

### **Welcome words by the 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 on one side, and a breath-taking landscape of a manicured tea garden, with ponds abundant in blissfully blossoming water lilies on the other, Jungle Spa fuses elements of the 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 promoting good health, the secret recipes of Ayurveda focus on enhancing 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 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 for you an Ayurvedic menu serving organic superfoods 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 luxurious tranquillity and discover the power of elixirs...

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## 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-ageing products to repair 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 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

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## HARITHA SIGNATURES

### Nature with Love

120 mins - 179\$

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 moisturiser 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 revitalises 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-ageing 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 - 179\$

Popular for its instant invigorating powers, lemongrass grate massage creates a powerful, relaxing, and therapeutic experience. It combats tired, sore, and cramped muscles, and is 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 revitalising 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.

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## Haritha Twist-Fruits Spice journey

120 mins - 233\$

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, moisturised, 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 specialised massage techniques, together with herbal spice compression, is utilised to bring you ultimate joy.

## Low Country Tea Romance

120 mins - 179\$

The name Ceylon tea is legendary among tea drinkers, and the benefits of tea do not end with its beverages. Rich in antioxidants, with chemopreventive 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 ageing 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 ageing and excess oil from the skin. It's powerfully rejuvenating like a freshly bloomed flower.

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## **Saliya Asokamala Romantic Spa Ritual for Couples**

120 mins - 359\$

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.

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## WELLNESS TREATMENTS

### **Aromatherapy Body Massage**

60 mins - 102\$/ 90 mins - 143\$

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 stillness, pains, aches, de-stress, while boosting blood circulation.

### **Balinese Massage**

60 mins - 102\$/ 90 mins - 143\$

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 - 108\$/ 90 mins - 143\$

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.

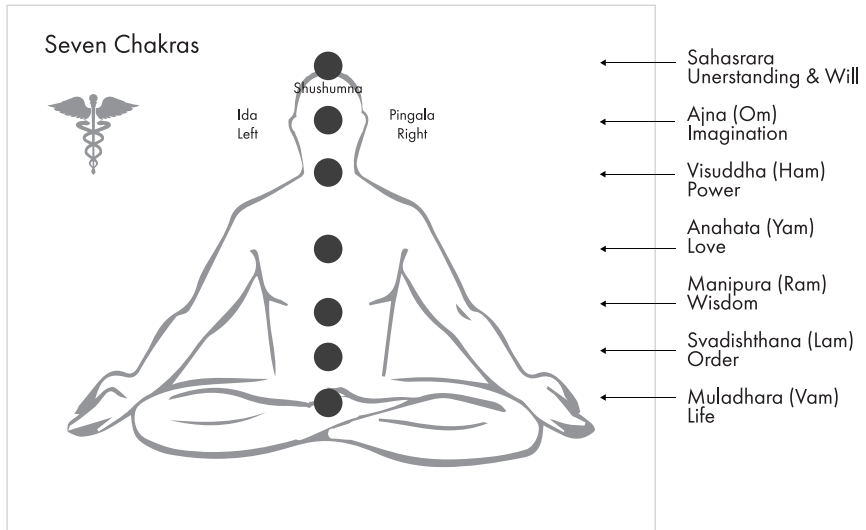
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## Chakra Balancing Massage

60 mins - 108\$/ 90 mins - 143\$

The chakra system is an energy system we can use for personal growth. Ayurvedic tradition recognizes seven main chakras, junctions between consciousness (mind) and matter (body), which link the various aspects of what makes us human: our physical, energetic, emotional, mental, social, and spiritual selves. When we focus on the chakras, we can connect to these aspects and move towards balance, health, and well-being. Throughout the treatment, manipulating this energy will ensure maximum benefit.



## Foot & Hand Reflexology

60 mins - 90\$

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 - 90\$

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

## Head Shoulder and Back Massage

60 mins - 90\$

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.

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## 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 - 78\$

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 - 78\$

1. Black Tea Mineral Mud Body Wrap
2. Pink Tea, Coconut, Jasmine Body Mask
3. Green Tea, Lavender, Sweet Basil Moisturising Body Wrap

### Sun Sensation

45 mins - 78\$

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.

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## **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 - 131 \$

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 - 143 \$

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 extracellular matrix. It creates a profoundly sculpted, youthful effect.

### **Elemis**

#### **Superfood Pro-Radiance**

60 mins - 131 \$

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.

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## FEET AND HAND

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

### Supreme Manicure

60 mins - 60\$

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

### Supreme Pedicure

60 mins - 60\$

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
Underarm	15	30\$
Full Leg	30	60\$
Full Arm	30	60\$
Half Arm/ Bikini	30	60\$
Full Back	60	84\$
Stomach	30	60\$

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## 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 - 263\$

- Aromatherapy Body Massage
- Black Tea, Coconut, Vanilla Body Scrub
- Pedicure

### Haritha Day

#### Package No 2

180 mins - 299\$

- 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 - 299\$

- 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 - 430\$

Day 1: Haritha Detox

Day 2: Reflexology and Pedicure

Day 3: Head, Shoulder, Back Massage and Soothing Facial

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## **Haritha 3 Day Wellness Journey**

### **Package No 2**

120 mins per day x 3 Days - 430\$

Day 1: Nature with Love

Day 2: Aromatherapy Body Massage

Day 3: Deep Tissue Back Massage and Seasonal Fruit-Based Facial

## **Haritha 5 Day Wellness Journey**

### **Package No 1**

120 mins per day x 5 Days - 598\$

Day 1: Balinese Body Massage

Day 2: Yoga Meditation with Pilgrim Tour

Day 3: Low 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 - 598\$

Day 1: Haritha Spice Journey

Day 2: Yoga Meditation Pilgrim Tour

Day 3: Aromatherapy Massage

Day 4: Deep Tissue Back Massage and Pedicure

Day 5: Soothing Facial and Manicure

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## YOGA AND MEDITATION

Experience relaxing yoga sessions at Jungle Spa. These sessions are designed to improve overall health and to energize the mind and 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:	7.00 am to 8.00 am
Evening:	5.00 pm to 6.30 pm
Private Sessions:	90 mins/per person 80\$
Couple Sessions:	90 mins/per couple 100\$

### Pilgrim Tour

60\$

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, energize, and cleanse. Our hydrotherapy 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.

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## **Steam Room**

The steam room is a heated room that people use for relaxation and to relieve some medical conditions. It can 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 - 78\$

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 are carried out to improve the absorption of products to the body, allowing guests to enjoy the trickling sensation all over the body as the warm water rinses the products away.

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

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## **SPA ETIQUETTE**

### **1. Reservation**

Jungle Spa is open from 9:00 am to 9:00 pm. 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, the credit card number of non-hotel guests is 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 canceled 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 jewelry 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 the Spa Manager/ Doctor/ Therapists of any health difficulties for which you are currently under treatment. These health conditions can include heart conditions, high blood pressure, pregnancy, or allergies. It is recommended that you do not sunbathe before and after facial treatments. It is also recommended that gentlemen shave their beards 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 in-house guests can be carried out at the point of check-out from Haritha Villas, while walk-in guests are required to make payments following the treatments.

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## **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 a meal 3 hours before the start of the session as yoga should 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**

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