



THE SCIENCE OF LIFE – AYURVEDIC JOURNEYS
AT ANANTARA PEACE HAVEN TANGALLE RESORT

WELCOME TO PEACE HAVEN

Ayubowan. Sheltered along Sri Lanka's breathtaking southern coast, Anantara Peace Haven Tangalle Resort exudes luxurious coastal seclusion. Only three hours from Colombo, discover an inspirational hideaway to rebalance your body and mind. Relax under the swaying palms of a 21-acre coconut plantation. Refresh your spirit with views of Indian Ocean waves flowing onto golden sands. Pursue your personal wellness ideals in a revitalising paradise, nurtured by Sri Lanka's thriving heritage of natural ayurvedic healing. Give yourself the space and time to blossom with tailored seven-day programmes that bring long lasting results. Discover how powerful ancient remedies and holistic experiences address the effects of modern life.





THE AYURVEDIC SCIENCE OF LIFE

Ayurveda is a Sanskrit word meaning the “science of life”. This ancient preventative and curative system is native to Sri Lanka and India with written accounts dating back 3,000 years. Its fundamental teachings are based upon a holistic relationship between body, mind and spirit. Ayurveda seeks to balance this connection by understanding each person’s unique dosha constitution and the imbalances which occur due to our environment, state of mind and lifestyle choices.





PRINCIPLES OF AYURVEDA

Anantara's specialist ayurvedic programmes facilitate pathways to holistic health and happiness by balancing the body and freeing the mind, based on three simple yet powerful principles.

Understanding your *prakruti* (natural state)

Examining your distinctive combination of the three dosha types.

Understanding your *vikruti* (current imbalances)

Exploring the lifestyle choices and habits that create these imbalances.

Learning to clear your mind and develop the clarity needed to make healthier lifestyle choices.

BALANCE WELLNESS PHILOSOPHY

Balance Wellness by Anantara empowers personalised journeys of wellbeing. Following ayurvedic principles, we immerse you in knowledge, prescribe tailored therapies and provide you with tools to pursue optimum holistic health, based on an understanding of your nature to encourage positive changes.

"Ultimately, you have to take responsibility for yourself. If you don't do your part, you can drink the medicine forever and never get well."

"We are not doing anything to you. You have to do it yourself. We will just show you the path."

Dr. Sampath Perawattha

Resident Doctor of Ayurveda, Anantara Peace Haven Tangalle Resort

THE THREE DOSHA TYPES IN AYURVEDA



Vata Dosha – a delicate energy that rules movement, creativity and flexibility, is associated with wind. This energy is often related to elements that are light, airy and spatial. It materialises in cold, rough, dry and clear ways, while governing our breath, pulse, neurons and cellular regeneration.



Pitta Dosha – an effusive energy that governs the heat within our body, and is often represented as fire. It materialises in hot, sharp, oily or liquid fashions as it governs the body's nutrition, digestion and metabolism, as well as our mental capacity for transformation and understanding.



Kapha Dosha – a heavy and slow energy often associated with water and earth because of its sturdy and stable nature. It creates the structure within biology while also hydrating from the inside out. From this life force energy, nurture, love and compassion also blossom.





FOUNDATIONS OF YOUR AYURVEDIC JOURNEY

A choice of ayurvedic programmes offer distinct benefits – “Inner Harmony” for emotional and spiritual balance – “Deep Sleep” to relax and heal – “Natural Weight” for optimal health and happiness – “A Rebuilding Detox” to purify and re-energise. While each journey stands on its own merits, taken in whole these programmes can lead to an evolution of happiness; which is a balanced body and a free mind. The foundations of all four programmes ensure a holistic approach and long lasting results, by taking into account the need for self-awareness and reflection, balanced nutrition, therapies that are bespoke to your needs, and an inspiring sense of destination.

CONSULTATION

The first face-to-face meeting with our Resident Ayurvedic Doctor is a private consultation which includes a complete emotional, physical and lifestyle analysis to determine your *prakruti* (natural state) and your *vikruti* (current imbalances). Through observation, lifestyle questions and examination, as well as reviewing the information in your pre-arrival questionnaire, a correct understanding of your ayurvedic body type is ascertained.

