



**Aarogya**  
Spa & Wellness  
by AAHAASA

## **AAROGYA SPA & WELLNESS BY AAHAASA AT AADYA TEA BUNGALOWS**

### **Path to Holistic Wellbeing**

Aarogya is an immersive wellbeing journey designed to restore natural equilibrium, realign energy & reconnect guests with the rhythms of Sri Lanka.

### **Well-Leisure**

Each AAHAASA property is conceived as a hybrid haven where refined leisure meets conscious wellbeing, a concept we define as Well-leisure.

### **Aromatherapy Spa Inspired by the Natural Essence of Sri Lanka**

Each destination has a Spa that draws inspiration from the natural essence of the island. Aarogya at Aadya Tea Bungalows is inspired by estate tea and flowers.

### **Ayurveda**

In addition to the Spa, some destinations have a dedicated Ayurveda facility. Rooted in the ancient healing traditions of Sri Lanka, Ayurveda at Aarogya is a deeply personalised journey that works to balance the body, mind & spirit. Guided by experienced practitioners, treatments are tailored to individual constitutions (doshas), combining herbal remedies, therapeutic oils & time-honoured rituals to restore harmony from within. Drawing on the island's rich natural pharmacopeia, each experience is designed not only to heal, but to cultivate lasting wellbeing & inner vitality.



## **SPA TREATMENTS**

### **Aarogya Signature Massage**

90 Minutes - \$100

A pampering experience that combines a blend of therapeutic and stress-relieving techniques for total well-being. Includes Swedish and deep tissue methods to ease joint aches, muscle pains & support recovery from sports-related strain.

### **Aarogya Royal Body Ritual**

120 Minutes - \$140

A luxurious full body pampering experience with therapeutic massage oils to soothe, calm & de-stress your body, mind & soul. The Royal ritual starts with a relaxing foot bath, foot scrub & tranquility forehead massage. This is followed by an exfoliating back scrub & an extended full body massage. This therapy is a fusion of proven techniques to promote total well-being.

### **Deep Tissue Massage**

60 Minutes - \$75 | 90 Minutes - \$100

This vigorous yet relaxing remedy uses classic Swedish massage strokes & works deeply into the muscles to stretch the fibers & release tension that may otherwise cause restricted movement & pain. Encouraging blood flow, this treatment improves flexibility & relieves sore or pulled muscles.

### **Calming Scalp Ritual**

60 Minutes - \$75

Therapeutic head massage with therapy oils, focusing on specific sleep-inducing points of the head, neck, forehead & shoulders to help totally relax your body & mind, giving you a good night's sleep.

### **Relaxing Foot Ritual**

60 Minutes - \$ 75

Relaxing foot bath is followed by a rejuvenating acupressure foot massage on specific points of your feet that help promote soothing relaxation & deep restful sleep.

All prices are subject to 10% service charge & applicable government taxes.



## **BODY TREATMENTS**

### **Body Scrubs**

30 minutes – 60\$

Indulge in the rejuvenating experience of our luxurious body scrubs. Designed to gently exfoliate & polish, each treatment removes dull, dry skin to reveal a radiant, silky-smooth glow. Infused with nourishing oils & natural exfoliants, our scrubs not only revitalize your skin but also stimulate circulation, leaving you refreshed & renewed.

### **Body Wraps**

30 minutes – 60\$

Experience the ultimate in skin renewal with our soothing body wraps. Our body wraps cocoon you in nourishing botanicals that hydrate, detoxify, & smooth the skin. This rejuvenating treatment restores balance while leaving you refreshed, relaxed, & radiant.

## **AAROGYA SIGNATURE TREATMENTS**

### **Purifying Body Ritual**

90 Minutes - \$100

An intense purifying ritual which begins with dry brushing to improve blood circulation & lymphatic drainage, followed by a body polish. The pampering experience is completed with a 60minute body massage.

### **Romantic Couple Indulgence**

120 Minutes - \$140 / Person

An enchanting ritual to share with your loved one, captivating all of your senses, alleviating any tensions, & connecting you to the vital powers of nature's elements.

Body Scrub + Relaxing Massage + Radiant glow mini facial + Flower bath + Fruit Platter

All prices are subject to 10% service charge & applicable government taxes.



## **FACIALS, PEDICURES, & MANICURES**

### **Aarogya Signature Facial**

60 Minutes - \$70

Our signature facial combines the perfect blend of nourishing plant extracts & traditional Sri Lankan ingredients to encourage cell renewal & oxygenation. A gentle massage coaxes pure relaxation & the herbal mask restores the natural balance of your skin.

### **Aarogya Pedicure Treatment**

60 Minutes - \$65

A complete purifying & relaxing treatment for your feet. Includes a complete professional Spa pedicure, foot bath, foot scrub & blissful foot & leg massage.

### **Aarogya Manicure Ritual**

60 Minutes - \$65

A luxuriously relaxing ritual to pamper your h&s & nails. Includes tranquil touch, h& soak, h& scrub, & a complete professional Spa manicure with natural nail shining, followed by indulgent reflexology h& massage.

Additional Nail Polish Application: \$ 10



## **AAROGYA SPA CAUTIONARY & SAFETY NOTICES**

### **Opening hours**

Daily 9.00 am to 8.00 pm (Last treatment reservation is 7.00 pm)

### **Appointments**

- Advance reservation is recommended to ensure a wide availability of time & service.
- Please refrain from smoking & turn off your mobile phone or to silent mode in during treatments.
- It is advisable that guest under the age of 18 are required to have parental consent prior to the booking being accepted.

### **Cancellation Policy**

We understand that schedule change & we will do our best to accommodate. Once your treatment is reserved, we kindly ask for a minimum of three hours cancellation notice. Cancellation within three hours will be subject to a 50% charge.

#### **1. Health & Medical Conditions**

- Guests are advised to inform the therapist of any medical conditions, allergies, injuries or pregnancy prior to treatment.
- Individuals with heart conditions, high blood pressure, skin disorders, or recent surgeries should seek medical advice before using spa services.

#### **2. Personal Responsibility**

- The management will not be held responsible for any injuries, allergic reactions, or health complications arising from treatments if prior conditions were not disclosed.

#### **3. Hygiene & Cleanliness**

- Please shower before your treatment
- Maintain personal hygiene at all times for the comfort and safety of all guests.

#### **4. Conduct & Behavior**

- Any inappropriate behavior will result in immediate termination of services without refund.

#### **5. Valuables**

- The management is not responsible for loss or damage to personal belongings.

#### **6. Contraindications**

- Certain treatments may not be suitable for all individuals.
- The spa reserves the right to refuse treatment if deemed unsafe for the guest.

#### **7. Children Policy**

- Children below [insert age, e.g., 16 years] are not permitted unless accompanied by an adult or with prior approval.

#### **8. Emergency & Safety**

- In case of discomfort, dizziness, or pain during treatment, inform your therapist immediately.
- Emergency exits and safety instructions must be followed at all times.

### **NOTICE**

- Your safety and well-being are our highest priority.
- By using our spa services, you acknowledge and agree to the above conditions.

### **Reservations & Enquiries**

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