

Ayurveda Sri Lanka

07 Nights & 08 Days



EH

Esna Holidays

EST. 2005

Sri Lanka

In the Indian Ocean, south of India lies the island of Sri Lanka. Perhaps we're a slightly less travelled and relatively unknown part of South Asia. But this is an identification we relish!

An idyllic land which synthesizes its deep roots in the early days of Buddhism, with its population's multicultural make-up today, a large portion of it resembles a place time forgot. Here, the cows still graze the land carefree; historic ruins and ancient monuments dot every corner; and the unique landscape supports an unbelievably diverse range of creatures. The Sri Lankan Elephant is a favorite!

For millennia, great explorers were intrigued by the island's natural beauty, its culture, and its aromatic spices. Captivated upon visiting her shores, some wrote of her with lavish praise in centuries-old books, and others came and never left the island after falling in love so completely. A cultural history of over 2000 years is chronicled in the island's ancient kingdoms and religious structures, many of which are UNESCO World Heritage Sites today. In more recent times, the Portuguese, Dutch and British held this formerly sovereign land — finally gaining full independence in 1948.

Today, the island is known for her world-class tea, its untouched beaches, diverse wildlife, and ancient Kingdoms, among many other highlights. An island so small, yet with so much to offer the world.



Day 01

Airport – Wadduwa

Hotel

Siddhalepa Ayurveda
Health Resort

Arrive at Colombo International Airport. Here, you will be met by a designated chauffer guide from Esna Holidays. After the formalities at the airport you will be escorted to your air-conditioned vehicle and proceed to Beruwala for your Ayurvedic Treatment.

Check-in to the hotel.

Commence your Ayurveda Treatment

Day 02- Day 06

Wadduwa

Hotel

Siddhalepa Ayurveda
Health Resort

The focus of the Ayurveda Resort will be to provide total relaxation, starting with the surrounding itself and attention to total Body & Mind.

Optional – visit to the Madu river boat Safari and Kosgodra Turtle Hatchery.



Traverse the dark and dangerous caverns formed by the thick mangrove forests; interspersed with bright open stretches of water. Learn more about mangroves and their positive effect on ecology. Get a chance to see crocodiles, water snakes, tree snakes and wild boars in their natural habitat. Watch the cormorants; storks and many other avian life hunts for their prey in swift flow of Madu River.

Visit the old Buddhist temple on one of the islands that dot the river liberally. Stop by another of the islands; which are the source of the cinnamon industry of Sri Lanka.

Optional – Explore the Galle fort.



Galle is a historical jewel to Sri Lanka wonderful to explore on foot. Among the endlessly exotic old trading port blessed with imposing Dutch-colonial buildings, ancient mosques and churches, grand mansions and museums the ancient Dutch fort which is a UNESCO World Heritage Site attracts the hearts of tourists. Stroll around the ancient city where you will find a gourmet of fancy restaurants and coffee shop to chill and relax. The beach side is surely a bliss which will make you want to lock yourself up in this sun kissed island and indulge in the sea breeze and endless blue waters.

Attend the Ayurveda Treatment, till the end of your stay.

Day 07

Wadduwa - Airport

Meals

Breakfast

Today, depending on your departure flight time, you can either relax or check out of the hotel.

Don't forget to recollect the memories of your trip with your chauffer and write your feedback.

End of Tour

Hotels

Location	Hotel	No. of Nights	Website
Wadduwa	Siddhalepa Ayurveda Health Resort	07 Nights	www.siddhaleparesort.com

Cost of tour

Superior Rooms (with Terrace)

Period from 1st June to 31st October 2022

Pax	2	4	6	8
Standard Room per Person Rate (USD)	770.00	769.00	742.00	715.00
Single Supplement (USD)	100.00			

Period from 1st November to 22nd December 2022

Pax	2	4	6	8
Standard Room per Person Rate (USD)	980.00	979.00	952.00	925.00
Single Supplement (USD)	295.00			

Tour Includes

- Accommodation in hotels as per the itinerary. (Subject to the Availability)
- Full board meal plan at Siddhalepa Ayurveda Health Resort.
- Ayurveda Treatment (Mentioned Below).
- Transport in an Air-Conditioned well-maintained vehicle with the service of an English-Speaking Chauffeur Guide at your disposal always.
- All Paging, Parking, Fuel Costs & Highway Tolls.
- Guided Visits to all entrance sights.
- All Taxes and Service Charges.

Tour Excludes

- International Flights & VISA (Visit www.eta.gov.lk for VISA)
- Tips and Portage.
- All beverages.
- Camera & Video Permit Charges if applicable.
- Any other expense not mentioned in the includes section.

Ayurvedic Program

Note 1:

- General menus would consist of Vegetables, Fish & Fruits. (Ayurvedic Menu)

Note 2:

- Breakfast, Lunch, Dinner - Buffet or Set Menu

Note 3:

Traditional Ayurveda Therapy would include:

- Ayurveda meals including Vegetables & Fish.
- Ayurvedic Production Factory visit
- Ayurveda Fruit Juices with Breakfast.
- One Ayurvedic Lecture per week
- Ayurveda Tea during the Day.
- Ayurvedic Cooking Session per week.
- Traditional Ayurveda - 2 1/2 Hours Treatment per Day.
- Elixir Tasting.
- One Hour Yoga Sessions per day on 6 days of the week.
- All guests will receive Siddhalepa Ayurveda Products Gift Pack.
- One Session of Meditation per week.
- 7 days or more reservation will receive fruit basket on arrival per room.
- Traditional Sweets with afternoon Tea.

General Terms & Conditions

www.esnaholidays.com/terms-and-conditions/