DETERMINING YOUR PRAKRUTI

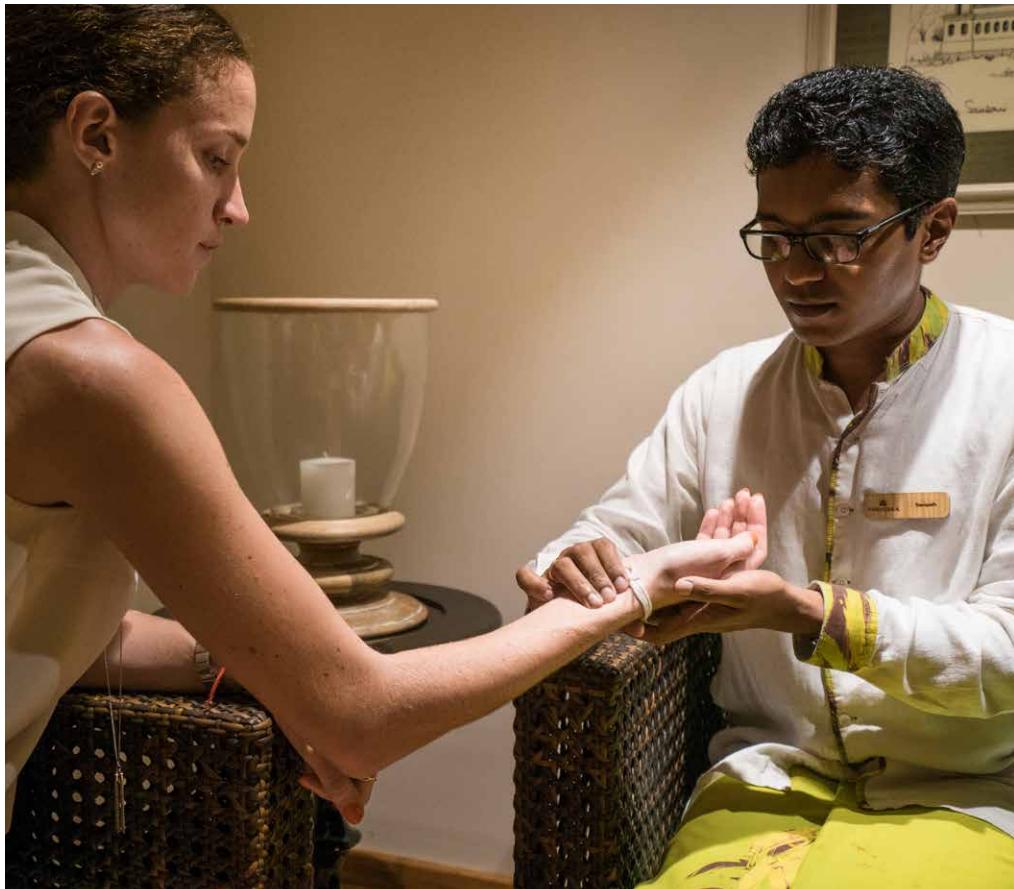
Observations – a study of your overall appearance, the pitch, frequency and depth of your voice, how you walk, postural imbalances, habitual physical gestures, facial and body expressions, as well as your individual energy and essence.

Lifestyle Questions – an interview about your daily routine, eating habits, personal preferences, bodily functions, sleeping patterns, medical history, relationships, physical activities and emotional triggers to gain a comprehensive picture from your perspective.

Examination – a physical examination using *nadi pariksha* (pulse diagnosis) and *jihva pariksha* (tongue diagnosis) to better determine your doshas and imbalances.

LIFE COACHING

Life coaching empowers you with the knowledge to understand your prakruti based on the Ayurvedic Doctor's assessment.





JOURNALING

This is a daily opportunity to record your feelings, observations, questions and overall thoughts as you journey through your programme. We recommend taking time before you start your day, when your mind is clear, to make notes. A journal is provided for you upon arrival.

TECHNOLOGY BLACKOUT

The purpose is to disconnect from the world and immerse in stillness. For this purpose, during your programme we advise complete time away from the TV, computer, social media and your mobile phone. To free your mind and create space for clarity and peace, we also recommend the practice of sitting in silence and finding ways to calm your mind before bedtime so that you can benefit from rejuvenating sleep.

MINDFUL MOMENTS

The healing arts offered at the resort heighten awareness of yourself by practicing mindfulness through quiet, calming experiences such as meditation, reiki, cranio-sacral massage or crystal chakra balancing.

