



Ayurvie

By Thema

Ayurveda Treatment Packages







## 🌸 Your stay at Ayurvie 🌸

At Ayurvie, we recognize the intrinsic uniqueness of each individual, and our approach to wellness revolves around this fundamental principle. We believe that every person requires tailored treatments to restore harmony to their doshas. Our experienced doctors conduct one-on-one consultations to identify primary and secondary doshas – Vata, Pitta, or Kapha – guiding the prescription of treatments aimed at rebalancing these doshas.

**Your stay at Ayurvie with all-inclusive meal plan will compromise of;**

- 🌸 Daily sun rise and sun set yoga and meditation
- 🌸 Complementary experiences unique to 'Ayurvie'
- 🌸 Consultations with our Ayurvedic Doctors at the start, end and a minimum every 3 days (approx.) in between.
- 🌸 Daily Ayurvedic vegetarian meals prepared specially to suit your dosha type
- 🌸 Herbal Teas and Juices to suit your dosha type
- 🌸 Daily 2 hours (approximately) Ayurvedic treatment
- 🌸 Free Ayurvedic medication prescribed by the doctors





## Two Retreats, One Holistic Approach



Set in the breathtaking beauty of Sri Lanka's Cultural Triangle, Ayurvie Sigiriya invite guests to embark on a transformative journey of self-discovery. Our resort offers a unique blend of traditional Sri Lankan healing practices and special Ayurvedic treatments that rejuvenate the body, relax the mind, and renew the soul.

At Ayurvie Sigiriya, we embrace a holistic approach to wellness that goes beyond treatments and herbal baths. Our guests can enjoy morning and evening Yoga and meditation sessions, nourishing Sattvic dining, and a variety of enriching experiences such as bird-watching trails, e-bike village tours, cookery demonstrations, and visits to paper recycling factory, each thoughtfully designed to ensure an unforgettable and transformative stay.

Our resort's distinctive concept focuses on environmental conservation. The entire property is constructed with eco-friendly materials like earthbags and eco-bricks. The villa designs reflect traditional Sri Lankan homes from the early days of Ceylon, with cool, cozy interiors overlooking lush paddy fields, offering a truly authentic Sri Lankan experience.





Situated along the serene shores of Weligama, Ayurvie Weligama stands as a luxurious Sri Lankan Ayurveda resort, distinguished among the many retreats in the country for its commitment to traditional Ayurvedic principles and Vastu Vidya (Vedic architecture), ensuring a holistic wellness experience for every guest.

Our team of highly qualified doctors and therapists will create treatment plans based on medical history and individual needs of the guests, focusing on Panchakarma—the cornerstone of Ayurvedic therapy. This approach restores the three Doshas to their natural equilibrium, enhancing the overall well-being.

Our resort has 22 deluxe rooms and 2 suites offering breathtaking ocean views and guests have the opportunity to explore the region's stunning beaches, witness the majesty of blue whales, and visit historical temples like Bimbarama Temple, completing their getaway with an authentic, intimate journey into the heart, soul, and history of Sri Lanka.



## 🌸 Nutrition 🌸

At Ayurvie, every meal is prepared after a consultation with our in-house Ayurvedic physicians. Following Ayurvedic principles, which advocate for a vegetarian sattvic diet, each delectable dish is made from organic fruits and vegetables grown in our own gardens. Apart from the meals guests can indulge in in herbal teas and elixirs that are carefully prepared to balance Vata, Pitta, and Kapha body types, with a central goal of promoting the health and well-being of our guests.

