



**Anyaa Wellness**  
**Ayurveda Center**  
The Hazelmere  
Walawwa ,  
Wennappuwa, Sri Lanka  
Colonial Bungalow Built  
in 1910



## Products and Services Summary



### Ayurveda

Discover a new way to relax and unwind Whether you simply need to recover from the daily stress of life in a relaxing and tranquil environment or you want to reinvigorate your health and well-being through a prescribed course of Ayurvedic curative treatment, Anyaalifestyle Health Center will give you the options available to help you make an informed decision.

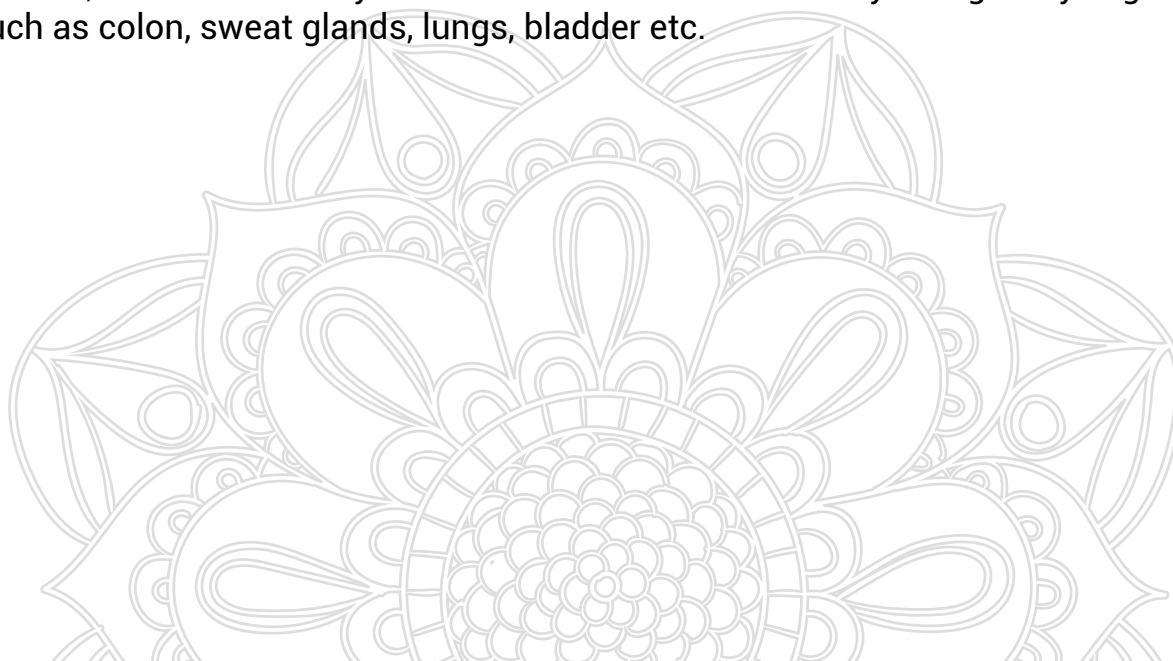
Individual Ayurvedic treatments can complement a prescribed course of Ayurveda curative treatments or give newcomers the opportunity to discover the infinite benefits obtained through this ancient healing approach. Ayurvedic therapies can be used to treat a wide range of ailments including skin conditions, digestive difficulties and stress induced complications. Ayurvedic supplements can help clients to maintain health and well-being long after they have gone back to their normal life. We invite you to experience genuine Ayurveda care and expert treatments at your leisure.

### Anyaa Lifestyle Ayurveda Spa Treatments

Traditional Sri Lankan Ayurveda techniques have been used for millennia, by royalty and laymen alike to ease the aches and pains of life and rid themselves of ailments.

Ayurveda is an exact science.

