



# Sooriya Resort & Spa



*'Life, as it should be'*

Enjoy the Ancient Ayurveda Secrets of Health, Beauty and Relaxation

**SIGNATURE TREATMENTS BY SOORIYA RESORT & SPA**

## **Intensive Ayurveda Package**

**Duration: 7 days**

### **Day 01**

7.30am Foot Massage  
10.30am Rice Pack Treatment  
12.30pm Lunch  
3.00pm Neck & Shoulder Treatment  
4.00pm Yoga Session

### **Day 03**

7.30am Head Massage  
10.30am Full Body Massage  
12.30pm Lunch  
2.00pm Herbal Bath  
3.00pm Meditation Session

### **Day 05**

7.30am Back Massage  
10.30am Powder Massage  
12.30pm Lunch  
2.00pm Sun Bath Relaxation

### **Day 07**

7.30am Shirodhara Treatment  
10.30am Sheeradara Treatment (Milk Therapy)  
12.30pm Lunch  
2.30pm Flower Bath

### **Day 02**

7.30am Shirodhara Treatment  
10.30am Inhalation  
12.30pm Lunch  
4.00pm Yoga Session

### **Day 04**

7.30am Shirodhara Treatment  
11.00am Herbal Leaves Treatment  
12.30pm Lunch  
4.00pm Yoga Session

### **Day 06**

7.30am Head Massage  
10.30am Full Body Massage  
12.30pm Lunch  
4.00pm Yoga Session

**USD 840/= Per Person – FB**

Consultation with our Ayurveda Doctor on your 1<sup>st</sup> Day

Please visit [www.sooriya.com](http://www.sooriya.com) for further information or photo gallery.

For further details and reservations – contact

Chanaka - 076 948 4434 - [front.office.manager@sooriya.com](mailto:front.office.manager@sooriya.com)

Hashani – 076 348 4436/0777483522 – [marketing1@sooriya.com](mailto:marketing1@sooriya.com) or [info@sooriya.com](mailto:info@sooriya.com)

SOORIYA RESORT & SPA, Rekawa Beach, Tangalle 82135, Sri Lanka, T: +94 (0) 47 2 030 600