

# AYURVEDA VILLA

RIVERINA HOTEL

Beruwela - Sri Lanka



## AYURVEDA PROGRAMMES AT RIVERINA AYURVEDA VILLA

Treatments are classified under Basic and Advanced. From these you could select the particular programme of your choice. The selection could be made from the following:

- \* Wellness and Relaxation Programme
- \* Rejuvenation & Beauty Programme
- \* Intensive Programme

### Basic Treatment

Head Massage  
Facial Massage  
Neck and Shoulder Massage  
Body Massage  
Herbal Steam Bath  
Herbal Bath  
Flower Bath  
Foot Bath

### Advanced Treatment

Head Oil Bath  
Special Massage (specific area)  
Complete Body Massage (head to toe)  
Synchron Massage  
Facial Cosmetic Treatment  
Thermo Therapy  
Herbal Steam Inhalation  
Herbal Head Paste  
Herbal Oil Hat  
Complete Oil Bath

Apart from the above, individual treatment special day packages could also be obtained as follows:

Day	Basic Treatment	Advanced Treatment	Total	Selection
1 Day	2	2	4	Wellness and Relaxation
3 Day	5	5	10	Wellness and Relaxation
5 Day	14	7	21	Rejuvenation and Beauty
12 Day	25 - 30	12 - 17	47	Intensive Course or
18 Day	30 - 44	20 - 28	72	combination of above.

### 1 Day Course

This course is generally meant to achieve wellness and relaxation. It will consist of 2 basic treatments and 2 advanced treatments. The basic treatments would be the Herbal Steam Bath and the Flower Bath. The advanced treatment will generally consist of a complete body massage and a facial cosmetic treatment.

### 3 Day Course

This course also covers the areas of wellness and relaxation and will consist of 5 basic and 5 advanced treatments. The treatment will be provided in a repetitive form but of course some elements could be changed according to the requirements of the guest.

### 5 Day Course

This course is generally targetted at the areas of rejuvenation and beauty. This will boost your health giving you renewed vitality and a sense of well-being. The 5 Day Course will consist of 14 basic treatments and 7 advanced treatments.

### 12 Day and 18 Day Courses

This is an intensive course which will combine a maximum of 47 and 72 treatments respectively. Treatments will be selected in consultation with the guest, taking into consideration the life style, nature of work, age and the level of stress of the client. This is a recommended course to gain the full benefit of the disciplines of Ayurveda and Panchakarma. This course will treat a combination of elements, viz. well-being, relaxation, rejuvenation and beauty. Due to the duration of treatment, special ailments also could be cured. This treatment will also consist of specialist consultation with our group of doctors and physicians.

Ayurveda tries to balance the three vital body functions 'vata' (air), 'Pitta' (bile) and 'Kapha' (phlegm) as well as the harmony between body and soul. Ayurveda is a complete healing system. It therefore promotes general well being as well as curing illnesses.

Ayurveda is commonly termed 'treatment through an indigenous form of medicine'. It not only cures disease but rejuvenates the body by increasing immunity against disease producing organisms. Ayurveda in recent times has proved to be very effective in curbing present day stress and in promoting a positive mental attitude and relaxation of the mind.

The term Ayurveda means 'Ayuh' (life) and 'Veda' (science). Therefore Ayurveda = Science of Life.

Buddhism influenced the advent of Ayurveda in Sri Lanka in the 3rd century BC. The ancient Kings of Sri Lanka contributed to the development of Ayurveda: e.g. King Pandukabaya set up hospitals in Ritigala. King Buddhadasa was an eminent physician himself and was famed for treating soldiers, horses and elephants. King Kasyappa constructed hospitals in Anuradhapura. King Parakramabahu constructed irrigation works and the Royal Hospital. Even today the ruins of hospitals and medicinal troughs (9th century BC) known as 'Beheth Oruwa' can be seen at Mihintale.



Confifi Group Building, 33, St. Michael's Road, Colombo 03, Sri Lanka. Tel: 94-1- 333320-3/26 Fax: 94-1- 333324-5

Email: confifi@eureka.lk Web site: www.confifi-srilanka.com



