

# NATURAL WEIGHT AYURVEDIC PROGRAMME 7 DAYS

To keep your health, you should be at your natural weight. This is not solely based on less or more, but what is optimal to function efficiently.

Nourishing a healthy weight is a revitalising experience at Anantara Peace Haven Tangalle Resort. Call our beachfront paradise your stimulating playground as we take you on a journey full of cleansing and energising experiences.

Replace counting calories and self-denial with the ayurvedic approach to managing weight. Learn how to use food and physical activity to naturally balance your body and mind. Discover the correct foods for your dosha makeup and how to plan wholesome meals using the Six Tastes of Ayurveda. Boost your metabolism with surfing and personal training. Purify your system with detoxifying therapies.

## INCLUSIONS:

- Personal consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Two private Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- One half-day Surf Guru lesson per stay
- Four fitness sessions
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- Five spa treatments per stay
  - One 90-minute Anantara Signature Massage
  - One 90-minute Thai Massage
  - One 90-minute Marma Abhyanga treatment
  - One 60-minute Udwartana treatment
  - One 60-minute Pinda Sweda treatment
- Two Local Experiences per stay
  - Guided excursion and monk's blessing at Kadurupokuna Buddhist Temple
  - Guided excursion to Mulgirigala Buddhist Temple
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

Priced at **USD 1,350 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](mailto:reservations.srilanka@anantara.com).**

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