



KARPAHA SANDS

KALKUDAH

## SHANTHI AYURVEDA SPA

BODY | MIND | SPIRIT



### Ayurvedic Treatments



**Abhyanga** (60/90 mins, paired with cinnamon tea)

**US\$45/65**

This exquisite full body warm oil treatment is the ultimate in holistic luxury encompassing a unique marriage of techniques from ancient and modern therapies. Carefully created rich signature oil blends for the body are used, with head and facial treatments and rituals addressing the chakras, nadis and marmas. Calming and rejuvenating, this treatment expertly merges Ayurveda, marma massage, Aromatherapy, reflexology, lymphatic drainage and chakra balancing. It is recommended for detoxification, better sleep, strengthening of muscles and joints, and improving body tone.



**Udvarthana** (60/90 mins, paired with lemon tea)

**US\$45/65**

This Ayurvedic body scrub combines a full body massage with the use of *herbal powder* to energize the body and promote active blood flow, thereby revitalizing and reconditioning the body. It also aids in digestion and promotes healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.



**Kizhi** (60/90 mins, paired with lemongrass tea)

**US\$45/65**

An ancient herbal rejuvenation therapy using *warm cloth bags (satchels)* filled with a mixture of *herbal powder* that are lightly pressed over specific parts of the body. It helps reduce stress, swelling and body pain, such as backache, joint pain, cramps and rheumatic ailments. This relaxing yet stimulating treatment works on the marmas and brings a wonderful sense of calmness and well-being.



**Hot Stones Massage** (60 mins, paired with stevia tea)

**US\$45**

A Tibetan body massage technique that uses *warm basalt stones* to instill a deep level of calm while relaxing tight muscles, encouraging the body to detox and remove blockages, and heal through increasing lymphatic flow.



**Pizhichil** (60 mins, paired with green tea)

**US\$55**

Pizhichil is a *combination of oil massage and heat treatment*. This nourishing and highly rejuvenating therapy strengthens immunity, re-tunes the entire nervous system and calms the mind by combining a rhythmic massage with the constant flow of warm medicated oils over the whole body.



**Shirodhara** (60 mins, paired with ginger tea)

**US\$75**

Combined with a body and head massage, Shirodhara involves gently *streaming warm, medicated oil over the forehead* (the third eye) in a consistent flow from a suspended copper bowl to soothe the nervous system. Based on the principle of invigorating the mind and bringing about oneness in the body through nourishing out-of-sync doshas, this treatment grants a deep sense of calmness of the body and stillness of the mind.



## Combined Treatments

**3-day Abhyanga Course** (3x 60 mins/90 mins)

**US\$120/170**

Abhyanga is traditionally done over 3 days to get the best medicinal results. Go back to the basics of Ayurveda and pamper yourself everyday.

**Kizhi & Hot Stones Massage** (2x 60 mins)

**US\$80**

Combine a warm herbal compress massage and a hot stones massage.

**Head Over Heels Ayurveda** (any 5 treatments, 60 mins each)

**US\$195**

Spa operating hours: 10AM - 7PM

Please book early to ensure therapist availability  
Couples massages are available upon request  
Cancellations less than 2 hours before the treatment will be charged 50%

Prices expressed in USD, charged in LKR, nett / inclusive of service charge and government taxes (30.08% total)