BESPOKE AYURVEDIC TREATMENTS

Each programme includes a selection of indigenous treatments designed to impact your *vikruti*. For these personally prescribed therapies, the Ayurvedic Doctor will also tailor specific oils and herbs, based upon your initial consultation.

LOCAL IMMERSION

Guru-guided experiences are designed to immerse you in Sri Lanka's colourful local traditions and rich cultural heritage for a true sense of place. A choice of excursions invite you to hike in spectacular nature, investigate Buddhist temples, work with local artisans and discover sea turtle conservation, to name but a few of the enjoyable options.

EATING FOR BALANCE

Nutritional counselling provides an introduction to ayurvedic food theories. Instead of working on a specific diet plan, these sessions nourish you with knowledge so that you can make healthy, balanced choices.

AYURVEDIC CUISINE

Next to breathing, eating is our most vital bodily function. In accordance with this significance, our programmes teach you to discern between cravings and natural affinities. According to your nature, you have an affinity to certain types of tastes. This is not necessarily what you are eating presently. What you are eating today is a representation of what is out of balance within you.

From ayurvedic teachings you'll learn what food is best for creating sensible nutrition and the importance of balanced *agni* (digestive fire). When our *agni* is strong and healthy, we are able to extract the greatest level of nourishment from our diet. If our *agni* is weak, even the healthiest substances may not be properly utilised. Every meal should be a combination of six tastes, defined as sweet, bitter, sour, salty, pungent (spicy) and astringent, to help bring balance to your *prakruti*.

