



Sooriya Resort & Spa



'Life, as it should be'

Enjoy the Ancient Ayurveda Secrets of Health, Beauty and Relaxation

SIGNATURE TREATMENTS BY SOORIYA RESORT & SPA

Wellness Ayurveda Package

Duration: 5 days

Day 01		Day 02	
7.30am	Head Massage	7.30am	Full Body Massage
10.30am	Neck & Shoulder Massage	10.30am	Herbal Bath
12.30pm	Lunch	12.30pm	Lunch
3.00pm	Foot Massage	4.00pm	Yoga Session
4.00pm	Yoga Session		
Day 03		Day 04	
7.30am	Shirodhara Treatment	7.30am	Shirodhara Treatment
10.30am	Rice Pack Treatment	11.00am	Herbal Leaves Treatment
12.30pm	Lunch	12.30pm	Lunch
3.00pm	Meditation Session	2.30pm	Evening Relaxation
Day 05			
7.30am	Head Massage		
10.00am	Full Body Massage		
12.30pm	Lunch		
2.30pm	Flower Bath		



USD 700/= 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

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