Resort Spa Menu

Mahaweli Reach Hotel Kandy & The Heritance Negombo

SPA CEYLON

LUXURY AYURVEDA

Where Indulgence Reigns

The essence of a thousand roses
for joyous wellbeing
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CARDAMOM ROSE

SPA CEYLON

LUXURY AYURVEDA

Resort Spa Menu

The romance of old Ceylon, combined with ancient Ayurveda wisdom, captured in a majestic range of Ceylonese Royal Spa Rituals to purify, treat, soothe, calm & relax your body, mind & soul.

All rates are inclusive of 10% service charge & applicable govt. taxes

For in-spa use only - Please do not remove this menu from the spa

This menu is exclusive only to the Spa Ceylon Spa's at - Mahaweli Reach Hotel Kandy & The Heritance Negombo

A purifying natural detox for
absolute wellness
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DETOX

Ayurveda

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The term Ayurveda is derived from the Sanskrit words Ayus, meaning life and Veda, knowledge. Regarded by many as the oldest of healing sciences, Ayurveda is a holistic approach to healthier living and longer life. Ayurveda beliefs centre on each person's distinct pattern of energy - a blend of physical, mental and emotional characteristics - two or more of the three basic Dosha energy types present in every person.

It is through the balance of these Doshas, namely Vatha, Pitha and Kapha, that the mental and physical health of each individual is determined.

The knowledge and understanding of these Doshas will guide you towards living wisely, by recognising the good and the bad in accordance with your own individual biological identity. Your skin and body composition can be predominantly one or two of the three doshas below.

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Vatha Dosha

Those with dominant 'Vatha' characteristics tend to be more on the fragile side and lean. Their constitution leads them towards dry scalp and hair, with rough, wrinkled and sometimes cracked skin.

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Pitha Dosha

Those with dominant 'Pitha' characteristics tend to be strong and are usually medium body types. They have weak and thinning hair, light skin that freckles and gets sunburnt easily.

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Kapha Dosha

Those with dominant 'Kapha' characteristics tend to be more on the larger boned side. They generally have soft and thick hair, skin consistency that is more oily, smooth and moist.

Royal Kandyan Rituals

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KANDYAN BODY RITUAL 0932

A luxuriously pampering, relaxing & rejuvenating ritual combining Spa Ceylon Signature Royal Kandyan Massage with 'Peace' formulae & soothing acupressure body therapy with precious mineral crystals from Ceylon. Improves circulation & balances energy flows, relieving muscle tightness & jet-lag. Includes soothing head & forehead movements to relieve stress & anxiety, promoting tranquility.

90 minutes.
Rs.11,500.

ROYAL BODY RITUAL 0930

A luxurious full body pampering experience with therapeutic massage balms & hot herbal compress to soothe, calm & de-stress your body, mind & soul. Our Royal rituals starts with a relaxing herbal foot bath, foot scrub & tranquility forehead massage. This is followed by an exfoliating back scrub & an extended soothing full body massage. The unique spa Ceylon massage technique is a fusion of proven rejuvenating therapies to promote total well-being. Includes specialized movements for comforting.

120 minutes.
Rs.11,500.

ROYAL FOOT RITUAL 0929

Our pampering Royal Ritual starts with a relaxing herbal foot bath, foot scrub & tranquility forehead massage. This is followed by an extended relaxing & rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress the entire body, promoting inner healing & total harmony. 30 minutes of head, neck & shoulder massage completes this ritual to totally soothe, calm & relax your body, mind & soul.

120 minutes.
Rs.7,000.

All rates are inclusive of 10% service charge & applicable govt. taxes

Ceylonese Body Rituals

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HOT SAND MASSAGE RITUAL 0907

Inspired by traditional relaxing therapies, the SPA CEYLON Hot Sand Massage Ritual incorporates a combination of herb infused sand compresses, herbal steam inhalation & soothing massage techniques - to treat severe back & joint pains, comfort travel weariness (jet lag) & promote internal balance of body, mind & soul.

90 minutes.
Rs.9,500.

ULTIMATE BODY RITUAL 0906

A pampering experience with massage balms & hot herbal compress to soothe, calm & de-stress. Our unique SPA CEYLON treatment technique combines proven rejuvenating massage therapies for total well-being. Includes deep tissue massage for comforting joint aches, muscle pains & sports injuries.

90 minutes.
Rs.9,500.

DEEP TISSUE MASSAGE RITUAL 0923

A total relaxation ritual with aromatic massage oils to treat, comfort & relieve back & shoulder stiffness, sports injuries, travel fatigue & overall body pains. Our deep penetrating SPA CEYLON Deep Tissue Massage technique effectively calms & totally de-stresses body & mind, promoting overall comfort, well-being & rejuvenation.

