

Sri Holidays



your travel partner for Sri Lanka

SRI LANKA WEIGHT-LOSS PACKAGE

14 DAYS

B2B - Fully Customizable



Mobile/WhatsApp/Viber/Imo

: 0094 773 866 315

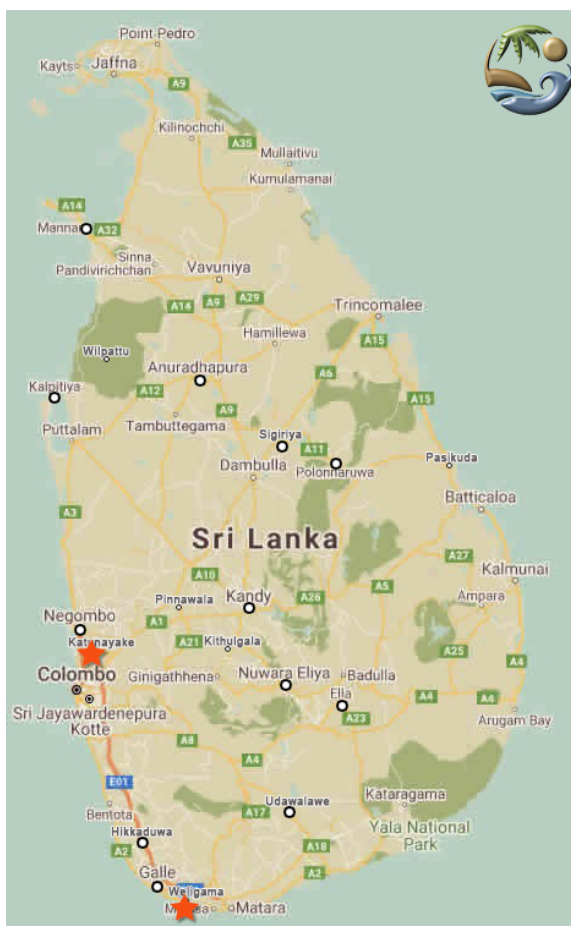
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Overview:

- A 14-day Sri Lanka Weight Loss Package
- top beaches
- For all Age Groups - For all Group Sizes
- Special Packages for Solo Travelers available
- Private Transportation with an experienced chauffeur guide
- Fully Customizable
- 24/7 Customer Hotline

This outstanding Sri Lanka Island Tour was designed with the help of many customer feedbacks - allowing us to pick the most convenient route, choice accommodation, and, most importantly, the best sights and beaches Sri Lanka has to offer.

SAFE & SECURE! We provide you with a safe, but non-intrusive travel environment, implementing strict protection measures for all our staff, vehicles, and partner hotels. You will be traveling with your partner, friends, and/or family only, no sharing!



We are known for consistent high-quality service, the best tour arrangements, and unmatched safety standards. Sri Holidays is the first choice as a Sri Lanka Travel Partner who discreetly takes care of all your needs and well-being

- Over 20 years of professional experience
- 24/7 Customer Hotline
- Own fleet of new a/c limousines & mini-vans
- Best Rates Guarantee as contract partner for most hotels and service providers in Sri Lanka
- All health & safety

Tour Itinerary:

DAY 01:

Airport - South Coast

After meeting you at the airport, we begin the transfer 'down south', driving along Sri Lanka's scenic West- and South Coast. If you prefer the (longer) coastal road to the highway, you'll be passing Sri Lanka's capital city Colombo and the famous beach resorts of Bentota, Hikkaduwa and Unawatuna. Great Ocean Vistas, lush nature, ancient temples and historical sites like the Galle Fortress will have you in the perfect holiday mood even before arriving at your Wellness Hotel directly on the Weligama Beach.

Located on Sri Lanka's picturesque South Coast, Weligama still offers the charm of an idyllic fishing village while providing an excellent background for the best weight loss results.

Enjoy walks along uncrowded beaches, still untouched by mass tourism and be fascinated by the famous stilt fishing men. But Weligama is more than beach life. Much more. Surrounded by rubber and coconut plantations, ancient temples and spice gardens, natural sanctuaries and exotic wildlife, Weligama offers something for everybody.

Another highlight is the traditional Devil Dance, a Southern Sri Lankan special. Known for its healing powers, Devil Dancers are invited to help speed up the recovery process of illnesses. A great thing to watch and/or even participate.

The ideal location of Weligama makes it a great starting point for excursions to the Sinharaja Rainforest or for Dolphin/Whale Watching trips.

ACCOMMODATION:

The Boutique Resort is a utopia of rejuvenation. Built with a modern yet sustainable philosophy in mind, flaunting the essence of Sri Lankan traditions. It's one of the few hotels completely dedicated to wellness and Ayurveda, purpose-built to offer genuine experiences to revitalize the mind, body and soul.

