



Ayurvedic Treatment Menu



Orient
HOTEL

Bandarawela, Sri Lanka
www.orienthotelsl.com



RELAXING MASSAGE TREATMENTS

ORIENT SIGNATURE SHARIRABHYANGA (FULL BODY)

Our Signature Ayurvedic Luxury Massage, designed to leave you feeling energized and rejuvenated. Herbal oils matched to your body type will be carried out by two therapists in perfect synchronized harmony. This will be followed by an Ayurvedic herbal therapy.

DURATION: 1 HOUR

SHARIRABHYANGA (BODY)

A Full Body Massage with different herbal oils, matched to your body type. The therapy includes a combination of tapping, kneading, squeezing and rubbing, followed by an Ayurvedic herbal therapy. This is one of our most popular massages and is designed to support and strengthen the muscular and vascular systems of the body, leaving you rejuvenated and energizing you

DURATION: 1 HOUR

SHIRODHARA (POURING OIL HEAD MASSAGE)

A steady stream of medicated oil is continuously poured over your forehead. This oil runs over your temples and scalp and down through your hair. This is a deeply relaxing treatment, revitalizing the central nervous system and activating and regulating the brain. It is especially good for relieving mental tension, inducing a heavenly state of mind.

DURATION: 1 HOUR

AHARABYANGA (LOWER BODY)

A Herbal Oil Massage for your lower body, followed by a herbal fomentation therapy. This Ayurvedic therapy is especially popular amongst our guests who have been on treks in the region, helping your body recover from the challenging exercise.

DURATION: 45 MINUTES

URDVABYANGA (UPPER BODY)

A Herbal Oil Massage of the upper body, including the head, neck and shoulders. This Ayurvedic treatment especially helps loosen and rejuvenate the upper body. Our guests who sit at a desk for work find this treatment especially valuable.

DURATION: 45 MINUTES

TRADITIONAL AYURVEDIC THERAPIES

VAKTRABHYANGA (FACIAL)

An Ayurvedic Facial Massage with herbal oil and herbal steam, with a herbal paste also applied to the face to cleanse and remove impurities. The herbal oils will infuse into your skin, relaxing the facial muscles and toning up the skin, leaving you glowing.

DURATION: 45 MINUTES

KUTISWEDA (HERBAL SAUNA)

A Herbal Steam Treatment designed to remove toxins, improve circulation and help with removal of body fat. This treatment is done in a Sauna.

DURATION: 30 MINUTES

DRONISWEDA (HERBAL SAUNA)

A Herbal Steam Treatment designed to remove toxins, improve circulation and help with removal of body fat. This treatment is done in a traditional Ayurvedic wooden enclosure.

DURATION: 30 MINUTES

OTHER SPECIAL TREATMENTS

Other treatments, including Foot Reflexology, Herbal Steam Inhalation and traditional treatments such as AkshiTharpana, KarnaPurna and PihuDharana are available. Contact our reception for more information.

THE MULTI-DAY ORIENT AYURVEDIC CLEANSE

Multi-day Ayurvedic packages, including full board accommodation with delicious and healthy vegetarian meals, yoga and meditation programs and scenic treks followed by Herbal Ayurvedic Treatment can be tailor made for you. Please contact us with your requirements for more information.

*We Provide the Service,
The Memory is Yours*



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