90 minutes.
Rs.9,500.

BACK PAIN RELIEF RITUAL 0916

A soothing ritual with specialised massage strokes, massage balms, back pain relievers & hot herbal compress to treat, comfort & relieve lower back & shoulder pain. Gently calms & de-stresses body & mind, effectively relieving back pain & discomfort.

60 minutes.
Rs.7,500.

Nature's elixir for
deep restful sleep...
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SLEEP
Sleep

Calming & De-stress Rituals

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SLEEP THERAPY CALMING FOOT RITUAL 0919

A relaxing herbal foot bath with calming aromatic herbs, followed by a rejuvenating acupressure foot massage with our Sleep Therapy formulae focusing on specific 'marma' points that help promote soothing relaxation and deep restful sleep. Calms & eases your mind & body. Includes a special head, neck & shoulder massage to promote sleep.

90 minutes.
Rs.6,200.

SLEEP THERAPY CALMING BODY RITUAL 0920

A total calming experience with aromatic Sleep Therapy massage balms & hot herbal compress to soothe & de-tress your body & mind, promoting deep restful sleep. Our unique SPA CEYLON treatment technique combines proven rejuvenating massage therapies for total relaxation & well-being.

90 minutes.
Rs.10,700.

SLEEP THERAPY CALMING SCALP RITUAL 0921

A therapeutic head massage with Sleep Therapy Oils & Balms, focusing on specific sleep inducing chakra points of the head, neck, forehead & shoulders to help totally relax your body & mind, giving you a good night of deep restful sleep.

90 minutes.
Rs.5,500.

SHIRODHARA STRESS RELIEF RITUAL 0933

A centuries old Ceylonese traditional Ayurveda "Dhara" therapy focusing on the powerful 'third eye' of the mind - to effectively purify & rejuvenate the body, mind & soul. The continuous oil stream cools, calms, balances & clarifies the mind, stimulating the nervous system & relieving migraine, headache & insomnia. Includes a traditional full body massage to soothe & comfort the entire body system.

90 minutes.
Rs.10,700.

Soothing elixirs to revive tired feet

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FOOT CARE

Ceylonese Foot Rituals

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ULTIMATE FOOT RITUAL 0901

A relaxing herbal foot bath followed by a rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Cools, refreshes & revitalises your mind & body. Includes head, neck & shoulder massage.

90 minutes.
Rs.5,500.

LUXURY FOOT RITUAL 0902

A rejuvenating acupressure massage to soothe tired feet. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Cools, refreshes & revitalises your mind & body.

60 minutes.
Rs.5,000.

FOOT RESCUE RITUAL 0903

A specialized acupressure massage with hot herbal compress therapy to comfort severe foot pain, foot fatigue & specific problem areas. Our foot reflexology technique helps de-stress entire body, promoting inner healing & total harmony. Includes foot bath, head, neck & shoulder massage

90 minutes.
Rs.6,200.

Nature's caress for
healthy glowing hair...
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HAIR

Head, Neck, Back & Shoulder Rituals

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HEAD, NECK & SHOULDER RITUAL 0904

A unique fast acting de-stress treatment using specialised acupressure massage techniques to relieve muscle tension & relax your scalp, back, neck & shoulders. Includes rejuvenating hand massage. Soothes & calms your body & mind.

60 minutes.
Rs.5,000.

SINUS RELIEF RITUAL 0905

A specific treatment designed to calm sinus related discomfort. Our unique acupressure massage technique focuses on pressure points on head, forehead, face & neck to soothe, comfort & relieve. The ritual clears sinuses, improves internal balance & promotes clarity.

45 minutes.
Rs.5,000.

STRESS RELIEF RITUAL 0909

A relaxing head & neck massage focused on 'Third Eye' chakra points of the forehead to soothe, comfort & calm, head ache, migraine & stress related discomfort. Promotes peace, tranquility & relaxation.

60 minutes.
Rs.5,000.

SCALP MASSAGE RITUAL 0911

A therapeutic lie-down head massage with Aromaveda oils & balms, focusing on chakra points of the head , neck, forehead & shoulders to soothe, comfort & calm, body, mind & soul. Promotes total relaxation & deep restful sleep.

60 minutes.
Rs.5,000.