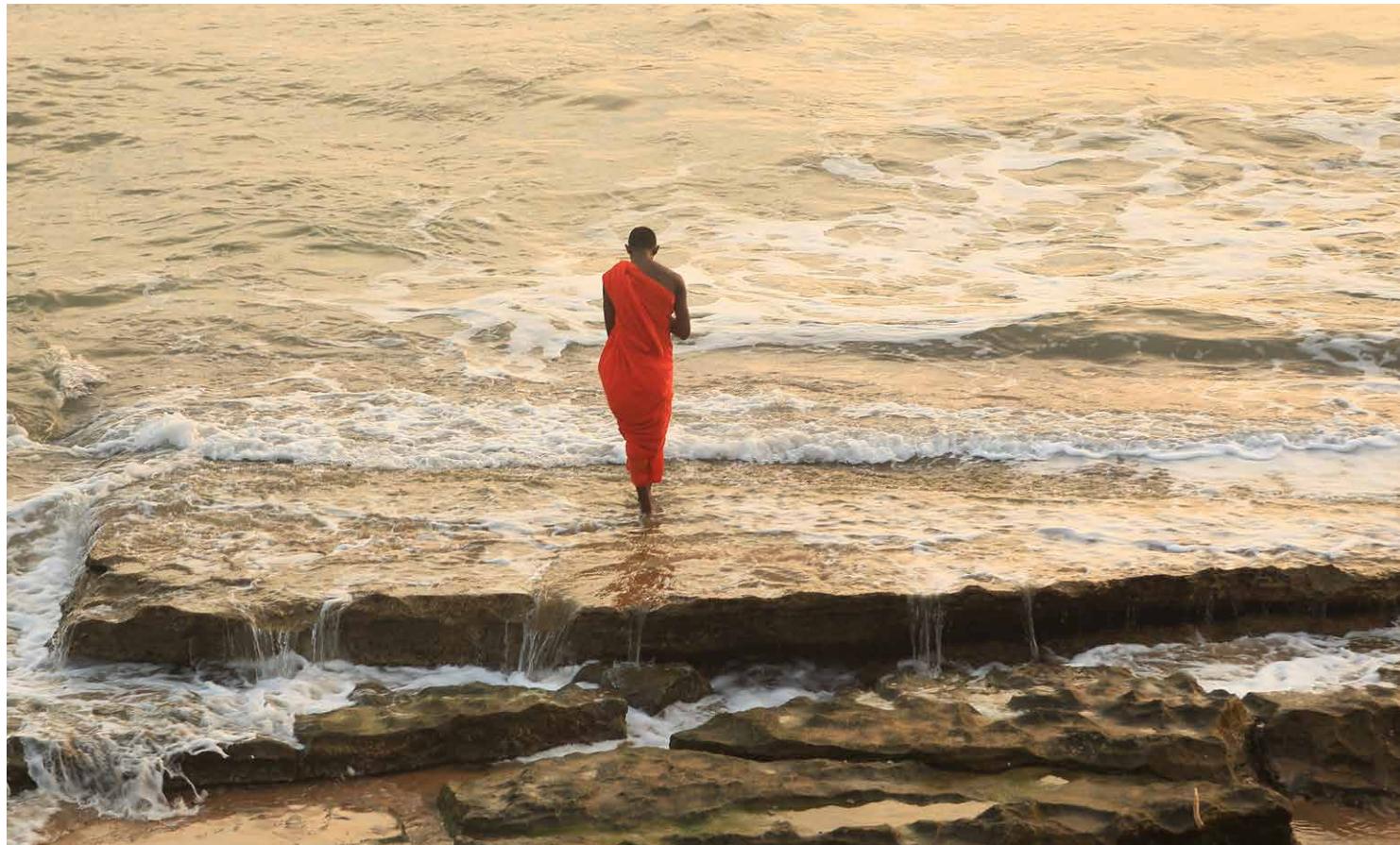




MEET MASTER OF WELLNESS DR. SAMPATH

Inspired by his grandfather, who is also a traditional ayurvedic practitioner, Dr. Sampath is a Sri Lankan native who holds a Bachelor of Ayurveda Medicine & Surgery. With 15 years' experience as a traditional medical doctor, he has been practicing ayurvedic therapies, as well as Yoga and meditation, for over eight years.

Offering a holistic approach to health is vital to Dr. Sampath. "My ambition is to instil knowledge of ayurveda in people to help them balance their body and mind and embrace a natural lifestyle. By listening to each client and carefully tailoring specific therapies for their own wellbeing, we can achieve a healthy balance that makes them comfortable. All the while, natural benefits of sea water, sea air and the sun assist in the healing transformation," explains Dr. Sampath, who is also renowned for his valuable take-home information and motivating follow-up encouragement, empowering guests to enjoy a lifetime of holistic benefits.





CHOOSE YOUR AYURVEDIC PROGRAMME

Four specialist ayurvedic programmes, expertly created by Dr Sampath, are designed to address a range of holistic health concerns that are often caused by the stresses and strains of modern life.

INNER HARMONY (7 DAYS)

Restore emotional and spiritual balance. This programme explores Sri Lanka's unique link between the ayurvedic philosophy of wellness and the Buddhist tradition of clearing the mind to bring balance, health and true happiness.

WHAT TO EXPECT:

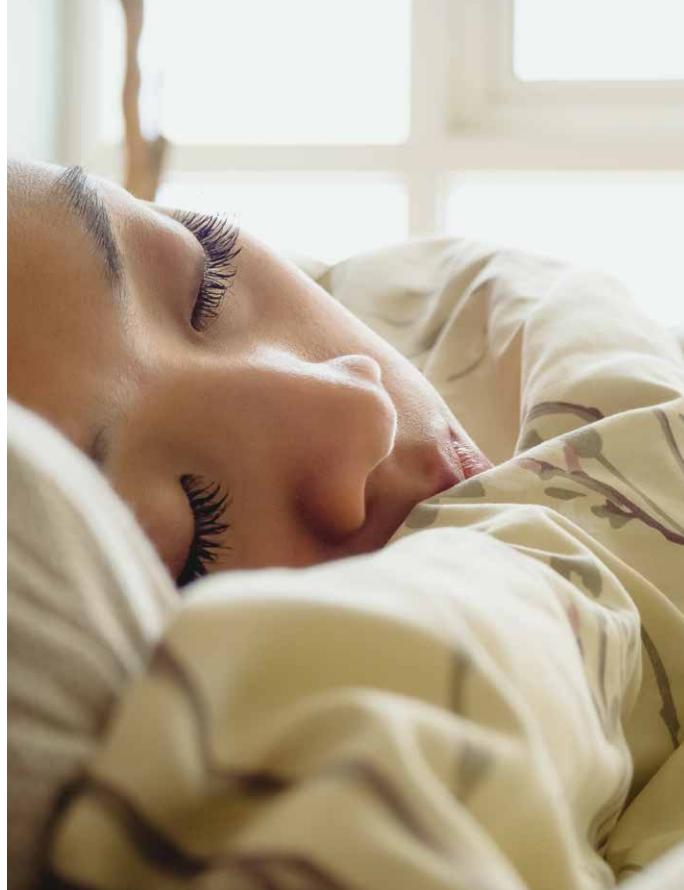
- Learn to keep your mind in one place, which leads to a higher level of awareness.
- Strengthen your mind, by learning to control your thoughts.
- Free your mind, by clearing it of distractions.
- Experience the contemplative power of Sri Lankan Buddhist temples, and learn the stories of Buddha with our expert Gurus.
- Experience the healing beauty of Sri Lanka's tropical nature.
- Let your creativity flow in artistic pursuits with local artisans.
- Blossom into harmony with ayurvedic therapies and Anantara Spa treatments to calm your nervous system, generate a positive energy flow and nurture peace.