Our qualified Ayurveda doctors will do a full body analysis and prescribe the treatment in accordance with your needs, and the entire ritual will be customized to provide the maximum relief to your body and mind. Here at Anyaa Lifestyle, we follow the principles of Panchakarma, or "five treatments". Panchakarma rids your body of toxins, which have accumulated due to poor diet, lack of exercise, hectic lifestyles and genetic predispositions. These imbalances will lead to Doshas, or "ailments". Ayurveda relieves these doshas by using body organs such as colon, sweat glands, lungs, bladder etc.



## Products and Services Summary



### Panchakarma treatments at Anyaa Lifestyle

#### Abhyanga

Anyaa Lifestyle herbal-oil massages, which will penetrate the skin deeply, relaxing the body and mind, breaking up impurities and stimulating arterial and lymphatic circulation- This will direct the internal healing system of the body.

#### Shiro Abhyanga [Head and Neck Ritual]

20 mins Rs.2,500

Our skilled therapists will de-stress you almost instantly with this specialized acupressure technique, which relieves tension in muscles, relaxing the scalp and neck.



#### Shiro Abhyanga- including shoulders (Head, Neck and Shoulder Ritual) 20 mins Rs.2,500

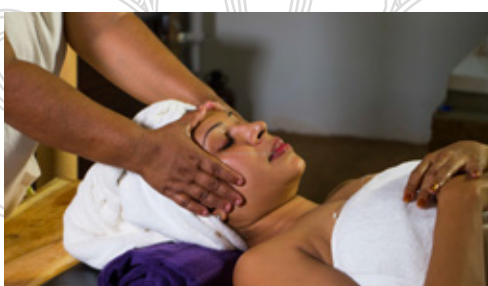
A luxurious combination of a deep head neck and shoulder massage using healing herbal oils, followed by hot compresses applied to areas with pains and tension.



#### Vathra Abhyanga(Face massage)

20 mins Rs.2,200

Focusing on pressure points in the head, forehead and sinuses, the facial massage will instantly clear sinuses, improving internal circulation and clearing your-thoughts as well.



### **Sneha Abhyanga (Full Body Ritual)**

**75 mins Rs.7,500**

One of the most popular treatments on offer, specifically for the immense relief it offers to both body and mind. Natural herbal oils are rhythmically massaged into the skin, and harmful toxins are eliminated, improving the circulation of blood and lymph, while soothing muscle tension and relieving aches and pains.



### **Sneha Abhyanga - Back (Soothing Back Ritual)**

**30 mins Rs.2,500**

Back pains are the most common ailments felt by many, and our therapists will ease all tension you have in the body using anti-pain massage oils that penetrate deep into the body, as well as hot compresses to speeding up muscle fiber repair.



### **Hastha Abhyanga (luxurious Hand Massage)**

**30 mins Rs.1,700**

Herbal oils are used, along with specialized acupressure techniques, to soothe muscle tension in arms and rejuvenate the blood flow. Hot compresses are applied to help further heal torn muscle fibers.



### **Paadha Abhyanga (Rejuvenating Leg Massage)**

**40 mins Rs.3,000**

After a long day of sightseeing, or sitting behind a desk at work, improve the circulation in your legs and ease tense muscles by undergoing this ultimate ritual. Deep acupressure techniques and hot compresses along with aromatic massage oils ensure a totally relaxing experience.



### **Udravartana (Full Body Scrub)**

**45 mins Rs.8,500**

Using scrubs which are made in-house, our therapists will exfoliate and detox your entire body, in accordance with Ayurvedic principles which help to eliminate doshas. A deeply penetrating herbal paste conditions the skin and presses stagnant lymph toxins out of the body.



### **Thaila Dhara (Traditional Oil Flow Treatment)**

**90 mins Rs.11,000**

In this ancient ayurvedic techniques, oil is poured in a rhythmic manner all over the body, and is massaged into the body to provide relief for the ailments. Focusing on the "third eye" of the mind, this therapy purifies and rejuvenates the body, mind and soul. The type of oil is diagnosed by our doctors per the requirement. This is followed by a full body massage to further enhance the positive benefits of the Dhara treatment.



