



AYURVEDA

by Jetwing

*Jetwing Tropical Villas & Ayurveda
Beruwela, Sri Lanka*



AYURVEDA TREATMENTS BY JETWING

Ayurveda is a soft medical concept for physical and psychological well being. Treatments in our Ayurveda centre are based on the correct combination of a multitude of indigenous herbs in order to pay tribute to your unique constitution. The assessment of your body constitution is identified by an Ayurveda Doctor before obtaining treatments.

SINGLE OPTION TREATMENTS

Duration 45 minutes

'SNEHANA' OLEATION AND ANOINTING

Supports and strengthens muscles and vascular system of the body.

Rs 2500

'SHIRODHARA' POURING OIL TREATMENT ON THE HEAD

Prevents stress and cures head, ears and eye related diseases and sleeping problems.

Rs 3300

'THAILADHARA' POURING OIL TREATMENT FOR THE BODY

Beneficial to circulatory, muscular, neurological and skin related problems.

Rs 3300

'PADABYANGA' MEDICAL OIL TREATMENT FOR THE FOOT

Prevents and cures foot related ailments and enhances the beauty of the feet.

Rs 2500

'VAKTHRABYANGA' MEDICINAL FACIAL TREATMENT

Regenerates facial texture and cures facial problems.

Rs 2500

'PINDASWEDA' MEDICINAL FOMENTATION TREATMENT

Corrects and prevents diseases related to skin, muscle tendons and nerves.

Rs 3300

'SHIROABHYANGA' MEDICINAL HEAD OIL TREATMENT

Prevents and cures psychological and sleeping problems, ears, eyes, hair and head problems.

Rs 2500

'DRONIAVAGAHA' MEDICINAL BATH

To strengthen the immune system and muscles.

Rs 3300

'SWEDA' FOMENTATION THERAPY

Improves circulation and removes toxin from the body and helps to reduce excess fat.

Rs 3300

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AYURVEDA PROGRAMMES by Jetwing

Treatments are tailored to your special bio-energetic constitution. Treatments are offered for 1-1/2 hours daily. The following package will include doctor's consultation, demonstration, Ayurveda awareness programme and Acupuncture.

3 Day - Rs 21450 per person

Ayurveda consultation
Ayurveda body massage (Snehana therapy)
Ayurveda body purifying (Kayasheka therapy)
Herbal bath.

BENEFITS

Prevents and promotes positive health
Prevents and cures diseases related to parts of the body
Prevents and corrects the ageing process
Helps the individual sleep

05 DAY - Rs 28875 per person

Ayurveda specialist consultation
Ayurveda body massage (Snehana therapy)
Ayurveda head massage (Shiro Abhvanga therapy)
Ayurveda facial
Ayurvedic steam bath (Pinda Sweda & Nadi Sweda therapy)
Ayurvedic herbal bath

BENEFITS

- Helps nourishment of the body
- Promotes longevity of an individual
- Prevents and promotes positive health
- Prevents and cures diseases related to parts of the body
- Prevents and corrects the ageing process
- Helps overcome fatigue
- Prevents and corrects digestive disorders

07 DAY – Rs 39600 per person

1. Ayurveda consultation
2. Ayurveda body massage (Snehana, Swedana, Milk Therapy)
3. Ayurveda head treatment (Shiro Abhyanga Therapy)
4. Ayurveda body purifying (Kayasheka, Parisheka and Udwarthana Therapy)
5. Herbal bath
6. Facial treatment

BENEFITS

1. Prevents and promotes positive health
2. Promotes longevity of an individual
3. Helps the individual sleep
4. Prevents and corrects disorders related to body and mind
5. Helps get beautiful, glossy skin
6. Helps overcome fatigue
7. Prevents and corrects the ageing process

ACUPUNCTURE

Acupuncture is a technique of inserting and manipulating filiform needles into points on the body with the aim of relieving pain and for therapeutic purposes.

Rs. 2000/=

Ayurveda with Jetwing

INFORMATION

APPOINTMENTS

We recommend prior appointments be made in order to secure your preferred time and date of treatment. Please arrive at the Ayurveda Spa at least fifteen minutes early, as a late arrival will result in your treatment time being reduced to accommodate subsequent appointments fairly.

ALCOHOL & SMOKING

Consumption of alcohol & smoking within the Ayurveda Spa is prohibited. It is also advisable to avoid them just before a treatment.

CANCELLATION POLICY

If an appointment is cancelled less than two hours in advance, 50% of the cost of service will be charged. Unused portions of Treatment Packages booked are non-refundable and non-transferable.

COMMENTS & QUESTIONS

Should you have any questions or comments please do not hesitate to ask one of our Associates, who would be pleased to assist you.

CONSULTATION

Prior to every Ayurveda Treatment, consultation by the Physician will be done to identify the body constitution. Treatments will be offered only at the Ayurveda Spa.

DRESS CODE

As the area is unisex, we suggest you wear a swimsuit when using the steam box.

ETIQUETTE

We request you to speak softly during hours. Cellular phones and other electronic devices are discouraged.

GIFT VOUCHERS

Ayurveda gift vouchers are available for purchase from the hotel reception. Vouchers are valid for a period of six months from date of issue.

MEDICAL

If you have high blood pressure, heart conditions, allergies or any other medical complications or conditions, we advise that you seek medical advice prior to use of any Ayurveda Spa services. Please inform the therapist of any medical conditions.

PAYMENT

All prices are in Sri Lankan rupees with service charge and government taxes included. For your convenience, all treatments will be charged to your room account to be settled at your departure. For non-resident guests, an Ayurveda Spa associate will accompany you to the reception for settlement.

VALUABLES

We recommend that no jewellery be worn during your treatment and all other valuables be left in your in-room safe before coming to the Ayurveda Spa. The Management and Staff accept no responsibility for the loss of money or valuables of any kind brought into the Spa premises.

Ayurveda & Spas By Jetwing

Jetwing Tropical Villas & Ayurveda - Beruwela

Jetwing Lighthouse - Galle

Jetwing Beach - Negombo

Jetwing Ayurveda Pavilions - Negombo

Jetwing Vil Uyana - Sigiriya

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Sri Lanka