INCLUSIONS:

- Private consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Three private 60-minute Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- Five spa treatments per stay
 - One 90-minute Anantara Signature Massage
 - Two 60-minute Head Massages
 - One 60-minute Shirodhara treatment
 - One 90-minute Thai Massage
- Five Local Experiences per stay
 - Rakawa Turtle Conservation (seasonal from September – April)
 - Guided excursion to Wewurukannala Buddhist Temple
 - Guided excursion and monk's blessing at Kadurupokuna Buddhist Temple
 - Herbal Garden Tour and Lake Boating at Sanu
 - One three-hour Painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

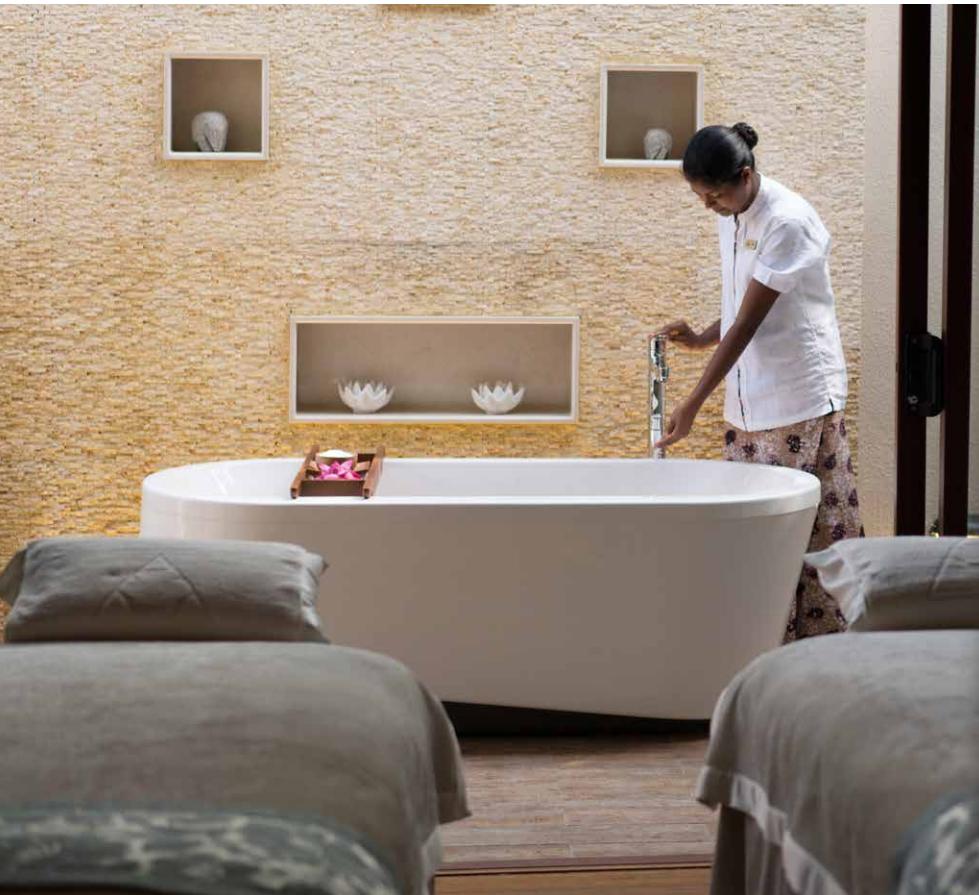


DEEP SLEEP (7 DAYS)

Relax and heal your body and mind. Feeling sleep deprived, fearful, overwhelmed or anxious represents an unbalanced fire within. To rebalance and return to optimum functionality we need rest, relaxation and time to rejuvenate. The purpose of this programme is to rebuild both the body and the mind, with a focus on increasing the Kapha dosha to nurture a state of peaceful harmony.

