

Welcome words by SPA Manager

Ayubowan, we welcome you to the Jungle Spa journey, your luxurious pathway to wellness. In Sinhala, "Ayu" means life and "bowan" means lengthen. Accordingly, you are about to embark on a wellness journey to ensure a long, healthy life.

Located on a rambling hillock off the beautiful Hikkaduwa beach, Jungle Spa offers you the ultimate wellness retreat in the tropical countryside. Designed to seamlessly blend in with the tall treetops intertwined with graceful creepers from one side, and breath-taking landscape of a manicured tea garden, with ponds abundant in blissfully blossoming water lilies on the other, Jungle Spa fuses elements of surrounding nature with all our treatments.

Ayurveda, the ancient healing art of the region, is integral to all our wellness treatments. Based on the principles of promotion of good health, the secret recipes of Ayurveda focuses on enhancing the beauty and well-being by striking that essential balance between the mind and the body. Ayurvedic wellness practices have existed in Sri Lanka for thousands of years. With the emergence of modern spas in the country, it has gained prominence among the holistic beauty treatments. Ayurveda, along with yoga and meditation sessions, will prepare you for the ultimate holistic wellness journey of your life.

At Jungle Spa, we go a step further; according to your preference, we will also design you an Ayurvedic menu serving organic super foods such as moringa, papaya, and bananas.

The ingredients for our signature treatments are sourced from our garden, along with the freshly handpicked organic fruits and vegetables that go into the gastronomical delights prepared by our chef. Revitalize with our massages and body treatments; drift away from anxiety, stress and worry; embrace the luxurious tranquility and discover the power of elixirs...

Sri Lanka at its most stylish!

OUR BRANDS

Ophir

This one hundred percent natural, handmade product, formulated by blending tea tree extracts with natural spices and herbs, will be used for the body treatments. Rich in antioxidants, Ophir products protect the skin from exposure to harsh chemicals in everyday life, while being extremely gentle on the skin.

Elemis

All our facial care products are from this award-winning British luxury brand. Elemis ensures that its formulas are carefully crafted using the most powerful biological actives from above and below. At Jungle Spa, you can enjoy Elemis facials. Please inquire from our staff about the available treatments.

Margaret Dabbs

Our hand and feet products are from the luxury renowned Margaret Dabbs brand from London. Margaret Dabbs products fuse medical expertise with beauty expertise to formulate an effective range of anti-aging products to repair the wrinkles and fine lines to give you baby smooth skin.

Link Natural

We source all the essential oils and Ayurvedic oils used for our treatments from Link natural products. Link promises that they fuse the goodness of Ayurveda and other traditional medicine with cutting edge technology, to provide the consumers with safe and effective wellness products.

OVERVIEW OF TREATMENT

- Haritha Signatures
- Wellness Treatments
- Body Treatments
- Facials
- Hands and Feet
- Waxing
- Haritha Wellness Journeys
- Yoga and Meditation
- Pilgrim Tour
- Wet areas
- Vichy Shower

HARITHA SIGNATURES

Nature with Love

120 mins - 150\$

Since age-old times, coconut was the staple, all-in-one beauty ingredient of Sri Lankan beauties. Be it their radiant supple skin, or lustrous flowing hair, the secret lay in the daily application of coconut oil. Now at Jungle Spa, you can enjoy a luxurious coconut body treatment using coconut extracts. Indulge in a relaxing body massage with alternative compression with a herbal pouch, followed by a coconut exfoliate and Vichy shower.

Coconut Delight

This soothing coconut oil body massage takes you on a journey of relaxation with an abundance of health and beauty benefits. Suited for all skin types, this gentle oil moisturizer is called the king of the massage oil, simply because of the ample benefits it has for psoriasis, eczema, dermatitis and other skin disorders. This wonderfully calming experience will improve the skin texture by increasing the blood circulation to bring more oxygen to the tissues, which in turn revitalizes the tissue to speed up healing and growth.

Our signature coconut exfoliator is a proven beauty treatment to slough away the dead skin cells and impurities to give you a smooth and glowing skin texture. This anti-inflammatory and anti-aging is also a sworn remedy for sunburns since it is good for all complexions. Relax, and let coconut work its magic on your skin!