## 🌸 Yoga 🌸

Yoga and Ayurveda beautifully complement each other in fostering health, wellness, and balance. While Ayurveda emphasizes holistic care and nourishment, Yoga focuses on physical postures, breathing techniques, and meditation to unify the mind, body, and spirit. At our resorts, you can practice Yoga twice daily in one of our stunning Yoga shalas – one with a tranquil ocean view and the other surrounded by lush paddy fields



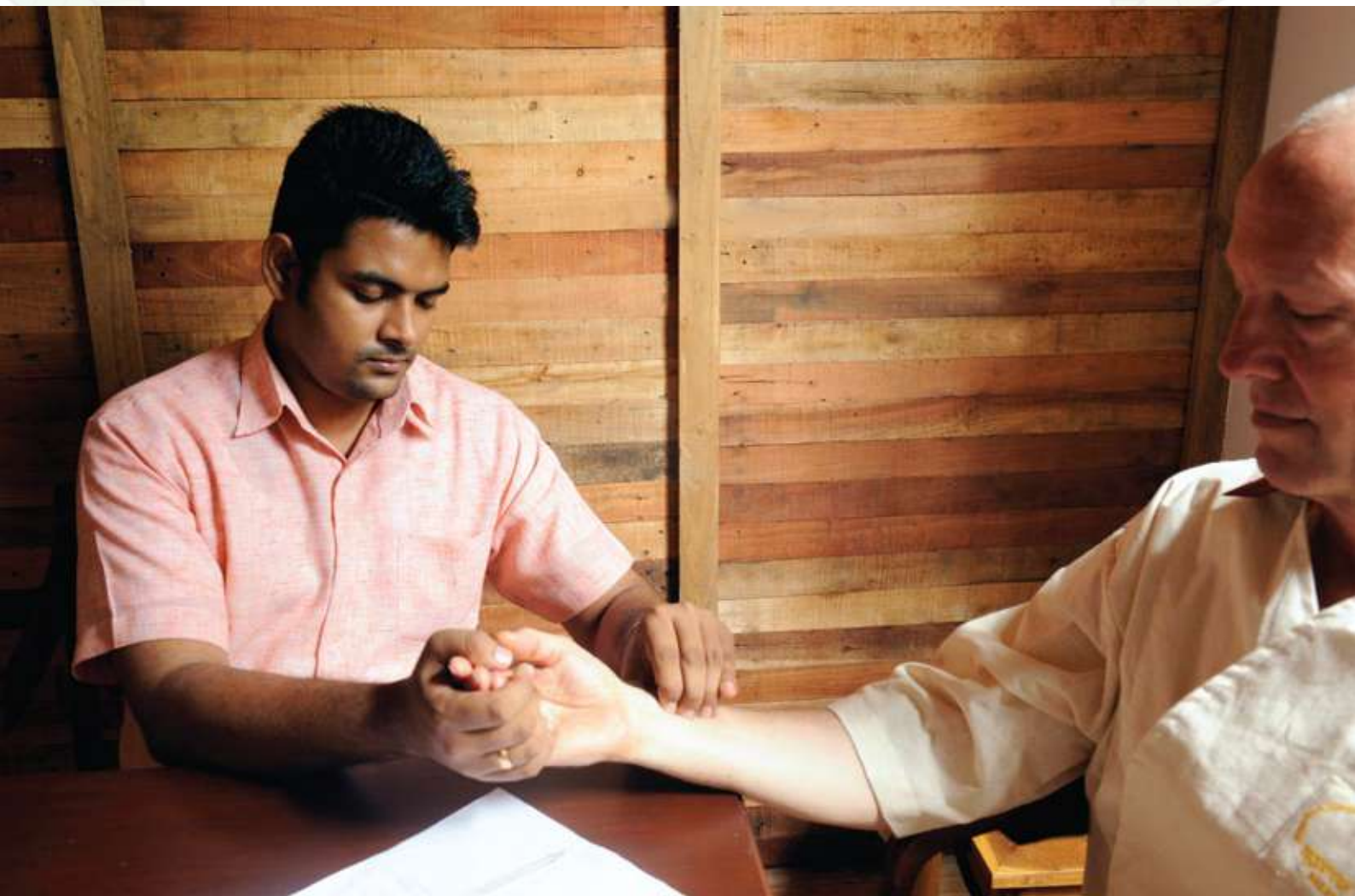


## 🌸 Panchakarma 🌸

At our resorts we are renowned for providing Panchakarma, one of the ancient Ayurveda therapies in Sri Lanka. Panchakarma treatment is a holistic cleansing process designed to eliminate toxins from the body, addressing issues from disease, poor nutrition, and lifestyle habits. It involves three stages:

1. Poorva Karma: Prepares the body with methods like Snehana and Swedan.
2. Pradhan Karma: Eliminates toxins through five treatments—Vamana (Emesis), Virechana (Purgation), Nasya (Nasal Insufflation), Vasti (Enema), and Rakthamokshan (Bloodletting).
3. Paschat Karma: Follows up with dietary adjustments, medication, and lifestyle modifications.

