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.

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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.

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.

Express Relief Session

30 Minutes - $ 40

Indulge in a brief moment of pure tranquility tailored entirely to you.

Select one focused touchpoint to restore balance to your day:

Foot Massage – Perfect for melting away aches and reviving tired feet.

Neck & Shoulder Massage – Designed to release stubborn tension and knots.

Head Massage – A blissful escape to relieve mental stress and fatigue.

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

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AAROGYA SPA CAUTIONARY & SAFETY NOTICES

Opening hours

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. Contrindications

- 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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