



HEALING
BEGINS HERE

AYURVEDA IN SRI LANKA

A LEGACY OF HEALING

Sri Lanka has a rich Ayurvedic heritage, passed down through generations of traditional practitioners and preserved as a living healing system. The island's biodiversity provides a vast array of medicinal plants, and Ayurveda is widely practiced as both a primary healthcare system and a wellness philosophy.

Heritage Ayurveda embodies this authentic Sri Lankan healing tradition, offering Ayurvedic treatments in a setting that reflects nature's harmony and tranquility.





OUR AYURVEDIC PROGRAMMES

Detoxification | Stress Relief | Rejuvenation
Immunity Booster | Slimming | Women's Health | Skin Health
Mindfulness | Smoke and Alcohol Detox

INCLUSIONS WITHIN EVERY PROGRAMME

PERSONALIZED DOCTOR CONSULTATION

A thorough consultation with an Ayurvedic expert to assess your specific rejuvenation needs and tailor the program accordingly.

YOGA AND MEDITATION SESSIONS

Daily guided yoga asanas, pranayama (breathing exercises), and weekly meditation sessions to promote relaxation, enhance mental clarity, and harmonize the mind-body connection.

COOKERY DEMONSTRATIONS:

Each week, guests can join a cookery demo where Heritance Cuisine's chefs showcase how Ayurvedic principles and local ingredients create the nourishing meals served throughout the retreat.

NUTRITIONIST LECTURE SESSIONS

Guests can also benefit from bi-weekly nutritionist-led lecture sessions, offering deeper insight into Ayurvedic food principles and how to make mindful dietary choices beyond the retreat.

FULL BOARD ACCOMMODATION

All guests enjoy full board accommodation, with meals thoughtfully prepared to complement each stage of the Ayurvedic journey.

TREATMENT SESSIONS

Each guest receives four customized Ayurvedic treatments per day, tailored to their individual needs. These therapies are prescribed by the resort's in-house Ayurvedic doctors for optimal healing.



REJUVENATION PROGRAMME

AWAKEN YOUR VITALITY WITH HERITANCE AYURVEDA'S REJUVENATION JOURNEY

Experience the transformative power of Heritance Ayurveda's Rejuvenation Programme, a Panchakarma-based journey that combines detoxification and regeneration. This comprehensive programme focuses on eliminating toxins and restoring balance through the ancient practice of Panchakarma. With the integration of potent herbal medicines, your body's energy and immunity are enhanced, promoting vitality and resilience. The rejuvenating Pinda Sweda treatment, utilizing a blend of milk, rice, and herbs, improves flexibility and stamina and also deeply revitalizes your tissues. Embrace this opportunity to recharge, restore, and rediscover wellness as you embark on a transformative journey of Ayurvedic rejuvenation. This immersive wellness programme not only supports rejuvenation and skin regeneration but also contributes to overall longevity and offers anti-aging benefits through time-tested Ayurvedic practices.

SPECIAL INCLUSIONS

PANCHAKARMA TREATMENTS

A series of Panchakarma therapies, such as Abhyanga (full-body oil massage), Shirodhara (oil pouring on the forehead), and Basti (medicated enema), to cleanse and detoxify the body, promoting deep rejuvenation.

HERBAL MEDICINES AND SUPPLEMENTS

Ayurvedic herbal formulations and supplements prescribed to increase body energy, boost immunity, and support overall rejuvenation.

PINDA SWEDA (MILK RICE AND HERBS PACK)

This invigorating therapy involves the application of a warm pack made of milk, rice, and herbs to improve flexibility, stamina, and rejuvenate the body's tissues.

AYURVEDIC DIET AND NUTRITION

Customized dietary recommendations based on your rejuvenation goals, incorporating nourishing foods, herbal teas, and spices that support the body's detoxification process and rejuvenation.

REST AND RELAXATION

Ample time for rest, relaxation, and reflection, allowing the body and mind to fully absorb the benefits of the rejuvenation treatments.

