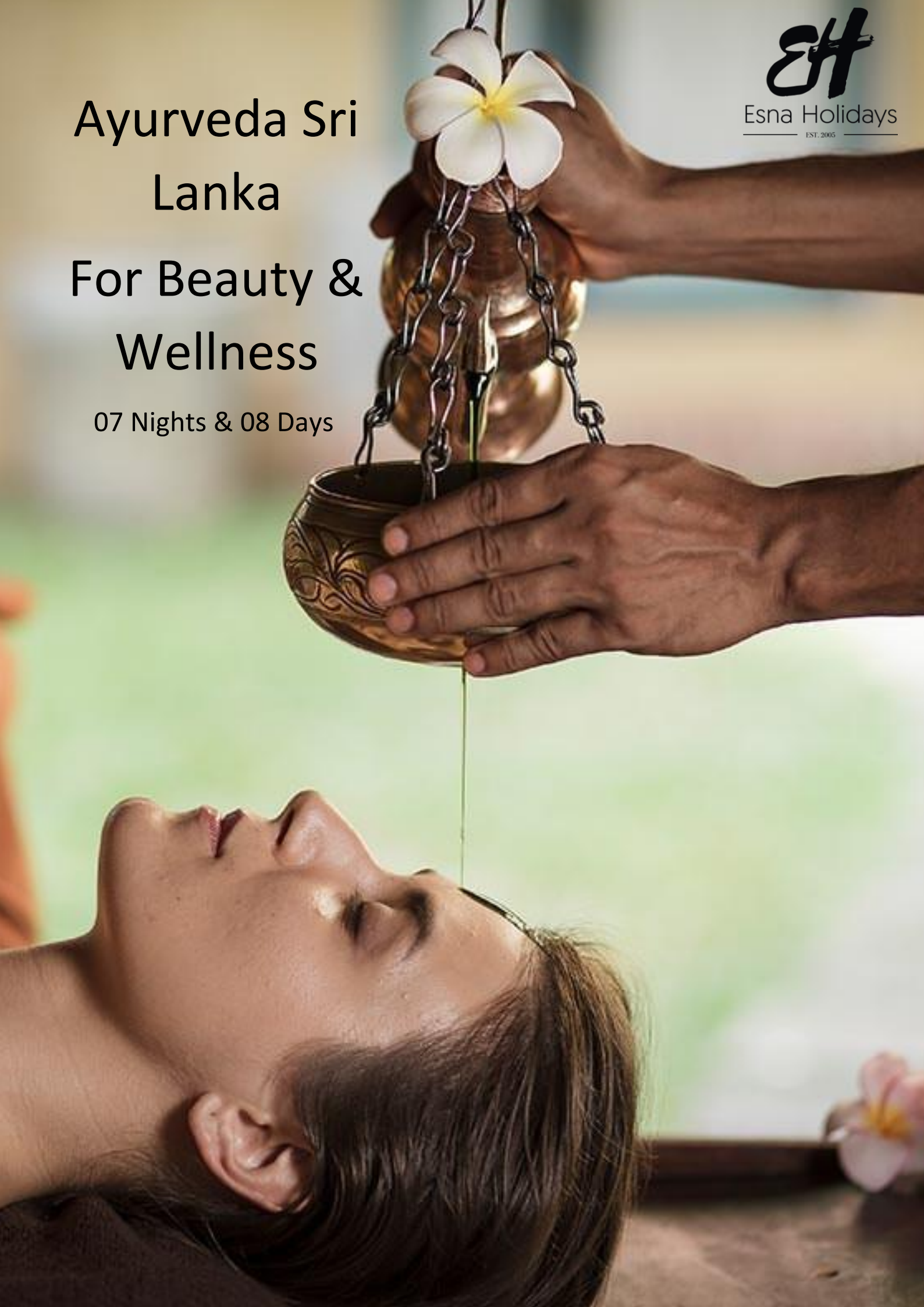




Esna Holidays
EST. 2005

Ayurveda Sri Lanka For Beauty & Wellness

07 Nights & 08 Days



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.

Treatment Plan Overview

On arrival, you will have a one-on-one consultation with an Ayurvedic physician. If you have any past medical reports relating to your condition, those will be looked at by our resident western medical physician and jointly discussed with you and the resident Ayurvedic physician.

