



A REBUILDING DETOX AYURVEDIC PROGRAMME 7 NIGHTS

We remove toxins from the mind and body, and arrange a natural energy and fire that helps to burn toxins within.

Embark on a purifying journey in coastal luxury at Anantara Peace Haven Tangalle Resort. Limited physical activity while you detox and rebuild gives you ample time to rejuvenate in fresh ocean air.

Detox your entire system physically and mentally. Rebuild your natural energy. With a focus on the Pitta dosha to balance digestive fire, toxins are eliminated from the gut. Learn how to cleanse the mind from an ayurvedic perspective. An extensive programme of ayurvedic therapies and Anantara Spa treatments purifies from within. Learn what to change in your home routine to maintain a balanced lifestyle.

INCLUSIONS:

- Personal consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Three private Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- 10 spa treatments per stay
 - Two 90-minute Detox Ceremony treatments
 - One Virechana Karma treatment
 - Two 90-minute Marma Abhyanga treatments
 - One 90-minute Bespoke Massage
 - One 30-minute Nasya Karma treatment
 - One 60-minute Udwartana treatment
 - One 90-minute Pizhichil treatment
 - One 60-minute Pinda Sweda treatment
- One three-hour painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

Priced at **USD 1,600 per person**, inclusive of applicable tax and service charge.

Terms and conditions apply.

- Ayurvedic treatments are personalised and are subject to change based upon the Doctor of Ayurveda's guidance.
- Ayurvedic treatments work by internal cleansing and may cause a disturbance to your usual body rhythms.
- People below 18 years of age and above 70 years of age are not eligible for certain programmes, and will require a doctor's approval.
- If you have any current or chronic illnesses, a medical clearance is required to enroll in the wellness programmes.
- A waiver of release will be signed before commencement of the programme.

**For reservations and more information,
please contact reservations.srilanka@anantara.com.**

Anantara Peace Haven Tangalle Resort

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