

## WELLNESS PACKAGES

### SANTANI WELLNESS KANDY

## SANTANI SPA GETAWAY

Minimum 2 nights

For anyone who knows they need a break to get unstuck and to reboot, yet prefers to take a more general approach to rejuvenate the mind, body and spirit, this fully bespoke programme requires absolutely no prior exposure to wellness, fitness or a healthy lifestyle. Anyone will benefit from this custom combination of relaxation, nutrition, exercise and education.

Inclusions:

- Accommodation in a sublime chalet
- Customized gourmet meals designed to relax and rejuvenate (on full board)
- Spa treatments to revive the mind, body and spirit (90 minutes per day)
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Unlimited fresh juices and herbal tea
- Guided group nature walks
- Laundry services for stays of minimum 3 nights

Goal: To give your body a relaxing, re-energizing break from the demands of everyday life.

## INTRODUCTION TO WELLNESS

Minimum 3 nights

Give your body an opportunity to reboot with a relaxing, re-energizing break from the stressors of everyday life. Our introduction to wellness package is perfect if you want to hit the reset button, but would prefer to take a more general approach. With its customized holistic approach, this programme does not require any prior exposure to wellness and would benefit anyone.

Inclusions:

- Accommodation in a sublime chalet
- Personalized gourmet wellness cuisine (on full board)
- A wellness consultation with the resident doctor including body type analysis
- Daily wellness treatments to revive the mind, body and spirit (90 minutes per day)
- Group *Hatha* yoga sessions in the morning and evening (daily)

- Discussion with the chef about healthy cooking
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: Step away from the stressors of everyday life and hit the reset button.

## SANTANI DETOX

Minimum 5 nights

Regular cleansing of the body is core preventative care that will help avert the occurrence of many diseases such as cancer, hypertension, diabetes, cardiovascular issues, degenerative changes etc.

Santani Detox can be customized to different needs and durations starting from 5 nights for a basic detox and for advance detox up to 21 nights. These can differ from a basic introduction to detox to an advanced detox for guests who are more accustomed to detox and cleansing. The programme can be customized based on Ayurvedic techniques or Western techniques such as juicing.

Inclusions:

- Accommodation in a sublime chalet
- Personalised wellness consultation with the resident doctor including body type analysis
- Customised healthy meals focused on detoxing (on full board)
- Ayurvedic and Western detoxing and relaxing spa treatments (90 minutes per day)
- *Panchakarma* therapies with purgation and/or enema to cleanse the root causes of health conditions
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: Clean the body of illness creating root causes and rejuvenate the immune system and other systems that help fight diseases.

## PERSONAL DOSHA AYURVEDA

Minimum 5 nights

If you are keen to experience the benefits of Ayurveda or intend to be treated for specific health conditions, this programme is for you.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis
- Customised vegetarian meals (on full board)
- Prescribed Ayurvedic and Western spa treatments for general well-being and specific dosha condition (90 minutes per day)
- Herbal medication specific to health condition during the course of stay
- *Panchakarma* therapies as needed with purgation and/or enema to cleanse the root causes of health conditions
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To bring the benefits of a fully customised curative and preventative Ayurvedic treatment regime to your specific dosha and health conditions.

## SANTANI WEIGHT LOSS

Minimum 5 nights

If you are looking for a safe and effective method to lose weight without strenuous exercise routines, hard dietary restrictions and rigorous mental discipline that is impossible to keep up to, consider Santani's proven weight-management programme.

Aimed to gain control of your weight management through a systematic approach based on Ayurvedic and Western spa treatments, detox therapies, movements, yoga, diet and meditation that is easy to be integrated into your life habits. Designed to suit each individual, this programme enhances vigour, confidence and overall body toning through improving metabolism.

Inclusions:

- Accommodation in a sublime chalet

- Personalized wellness consultation upon arrival with the resident doctor including body type analysis and setting lifestyle goals
- Customized meals to cleanse and reduce weight with a primary focus on correcting digestive and excretory systems (on full board)
- Personalized Ayurvedic and spa treatments that induce detox, fat burning and increasing metabolic rate (90 minutes per day)
- Herbal medication to correct the imbalance and increase metabolism
- *Panchakarma* therapies with purgation/enema to cleanse the residual toxins that cause imbalances and reduce excessive weight
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

#### Additional Inclusions 7-21 Nights

Treatment	7 Nights	14 Nights	21 Nights
Ayurveda cleansing procedures	1	2	3
Personal yoga sessions	1	2	2
Pranayama sessions	1	1	3
Meditation sessions	–	1	1
Guided walks/hikes	2	3	5
Ongoing progress check by the Doctor	✓	✓	✓

Goal: To lose weight and optimize body composition.