WHAT TO EXPECT:

- Examine the lifestyle patterns that contribute to feeling burnt out.
- Enjoy a daily disconnect from technology to clear your mind of distractions.
- Relax with in-room Anantara Slumber Guru ritual to enhance sleep.
- Experience Sri Lankan Buddhist temples to deepen your sense of peace.
- Enjoy the creative therapy of artistic pursuits with local artisans.
- Relax deeply with daily ayurvedic therapies and Anantara Spa treatments using medicinal herbs and oils to address the Kapha dosha imbalance.
- Create a sustaining wind-down ritual.



INCLUSIONS:

- Private consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Three private Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- Two Yoga sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout in the evenings
- Two in-room Anantara Slumber Guru rituals per stay
- Five spa treatments per stay
 - One 90-minute Anantara Signature Massage
 - One 60-minute Shirodhara treatment
 - One 90-minute Marma Abhyanga treatment
 - One 30-minute Nasya Karma treatment
 - One 30-minute Shirovasthi treatment
- Two Local Experiences per stay
 - Guided excursion to Mulgirigala Buddhist Temple
 - One three-hour Painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

NATURAL WEIGHT (7 DAYS)

Nourish yourself to optimum health. Your natural weight is not solely based on less or more, but what is optimal to function efficiently. The ayurvedic approach to managing weight is not about counting calories or self-denial. Instead it begins with a mindful awareness about how to use food and physical activity to naturally balance the body and mind.

WHAT TO EXPECT:

- Assess the nutritional and lifestyle choices you make.
- Learn to take responsibility for what you eat by focusing on the correct foods for you.
- Understand what makes a wholesome meal through the Six Tastes of Ayurveda.
- Energise with adventurous activities like surfing and hiking to Buddhist temples to stimulate your metabolism.
- Purify your system with cleansing ayurvedic therapies and Anantara Spa treatments that supplement your weight management journey.





INCLUSIONS:

- Private consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Two private Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- One half-day Surf Guru lesson per stay
- Four Fitness sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- Five spa treatments per stay
 - One 90-minute Anantara Signature Massage
 - One 90-minute Thai Massage
 - One 90-minute Marma Abhyanga treatment
 - One 60-minute Udwartana treatment
 - One 60-minute Pinda Sweda treatment
- Two Local Experiences per stay
 - Guided excursion and monk's blessing at Kadurupokuna Buddhist Temple
 - Guided excursion to Mulgirigala Buddhist Temple
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

A REBUILDING DETOX (7 DAYS)

Reboot your entire system through physical and mental detoxification. Embark on a purifying journey that removes toxicity from the body and mind. Rebuild your natural energy and fire to continue burning toxins within. Feel cleansed as toxins are eliminated from the gut and the Pitta dosha is balanced. Learn how to rid the mind of toxic thoughts from an ayurvedic perspective.

WHAT TO EXPECT:

- Enjoy time out with limited physical activity while you detox and rebuild.
- Experience a healthier, energised body that may also result in weight loss.
- Effectively evacuate toxins from the body with *Virechana Karma* – an orally administered capsule or concoction of medicated herbs.
- Balance your digestive fire with daily ayurvedic therapies and Anantara Spa treatments.
- Learn what you need to change in your home routine to remove toxins on your own.





INCLUSIONS:

- Private consultation with Resident Doctor of Ayurveda
- Daily early morning journaling
- Three Private Mindful Moment sessions per stay
- One 60-minute Eating for Balance session per stay
- Two 90-minute Life Coaching sessions per stay
- Access to resort's fitness and healing arts classes
- Technology blackout every evening
- 10 spa treatments per stay
 - Two 90-minute Detox Ceremony treatments
 - One Virechana Karma treatment
 - Two 90-minute Marma Abhyanga treatments
 - One 90-minute Bespoke Massage
 - One 30-minute Nasya Karma treatment
 - One 60-minute Udwartana treatment
 - One 90-minute Pizhichil treatment
 - One 60-minute Pinda Sweda treatment
- One three-hour Painting lesson with Local Artisan
- Take-away sleep and nutritional tips
- Personalised dosha constitution record

AYURVEDIC TREATMENTS

The natural science of Ayurveda is indigenous to Sri Lanka, and this aspect of the country's wellness heritage enjoys a thriving place in modern holistic health. Taking into account each person's unique dosha constitution and imbalances, the following individual treatments are administered only after a consultation with the Resident Doctor of Ayurveda, who also tailors the ideal selection of herbs and medicines to treat your vikruti during your programme. This highly personalised approach ensures treatment efficacy to maximise each person's wellbeing.





