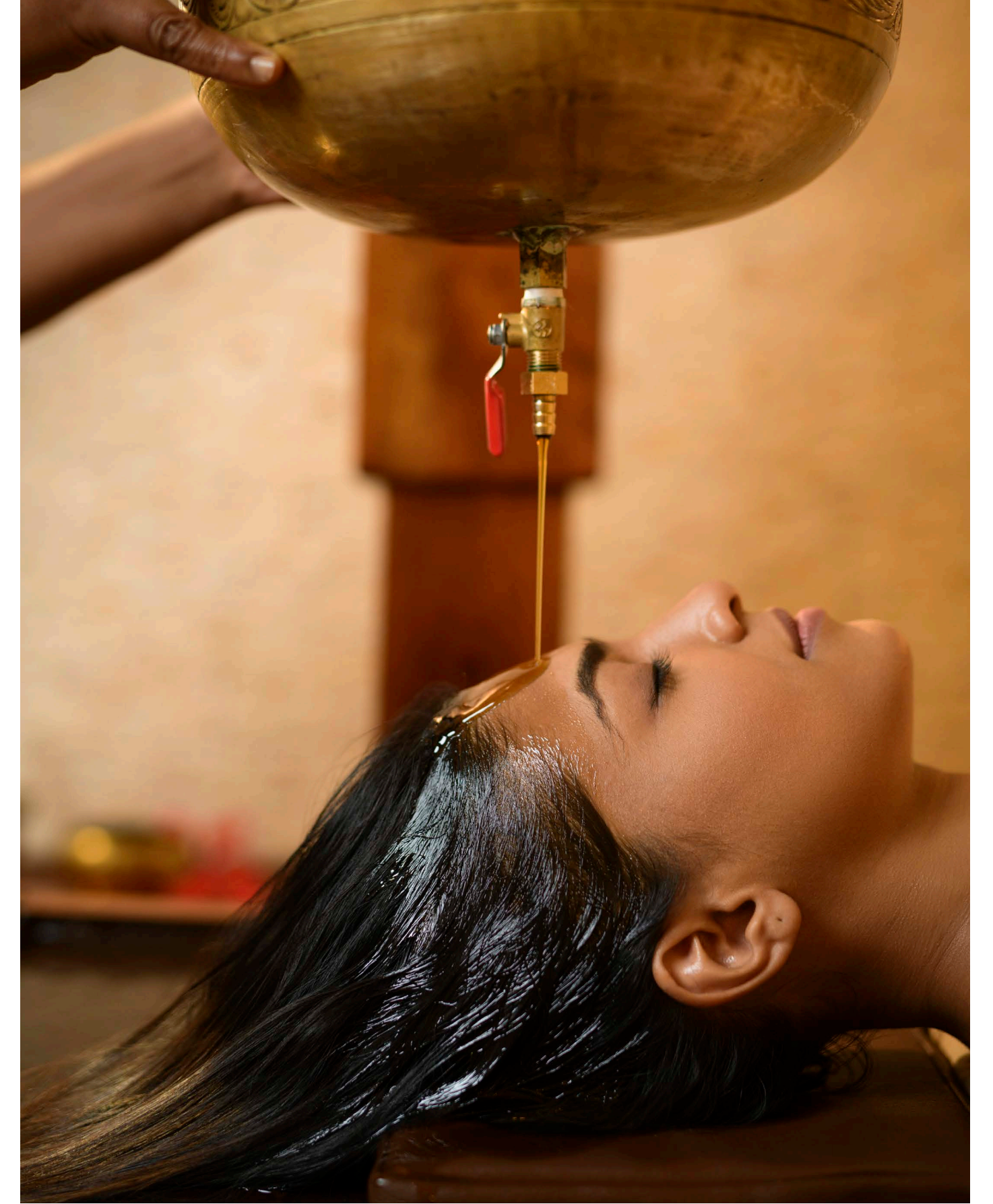
Create a Balance at Mind level

120 min | USD 225

Day 1 programme, helps to release stress, strain, alleviate headaches and calm your mood by creating balance at emotional level.

Inclusions:

- Practice Pranayama to create harmony at emotional level 20 min
- Ayurveda stress and strain buster therapies
(Abhyanga 60 min + Shirodhara 30 min and Sweda 10 min)
- Satvik food based on Ayurvedic principles along with your designated doshas smoothie.



Create a Balance at Body level

150 min | USD 225

Day 2 programme, involves adopting practices that promote overall harmony, vitality and well-being within the body. Outlined here are some general guidelines to enhance physical balance.

Inclusions:

- Practice Yoga Asanas to stay fit - 60 min
- Ayurveda body ache/sore management
(Katibasti 30 min + Elakizhi 60 min)
- Healthy & highly delicious Satvik food for strength gaining along with your designated doshas smoothie.

Create a Balance at Spiritual level

120 min | USD 225

Day 3 programme, provides yourself with the opportunity to cultivate a deeper understanding of your inner self and connection with your spiritual essence.

Inclusions:

- Practice Meditation – Meditation encourages mental clarity by helping individuals focus on the present moment, letting go of distractions and unnecessary thoughts - 20 min
- Love thyself through Ayurvedic Skin care & Hair care - This involves taking care of your physical appearance as a means of nurturing self-care and self-esteem.
(Hair pack 50 min + Udwartana 50 min)
- Highly nutritious and easily digestible Satvik food along with your designated doshas smoothie.



For Designated Doshas:

1. Satvik food: Kichadi, Rice pudding, Upma.
2. Smoothies: Vata smoothie, Pitta smoothie and Kapha smoothie.

To schedule your appointment, please call the Anantara Spa at Ext. 6500 or
Tel: +94 342 220 222 or E: spa.akal@anantara.com

This promotion may not be combined with any other offer, gift voucher or discount coupon.