LIFESTYLE GUIDANCE

Recommendations for incorporating Ayurvedic lifestyle practices, including sleep routines, stress management techniques, and mindful self-care practices, to support long-term rejuvenation and well-being.





TREATMENT FOR SKIN HEALTH

EMBARK ON A TRANSFORMATIVE JOURNEY WITH OUR AYURVEDIC SKIN HEALTH PROGRAMME

Thoughtfully designed to address the underlying causes of skin concerns through holistic detoxification, bespoke herbal therapies, and mindful nourishment. At Heritance Ayurveda, this carefully crafted experience incorporates personalized Panchakarma treatments, Gritha Pana, Lepa, Pariseka, and Abhyanga, combined with yoga, meditation, and tailored dietary guidance to restore your skin's natural glow and equilibrium from within.

SPECIAL INCLUSIONS

PANCHAKARMA TREATMENTS

A series of detoxifying therapies including Gritha Pana (ghee treatments), Lepa (medicated pastes), Pariseka (pouring of oils), and Abhyanga (oil applications), all designed to purify the body and enhance skin vitality.

HERBAL MEDICINES AND SUPPLEMENTS

Specialized oils and Ayurvedic medicines prescribed to address internal imbalances and promote a clear, radiant complexion.

AYURVEDIC DIET AND NUTRITION

Personalized dietary guidance, emphasizing the importance of balanced nourishment to support skin health from within.

DURATION

A minimum stay of 14 days, with flexibility to extend depending on your unique needs and the response to the treatment.





SMOKE AND ALCOHOL DETOX PROGRAMME

BREAK FREE AND BREATHE ANEW WITH OUR AYURVEDIC SMOKE AND ALCOHOL DETOX PROGRAMME

Break free from harmful habits and restore your inner harmony with our Ayurvedic Smoke and Alcohol Detox Programme, a thoughtfully crafted journey designed to support deep detoxification and holistic well-being. This transformative experience combines Panchakarma therapies, Abhyanga, acupuncture, herbal remedies, and mindful practices such as yoga and meditation. Guided by the expert hands of our Ayurvedic doctors, this personalized healing path will help you renew your body, calm your mind, and embrace a healthier, more balanced lifestyle at Heritance Ayurveda in Sri Lanka.

SPECIAL INCLUSIONS

PANCHAKARMA DETOX TREATMENTS

A curated detox programme incorporating Panchakarma therapies to purify the body, eliminate toxins, and restore internal equilibrium.

AYURVEDIC THERAPIES

Includes Abhyanga (oil applications), acupuncture, and additional therapies tailored to your unique health needs.

HERBAL MEDICINES AND SUPPLEMENTS

Ayurvedic herbal remedies prescribed to support detoxification, restore balance, and aid in recovery. Additional medicines may be provided for post-stay continuity.

DIET AND NUTRITION GUIDANCE

Personalized Ayurvedic dietary guidance to assist in internal cleansing and balance the doshas.

ONGOING DOCTOR CONSULTATIONS

Regular consultations throughout your stay to monitor progress and refine your treatment plan.

LIFESTYLE GUIDANCE

Wellness education and practical advice on maintaining health and sustaining recovery after the detox process.

ADDITIONAL EXPERIENCES

Weekly cookery demonstrations and spiritual or meditation programmes to further enhance your healing journey.

FINAL CONSULTATION AND DEPARTURE GUIDANCE

Before departure, a final reassessment with the Chief Doctor, providing personalized advice for maintaining long-term wellness.

RECOMMENDED DURATION

While a minimum of 7 days is suggested, 14 days is highly recommended for effective detoxification, dosha balancing, and rejuvenation.





WOMEN'S HEALTH PACKAGE

NURTURE EVERY FEMININE NEED WITH OUR AYURVEDIC WOMEN'S HEALTH PACKAGE

Immerse yourself in the healing wisdom of our Ayurvedic Women's Health Package, a bespoke programme designed to address the unique health concerns of women at every stage of life. Rooted in the ancient principles of Panchakarma, this journey focuses on detoxification, hormonal balance, and rejuvenation through carefully selected therapies. The programme may include Abhyanga (therapeutic oil massage), Nadi Sweda (medicated steam), Dhara Karma (oil pouring), Pichu Dharana (oil pad therapy), and Yoni Pichu (medicated tampons), all customized based on your individual consultation. These treatments work in unison to restore internal balance and address specific female health concerns. Experience a nurturing, holistic approach that revitalizes both body and mind, while supporting your wellness journey with home care medicines prescribed for continued benefits after your stay.