This comprehensive approach promotes physical, mental, and emotional well-being, supporting long-term health and vitality.



# 🌸 Panchakarma Related Ayurveda Packages 🌸

## 1. Detoxification with Stress Management

Introducing our exclusive Detox & Stress-management Ayurveda Package, a holistic wellness retreat package designed to rejuvenate your mind, body, and spirit.

During your stay, you'll commence your personalized detoxification journey that targets accumulated toxins and revitalizes your system. Our skilled Ayurvedic practitioners will guide you through specialized cleansing therapies, including herbal massages, oil treatments, and steam baths. These therapies work synergistically to flush out impurities, restore balance, and promote inner harmony.

In addition to detoxification, our program focuses on alleviating stress and promoting deep relaxation. Feel your tension melt away as skilled hands perform Shirodhara, a rhythmic pouring of herbal oil onto your forehead, promoting deep relaxation and mental clarity.

To complement your wellness journey, our dedicated culinary team will craft wholesome Ayurvedic meals to nourish and replenish your body. Conclude with soothing yoga and meditation sessions that help calm the mind, reduce anxiety, and promote mental clarity.

### **Minimum Duration – 14 nights**

#### **Inclusions**

- 2 Yoga Sessions
- Doctor Consultation (5 or 6 consultations)
- Vegetarian or non-veg meals & Herbal Beverages or dietary plan as Prescribes by the Doctor
- 2-hour treatment session
- Recommended Treatments - Abhyanga, Sambahana, Shiro abhyanga, Mukha abhyanga ,Pada abhyanga, Reflexology Navarakizhi ,Udvardana ,Bashpa sweda, Avagaha sweda, Pathra Pinda Sweda, Thermo massage, Herbal facial treatment.
- Panchakarma Treatments – Virchana, Vamana karma, Nasya karma, Vasti karma, Raktha Mokshana
- Other special treatments - Shirodhara ,Shiro lepa, Shiro vasti, Pichu treatment, Pizhichil
- Experiences

**Ayurvie Weligama** - Weekly Ayurveda Lecture, Cookery Demonstration, Ayurveda Face massage Demonstration, Temple Visit and Beach Walk

**Ayurvie Sigiriya** - Cookery Demonstration & Garden Visit, Paper Recycling Center Visit, Guided Village E-Bike Ride, Pottery Making Demonstration





## 2. Weight Reduction program

Our Ayurvedic Weight Reduction Package is designed to promote natural and sustainable weight loss while rejuvenating your body and mind. Our experienced Ayurvedic doctors will conduct a personalized consultation to analyze your unique body constitution (dosha) and identify any underlying imbalances contributing to weight gain. From there, they will craft a tailored treatment plan addressing your specific needs. This includes a range of Ayurvedic therapies and techniques selected to stimulate metabolism, improve digestion, detoxify your body, and encourage fat burning.

Additionally, our expert doctors will provide guidance on a balanced Ayurvedic diet customized to support your weight loss goals.

### **Minimum Duration – 14 nights**

#### **Inclusions**

- 2 Yoga Sessions per day
  - Doctor Consultation ( sessions depending on the guest needs)
  - Vegetarian or non-veg meals & Herbal Beverages or dietary plan as Prescribes by the Doctor,
  - 2-hour treatment session per day
  - Recommended Treatments - Abhyanga, Sambahana,Shiro abhyanga, Mukha abhyanga, Pada abhyanga ,Reflexology, Udvartana ,Bashpa sweda, Avagaha sweda,Pathra Pinda Sweda, Valuka sweda ,Churna Pinda sweda, Thermo massage
  - Panchakarma Treatments – Virchana, Nasya karma, Vasti karma
- Special Notes - The above treatments are subject to change after the doctor's consultation.
- Experiences
- Ayurvie Weligama** - Weekly Ayurveda Lecture, Cookery Demonstration, Ayurveda Face massage Demonstration, Temple Visit and Beach Walk
- Ayurvie Sigiriya** - Cookery Demonstration & Garden Visit, Paper Recycling Center Visit, Guided Village E-Bike Ride, Pottery Making Demonstration





