

Wellness packages

Sri Lanka is renowned for its wellness heritage and authentic Ayurveda treatments. At Jovial Travels, we have established close partnerships with leading wellness resorts across Sri Lanka, allowing us to curate personalized wellness journeys tailored to each individual's needs. Whether you seek relaxation, rejuvenation, or holistic healing, our bespoke packages are designed to deliver a truly transformative experience.

Package 01

Aarunya Nature Resort

Derived from the Sanskrit word for "**first rays of the sun**" Aarunya lives up to its name, capturing the breathtaking beauty of every sunrise over the UNESCO-listed Knuckles Mountain Range.

4 Nights / 5 Days Luxury Ayurveda Retreat

Prasadini offers a transformative Ayurvedic wellness experience designed to restore balance and promote holistic healing. Through personalized treatments, expert guidance, and time-tested therapies, guests embark on a rejuvenating journey that nurtures the mind, body, and spirit. In just five days, rediscover vitality, reduce stress, and embrace a healthier, more harmonious way of living.

This package is highly variable according to the guest medical conditions and requirements. The following is a Sample Program for an individual with work related stress and cervical tenderness and backache due to long sitting position practices:

Day 01

Arrival at the Property

Roga Rogi Pariksha – Consultation with the Ayurveda Doctor Evening Full Body Therapy

Day 02

Deha Abyanga – Full Body Herbal Oil Massage

Pinda Sweda – Herbal Fomentation Treatment

Shiro Abyanga - Head Reflexology

Day 03

Deha Abyanga –Full Body Herbal Oil Massage

Kati Vasthi – Oil Retaining Treatment For Lower Back

Griva Vasthi – Oil Retaining Treatment For Neck

Wakthrabhyanga - Face Massage

Day 04

Akshi Tharpana – Eye Cleansing Treatment

Sarwanga Dhara – Full Body Herbal Oil Draining Treatment

Kati Pichu – Oil Pad Treatment For Back

Griva Pichu - Oil Pad Treatment For Neck

Day 05

Deha Abyanga –Full Body Herbal Oil Massage

Nawarakizi – Medicated Milk Rice Treatment

Aushadha Awagaha - Herbal Bath or Sugandha Jalasnana – Aroma Bath

Inclusions:

Consultations with the Ayurveda Doctor (Including Post Treatment Recommendations).

3 Gourmet Meals Per Day (Tailored to Guests Needs & Doctors Advice)

Unlimited Fresh Juices & Herbal Tea.

All Treatments (120 Mins Total Per Day).

Daily Morning & Evening Yoga Sessions (60 Mins Total Per Day).

Meditation Sessions (Before or After Yoga Sessions).

Accommodation & Meals:

Accommodation for all 4 nights

Full Board Meals

Please note that the above wellness program serves as a general guideline. All programs are fully customized based on each guest's health condition, fitness level, and any existing ailments identified during consultations.

Upon confirmation, guests are required to complete a detailed health questionnaire prior to arrival, disclosing all known medical conditions, allergies, and concerns.

Aarogya reserves the right to modify or decline treatments based on the advice of the Ayurvedic doctor. The resort will not be held liable for any issues arising from undisclosed pre-existing conditions.

More packages are available contact our travel designers for more details

Package Cost per person starting AED 3600

Media Gallery -

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Package 02

Haritha Villa + Spa

Perched on a serene hillock near the stunning Hikkaduwa coastline, Jungle Spa offers an immersive wellness retreat in the heart of tropical nature. Surrounded by towering trees, winding creepers, and beautifully manicured tea gardens, the setting is enhanced by tranquil ponds adorned with blooming water lilies. Seamlessly blending with its natural surroundings, Jungle Spa creates a peaceful sanctuary where nature and holistic wellness come together in perfect harmony.

Contemporary Villa with Private Pool 5 nights' stay

-Daily fruit basket in the room

-Floating Breakfast once per stay

-Daily Morning Yoga/Meditation sessions

-Couples' spa treatment (Foot Reflexology and Ayurveda Herbal Inhalation) for 60 minutes; once per stay

-Wellness Culinary Cooking Demonstration with our Executive Head Chef

-10% off on Ayurveda packages

Package starting price from AED 5000 Per person

Media Gallery

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