

Ayurvie

AYURVEDIC SPA

TREATMENTS



Thema
COLLECTION





What is Ayurveda?

The word “**Ayurveda**” is derived of two Sanskrit words.

“**Ayuh**” means “**life**”

“**Veda**” means “**knowledge**”

Therefore, Ayurveda is known as “**The knowledge of life**”. An art of living practiced for centuries in order to achieve a healthier life.

Two pillars of Ayurveda

The promotion of positive health

The cure for diseases

Ayurveda is the science of natural & holistic healing, which was developed thousands of years ago by the spiritual elite, is now manifesting all over the world. Ayurveda is considered as the best point of synthesis for a Global System of Medicine. Therefore, Ayurveda is not only an ancient art of medicine but will also be a major component of the future Global Science of Medicine.

You are invited to experience this facility at our “Ayurvie Spa” , and the benefits of prevention & curing of several ailments.

Resident Ayurveda Physician



1. Sarvangha Abhyanga - Herbal Oil Body Treatment

This massage is offered as an intense relaxation, fatigue and muscles pain relief for the general guests. It reduces extra fats of the body and also increases digestive power, body immunity, tone & power of the body muscles. It helps to achieve good complexion.

Herbal Oil Body Treatments

- A. Herbal Oil Whole Body Massage
(Approx. 1 hour)
- B. Herbal Oil Whole Body Massage & Herbal Bath or Steam Bath
(Approx. 1 hour and 15 minutes)
- C. Herbal Oil Whole Body Massage, Herbal Steam & Herbal Bath
(Approx. 1 hour & 30 minutes)
- D. Herbal Oil Whole Body Synchronous Massage
(Approx. 30 minutes)



2. Muka Abhyanga - Facial Treatment

It helps to release all the stress-induced toxins from the face and restore it to its natural balance. Benefits of Ayurvedic Facial Treatment are detoxifying the face, relaxation of facial muscles, rejuvenation, removing any stress, enhance skin complexion and elasticity.

Facial Treatment

- A. Facial Cleansing, Herbal Oil Facial Massage, Facial Steam, Herbal Powder Facial Scrub, Facial Pack
(Approx. 1 hour)

- B. Herbal Oil Facial Massage with Vital Point Treatment
(Approx. 15 minutes)



3. Shiro Abhyanga - Herbal Oil Head Treatment

Is a special rhythmic & relaxing massage on head, neck, and shoulder with herbal oils. It has a distressing effect and helps with improving blood circulation and also in removing toxins.

Herbal Oil Head Treatment

- A. Herbal Oil Head Massage with Vital Point Treatment
(Approx. 30 minutes)



4. Shirodhara

Involves the gentle pouring of warm herbal oils consistently over the 'Third Eye' which is located on the forehead. It increases memory concentration, reduces body heat and stress conditions, relieves headaches, cure nerve diseases, soothes the eyes, etc.

Shirodhara

- A. Abhyanga, Oil Pouring onto the Forehead
(Approx. 1 hour & 15 minutes)



5. Vashpa Sweda - Herbal Steam Bath

This therapy consists of applying steam evenly to the entire body except the head with the use of a steam bed. This method is used after an oil massage to detoxify the body and help the medicated oils penetrate into the tissues.

It decreases extra body fat and leads to reduce body weight.

Vashpa Sweda

- A. Herbal Oil Application & Herbal Steam Treatment with the use of an Ayurvedic Steam Bed (Approx. 30 minutes)
- B. Kuti Sveda (Sauna)-Herbal Oil & Herbal Steam Treatment With Steam Room (Kuti)/(Sauna) (Approx.30 minutes)

Available Only At Aliya Resort & Spa



6. Avagaha Sweda - Herbal Bath

Relax body and mind from any stress, improve skin complexion, relieve muscular pains, increase tone and power of the body muscles, cleanse the skin and prevent skin from diseases.

- A. Avagāha Sweda (Herbal Bath)
(Approx. 30 minutes)

7. Pada Abhyanga – Foot Reflexology

Reflexology is the physical act of applying pressure to the feet with specific thumb and finger techniques. It is based on system zones and relaxes areas that reflect an image of the body on the feet with a premise that such work affects a physical change to the body. Benefits are relaxation, pain reduction, rejuvenation of tired feet, improvement of blood flow, enhancement of medical care and adjunct to mental health care.