## 🌸 Ayurveda Wellness Packages 🌸

### 3. Harmony Retreat - Wellness & Rejuvenation

Treat yourself to our Harmony Retreat Package for the ultimate rejuvenation experience and discover the transformative power of ancient healing techniques tailored to revitalize your body, mind, and spirit.

Begin each day with personalized yoga sessions and soothing massages, using warm herbal oils to induce relaxation, then explore the revitalizing benefits of herbal steams and invigorating body scrubs, leaving your skin radiant and invigorated. Experience the ancient therapeutic practice of Marma therapy, fostering energy balance and holistic well-being along with a Ayurvedic diet plan, expertly tailored to optimize your health and well-being. Conclude your day with a yoga and meditation sessions, promoting mental clarity and inner peace.

**Minimum Duration – 7 nights**

#### Inclusions

- 2 Yoga Sessions per day
- Doctor Consultation (3 or 4 consultations)
- Vegetarian or non-veg meals & Herbal Beverages or dietary plan as Prescribes by the Doctor
- 2-hour treatment session per day
- Recommended Treatments - Abhyanga ,Sambahana, Shiro abhyanga,Mukha abhyanga, Pada abhyanga, Reflexology, Navarakizhi, Udvartana ,Bashpa sweda, Avagaha sweda,Pathra pinda sweda.
- Special Notes - The above treatments are subject to change after the doctor's consultation.
- Experiences

**Ayurvie Weligama** - Weekly Ayurveda Lecture, Cookery Demonstration, Ayurveda Face massage Demonstration, Temple Visit and Beach Walk

**Ayurvie Sigiriya** - Cookery Demonstration & Garden Visit, Paper Recycling Center Visit, Guided Village E-Bike Ride, Pottery Making Demonstration

- **Minimum stay period applies as per the contract during November to April**





#### 4. Tranquil Essence Retreat

Escape from the hustle and bustle of daily life and immerse yourself in a holistic wellness experience with our 5-day Ayurveda retreat. Designed to rejuvenate your body, mind, and spirit, this retreat combines traditional Ayurvedic treatments with personalized wellness plans to restore balance and promote well-being.

##### ***Minimum Duration – 5 nights***

##### **Inclusions**

- 2 Yoga Sessions per day
- 30 mins Doctor Consultation – on arrival
- 2-hour treatment session per day
- Vegetarian or non-veg meals & Herbal Beverages or dietary plan as Prescribes by the Doctor

**Ayurvie Weligama** - Agrabodhi Ancient Temple Visit, Handunugoda Tea Factory Visit

**Ayurvie Sigiriya** - Guided Village E-Bike Ride, Pottery Making Demonstration

- **Minimum stay period applies as per the contract during November to April**





## 5. Ayurveda Bliss Retreat

This retreat is an introduction to Ayurveda, perfect for clients seeking to experience Ayurvedic wellness in a short period of time. Immerse yourself in the ancient wisdom of Ayurveda through a revitalizing 3-day retreat designed to restore balance, boost vitality, and promote holistic well-being. This retreat offers a transformative healing experience by combining traditional Ayurvedic treatments, personalized consultations, and enriching wellness activities.

### ***Minimum Duration – 3 nights***

#### **Inclusions**

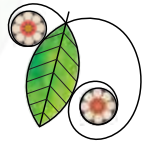
- Two yoga sessions per day
- 30 minutes Doctor consultation – on arrival
- Vegetarian or non-veg meals & Herbal Beverages or dietary plan as Prescribes by the Doctor

Special Notes - The above treatments are subject to change after the doctor's consultation.

- **Minimum stay period applies as per the contract during November to April**







**Thema**  
COLLECTION



**Ayurvie**

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**Ayurvie**

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