INDIVIDUAL TREATMENT SELECTION

Abhyanga

An ancient herbal oil massage therapy for healing and detoxifying body, mind and spirit. Ayurvedic techniques are applied along the energy channels of your body in a synchronised manner to release toxins and restore the flow of Prana (your vital energy) where it has become blocked.

Marma Abhyanga

Marma energy zones are vital areas of the body. This traditional ayurvedic massage uses herbal ayurvedic oil and appropriate pressure to stimulate these specific points. A small linen bundle, filled with medicated powder made from the roots of 12 herbal plants, is heated and applied all over the body to induce sweating, relieve pain, stiffness and to stimulate bodily organs and systems to clear blocked energies.

Shirodhara

Shirodhara deeply relaxes the mind, feels like a meditation and brings instant rejuvenation. The name is derived from the two Sanskrit words: 'shiro' meaning 'head' and 'dhara' meaning 'flow'. Intensely soothing, a consistent flow of warm aromatic oil pours on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.

Sarvangadhara (Pizichil)

Experience a gentle, rejuvenating body massage. Similar to Shirodhara, in Sarvangadhara the flow of warm oil is poured over and massaged into the entire body for a wealth of holistic benefits. Sarvangadhara controls and nurtures equilibrium in all the doshas, strengthens and fortifies tissues, increases blood circulation, establishes healthy digestion and corrects the metabolism, balances emotions and delays ageing, while relaxing the mind and refreshing the senses.

Ksheeradhara

Similar to Sarvangadhara, Ksheeradhara is a soothing full body massage that pours and massages medicated milk over the entire body. This is an excellent treatment for proper blood circulation throughout the body and relaxation of the mind. It helps to lubricate joints, relieve pain, spasms and stiffness of the muscles and joints, and also delays ageing.

Nadi Swedan

This localised treatment uses the healing power of steam to alleviate acute pain. Using a special instrument, sweating is induced by passing steam over the body parts which requiring treatment, which have first received an application of oil. Nadi Swedan is a restorative treatment that alleviates stiffness in the muscles and joints, enhances mobility and improves the blood circulation.

Udwartana

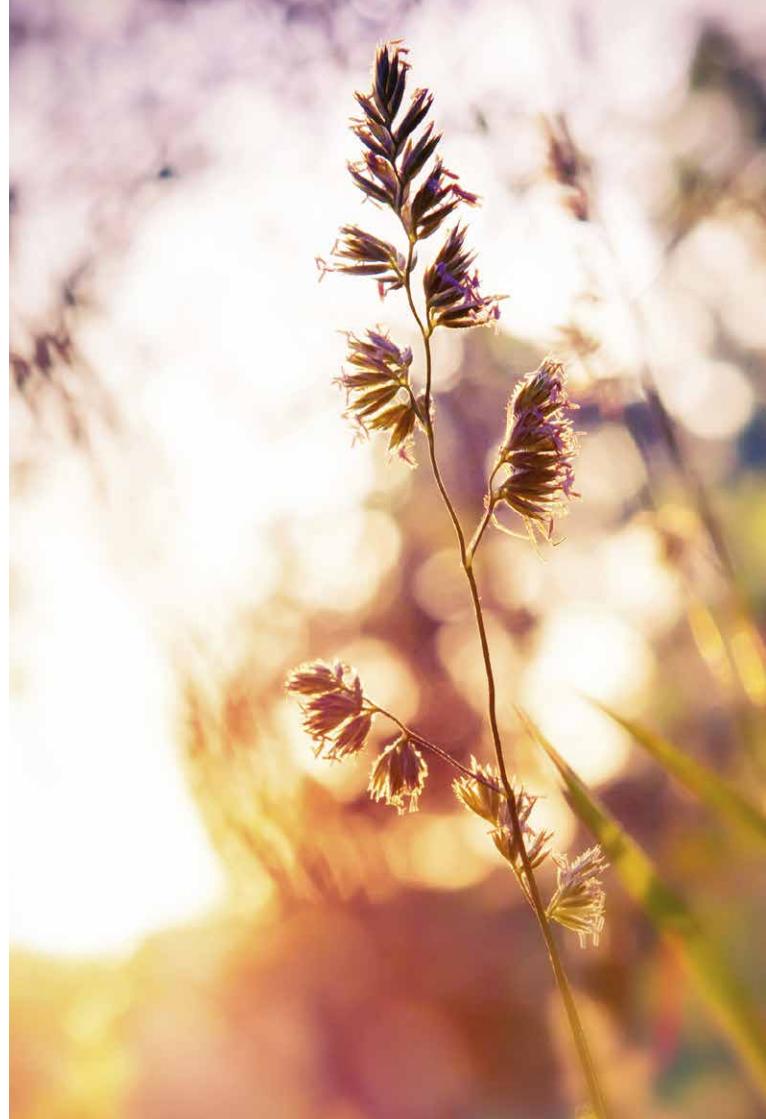
Udwartana means to elevate or to promote. A stimulating and exfoliating therapy using a specially prepared herbal powder which is rubbed over the body to slough off dead skin cells and help reduce subcutaneous fat. This therapy effectively helps to improve blood circulation and reduce body weight.