Offering outstanding panoramic views over Weligama and the Indian Ocean, direct beach access and highly trained, multilingual staff, combined with personalized services put this Wellness Hotel in Weligama easily at the top of all wellness resorts in Sri Lanka.

With a quaint private balcony, each Deluxe Room enjoys a view that overlooks the Indian ocean. Fitted with a Queen size bed, a seating area, a luxury bathroom, and plenty of space for storage, these rooms are cozy and luxurious. Some of the

amenities include: Rain Shower, Air conditioning, Hairdryer, In-room safe, Mini Herbal Bar, Herbal Tea making facility...

If you want to upgrade your Sri Lanka Wellness Package to a Master Suite that includes a Jacuzzi and private dining, please mention it in the form below.

HEALTH & SAFETY MEASURES

All the staff is trained in and follows the COVID safety protocols as directed by local authorities.

Hand sanitizer in guest accommodation and key areas.

Social distancing implemented.

DAY 02 - 14:

South Coast

Start your Ayurveda treatments for weight loss and to improve your health. Deep, dry massages with herbal powders and pastes (Udwarthanam), synchronized massage with specific oils (Abhyanga), and herbal steam bath helps mobilize the accumulated fat; whereas specially designed diet and yoga programs prevent its further accumulation. Appropriate Panchakarma Therapies are also administered based on the requirement of the individual. These are carried out based on the practitioner's recommendations and in the presence of a doctor. Dhanurasana, bhujangasana, shalabasana, ardha matsyendrasana, trikonasana and vakrasana are few of the asanas of yoga postures for losing extra fat. This will be more effective when practiced with pranayama and a proper diet. Walking on the beach and regular exercise helps in maintaining good health. Brisk beach walk for about half an hour during morning helps in burning excess fat and keeps fresh too. Depending on your fitness level this can be alternated with running, swimming and snorkeling.

Conscious eating habits are very important for the success of your weight-loss program. At Ayurvedagram, a customized diet for each guest is provided. Ayurveda uses the concept of doshas to explain how diseases manifest. The diet prescribed will be aimed at reducing the aggravated Kapha dosha.

TIP: Drink a glass of lukewarm water with lime juice and honey daily morning on an empty stomach. Eat smaller meals and eat after every three hours. Increase the number of fruits and vegetables and low-calorie foods. A glass of orange, pineapple or carrot juice, and consuming green gram sprouts is recommended. Salads of raw vegetables such as carrots, cucumber, cabbage, tomatoes and fruits like papaya and pineapple are good. Use powdered cumin seeds, green coriander leaves, a little salt and some grated ginger mixed in the buttermilk.

The weight management retreat method is said to be the most natural and healthy approach to weight loss, helping you achieve a slimmer figure without water loss;

meaning the results are real and long-lasting. Ayurvedic treatments at this luxury weight loss retreat eliminate aggravated toxins from the body, according to ancient well-being principles of Ayurveda. Like other Ayurvedic cleansing methods, the detoxification process removes blockages to put your body into balance, after which specialist doctors are able to guide you towards the results you would like to achieve. A stay at the Ayurvedic weight loss retreat also helps to reduce cholesterol levels, prevent lipid depositions, promising you years of healthy, active and vigorous life.

- 2 hours (approximately) of Ayurveda Treatments daily
- Free Ayurvedic Medicine prescribed by a certified doctor
- Sunrise and Sunset Yoga/Meditation daily
- 3 Daily Ayurvedic vegetarian meals prepared especially to suit your Dosha type
- Herbal Teas & Juices that suit your Dosha type
- Complimentary Experiences

After 14 days of healthy bliss, you can extend your wellness package or arrange with us to drive you back to the airport or your next destination in Sri Lanka. You also can continue with one of our other Sri Lanka Tours or Sri Lanka Holiday Packages. End of the 14 Days Sri Lanka Wellness Package.

Tour Includes:

- Accommodation at selected Hotels in double room (sharing)
- Meal Plan: Breakfast and dinner (half-board)
- Experienced, English-speaking driver/guide with required guiding permit.
- French, German, Russian, Italian, Japanese speaking guides can be booked for a small surcharge.
- Private transportation by a/c luxury limousine or Japanese Mini Van with driver/guide
- Full vehicle/passenger insurance by Sri Lanka Insurance Corporation Ltd.
- Driver Accommodation & Meals
- 24/7 Customer Hotline

Optional

- Wi-Fi
- Free Baby Seat
- Free Wheelchair
- Free Baby Cot (below 3 years)

Tour Does Not Include:

Client(s) Medical / Travel
Insurance Meals not mentioned
above Applicable Entrance Fees
International/Domestic Flights
Personal Expenses
Tips/Porterage
Excursions not mentioned in the Tour Itinerary

CONTACT US FOR **A QUOTE**
& ALL AVAILABLE OPTIONS

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