Ceylonese Purifying Rituals

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CRYSTAL FACIAL RITUAL 0934

A unique pampering ritual to soothe, calm & de-stress the face & neck. Inspired by traditional Ayurveda, this 8 step ritual incorporates meridian point facial massage with precious mineral crystals, deep cleansing, facial compress, exfoliating, deep pore nourishing & clarifying, toning, hydration, & revitalizing. Benefits skin both inside & out, improving skin health & promoting youthful radiance.

60 minutes.
Rs.6,200.

BODY POLISH SKIN RENEWAL RITUAL 0936

An intensive skin renewal ritual to soothe & refresh the body & mind. The ritual starts with invigorating body polish blended with ocean salts, natural sugars & pure essential oils to naturally exfoliate, hydrate & restore skin balance. The creamy yoghurt body scrub that follows is blended with precious Ayurveda herbs to soften & smoothen skin. The deep-pore action helps improve overall skin health & increase skin radiance.

60 minutes.
Rs.8,000.

DETOX & PURIFY - WARMING MINERAL BODY WRAP 0959

A deep-action purifying ritual combining natural clays infused with powerful herbs & warming essential oils. The naturally heating wrap deep cleanses body, drawing harmful toxins to skin surface, soothing & purifying the entire body system, improving overall health. Includes a 15 minute chakra balancing scalp massage & concludes with a soothing aromatic body mist.

90 minutes.
Rs.11,500.

RENEW & REFRESH - COOLING HERBAL BODY WRAP 0960

A deep-action purifying ritual combining freshly picked cooling herbs blended with hydrating fruit oils, honey, natural yoghurt & cooling essential oils. The naturally cooling wrap refreshes mind & body, controlling harmful toxins, soothing entire body system, renewing skin & improving overall health. Includes a 15 minute chakra balancing scalp massage & concludes with a refreshing aromatic body mist.

90 minutes.
Rs.11,500.

AFTER-SUN SKIN RESCUE RITUAL

0935

A complete cooling & calming ritual for a perfect ending to a long day in the Sri Lankan sun. The application of a series of soothing body pacs enriched with freshly cut Organic Aloe Vera & precious Ayurveda herbs helps heal sun-burnt skin, controlling inflammations & minimizing discomfort. Includes a relaxing scalp massage, followed by a soothing fresh Aloe hair mask to condition sun damaged hair.

60 minutes.
Rs.8,000.

ULTIMATE PEDICURE RITUAL

0917

The ultimate purifying, relaxing & pampering treatment for your feet. Includes a complete professional Spa pedicure, foot bath, foot scrub, foot pac, tranquil touch & a generous 30 minutes of blissful foot & leg massage.

120 minutes.
Rs.7,000.

LUXURY PEDICURE RITUAL

0912

A complete purifying & relaxing treatment for your feet. Includes a complete professional Spa pedicure, foot bath, foot scrub, tranquil touch & 15 minutes of blissful foot & leg massage.

90 minutes.
Rs.5,500.

LUXURY MANICURE RITUAL

0938

A luxuriously relaxing ritual to pamper your hands & nails. Includes tranquil touch, hand soak, hand scrub & a complete professional Spa manicure with natural nail shining, followed by 20 minutes of indulgent reflexology hand massage.

90 minutes.
Rs.5,000.

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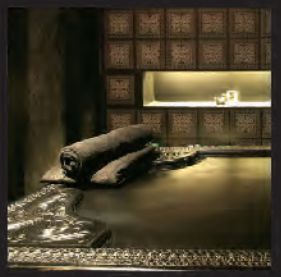

Royal Indulgence Store & Spa: Colombo 3. t: 2337111/2338111

Signature Spas: Park Street Mews, Colombo 2. t:2307676 ▪ Dutch Hospital, Colombo 1. t:2441931 ▪ 14 Ward Place, Colombo 7. t:2680800 ▪ Pedlar Street Galle Fort t:091 5638688

Resort Spas: Heritance Negombo t:031 7431431 ext.3101 ▪ Mahaweli Reach Kandy t:081 4472727 ▪ Reefs Edge Uswetakeiyawa t:7891111 ▪ Mövenpick hotel Colombo t:7450450

Spa Boutiques: Crescat Colombo 3 ▪ Barefoot Colombo 4 ▪ Cotton Collection Colombo 3 ▪ Paradise Road Colombo ▪ Kandy City Centre ▪ Colombo Airport BIA ▪ ODEL Colombo 7
Barefoot Galle Fort ▪ Jetwing Blue Negombo ▪ Jetwing Lighthouse Galle ▪ Shangri-La Hambantota Resort & Spa ▪ Ramada Colombo ▪ Jie Jie Beach by Jetwing Panadura

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