SPECIAL INCLUSIONS

PANCHAKARMA TREATMENTS

A series of therapeutic Panchakarma treatments, including Abhyanga (oil applications), Nadi Sweda (medicated steam), Dhara Karma (oil pouring), Pichu Dharana (oil pads), and Yoni Pichu (medicated tampons), to detoxify the body and harmonize the doshas.

HERBAL MEDICINES AND SUPPLEMENTS

Prescribed herbal medicines tailored to your condition, with additional remedies provided for continued care at home after your final consultation.





MINDFULNESS PACKAGE

AWAKEN INNER STILLNESS THROUGH OUR AYURVEDIC MINDFULNESS PACKAGE

Embark on a serene journey of self-discovery with our Ayurvedic Mindfulness Package, a thoughtfully crafted programme designed to soothe the mind, release emotional blockages, and restore inner harmony. This calming detox experience includes a blend of tranquil therapies such as head, face, and foot massages, Pinda Sweda (milk rice massage), Shirodhara (oil pouring), Shiro Lepa (herbal head therapy), and acupuncture. Daily yoga and meditation sessions foster mental clarity, while personalized consultations guide your emotional and physical well-being. For those seeking deeper energy healing, Pranic Healing is available as an optional add-on. Reconnect with your inner peace and find tranquility at Heritance Ayurveda in Sri Lanka.

SPECIAL INCLUSIONS

DETOX AND RELAXATION THERAPIES

A selection of calming therapies, including head, face, and foot massages, Pinda Sweda (milk rice massage with herbs), Shirodhara (gentle oil pouring on the forehead), Shiro Lepa (herbal paste application for mental cooling), Acupuncture

AYURVEDIC HERBAL SUPPORT

Customized herbal medicines prescribed to enhance mental relaxation and emotional well-being.

REST AND REFLECTION

Quiet moments for rest and introspection, promoting deep emotional and mental rejuvenation.

PRANIC HEALING

Optional Pranic Healing sessions available for an additional fee, offering deeper energy healing.





STRESS RELIEF PROGRAMME

DISCOVER INNER PEACE WITH THE HERITANCE AYURVEDA STRESS RELIEF PROGRAMME

Welcome to Heritance Ayurveda's Stress Relief Programme, where we invite you to experience the profound healing of Panchakarma-based treatments combined with exquisite relaxation techniques. Our signature treatment, Shirodhara, takes center stage in this package, offering a deeply calming and rejuvenating experience. Alongside Shirodhara, we provide additional therapies like Shirolepa – an herbal head pack, Shirovasti, and Sarvangadhara – a blissful full-body oil pouring treatment, all designed to alleviate stress, anxiety, depression and burnout. Rejuvenate all your senses and enjoy wholistic Ayurvedic stress relief during your stay.

SPECIAL INCLUSIONS

PANCHAKARMA TREATMENTS

A series of traditional Ayurvedic detoxification treatments to cleanse and rejuvenate the body, including Abhyanga (therapeutic oil massage), Swedana (herbal steam therapy), and Shirodhara (continuous oil pouring on the forehead).

RELAXATION THERAPIES

Additional relaxation-focused treatments such as Shirolepa (herbal head pack), Shirovasti (retaining medicated oil on the head), Sarvangadhara (full-body oil pouring), and Nasya (nasal administration of medicated oils) to soothe the nervous system and promote deep relaxation.

AYURVEDIC HERBAL MEDICATIONS

The use of specific Ayurvedic herbal formulations and supplements to support stress reduction, enhance mental clarity, and improve overall well-being.

DIETARY RECOMMENDATIONS

Customized dietary guidelines to support stress relief, including the incorporation of stress-reducing foods, herbal teas, and spices that promote relaxation and balance.

