



THE SCIENCE OF LIFE - AYURVEDIC JOURNEYS AT ANANTARA PEACE HAVEN TANGALLE RESORT

Immerse yourself in Sri Lanka's ancient heritage of natural ayurvedic healing. Experience a tailored approach to wellness – expertly guided by our Resident Doctor of Ayurveda, who is passionate about helping each guest attain optimum health and happiness. Discover how sun, sea air and nature in luxurious coastal seclusion provide an ideal environment to disconnect from modern stress, restore peace and vitality.

Each ayurvedic retreat offers a holistic journey of distinct benefits. Collectively these programmes encompass an ideal of happiness – a healthy balance of body, mind and spirit.

CHOOSE YOUR AYURVEDIC PROGRAMME

Inner Harmony – Calm your mind and body to create emotional and spiritual balance.

Deep Sleep – Give yourself well-deserved time to relax, heal and rebuild.

Natural Weight – Discover the ayurvedic approach to healthy weight management and vitality.

A Rebuilding Detox – Detoxify physically and mentally, and rebuild your natural energy.

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.

EACH 7-DAYS AYURVEDIC PROGRAMME INCLUDES:

- Personal consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Private Mindful Moment (holistic healing) session per stay
- One 60-minute Eating for Balance (nutritional coaching) session per stay
- Two 90-minute Life Coaching sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- Personalised ayurvedic therapies and Anantara Spa treatments
- Local Experiences including Guru-led trips to Buddhist temples

Prices start at **USD 1,350 per person**, inclusive of applicable tax and service charge.


ANANTARA
PEACE HAVEN • TANGALLE
RESORT

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