Haritha Detox

120 mins - 150\$

Popular for its instant invigorating powers, lemongrass grate massage creates a powerful, relaxing and therapeutic experience. It combats tired, sore and cramped muscles, and especially beneficial to issues with connective tissue in the joints, as well as issues with the urinary system.

Inspired by the lemongrass plants growing in our herbaceous borders, this detoxifying body massage is designed with freshly sourced lemongrass from our very own garden. Instantly refreshing, lemongrass is used in a body massage, along with compression techniques using a fragrant herbal pouch. Then, to give your skin that revitalizing glow, we use our very own handmade salt scrub, rich with lemongrass, to exfoliate your skin, to healthy glowing perfection. Lemongrass promotes blood and lymphatic circulation, leaving your skin healthy and bright. Follow with a hyper relaxing experience in our Vichy shower, which improves blood circulation to the surface of the skin, facilitating the elimination of toxins and waste from your body.

Haritha Twist-Fruits Spice journey

120 mins - 195\$

Throughout the history of time, Sri Lanka was renowned for its spices and fruits. Rich in vitamins and antioxidants, these exotic spices and fruits boast lavish benefits for your skin.

To take you through a beautifying spice journey, this signature treatment is designed with a spice rich body exfoliator using cinnamon, the iconic spice of the land. The aromatic cinnamon, blended together with coffee and orange acts as a powerful stimulant to the brain, uplifting the mood while removing dead skin, and draining excess water from the tissues. Experience luxuriously smooth, moisturized, delicious smelling skin, enriched with Vitamin A and C.

Follow with a sensual body massage using a blend of aromatic oil of your choice to relieve tension of mind and body. A series of specialized massage techniques, together with herbal spice compression is utilised to bring you ultimate joy.

Low Country tea romance

120 mins - 150\$

The name Ceylon tea is legendary among the tea drinkers, and the benefits of tea do not end with its beverages. Rich in antioxidants, with chemo preventive and anti-inflammatory properties, tea extracts are ideal for restoring youth and beauty of the skin.

Relax with a restorative body treatment using low-country tea tree extracts. A tea extract scrub, followed by a massage using a blend of tea extract oil, and herbal compression restores the youth and vitality of the skin while preventing aging lines and promoting a smoother complexion. Tea extracts are especially beneficial for getting rid of eye bags and puffy eyes. The tea tree massage also enhances the health of your hair and scalp, by getting rid of any infections.

Tea wrap

This miracle tea tree wrap has numerous benefits such as detoxifying the skin, reducing signs of aging and excess oil from the skin. It's powerfully rejuvenating like a freshly bloomed flower.

Saliya Asokamala Romantic Spa Ritual for couples

120 mins - 300\$

Prince Saliya was the heir to King Dutugemunu, a Sinhalese king of a Sri Lankan kingdom who reigned from 161 B.C to 137 B.C. Haritha Jungle Spa celebrates this romantic love story by reminiscing the true love of Prince Saliya and the beautiful Asokamala, a country girl, in the grandeur of a couples massage. With our romantic spa journey unwind with your loved one with a deliciously fragrant body massage, followed by a herbal body scrub and a body wrap to hydrate, soften and tone your skin. Let go and relax deeply. Enjoy a bottle of sparkling wine served with fresh fruits from our own garden.

WELLNESS TREATMENTS

Aromatherapy Body massage

60 mins - 85\$/ 90 mins - 120\$

Especially designed for the relaxation of mind, body, and soul, this aromatic oil massage is a treat to your sense buds. Pick the oil of your preference from blends of calming, relaxing or energizing essential oils and indulge in a massage with long-stroke pressure, to relieve stiffness, pains, aches, de-stress, while boosting blood circulation.

Balinese Massage

60 mins - 85\$/ 90 mins - 120\$

If you are looking for a wellness adventure, traditional Balinese massage is the ideal choice. Using fragrant essential oils, the combination of acupressure and massage strokes works deep into the tissues using thumbs to promote improved blood circulation, improved lymphatic system functions, and natural drainage, while relieving muscle and joint ailments. Balinese massage also improves immunity, getting rid of allergies and respiratory issues. This deeply relaxing massage is also beneficial for anxiety/ depression.

