



DEEP SLEEP AYURVEDIC PROGRAMME 7 NIGHTS

The body and the mind rest to rebuild functions, to relax itself and to provide time to heal.

Anantara Peace Haven Tangalle Resort invites you to exchange modern stress for tranquil shoreline seclusion. Discover how Sri Lanka's ayurvedic and Buddhist wisdom can soothe your body and mind, while experts guide and support every step of your journey.

Feeling sleep deprived, fearful, overwhelmed or anxious represents an unbalanced fire within. To restore optimum functionality we need time to rejuvenate. Let our ayurvedic doctor increase your Kapha dosha to nurture peace. Examine the lifestyle patterns that contribute to feeling burnt out. Disconnect from technology. Tune inwards with Yoga and meditation. Soak up Buddhist temple stillness. Enjoy the calming creativity of painting. Surrender stress and tension in deeply relaxing therapies. Learn new skills for long lasting wellness.

Priced at **USD 1,450 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.

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
- Two Yoga sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout in the evenings
- Two in-room Anantara Slumber Guru rituals per stay
- Five spa treatments per stay
 - One 90-minute Anantara Signature Massage
 - One 60-minute Shirodhara treatment
 - One 90-minute Marma Abhyanga treatment
 - One 30-minute Nasya Karma treatment
 - One 30-minute Shirovasthi treatment
- Two Local Experiences per stay
 - Guided excursion to Mulgirigala Buddhist Temple
 - One three-hour Painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record


ANANTARA
PEACE HAVEN • TANGALLE
RESORT

Anantara Peace Haven Tangalle Resort
Goyambokka Estate, Tangalle, Sri Lanka
T +94 47 767 0700 F +94 47 224 4488 E tangalle@anantara.com