- A. Reflexology (Special Foot Massage)
(Approx. 1 hour)



8. Pinda Sweda (Medicinal Bolus Treatment)

Massage is given with a bolus of herbal preparation and is followed by the application of oil. This is a type of heat treatment & one of the best methods used to treat joint & muscle pains.

Pinda Sweda

- A. Pinda Sweda-Whole Body Abhyanga, Herbal Poultice Fomentation & Herbal Bath
(Approx. 1 hour & 30 minutes)

- B. Pinda Sweda-Lower Limbs
(Approx. 30 minutes)

- C. Pinda Sweda-Back & Shoulder
(Approx. 30 minutes)



9. Complete Ayurveda Treatment Packages

- A. Herbal Oil Whole Body Massage, Facial Massage, Herbal Steam Bath & Herbal Bath
(Approx. 1 hour & 45 minutes)
- B. Shirodhara, Herbal Oil Whole Body Massage, Facial Massage & Herbal bath
(Approx. 2 hours)
- C. Herbal Oil Whole Body Massage, Facial treatment, Whole Body Herbal Scrub, Herbal Steam Bath & Herbal Bath
(Approx. 3 Hours)
- D. Herbal Oil Whole Body Massage, Facial Treatment, Reflexology
(Approx. 3 hours)



10. Special Treatment Packages

- A. Ayurveda Consultation
(Approx. 1 hour)
- B. Head, Neck, Shoulder & Back Massage
(Approx. 45 minutes)
- C. Back, Hand, Foot, Neck & Shoulder Massage
(Approx. 45 minutes)
- D. Lower limb Massage
(Approx. 30 minutes)
- E. Neck, Shoulder & Back Massage
(Approx. 30 minutes)
- F. Aromatherapy Whole Body Massage
(Approx. 1 hour)



11. Combination of Sauna & Jacuzzi Treatments

Available only at Aliya Resort & Spa

- A. Herbal Oil Whole Body Massage & Herbal Sauna or Herbal Jacuzzi (Approx. 1 hour 15 minutes)
- B. Herbal Oil Whole Body Massage, Herbal Steam & Herbal Jacuzzi (Approx. 1 hour 30 minutes)
- C. Herbal Oil Whole Body Massage, Herbal Sauna & Herbal Bath (Approx. 1 hour 30 minutes)
- D. Herbal Oil Whole Body Massage, Herbal Sauna & Herbal Jacuzzi (Approx. 2 hours)

12. Herbal Jacuzzi Treatment

Available only at Aliya Resort & Spa

- A. Weniwel Jacuzzi (Approx. 30 minutes)
- B. Neem Jacuzzi (Approx. 30 minutes)
- C. Welmadata Jacuzzi (Approx. 30 minutes)
- D. Sandalwood Jacuzzi (Approx. 30 minutes)
- E. Panchawalkala (Traditional Ayurvedic Detoxifying) Jacuzzi (Approx. 30 minutes)



YOGA

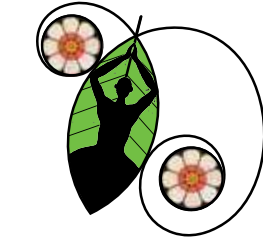
What Is 'YOGA'

The word yoga means 'union' in Sanskrit, the language of ancient India where yoga originated. Yoga is the union between the mind, body and spirit.

What is commonly referred to as 'yoga' can be more accurately described by the Sanskrit word 'asana', which refers to the practice of physical postures or poses.

Asana is only one of the eight limbs of yoga, the majority of which are more concerned with mental and spiritual well-being than physical activity.





Ayurvie

By Thema

Our Retreats

Ayurvie Weligama Ayurvie Sigiriya

Our Spas

Weligama Sigiriya Pasikuda

Our Herbals

Wellness Personal Care Oils Herbal Teas & More

For Reservation Please Call The Front Desk

www.themacollection.com