## SANTANI SLEEP

Minimum 5 nights

Many of us struggle with sleep, for some, this means turning to sedatives or sleeping pills. If you want to sleep well naturally, this programme is for you. Additionally, it will help anyone with anxiety, stress, depression, and other related conditions.

Our wellness experts incorporate relaxation therapies, healthy personalized meals, meditation and *Hatha* yoga to put you to sleep in the calming environment of Santani. We also assist with the understanding of how to sustain this level of rest once you are back in your daily routine.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis
- Customized meals to reduce cravings, and replacing them with naturally balancing foods and liquids (on full board)
- Personalized Ayurvedic and Western spa treatments that induce better sleep and relax the body (90 minutes per day)
- Mind and body yoga to de-stress and improve sleep quality – Yoga *Nidra* therapy (30 minutes per day)
- Group *Hatha* yoga and meditation sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To enhance sleep duration and quality.

## REBALANCING BLISS

Minimum 5 nights

Specifically engineered to address the needs of stressed-out executives, anyone facing their mid-life crisis or grappling with low energy levels, this programme combines indulgent relaxation and de-stressing treatments with mindful education to incorporate holistic health in even the most high-stress everyday life.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis
- Customized meals to rejuvenate the mind and body (on full board)
- Personalized Ayurveda and Western spa treatments to recharge the mind, body and spirit (90 minutes per day)
- *Panchakarma* therapy with purgation to cleanse the residual toxins that cause imbalances
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance

- Laundry services

Goal: To revitalize the stressed executive and give you the right tools for a more balanced lifestyle.

## STRESS MANAGEMENT

Minimum 5 nights

Santani's stress management programme takes one's work patterns, daily routines and key stresses into consideration. It studies these for full scope remedy that can be adapted and stays with you long after it's first introduced. The best practices that are recommended are a fine mix of yoga asanas, pranayama, Ayurvedic therapies, meditation and nature immersions to benefit the guest. Designed through individual consultation, the programmes may run for 7 to 14 days for optimal results.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis and ongoing progress checks
- Personalized gourmet wellness cuisine (on full board)
- Personalized Ayurveda and Western spa treatments to recharge the mind, body and spirit (90 minutes per day)
- At least 1 *Pranayama* session and 1 meditation session
- Herbal medication during the course of the stay to improve sleep and de-stress
- Group *Hatha* yoga and meditation sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walk with our naturalist
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Additional Inclusions 7-14 nights

Treatment	7 Nights	14 Nights
Ayurveda cleansing procedures	1	2
Personal yoga sessions	1	2
Guided nature walks with the naturalist	2	4

Goal: To improve mental well-being by learning and putting into practice long-lasting remedies for stress.

## ANTI-AGEING

Minimum 5 nights

The anti-ageing programme is designed as preventative care for major degenerative diseases such as hypertension, diabetes, cardiac issues, etc. and to improve the management of the overall ageing process. This programme combines detox, rebalancing and beauty care elements to provide an overall regeneration of all systems.

We recommend this programme to individuals aged 30 to 45, as this age group would attain the greatest benefit from our treatments.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival and departure with the resident doctor including body type analysis
- Personalized gourmet wellness cuisine (on full board)
- Spa treatments to revive the mind, body and spirit (90 minutes per day)
- Ayurveda and Western cleansing and detox therapies
- Group *Hatha* yoga sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To improve the management of overall ageing through prevention care.

## PERSONALIZED YOGA

Minimum 5 nights

For anyone looking to take a yoga holiday, or try a yoga retreat, this flexible programme focuses on yoga in Sri Lanka, as holistic development for the mind and body, and is adaptable to your level whether you are a beginner or an experienced practitioner.

Santani offers traditional *Hatha* Yoga. Visiting practitioners supplement this selection with other forms of yoga (subject to availability).

Inclusions:

- Accommodation in a sublime chalet
- Consultation with the yoga master



- Customized gourmet meals to rejuvenate the mind and body (on full board)
- Personalized balancing strategy to optimize the benefits of yoga on your body and mind through supporting postures, meditation and breath work
- One-on-one coaching sessions to learn or improve your yoga poses, meditation techniques and yogic breathing
- 2 personalized yoga and meditation sessions per day, one in the morning and one in the evening (60 minutes per session)
- 3 scheduled spa treatments and massages designed to enhance the mind-body connection (90 minutes per treatment)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Group *Hatha* yoga sessions daily (optional)
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To enhance your well-being and daily life through the practice of yoga.

## SANTANI MEDITATION

Minimum 5 nights

In the universe of meditation practices, one aim is supreme – harmonizing the mind-body connection. Through this improved connection, the practitioner is expected to gain higher consciousness and all the benefits that come along with it.

