



## Wellness Packages

Given below are sample packages based on 05 nights and above with standard inclusions and each package would be tailored to the individual needs after consultation with the Resident Ayurvedic Doctor.

### Personal Dosha Ayurveda Retreat

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

**Goal:**

To bring the benefits of a fully customised curative or preventative Ayurvedic treatment regime to your specific health conditions.

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Strict personalised diet plan
- Herbal medication specific to the dosha and health conditions
- Detox as needed with purgation and/or enema to cleanse the root causes of health conditions
- 90 minutes of group Yoga and Meditation session per day
- 90 minutes of personalized spa treatments based on the body analysis and consultation, per day:
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

### Santani Recovery **-(Minimum of 07 nights is required )**

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

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

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Strict Personalised diet plan
- Herbal medication to enable specific recovery during course of stay
- Detox as needed with purgation and/or enema to cleanse the residual toxins arising from traumatic conditions
- 90 minutes of group Yoga and Meditation session per day. Personal yoga and/or meditation will be arranged as needed as per the consultation (Personal sessions will substitute spa treatments is used)
- 90 minutes of spa treatment per day
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## **Santani Detox :**

Regular cleansing of the body is a core preventative care that will help prevent the occurrence of many diseases such as cancer, hypertension, diabetes, cardiac issues, etc.

Santani Detox programs can be customised to different needs and durations starting from 7 days to 21 days. These can be basic introduction to detox or advance detox for guests who are accustomed to detox and cleansing. The program can be customised based on Ayurvedic techniques or Western techniques such as juicing

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

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Strict Personalised detox diet plan
- Panchakarma Detox with purgation and/or enema to cleanse the root causes of health conditions
- 90 minutes of group Yoga and Meditation session per day
- 90 minutes of personalized spa treatments based on the body analysis and consultation, per day:
- Guided group walks
- Laundry
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## **Santani weight loss :**

For those interested primarily in weight loss, this program is strategically designed to eliminate excess weight while leaving you feeling energized, healthy, balanced and encouraged to continue after you leave Santani.

Goal: To lose weight and optimize body composition

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Strict Personalised diet plan that induce fat burning
- Herbal medication to correct the imbalance and increase metabolism/Burn fat
- Detox with purgation to cleanse the residual toxins that cause imbalances and reduce excessive water in the body.
- 90 minutes of group Yoga and Meditation session per day
- 90 minutes of personalized spa treatments based on the body analysis and consultation, per day:
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Guidance on healthy eating and cooking

# Santani Immune Boosting Detox Package

**(Minimum stay of 7 nights are required):**

Goal: To improve the efficiency of the immune system, through a holistic cleansing process.

Key focus: Detoxing, Anti Aging, Immune Boosting.

As adults, with the onset of aging, our systems lose its efficiency and efficacy. This results in some of the metabolic waste (toxins) that normally gets expelled out of the body through our excretory systems, remaining in the body. This is the most negatively impacting result of aging and when this occurs, the immune system starts reacting on an ongoing basis to fight against these elements that should not be in the body. This weakens the immune system and it is not in the best condition to fight against external threats such as Corona virus, which is the immune system's main function. Apart from aging, lifestyle and stress adds more toxins and the workload of the immune system is increased which in turn decreases its ability to fight against external threats.

Once the body is detoxed and cleansed, these toxins are removed and the immune system gets a rest and rejuvenates itself and becomes stronger.

In addition, pranayama and other breathing techniques, yoga, and meditation improves the oxygen levels in the body and relaxes the mind and reduces stress levels both leading to better sleep, which also helps to rejuvenate the immune system.

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Personalized wellness consultation upon arrival with the resident Doctor including body type analysis
- Strict Personalised diet plan focused on cleansing and boosting immunity
- 90 minutes of Morning group Hatha Yoga per day
- 6, 90 minutes of personalized spa treatments based on the body analysis and consultation
- Prescribed Ayurveda treatments to improve immunity - based on Doctor's recommendation
- Ghee therapy, for internal oilation
- Purgation and/or enema to cleanse the digestive tract - based on Doctor's recommendation
- 2 Guided group nature walks
- 1 session of meditation OR Yoga Nidra
- 1 Session of pranayama (breathing techniques)
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

Final consultation and evaluation with the resident Doctor, prior to departure

## Re-balancing bliss

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

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

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Personalised diet plan according to the body type and goal
- Herbal medication to address any imbalances and other needs
- Detox with purgation to cleanse the residual toxins that cause imbalances
- 90 minutes of group Yoga and Meditation session per day
- 90 minutes of personalized spa treatments based on the body analysis and consultation, per day:
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## Personalised Yoga

For anyone looking to take a yoga holiday, or try a yoga retreat, this flexible program 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).

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

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Consultation with the Yoga master
- 3 full option gourmet meals (yogic or Vegetarian food optional)
- 01 sessions of 60 minutes personalized yoga per day (one session regardless the guest booked)
- 01 session of 90 minutes group yoga per day (Morning or Evening) – Optional
- 02 sessions of 60 minutes spa treatments per week
- 01 Guided group walks per week
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## **Santani Sleep**

Many of us struggle to sleep, for some this means turning to sedatives or sleeping pills.

If you want to sleep well naturally, this program 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. Additionally, we also assist you with the understanding of how to sustain this level of rest once you are back in your daily routine.

Goal: To enhance sleep duration and quality.

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Personalized diet plan
- Herbal medication to correct the imbalance, during the course of stay
- Detox as needed with purgation and/or enema to cleanse the residual toxins causing imbalances
- 90 minutes of group Yoga and Meditation session per day
- 30 minutes of Yoganidra therapy per day
- 75 minutes of personalized spa treatments based on the body analysis and consultation, per day:
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## **Anti-ageing**

Anti aging program is designed as preventative care for major degenerative diseases (hypertension, diabetes, cardiac issues, etc) and better manage the overall aging process. This combines elements of detox, rebalancing and beauty care to provide an overall regeneration of all systems.

What is included in the package?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goals
- Strict Personalised detox diet plan
- Detox with purgation and/or enema to cleanse the residual toxins causing imbalances
- 90 minutes of group Yoga and Meditation session per day
- 90 minutes of spa treatment per day
- Guided group walks
- Daily use of steam, sauna and thermal salt water pool
- Lifestyle discussions and healthy living guidance

## **De-Addiction— (Minimum of 14 nights is required)**

Any sort of addiction is a psychological and physiological dependence on any substance viz alcohol, caffeine, drugs, food, taste , etc .

We believe restraining from substance is not a permanent solution for any sort of vulnerability

In 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.

What is included in the rate?

- Accommodation
- 03 gourmet meals per day (breakfast, lunch & dinner)
- Unlimited fresh juices and herbal tea
- Access to spa facilities such as sauna, steam, thermal salt water pool etc
- Wellness consultation upon arrival and departure with the Doctor including body type analysis and setting lifestyles goal
- Personalized diet plan
- Herbal medication, during the course of stay to suppress cravings
- Detox with purgation and enema to cleanse the residual toxins causing imbalances and cravings. Special focus on detoxing the liver
- 90 minutes of group Yoga and Meditation session per day. Personal yoga and/or meditation will be arranged as needed as per the consultation (Personal sessions will substitute spa treatments is used)90 minutes of spa treatments per day:
- Daily use of steam, sauna and thermal salt water pool
- Guided group walks
- Lifestyle discussions and healthy living guidance