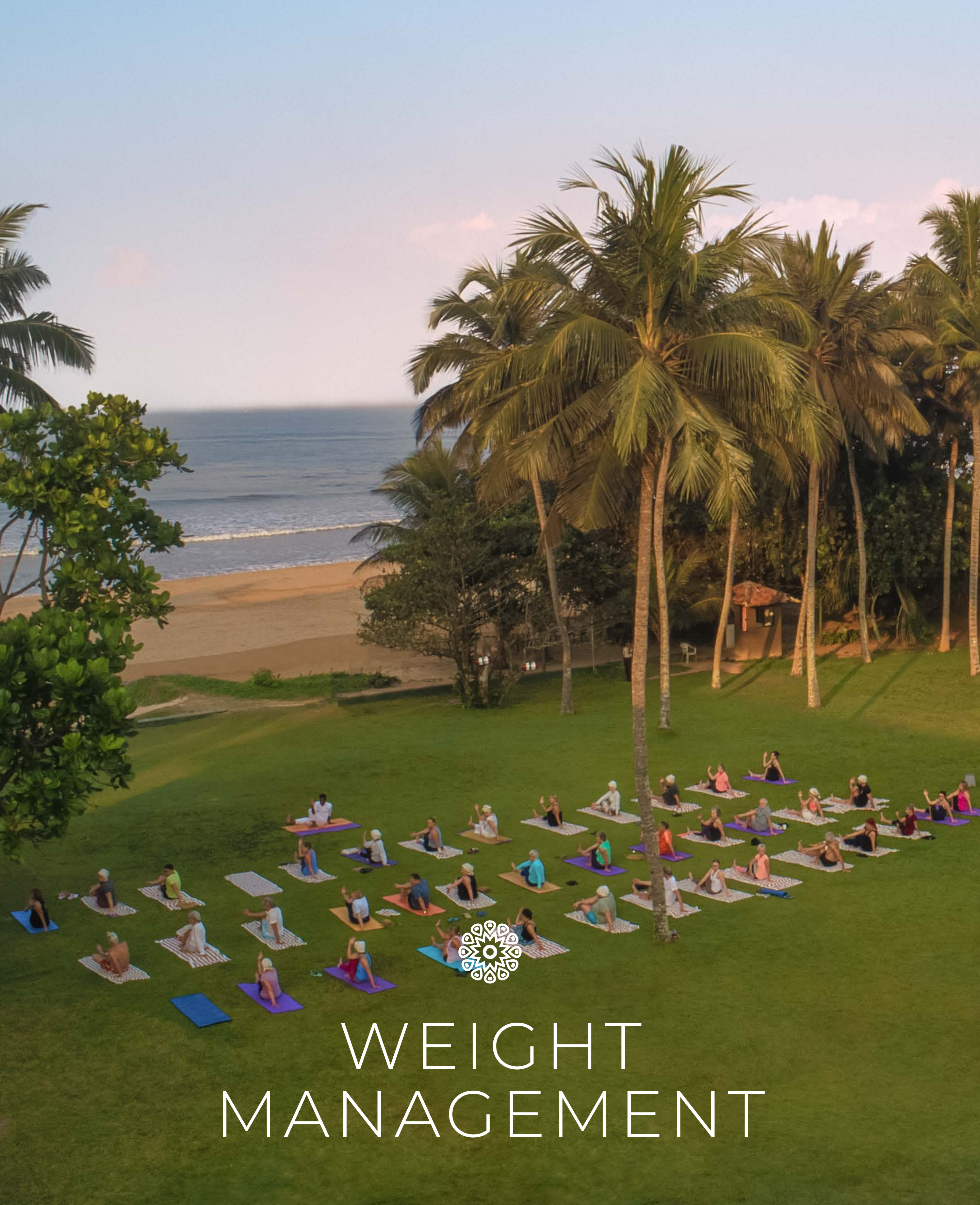
LIFESTYLE GUIDANCE

Advice on adopting stress-management techniques, establishing healthy routines, improving sleep patterns, and managing daily activities to create a harmonious lifestyle.

