

HEALTHY HOURS OFFER

30% discount on all body treatments
booked between 10.00 am – 1.00 pm



ANANTARA
SPA

For enquiries and reservations, please call Anantara Spa at extension 8585

COMPLIMENTARY DAILY WELLNESS ACTIVITIES AT THE YOGA PAVILION		PERSONALISED SESSIONS		
TIME	ACTIVITY	ACTIVITY	DURATION	NETT PRICE (LKR)
7.00 am – 7.30 am	Meditation Session	Yoga/Meditation/Breathing Exercise (Pranayama)	60 minutes	9,035
7.30 am – 8.30 am	Sunrise Yoga	Fitness Session	60 minutes	9,035
4.00 pm – 4.30 pm	Stretching Session	Ayurveda Doctor Consultation – Constitution Analysis (Prakuti)/Nutritional Guidance/Lifestyle Guidance	30 minutes	Complimentary
5.00 pm – 6.00 pm	Sunset Yoga	Prescription treatments for specific conditions e.g. backache or neck and shoulder stiffness	Upon request	
		Energy Healing Session e.g Reiki or similar	Subject to specialist availability	