Hot Stone Massage

60 mins - 90\$/ 90 mins - 120\$

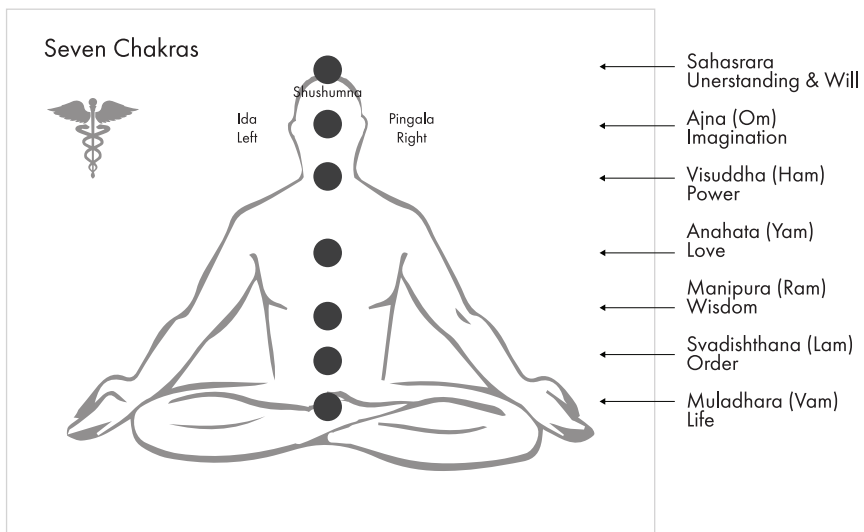
Weaving together the healing powers of exotic fragrances of essential oils with the deep relaxing powers of the naturally heated volcanic stones, this massage will spread waves of pleasurable relaxation through your body as the hot stones spread oil with purposeful strokes.

Chakra Balancing Massage

60 mins - 90\$/ 90 mins - 120\$

Melt away your stress with the gentle, warm waters of the Vichy shower cascading over your body in waterfall movements, creating a luxurious, healthful and deeply relaxing sensation. Vichy showers may also be used to warm and prepare the body prior to massage or incorporated into the treatments where body wraps and exfoliation is carried out to improve the absorption of products to the body, allowing guests to enjoy the trickling sensation all over the body as warm the water rinse the products away.

The body scrubs are offered to each guest, depending on the skin type of each guest.



Foot & Hand Reflexology

60 mins - 75\$

Using a series of pressure points in the hands and feet to stimulate the entire body, reflexology is ideal for rebalancing and harmonizing the internal organs, while improving blood circulation.

Travel Relief-Jet Lag

60 mins - 75\$

If you just returned from a trip abroad, and jetlag is keeping you from enjoying the holiday, this deep tissue massage will stimulate the lymph system to reduce jetlag by relieving fatigue. This energizing massage will help naturally adjust your body to the new time-zone.

Head Shoulder and Back Massage

60 mins - 75\$

Head and shoulder massage is the most popular massage as it is deeply relaxing. Focusing on built-up stress and muscle tension in all areas around the neck, shoulders and across the back, this treatment helps restore vitality in body and mind.

Prices are in USD, exclusive 10% Service Charge and Applicable Government taxes.

BODY TREATMENTS

Treat yourself to body scrubs/wraps from our range of natural products. Cleanse, detoxify, hydrate and revitalize your skin with a healthy glow.

Body Scrub

45 mins - 65\$

1. Black tea coconut Vanilla Body scrub.
2. White tea sandalwood brown sugar purity
3. Green tea lemongrass Rosemary body scrub

Body Wraps

45 mins - 65\$

1. Black tea mineral mud body wrap
2. Pink tea coconut Jasmine body mask
3. Green tea Lavender sweet basil moisturizing body wrap.

Sun Sensation

45 mins - 65\$

Sri Lanka is blissfully abundant in sunlight, but sometimes it becomes too much of a good thing. Outdoor sunbathing, sweating and spending time on sandy beaches can leave your skin thirsty for nourishment and repair. This cooling cucumber and Aloe Vera body wrap is for those moments.

Paired together, fresh Aloe Vera and cucumber make the perfect anti-inflammatory combination to soothe and cleanse every skin type by repairing irritated skin and restoring the protective layer.

