



Dalmanuta

Hotel Spa & Restaurant at Bentota River, Sri Lanka

Wellness Vacation Package 7 days/6 nights

Type of Room: Luxury Bungalow with A/C

Price per Person in Singel Room: 1.050 €

Price per Person (min. 2 Persons!) in Double Room: 930 €

Inclusions:

- Airport transfers
- Accommodation on Full board
- Welcome drink on arrival
- Complimentary Meditation session in the Islands of Serenity
- Ayurvedic treatment's daily along with Steam bath and aromatherapy as discussed with our Doctor
- Free use of Gym & Jacuzzi/Pool

Revive yourself with a visit to Dalmanuta in Sri Lanka, with its clean air and dynamic, warm hearted and professional staff. This program is designed to relax and recharge your body and soul and at the same time allow you to enjoy the spectacular nature Sri Lanka has to offer.

Day 1:

Arrival at Colombo Bandaranaike Airport and coach transfer to the Dalmanuta Hotel located on the east shore of Bentota river, Bentota, Sri Lanka.

You will be pampered with a relaxing foot massage in on of our Ayurvedic Room's itself, based on the unique, active Ayurvedic ingredients.

To make your treatment as effective and enjoyable as possible allow yourself plenty of time to relax in the garden and in our Jacuzzi pool before and after all treatments. Afterwards you can enjoy dinner at the excellent Athula's Seafood restaurant offering a view over the river and its spectacular surroundings.

Day 2:

After a good healthy breakfast you have an appointment with our Doctor to plan your individual wellness plan for the next days.

After that get a impression of our spectacular surroundings with a boat trip to the Sea and to explore the mangroves on the Bentota River.

Have a light lunch tasting the Sri Lankan cuisine at our River Restaurant and meet the Doctor again to get your plan of the treatments.

Start the first 2 treatments in the afternoon and don't forget to relax at the pool side.

Have a special dinner, maybe you will choose a fresh lobster from our own aquarium... **(not included in this special offer price!)**

Day 3:

Breakfast as always with fruits and fruit juice, coffee or tea, eggs etc.. however you like it..

Today you get a tour through our judge herbal garden, have a rest in our special ambient room to read and relax, get more information about the ayurveda science ...

Have your 3 treatments as discussed on the 2nd Day with the Doctor.

Day 4:

After breakfast and 2 treatments , having relaxing time and a good healthy lunch, we invite you in the afternoon for a excursion. Today we will visit the small waterfall "Polgampala", which is just 1 hour drive.

Dinner at our River Restaurant with a special Surprise from our first class Cook "Athula"

Day 5:

Today, after our delicious breakfast, we give you the opportunity to make a shopping trip in Bentota .

Coming back for Lunch and get some hour's free time to relax at the pool side, You will have 2 treatments in the afternoon, having a healthy fruit cocktail at our pool bar before you come to our exquisite restaurant for dinner.

Day 6:

After our good & healthy breakfast you get 2 treatments, have a break for lunch and in the afternoon you could make an excursion to a temple nearby, to get in touch with the Sri Lankan culture.

Get a Final Dinner Buffet with local musicians.

Day 7:

After Breakfast we will bring you back to the Airport.

Our Treatments includes:

Head Massage, Face Massage, Foot Massage, Synchronal Body Massage, Intensive Body Massage, Shirodhara (Oil steam & Head massage), Oil Herb Rice Massage, Herbal Inhalation, Herbal Steam Bath, Herbal Bath, Aromatherapy

All prices subject to 10 % Service Charge

Dalmanuta Hotel Restaurant & Spa, Dalmanuta (Pvt) LTD. (Reg No. N(P.V.S) 36166)
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