

THE “WELLNESS” EXPERIENCE WITH JETWING AYURVEDA AND SPA’S

Whether it be a business traveller looking to minimise jetlag or the stress of the past several months, a group of friends trying to spend ‘healthy’ time together, a man seeking relief from severe back ache or even perhaps a couple trying to bring back the spice into their married life, the Spa is often the answer to all of these problems.

Jetwing have a range of luxurious Spas in selective properties, namely Jetwing Beach located in the happening town of Negombo, The Blue Water in Wadduwa, Jetwing Lighthouse located in the ancient city of Galle and at Jetwing Vil Uyana situated within the cultural triangle in Sigiriya. These Spas offer a guest a wide choice of treatments and opportunities in varied environments to relax and pamper themselves. The treatments on offer are in keeping with the needs and expectations of all guests. Thus, regardless of where a guest comes from or what problems they may have, Jetwing spas ensure that they can find peace while catering to their unique needs.



Apart from a wide range of treatments, each spa has its unique signature treatment coupled with a private diner for two. At the Jetwing Beach, one can enjoy the *Rama Sitha Therapy of Romance*. This is a delightful haven of relaxation of romance offering a variety of treatments touched up with speciality oils for both him and her, enhancing the reality of love. At Jetwing Lighthouse, a couple could enjoy the *Adam and Eve Spa Treatment*, this treatment enables the couple to share the experience, while two therapists work simultaneously to re-establish harmony through their rhythmic touch and movements.



MEDIA RELEASE

Jetwing, recently have joined hands with Elemis, a UK based lifestyle brand offering aromatherapy products aimed at treating each person holistically with plant essential oils and marine extracts mixed with natural bases.

Spas around the world are known to be a centre for healing and nourishing mind, body and spirit. People go to spas for fitness, stress management, peace of mind, pampering and pleasure and health and wellness. The heart of spas was always known to be water; many speculate it to be an acronym for the Latin phrase "sanitas per aquas" meaning, health through water. In ancient times, social bathing was an important cultural process practiced by Mesopotamians, Egyptians, Minoans, Greeks and Romans whenever they sought health and relief from their pain and diseases. Over time the use of saunas and steam baths have emerged enhancing and formalizing the healing power of water.



Today's spa is an interesting combination of ancient tradition and modern mechanical wonders. The proper sequence of the typical spa ritual is cleaning, heating, treatment and rest. With the increased interest in healthy living, apart from spa treatments, curiosity in the ancient Indian system known as Ayurveda, which was imported to Sri Lanka in early times has grown and is now favoured by many. Jetwing has made Ayurvedic treatment freely available to guests through the introduction of their purpose built property Jetwing Ayurveda Pavilions, located in Negombo. Being the first holiday health resort to be on the west coast, Jetwing Ayurveda Pavilions is designed for people seeking in-house Ayurvedic therapy in quiet, peaceful surroundings. Jetwing Vil Uyana is one of the few resorts in Sri Lanka that offer guests a choice between a wide of selection of both Ayurvedic and Spa treatments.

NOTE

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