TRANQUIL ENVIRONMENT

Stay in a serene and peaceful environment, surrounded by the Ocean, to enhance the overall relaxation and rejuvenation experience.





WEIGHT MANAGEMENT

UNVEIL YOUR INNER RADIANCE WITH THE HERITANCE AYURVEDA WEIGHT MANAGEMENT

Welcome to our transformative Ayurvedic Weight Management which includes herbal powder massage, Langhana Ayurvedic dietary programme, acupuncture and slimming tea to help you achieve your weight loss goals. Embark on a new chapter in your wellness journey and unlock the secrets to sustainable Ayurvedic weight loss at Heritance Ayurveda in Sri Lanka

SPECIAL INCLUSIONS

AYURVEDIC DIET PLAN

Customized dietary recommendations based on your body type and weight loss goals. This may include a balanced combination of nourishing foods, herbal supplements, and portion control guidelines.

THERAPEUTIC TREATMENTS

Traditional Ayurvedic therapies and massages aimed at detoxifying the body, improving metabolism, and reducing excess weight. These may include Udvartana (herbal powder massage), Abhyanga (oil massage), Swedana (herbal steam therapy), and more.

HERBAL SUPPLEMENTS

The incorporation of Ayurvedic herbs and formulations that aid in weight loss, digestion, metabolism, and overall well-being. These may include Triphala, Guggul, Garcinia Cambogia, and others.

LIFESTYLE MODIFICATIONS

Guidance on adopting healthy habits, including sleep patterns, stress management techniques, and exercise routines, tailored to your individual needs.

GROUP SUPPORT

Opportunities to connect with like-minded individuals on the same journey, providing a supportive community environment where experiences and challenges can be shared.

POST-PROGRAMME GUIDANCE

Recommendations to help you sustain the results achieved during the programme, ensuring long-term success in maintaining a healthy weight.





DETOXIFICATION PROGRAMME

CLEANSE, RESTORE, RENEW YOURSELF WITH OUR AYURVEDIC DETOXIFICATION PROGRAMME

Detoxifying your body is essential for enhancing overall health and boosting your immune system. At our facility, we utilize Ayurvedic medicine and traditional cleansing techniques to facilitate effective detoxification. During your stay, you can enjoy a variety of therapeutic treatments, including head, face, foot, back, spine, neck, and shoulder massages. These treatments are designed to improve circulation and stimulate the nervous system. We also offer herbal and steam baths, which promote sweating and the elimination of toxins from the body. To further enhance the detoxification process, we incorporate herbal remedies that help cleanse and stimulate the organs. Recognizing the importance of proper digestion, we provide light, easily digestible meals to support your detox journey. For optimal results, a detoxification regimen typically spans one week to ten days. Additionally, we utilize acupuncture techniques to target specific points in the body, further aiding in detoxification and promoting overall well-being.

THE GENERAL DAILY PROGRAM

6.40 am – 7.40 am

Yoga (Daily)

7.30 am – 9.30 am

Breakfast

Dispensing of Morning Medicine

8 am – 12.30 pm

Administration of treatments and therapies as per individual treatment plans.
An average of 4 treatments are administered daily.

12.30 pm – 2 pm

Lunch

2 pm – 5 pm

Administration of treatments and therapies as per individual treatment plans.
Administration of special treatments as recommended by the Chief Doctor

6.30 pm – 8.30 pm

Dinner with Evening Entertainment

Dispensing of Evening Medicine





EXPERT CARE AND COMPREHENSIVE FACILITIES

23 THERAPY ROOMS



6 EXPERIENCED AYURVEDIC DOCTORS



40+ THERAPISTS



GERMAN AND JAPANESE TRANSLATORS



YOGA AND MEDITATION



NUTRITION SPECIALIST





BEGIN YOUR HEALING JOURNEY

Experience the transformative power of Ayurveda in its most authentic form.
Heritage Ayurveda invites you to embrace a life of balance, vitality, and renewal.



www.heritagehotels.com/ayurveda