Package :Wellness Sri Lanka

Starting price 1500 USD

4N5D

Sri Lanka is a sanctuary for holistic wellness, seamlessly blending ancient healing traditions with stunning natural beauty for a truly transformative journey. The island's approach is rooted in the timeless science of Ayurveda, offering personalized treatments, herbal therapies, and rituals designed to restore balance to the mind, body, and soul.

Your retreat includes a 3-night stay at Santani, which offers a fully bespoke program perfect for anyone needing a break, a 'reboot,' or to get 'unstuck.'. Guests will benefit from a custom combination of relaxation, nutrition, exercise, and education, making it an accessible way to rejuvenate the mind, body, and spirit.

Included / Excluded

To help you get to know more information about this tour, get in touch with our travel designers who will go through all the details of the tour.

- Hotels stays as mentioned
- 3 nights at Santani Wellness kandy
- Customized gourmet meals
- Spa treatment
- Yoga
- Transportation by Car
- Professional Chauffeur Guide
  The tours as mentioned

Excludes

-
- Visa fee
- Optional
- tours or any other expenses
- Air Fare

Day 01 - Wellness retreat awaits
Upon arrival, a Paddy Trails representative will welcome you and accompany you to your nearby hotel, allowing you to rest after your long journey.

Day 02 - 4 Wellness program

Hit the reset button and give your body a chance to reboot with our introductory wellness package. This relaxing, re-energizing break is perfect for anyone looking to step away from everyday stressors and take a general, customized holistic approach to wellness.

Inclusions:
• Accommodation in a sublime chalet
• Personalized gourmet wellness cuisine (on full board)
• A wellness consultation with the resident doctor including body type analysis
• Daily wellness treatments to revive the mind, body and spirit (90 minutes per day)
• Group Hatha yoga sessions in the morning and evening (daily)

• Discussion with the chef about healthy cooking
• Access to spa facilities such as sauna, steam room and thermal saltwater bath
• Guided group nature walks
• Unlimited fresh juices and herbal tea
• Lifestyle discussions and healthy living guidance
• Laundry services
Goal: Step away from the stressors of everyday life and hit the reset button.

Day 05
Following a restorative wellness retreat, you will proceed to the airport after breakfast.