Njavarakizhi (Pinda Sweda)

This herbal compress therapy is a highly rejuvenating treatment. After a liberal application of herbal oil over the body, small linen bags filled with cooked rice and herbal decoction are used to massage and induce sweat. The rice comes through the bolus to leave a thick paste on the body, which cools down rapidly and is left to nourish your skin. Pinda Sweda enhances physical consistency, relieves stress and strain, strengthens the nervous system and improves the overall appearance of skin.

Podikizhi (Pinda Sweda)

Podikizhi is the most effective detoxification treatment for the entire body. Muslin cloth is filled with a unique blend of herbal and medicated powders. These poultices are warmed and used to massage the entire body. Podikizhi promotes toxin elimination, increases the mobility of joints, and provides effective relief from muscular aches and pains.



Vasthi

'Vasthi' means 'herbal enemas'. For this unique herbal bath treatment, a small well made from herbal paste is created. Warm medicated Ayurvedic oil is then poured inside this well and left to soak into the skin. The medicinal properties are absorbed directly by the body, making this therapy highly effective for the treatment of chronic or acute pains. Vasthi can be performed on a variety of locations: Shirovasthi (head), Greeva Vasthi (neck) Urovasthi (chest), Kativasthi (lower back) and Januvasthi (knee).

Pichu

Pichu is a miraculous palliative treatment in Ayurveda that uses cotton soaked in warm medicated oil to cure various degenerative ailments. It can be performed on the head, neck, spine, hips, chest, knees and shoulders, according to the needs of the illness. Pichu can be enjoyed as a main treatment for the head and spine, or a simplified version can be applied in conjunction with other Ayurvedic therapies.

Akshi Tarpana

Akshi Tarpana is a rejuvenating eye care treatment. A well is created around the eyes so that warm, medicated ghee can be slowly poured inside. The patient is then requested to open and close their eyes before it is removed. A gentle massage around the eyes is also performed. This therapy improves vision by preventing degeneration, relieving eye strain, strengthening muscles and nourishing the eyes.



Nasya

Nasya is a healing therapy that combats the pollution we inhale. It is also highly effective in treating headaches, sinusitis and migraines, as well as hormonal and physiological problems. A few drops of herbalised oil or powder are placed in the nose, while the face, shoulders and chest are massaged with specific herbal oils to induce perspiration.

Virechana Karma

Virechana Karma is an oral administration of herbs - either by capsule or concoction, depending on which medicine should be administered for your dosha makeup. This is followed by an abdominal massage. The therapy is conducted mid-morning and should be followed by a clear afternoon, eating only boiled vegetables and rice for lunch and dinner in your room. Virechana Karma is a very effective flushing therapy and is only administered by the Doctor.

Herbal Bath

This restorative therapy starts with an Abhyanga massage using medicated oil to detoxify and clear energy blockages. Medicated herbs are then rubbed on the body, after which a bath infused with a herbal decoction encourages deep relaxation, improves sleep quality and appetite, increases longevity and uplifts the spirit.





PROGRAMME GUIDELINES

Ayurvedic treatments throughout your programme are personalised and are subject to change based upon the Doctor of Ayurveda's guidance.

Ayurvedic treatments work by internal cleansing and may cause a disturbance to your usual body rhythms.

People below 18 years of age and above 70 years of age are not eligible for certain programmes, and will require a doctor's approval.

If you have any current or chronic illnesses, a medical clearance is required to enrol in the wellness programmes.

A waiver of release will be signed before commencement of the programme.

