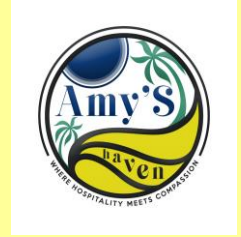


# Ayurveda Wellness Retreat at Amy's Haven



<https://amyshaven.lk/>

🌿 Rejuvenate | Restore | Revitalize 🌿

Discover **holistic well-being** in a tranquil beachfront sanctuary at **Amy's Haven**. Our retreat combines **authentic Ayurveda, yoga, and Pilates** to restore balance to your body and mind. Nestled by the ocean, it's the perfect escape for relaxation, healing, and rejuvenation.

## 🌻 Special Wellness Packages 🌻

### 🌸 Classic Ayurveda Therapy

€650 per person | 7-Night Stay

- ✓ Personalized Ayurvedic treatments (full-body massage, facial, Shirodhara, herbal baths)
- ✓ Daily yoga & meditation sessions (on request)
- ✓ Pilates classes available upon request
- ✓ Vegetarian Ayurvedic full board (occasional fish or chicken available)
- ✓ Herbal tea available throughout the day
- ✓ Access to outdoor pool, private beach & Wi-Fi
- ✓ Relaxing beachfront setting with loungers & towels

👥 **Special Offer:** Bring a **travel companion** (without therapy) for just **€450**

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### 🧘 Ayurvedic Slimming or Stress Management (Panchakarma Detox)

€1,250 per person | 14-Night Stay

- ✓ Customized detox & weight-loss therapy (Udvarthana scrub, Pinda Sveda, Shirovasthi)
- ✓ Personalized diet plan & Ayurvedic meals
- ✓ Daily yoga & meditation for mental clarity
- ✓ Pilates classes available upon request
- ✓ Shirodhara oil therapy to relieve stress & promote deep relaxation
- ✓ Steam baths & herbal compresses to rejuvenate the body
- ✓ Access to outdoor pool, loungers & private beach area


👥 **Special Offer:** Travel companion without therapy **€850**

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## Immune System Boost & Rejuvenation

€1,250 per person | 14-Night Stay

- ✓ **Traditional Ayurvedic treatments** to activate natural defenses
- ✓ **Gentle detox & herbal therapies** to improve digestion
- ✓ **Daily yoga & meditation (on request)**
- ✓ **Pilates classes available upon request**
- ✓ **Herbal tea available throughout the day**
- ✓ **Ayurvedic full board with personalized meal plans**
- ✓ **Complimentary use of outdoor pool, loungers & private beach access**


 **Special Offer:** Travel companion without therapy €850

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## Why Choose Amy's Haven?

- ✓ **Authentic Ayurveda Treatments** by experienced practitioners
- ✓ **Pilates & Yoga for Strength & Flexibility** (upon request)
- ✓ **Prime Beachfront Location** – unwind by the sea between treatments
- ✓ **Tranquil Garden Villa** – peaceful and intimate setting
- ✓ **Customized Wellness Approach** – tailored to your body's needs
- ✓ **Nourishing Ayurvedic Cuisine** – designed for your dosha type

✦ **Limited-Time Offer – Book Now & Save!** ✦

 **Reserve Your Wellness Retreat Today!**

## AYURVEDA TREATMENTS INCLUDED:



🌿 **14-Day & 7-Day Rejuvenation Programs** 🌿

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### 🌻 **7-Day Spa Program**

- **02 Full Body Massages & Face Massages**
  - **02 Shirodhara Treatments** (Shirodhara comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). It’s an Ayurvedic healing technique that involves having someone pour liquid — usually oil onto your forehead combined with a body, scalp, or head massage.
  - **01 Powder Massage** (herbal exfoliation therapy)
  - **01 Milk Rice Massage** (nourishing herbal therapy)
  - **01 Final Full Body Massage**
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### 🎯 **14-Day Spa Program**

- **03 Full Body Massages & Face Massages**
- **04 Herbal Steam Baths**
- **03 Shirodhara Treatments** (oil therapy for relaxation)
- **02 Additional Shirodhara Sessions**
- **02 Powder Massages** (herbal exfoliation therapy)
- **02 Milk Rice Massages** (nourishing herbal therapy)
- **Final Full Body Massage** for deep relaxation

🌸 **Relax, Heal, and Rejuvenate in Our Beachfront Sanctuary** 🌸

🌸 **Book your wellness retreat today!**