Elemis - Haritha Facials

We want our facials to leave your skin youthful, radiant and flawless. With this in mind, we have selected rejuvenating facials from the luxurious Elemis brand. Before each treatment, we will recommend a facial best suited for your skin type. Our expert hands will use a combination of massage techniques from around the world to enhance your beauty.

Elemis

Pro-collagen Age Defy

60 mins - 110\$

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

Elemis

Pro-Collagen Definition Lift Contour

60 mins - 120\$

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. It creates a profoundly sculpted, youthful effect.

Elemis

Super food pro-Radiance

60 mins - 110\$

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

Feet and Hand

All our manicures and pedicures are carried out using the iconic Margaret Dabbs brand from London.

Supreme Manicure

60 mins - 50\$

Pamper yourself with our manicures. Cleanse, scrub, and massage your hands for a smooth, youthful look, along with a color application.

Supreme Pedicure

60 mins - 50\$

Give your feet a luxurious treat! Soak away your travel-worn feet, enjoy a relaxing foot massage, followed by cuticle treatment with special vitamin creams, nail trimming, and polish application.

Waxing (30 mins - Prior booking requested)

Area	Duration(mins)	Price
Under arm	15	25\$
Full Leg	30	50\$
Full arm	30	50\$
Half arm/Bikini	30	50\$
Full Back	60	70\$
Stomach	30	50\$

HARITHA WELLNESS JOURNEYS

We have designed a series of wellness journeys spreading over a few days, with our long stay guests in mind. Energize, restore, rebalance and enter into a state of sublime bliss with the wellness package of your choice.

Haritha Day

Package No 1

180 mins - 220\$

Aromatherapy body massage
Black tea coconut Vanilla body scrub
Pedicure

Haritha Day

Package No 2

180 mins - 250\$

Balinese body massage
Green tea Lemongrass Rosemary body scrub
Green tea lavender sweet basil moisturizing body wrap
Soothing facial

Haritha Day

Package No 3

180 mins - 250\$

Deep tissue back massage
White tea sandalwood brown sugar body scrub
Pedicure
Soothing facial

Haritha 3 day Wellness Journey

Package No 1

120 mins per day x 3 Days - 360\$

Day 1	Haritha Detox
Day 2	Reflexology and Pedicure
Day 3	Head shoulder back massage and Soothing Facial

Haritha 3 day Wellness Journey

Package No 2

120 mins per day x 3 Days - 360\$

Day 1	Nature with Love
Day 2	Aromatherapy body massage
Day 3	Deep tissue back massage and Seasonal fruit base facial

Haritha 5 day Wellness Journey

Package No 1

120 mins per day x 5 Days - 500\$

Day 1	Balinese Body Massage
Day 2	Yoga meditation with Pilgrim tour
Day 3	Law country tea romance
Day 4	Foot Reflexology and Pedicure
Day 5	Soothing Facial and Head and Shoulder Massage

Haritha 5 day Wellness Journey

Package No 2

120 mins per day x 5 Days - 500\$

Day 1	Haritha Spice Journey
Day 2	Yoga Meditation Pilgrim Tour
Day 3	Aroma Therapy Massage
Day 4	Deep Tissue Back Massage and Pedicure
Day 5	Soothing facial and Manicure

YOGA AND MEDITATION

Experience relaxing yoga sessions at Jungle Spa. These sessions are designed to improve overall health and to energize the mind and the body. Private yoga sessions are also available where yoga poses will be selected considering your body conditions and flexibility. Practicing yoga regularly improves mindfulness, body strength, flexibility, and overall health.

Meditation is the practice of attaining the balance of the mental, physical and emotional aspects of a being. Today, meditation is also used to reduce or eliminate the symptoms associated with depression, stress, and anxiety. People who meditate were shown to feel less anxiety and depression, with a greater sense of calmness, empathy, and acceptance of self and others.

Time recommendations,

Morning	7.00am to 8.00am
Evening	5.00pm to 6.30pm
Private Sessions	90 Minutes/per person 80\$
Couple sessions	90 Minutes/per couple 100\$

Pilgrim tour

50\$

To enhance the spiritual well-being of the guests taking wellness journeys, we are offering a complimentary pilgrim tour from the Spa. Experience the hallowed aura of the ancient Thotagamuwa temple located nearby, with a 20-minute meditation session in its tranquil environment. Time recommendation is during the day.