### **Shiro Dhara (Head Oil Stress Relief Treatment)**

**30 mins Rs.3,500**

Oil is dropped onto the head in specific patterns to boost circulation and relieve tension, while also detoxifying and cleansing. The type of oil is diagnosed by our doctors as per the requirement.



### **Lepana (Ayurvedic Body Wrap)**

**45 mins Rs.5,500**

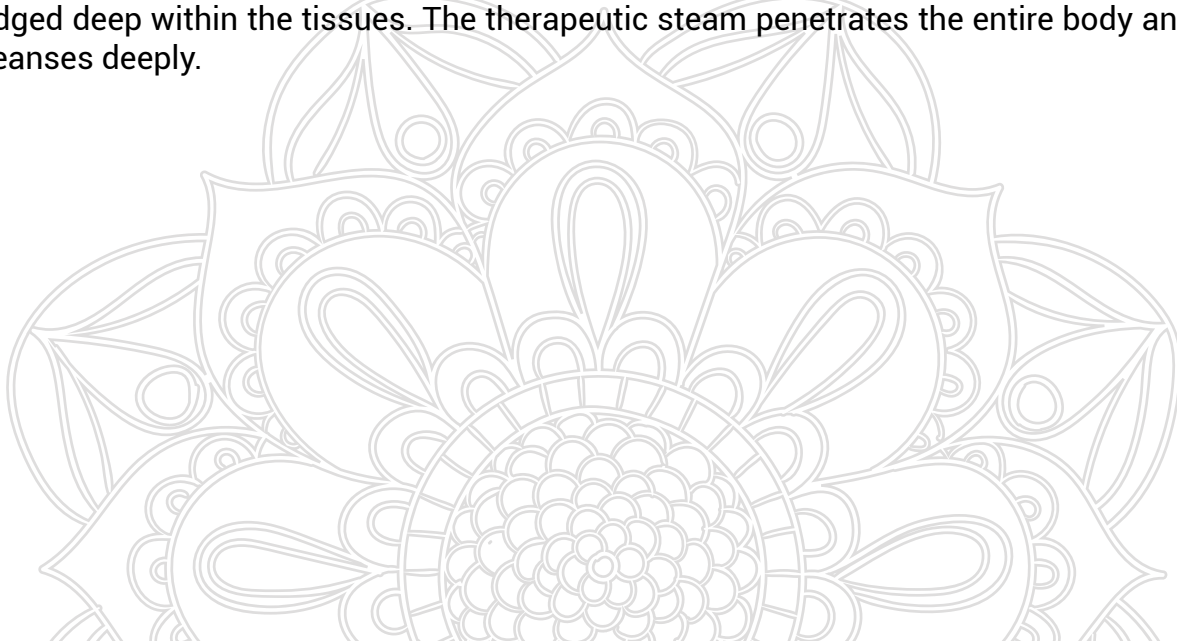
Using cooling sandalwood extracts and milk reductions, this treatment is especially effective in drawing out the body's toxins, and soothing and cooling the heated body systems.



### **Swedana (Steam Therapy)**

**20 mins Rs.2,500**

Herbalized steam therapy is used to remove mental, emotional and physical toxins lodged deep within the tissues. The therapeutic steam penetrates the entire body and cleanses deeply.



### **Navakishi (Milk Rice Treatment)**

**30 mins Rs.3,000**

A luxurious, deep cleansing traditional treatment, where rice is boiled in milk and herbs and massaged deeply into the tissues and joints. This is a powerful detoxifying treatment.



### **Flower/Herbal Bath**

**20 mins Rs.1,700**

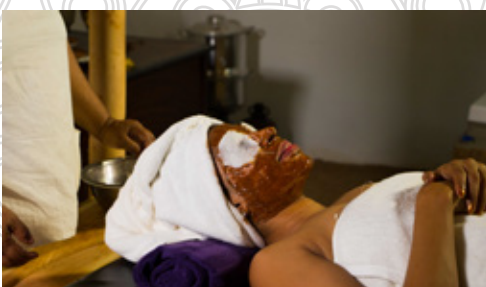
Sink into a warm,luxurious herbal Ayurvedic bath enriched with essential oils from herbs or flowers. Let the soothing aromas help your entire body relax and rejuvenate, opening the sinuses and relieving muscle tensions.