After a comprehensive medical examination, the physicians will determine your body type and doshas (primary functional energies in the body) and will prescribe an individualized Ayurvedic medical treatment plan to suit your needs and objectives.

The selection and frequency of treatment will be as prescribed by the physicians. The prescribed treatment plan will be administered daily by an experienced team of therapists under the direct supervision of a resident Ayurvedic Physician.

During your stay, you will have access to an Ayurvedic physician any time you want to discuss your treatment. We have 2 physicians present within the Resort 24/7.

Before departure, an Ayurvedic physician will examine you to establish your state of health and discuss ways and means of continuing with your healthy lifestyle.

Day 01

Airport – Bentota

Hotel

Kur Resort Lanka Am See

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 Bentota for your Ayurvedic Treatment.

Check-in to the hotel.

Commence your Ayurveda Treatment

Day 02- Day 06

Bentota

Hotel

Kur Resort Lanka Am See

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

Daily Program Outline

6.30 a.m. - 7.30 a.m.

Yoga
Meditation

7.30 a.m. - 9.30 a.m.

Breakfast
Consultation with Doctor
Dispensing of morning medication

8.30 a.m.- 12.30 p.m.

Administration of treatment/ therapy as per individual treatment plan
An average of 4 treatments are administered daily.

12.30 p.m.- 2.00 p.m.

Lunch

2.00 p.m. - 5.00 p.m.

Administration of treatment/therapy as per individual treatment plan
Administration of specialized treatment if required as recommended by the Chief Doctor

5.00 p.m. - 6.00 p.m.

Yoga
Meditation

6.30 p.m. - 8.30 p.m.

Dinner

Dispensing of evening medication

8.30 p.m. - 9.30 p.m.

Evening Entertainment

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

Day 07

Bentota – Airport.

Meals

Breakfast

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

Do not forget to recollect the memories of your trip with your chauffeur and write your feedback.

Hotels

| Location | Hotel | No. of Nights | Website |
|----------|-------------------------|---------------|--|
| Bentota | Kur Resort Lanka Am See | 07 Nights | www.kurresortlanka.com |

Cost of tour

Custom-designed chalets

Period from 1st February to 31st October 2023

| | | | | | |
|---|-----|-----|-----|-----|-----|
| Pax | 2 | 4 | 6 | 8 | 12 |
| Standard DBL Room per Person Rate (EUR) | 930 | 925 | 910 | 905 | 904 |
| Single Supplement (EUR) | 300 | | | | |

Optional Tour.

Optional – visit the Madu river boat Safari and Kosgoda 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 the swift flow of the Madu River.

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

Madhu River Boat Cost – Eur 8 Per Person

Turtle Hatchery - Eur 3 Per Person

| Vehicle Type | Vehicle Cost |
|------------------------------------|----------------|
| Car – 01 – 03 Pax) | EUR 50 |
| Flat Roof Van (04 – 06 Pax) | EUR 80 |
| High Roof Van (07 – 09 Pax) | EUR 100 |
| Mini Coach (10 – 14 Pax) | EUR 200 |

Optional – Explore the Galle fort.



Galle is a historical jewel of 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 shops to chill and relax. The beachside is surely bliss which will make you want to lock yourself up on this sun-kissed island and indulge in the sea breeze and endless blue waters.

Galle Museum Cost – Eur 10 Per Person

| Vehicle Type | Vehicle Cost |
|------------------------------------|----------------|
| Car – 01 – 03 Pax) | EUR 80 |
| Flat Roof Van (04 – 06 Pax) | EUR 110 |
| High Roof Van (07 – 09 Pax) | EUR 130 |
| Mini Coach (10 – 14 Pax) | EUR 230 |

Tour Includes

- Return Airport transfers only included.
- Accommodation in hotels as per the itinerary. (Subject to the Availability)
- Full board meal plan at Kur Resort Lanka Am See.
- Unlimited consultation with our doctors during the entire stay
- All prescribed treatments.
- All prescribed massages.
- Yoga sessions.
- Meditation sessions
- Weekly Ayurveda course for a healthy life.
- Bird-watching tours on the lake.
- One or Two Cooking demonstrations.
- Transport in an Air-Conditioned well-maintained vehicle with the service of an English-Speaking Chauffeur Guide.
- All Paging, Parking, Fuel Costs & Highway Tolls.
- 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.

General Terms & Conditions

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