



"Life, as it should be"

Spa Treatments



HEAD MASSAGE (Shiro Abhyanga) – 25 Minutes

Oil is applied to the head and is absorbed into the scalp through the roots of the hair. This nourishes, lubricates and strengthens the hair roots and the skin of the scalp preventing hair loss and premature greying. It improves circulation to the head, relaxing the muscles and nerve fibers.

FACIAL MASSAGE (Muka Abhyanga) – 30 Minutes

This massage sequence draws on the ancient wisdom of the ayurvedic systems and works locally and reflexively. Locally, to improve the skin & uplift the face and reflexively to relax and deeply nourish the whole body.

NECK & SHOULDER MASSAGE (Griiva/Skanha Abhyanga) – 25 Minutes

Special herbal oil is applied to the neck and the shoulders to release muscular spasms, rheumatic pain and stress related conditions as the neck and the shoulder area is so often stiff and tensed.

FOOT MASSAGE (Pada Abhyanga) – 45 Minutes

During foot massage, special attention is focused on the 'Tender Spots'. This massage produces a reflect effect on the internal organs as well as creating a combined soothing and invigorating effect.

POWDER MASSAGE (Udvaartana) – 60 Minutes

Udvaartana means to elevate or to promote. The name can be attributed to the treatment's ability to improve the body conditions which cleanses the skin and increases circulation in the body.

OPERATING HOURS FROM 7.30 AM – 8.00 PM. LAST TREATMENT IS TAKEN AT 7.00 PM

WHOLE BODY MASSAGE (Abhyanga) – 60 Minutes

The whole body massage is always given with different types of oil depending on the body type (i.e. vata, pitta, kapha or a combination). It is very beneficial for general rejuvenation, skin and musculoskeletal conditioning or problems such as obesity, body aches and pains. A steam or an herbal bath is recommended for a complete relaxation. The calming synergy of the Ayurveda oils and deep massage strokes relax the mind and soothe the body.

PICCICHIL – 45 Minutes

This is a highly effective rejuvenation technique where oil is poured on to the body. Piccichil is a very special form of massage which involves the continuous dripping of oil on to the body from a piece of cloth dipped in oil while the masseur massages the body with soft, gentle strokes without exerting too much pressure. This will only be done under medical supervision!

HERBAL STEAM BATH (Vashpa Swedha) – 25 Minutes

This is a special procedure of sudation. Out of all the techniques mentioned to bring heat into the body, steam bath is the most widely used method in poorva karma, one of the oldest traditional ways of deeply cleaning the skin. The body is enclosed in steam box with only the head left exposed.





NAVARAKIZHI – 45 Minutes

Navarakizhi involves fomentation of the body with a bolus of cooked rice tied up in linen bags. Rice is cooked in milk and an herbal decoction. The boluses are dipped into herbal decoction of warm milk and massaged all over the body after a gentle massage.

BODY WRAP (Sharlira Ubtan) – 60 Minutes

Specially prepared herbal paste is applied all over the body revitalizing body tissues. This treatment is excellent for sunburn and dry/damaged skin.

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SHIROVASTI – 45 Minutes

Shirovasti is considered more of a palliative (Shamana) treatment than an eliminative (Shodhana) one. The treatment is usually preceded by oleation (Snehana) and sudation (Swedana).

PICHU – 25 Minutes

Pichu and Shirovasti are theoretically the same except for the modes of application which vary slightly. Both treatments are for ailments affecting the region above the neck, specially due to disrupt vata dosha. Pichu is also used to treat some ailments of the cranial nerves. An herbal bath may follow pichu.

UROVASTI – 25 Minutes

Urovasti is administered to the areas or the chest to treat pain in the sternum. As in Kativasti, a small receptacle is made on the chest with black gram paste. Oil is poured into this and allowed to remain there for some time.

HERBAL BAGS (Upanahaswedha) – 25 Minutes

An Upanahaswedha or poultice is a local application of a medicinal paste to treat pain associated with swelling. A medical paste is prepared out of various substances.

KATIVASTI – 25 Minutes

The central portion of the body is called Kati. Vasti implies a container. Kativasti is an effective therapy for Katisula, which is the term for lower backache or stiffness or pain felt along the back. The affected area may be gently massaged with the same oil. The guest is then advised to take rest for a short while.

HERBAL SNANA (Bath) – 25 Minutes

Cleansing the surface of our body is considered to be a sacred ritual in many parts of Asia. The body is prepared for bathing by first receiving an oil massage. Ayurvedic bath helps to eliminate toxins from the body, promotes resilience, reduce stiffness, and softens the skin and effective on certain skin conditions too.



SHIRODHARA (Per day)

Shirodhara is the process of running a fine stream of warm Ayurvedic oils on the "third eye" area of the forehead for a period of approximately 45 minutes a day for a period of 3 days.

FOMENTATION – 30 Minutes Traditional rejuvenating Ayurvedic treatment which utilizes heated, compresses or boluses filled with fresh and dried herbs ranging from seeds, flowers, leaves, stems and roots.

SIGNATURE TREATMENTS

VERA THAVARUMA (Exotic Body Glow) – 90 Minutes

A complete body treatment that revitalizes skin tissue, relieving stressed skin and stimulates the new skin growth.

CHAVYA LANKARAYA (in Harmony with Nature) – 90 Minutes

This massage, using specially formulated gel polish enriched with Ayurvedic oils is both physically and emotionally stimulating.

VAKTHRA SHUDDHI (Natures Face - Lift) – 50 Minutes

This face treatment is ideal for rejuvenating skin that is wrinkled, dehydrated, dull, and oily or has blemishes.

PADHA LANKARAYA (Foot Soother) – 50 Minutes

The ultimate soothing treatment for those tired and stressed feet together with stimulation for the body's own healing and balancing process.

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PREENANAYA (Body Polish) – 90 Minutes

Glow is the keyword for this deep cleansing exfoliating treatment.

SHIROCHIKITHSA – (Stress Relief) – 90 Minutes

This treatment is designed to ease away tension by focusing on the key areas in the back, neck and shoulders.

KAAYALA GUTHWAYA (Slimming) – 90 Minutes

This treatment provides the combined effects of both slimming and toning of our body

AYUR FULL BODY WRAP – 90 Minutes

This treatments smoothens your skin and nourishes the entire body, resulting in a radiant skin complexion.



HALF DAY AYUR SPA RITUAL

AYUR DETOX AND TONE

Eliminates impurities built up deep inside you while toning the skin with this invigorating and effective body treatment specifically designed to target areas of cellulite.

- Deep Tissue Massage
- Balancing Facial
- Toning Body Mask
- Steam Bath

FULL DAY AYUR SPA RITUAL

AYUR REJUVENATE

Renew and rejuvenate your mind, body and soul with this supreme Ayurvedic rejuvenating experience.

- Herbal Bath with Jacuzzi
- Refining Body Mask
- Facial Massage
- Foot Massage
- Body Polish
- Steam Bath
- Head Massage

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SOORIYA

RESORT & SPA

Rekawa Beach

Rekawa Beach Tangalle 82135 Sri Lanka

www.sooriya.com
info@sooriya.com

T: +94 (0) 47 2 030 600
F: +94 (0) 47 2 030 607

Managed & operated by Luxury Villas & Hotels Management (Pvt) Ltd.