### **Ayurvedic Facial**

**60 mins Rs.8,500**

A unique pampering ritual to scrub, cleanse, tone and purify skin, using masks and packs made in-house, All natural ingredients are prepared per Ayurvedic principles, and applied by skilled therapists to bring both internal and external benefits, improving skin health and promoting youthful radiance.



## Spa and Relaxation Treatments at Anyaa Lifestyle

### Deep Tissue Treatment

60 mins Rs.7,000

Deep tissue techniques are used to penetrate muscles tissues, improving circulation and relieving muscle tension.



### Special Joint Massage

45 mins Rs.5,000

Especially focusing on all the joints in the body, this technique is used to eliminate excess fluid collected in the joints, and ease the pain and stiffness felt in the joints.



### Trapping Massage Treatment

60 mins Rs.10,000

Using a herbal trapping and wrapping technique, this massage works wonders by dramatically increasing the flow of the circulatory and lymph systems, and the quick wrap and remove method rejuvenates the body and increases clarity and alertness of the mind.



### **Cooling Herbal Body Wrap**

**75 mins Rs.8,500**

After a day in the tropical heat, experience a lovely cooling and relaxing body wrap, made by blending cooling herbs, honey, curds, and essential oils. Refresh your body and mind, control harmful toxins, renew skin and improve overall health through this treatment Includes a 15-minute scalp massage.



### **Sunburn Treatment**

**45 mins Rs.5,500**

Prevent the sun's rays from causing permanent damage to your skin, by using this luxurious sun damage treatment ritual. Organic Aloe Vera grown on the Anyaa Lifestyle premises are used with healing herbs to soothe and heal sunburnt skin, controlling inflammations and minimizing discomfort Includes a soothing 15-minute scalp massage.



### **Relaxing Pedicure Ritual**

**75 mins Rs.3,500**

A complete pampering and cleansing ritual for your feet Includes a professional spa pedicure, foot soak, foot scrub, and massage using all natural products.



## **Pampering Manicure Ritual**

**60 mins Rs.3,000**

Have your hands and nails feeling better than ever before with this ritual. Includes a professional spa manicure with soaking scrubbing, and indulgent massage, using stress relieving acupressure techniques.



## **Half Day Ayurvedic Packages at Anyaa Lifestyle**

### **The Royal Treatment**

**Rs.25,000**

Includes a full body scrub using ayurvedically customized scrubs (Udravartana), a Lepana "application" treatment using sandalwood leaves, herbs and milk, followed by the Navakishi (Milk Rice Treatment) to remove toxins and soothe, ending with an Ayurvedic Facial. Prescribed foods will be served for breakfast and lunch.



### **The Ultimate Relaxation Ritual**

**Rs.15,000**

Starting with a full body massage, the muscle and body pain relief will continue with a herbal steam therapy. Afterwards, a Shirodhara (Head Oil Stress Relief Treatment) will be carried out, followed by an Ayurvedic facial. The treatment will end with a relaxing soak in a herbal/flower bath. Prescribed foods will be served for breakfast and lunch.



## Total Limb Pamper Ritual

Rs.10,000

Your hands and feet undergo the most stressful challenges in day to day life, so why not indulge in this soothing and relaxing ritual to fully rejuvenate your limbs. Starting with the Hastha Paada Abhyanga [hand and leg massage], the ritual will also include a full professional manicure and a full professional pedicure.



## Yoga and Meditation Packages on request



## Ayurveda & Spa

Daily rates

10 days

14 days

21 days

[http : //anyaalifestyle.de/product- category/travel/ayurveda-wellness -travel/](http://anyaalifestyle.de/product-category/travel/ayurveda-wellness-travel/)



## Excursions

45 Rs / KM

## Boat Ride & Sun Bathing

Use of the Wennappuwa beach

## Bicycles

500/- day