Wet Areas

Water is the source of life, and is at the heart of our body's ability to replenish, regenerate, energise and cleanse. Our Hydro-therapy sessions are designed by fusing these miracle properties of water with modern technology. Hydrotherapy is a simple yet invaluable therapy for rheumatic joints, tight muscles, respiratory weakness, and nervous conditions. Therefore, our sauna, steam room, and Jacuzzi are all complimentary to our Spa guests. We will guide you on how to reap the maximum benefits from these facilities while you are in our care. To enjoy these facilities, please arrive 30 minutes prior to your scheduled spa appointment.

Steam Room

The steam room is a heated room that people use for relaxation and to relieve some medical conditions. Improve circulation, lower blood pressure, reduce stress, clear congestion, promote skin health, aid in workout recovery, loosen stiff joints, burn calories, boost your immune system and remove toxins. A dip in the hot tub might also help your mental state.

Sauna

Saunas have been around for a long time and offer many health benefits beyond just helping you relax. Enjoying a sauna regularly may help improve your heart health and circulation, remove toxins from your body, reduce pain and inflammation, improve your skin and endurance, and even prolong your lifespan.

Jacuzzi

This will provide you with numerous health benefits. It's also worthwhile because many of the benefits are realized with the combination of warm water and soothing massage jets help work the tension out of your muscles. Your water-induced buoyancy also helps relieve muscle strain, allowing your body to relax as you float.

Vichy Shower

45 mins - 65\$

Melt away your stress with the gentle, warm waters of the Vichy shower cascading over your body in waterfall movements, creating a luxurious, healthful and deeply relaxing sensation. Vichy showers may also be used to warm and prepare the body prior to massage or incorporated into the treatments where body wraps and exfoliation is carried out to improve the absorption of products to the body, allowing guests to enjoy the trickling sensation all over the body as warm the water rinse the products away.

The body scrubs are offered to each guest, depending on the skin type of each guest.

SPA ETIQUETTE

1. Reservation

Jungle spa is open from 9.00 am to 9.00 p.m. Please feel free to place your reservation via extension number 117 or by contacting your Villa Master. Walk-in guests are also welcome depending on the availability of time slots. For security purposes, credit card number of the non-hotel guests are required during reservations. Please note that only guests who are above 14 years of age are welcome at the Jungle Spa.

2. Cancellation policy

All treatments can be cancelled for free of charge one day prior to the appointment, or with a 50% refund 4 hours before the appointment. After this, the full fee for the treatment will be charged upon cancellation.

3. Spa attire and valuables

Please avoid bringing any valuable items or jewellery to the spa as Haritha Villas/Jungle Spa will not take responsibility for the loss of valuable items.

4. Spa Arrival

Please arrive at the Spa half an hour before the start of the treatment. Take your time to relax and enjoy our individual steam/ sauna bath, Jacuzzi which is offered complimentary with each treatment. Please note that late arrival will limit the duration of your treatment as we do not want to delay the next guest.

5. Health conditions

Please inform any health difficulties that you are currently under treatment to the Spa Manager/ Doctor/ therapists". These health conditions can be heart conditions, high blood pressure, pregnancy or allergies. It is recommended that you do not sunbath before and after the facial treatments. It is also recommended that gents shave the beard completely before facial treatments for maximum results.

6. Spa Retail

All guests can purchase luxury Ayurveda/local skincare and health products available at Jungle Spa. Available products include the local luxury, all-natural skincare brand Ophir, as well as international brands, Elemis and Margaret Dabbs.

7. Payments

Payments for the in-house guests can be carried out at the point of check out from Haritha Villas, while the walk-in guests are required to make the payments following the treatments.

8. Eating and Drinking

Please fast for at least one hour prior to the treatment. If you have booked a yoga session we recommend that you consume the meal 3 hours before the start of the session as yoga has to be practiced with an empty stomach.

9. After your therapy

We recommend that you avoid sunbathing for 2 hours after the treatment.

10. Prices & taxes

Prices are in USD, exclusive 10% Service Charge and Applicable Government taxes.