



Sooriya Resort & Spa



'Life, as it should be'

Enjoy the Ancient Ayurveda Secrets of Health, Beauty and Relaxation
SIGNATURE TREATMENTS BY SOORIYA RESORT & SPA

Soft Ayurveda Package

Duration: 3 days

Day 01	
7.30am	Foot Massage
10.00am	Full Body Massage
12.30pm	Lunch
04.00pm	Yoga Session



Day 02	
7.30am	Shirodhara Treatment
10.00am	Rice Pack Treatment
12.30pm	Lunch
04.00pm	Yoga / Meditation Session



Day 03	
7.30am	Shirodhara Treatment
10.00am	Back Massage
12.30pm	Lunch
03.00pm	Flower Bath



USD 450/= Per Person - FB

Consultation with our Ayurveda Doctor on your 1st Day

Please visit www.sooriya.com for further information or photo gallery.

For further details and reservations – contact

Chanaka - 076 948 4434 - front.office.manager@sooriya.com

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