Santani's meditation programme provides a detailed step-by-step approach to the participant on *Pratyahara* (withdrawal of the senses from the mind), *Dharana* (focusing on mental awareness) and towards the experience of *Dhyana* (continued meditative awareness). These techniques learnt and practised regularly will result in the ability to manage daily life challenges and higher spiritual aspirations at a very different level.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis and ongoing progress checks
- Consultation with the yoga and meditation teacher
- Personalized vegetarian gourmet wellness meals (on full board)
- Group *Hatha* yoga and meditation sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services



Treatment Inclusions:

Treatment	5 Nights	7 Nights	14 Nights
Ayurveda/spa treatments (90 minutes per treatment)	2	5	10
Meditation sessions (60 minutes per session)	3	5	10
Personal yoga sessions (60 minutes per session)	2	3	6
Ayurveda cleansing procedures	-	1	2
Pranayama sessions	1	1	2
Guided nature walks	1	2	4

Goal: To improve the mind-body connection to reach a higher level of consciousness.

## SANTANI IMMUNE BOOSTING DETOX

Minimum 7 nights

During the last few decades, the lifestyles of mankind drastically changed. Humans had to struggle for continuity and progress. Due to the physical and emotional imbalance caused during this process, the efficiency of vital bodily functions including immunity were disturbed. This made humans prone to frequent infections and illnesses.

Unhealthy food, less physical activity, inadequate sleep, emotional imbalance and disturbed toxin elimination functions in the body can be considered the key contributors to a weak immune system. After a proper cleansing process and appropriate lifestyle change, the immune system does not have to fight against accumulated toxins or support the recovery process from unhealthy habits. This rests the immune system and gives it time to rejuvenate and get to optimum condition and fight against external threats.

Santani Immune Boosting Detox package starts at a minimum of 07 nights stay and can be extended up to 21 days.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis
- Strict personalized diet plan focused on cleansing and boosting immunity (on full board)
- Ayurveda and Western detox spa treatments (90 minutes per day)
- Prescribed Ayurveda treatments to improve immunity – based on Doctor's recommendation

- Ayurveda *Panchakarma* therapies with enema/purgation to cleanse the digestive tract - based on Doctor's recommendation
- Group *Hatha* yoga sessions in the morning and evening (daily)
- 1 meditation or yoga *Nidra* session
- 1 *Pranayama* (breathing techniques) session
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To prevent external health risks by boosting your immune system.

## SANTANI RECOVERY

Minimum 7 nights

Santani is well suited to support anyone who has undergone emotional or physical trauma and to help them regain a healthier balanced life. This fully customised programme is for those recovering from surgery, cancer, heart attack or stroke as well as those dealing with emotional losses.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival with the resident doctor including body type analysis
- Customised and primarily vegetarian and raw food menu to detox and cleanse (on full board)
- Ayurvedic treatments/spa therapies to cleanse the body of residual pharmaceutical drugs and their side effects (90 minutes per day)
- Herbal medication to enable specific recovery during the course of stay
- Detox as needed with purgation and/or enema to cleanse the residual toxins arising from traumatic conditions
- Training focused on rehabilitation
- Wellness coaching to incorporate Ayurveda into your daily life through nutrition, yoga, and meditation
- Group *Hatha* yoga, meditation and breath work for recovery (daily group activity)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

Goal: To assist people who have undergone traumatic experiences through holistic wellness and healing.

## DE-ADDICTION

Minimum 21 nights

Any kind of addiction is a psychological and physiological dependence on any substance viz alcohol, caffeine, drugs, food, taste, etc. We believe restraining yourself from substances is not a permanent solution for any sort of vulnerability.

At Santani, we strengthen your mind, restructure your thought process, enhance spirituality and rebalance your physiology to overcome any such vulnerability.

This is the general description and the final protocol will depend on the severity of the addiction, age, physical and mental state etc. The programme would be carefully designed to address individual needs, after the consultation with the head of wellness.

Inclusions:

- Accommodation in a sublime chalet
- Personalized wellness consultation upon arrival and departure with the resident doctor including body type analysis
- Personalized gourmet wellness cuisine (on full board)
- Spa treatments and therapies or personalized yoga and meditation sessions (90 minutes per day)
- Herbal medication during the course of stay to suppress cravings
- Detox with purgation and enema to cleanse the residual toxins causing imbalances and cravings with a special focus on detoxing the liver
- Group *Hatha* yoga and meditation sessions in the morning and evening (daily)
- Access to spa facilities such as sauna, steam room and thermal salt water bath
- Guided group nature walks
- Unlimited fresh juices and herbal tea
- Lifestyle discussions and healthy living guidance
- Laundry services

**Goal:** To assist those with addiction vulnerabilities to rebalance their physiology to overcome addiction.