



santani

Spa, Yoga & Wellness





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PERSONALIZED WELLNESS JOURNEYS

At Santani, your journey toward optimal health begins not with predetermined packages, but with a profound understanding of your unique constitution, challenges, and wellness aspirations. Every program is meticulously crafted through comprehensive consultations with our resident Ayurvedic physicians, who orchestrate a carefully coordinated team of wellness professionals working in perfect harmony.

This personalized approach recognizes that true healing requires more than isolated treatments. Instead, our programs represent a sophisticated integration of ancient Ayurvedic wisdom with contemporary wellness methodologies, where every element—from therapeutic treatments to yoga practices, meditation techniques, and nutritional protocols—works in concert to create optimal conditions for transformation.



MAPPING YOUR WELLNESS JOURNEY

Our resident Ayurvedic physicians possess deep knowledge of traditional healing arts combined with modern diagnostic understanding. These comprehensive assessments explore the root causes of imbalance, examining not only physical manifestations but also mental, emotional, and spiritual factors that contribute to overall wellbeing.

We map each guest's wellness journey along two essential dimensions. The first is a wellbeing spectrum ranging from illness through neutral states to optimal health, helping us understand where you currently stand and where you aspire to be. The second dimension assesses your familiarity with wellness practices, from complete beginners to those with intermediate understanding to advanced practitioners seeking deeper mastery.

This mapping process is built on three fundamental components. First, our wellness team facilitates you in defining your personal wellness goals, ensuring we have clear direction for your healing journey. Second, we conduct thorough mind-body constitutional analysis, examining both your natural constitution (prakriti) and current state of imbalance (vikriti) to understand the foundation from which we're working.

Third, we explore the context of your daily life—behavioral patterns, environmental conditions, and previous experience with wellness protocols. By understanding these elements and mapping them along our framework, we create highly personalized programs that address not just immediate concerns but also build sustainable wellness practices. This approach recognizes that true transformation requires more than periodic retreat visits; it demands consistent routines you can maintain within your real-world circumstances.



INTEGRATED WELLNESS TEAM

What distinguishes Santani is the seamless collaboration between our multidisciplinary wellness team, working in concert under the guidance of our Ayurvedic physicians. This integrated model ensures every aspect of your experience is carefully orchestrated to support your specific healing journey.

Our resident yoga teachers work closely with the medical team to design practice sequences that complement therapeutic treatments and address specific physical or energetic imbalances identified during consultation. Whether focusing on gentle restorative poses for deep healing, dynamic sequences for energy cultivation, or specialized techniques for stress relief, each session is precisely calibrated to support your current stage of recovery.

The meditation teachers collaborate equally closely with both physicians and yoga instructors to introduce appropriate mindfulness practices that enhance the therapeutic effects of other interventions. These may include guided visualization techniques for specific health concerns, breathwork practices that support detoxification processes, or concentration methods that help integrate insights gained through other wellness activities.

Perhaps most remarkably, our kitchen team functions as an integral part of the therapeutic process, working directly with physicians to craft daily menus that serve as medicine. Each meal is designed according to Ayurvedic principles specific to your constitution and current treatment protocol, with ingredients, preparation methods, spice combinations, and even meal timing carefully selected to support healing objectives.



THERAPEUTIC EXCELLENCE

Our wellness programs draw from the comprehensive toolkit of authentic Ayurvedic medicine, offering treatments refined over thousands of years while being adapted for contemporary comfort. Our physicians select from a vast array of therapeutic modalities, each chosen for its specific relevance to individual healing requirements.

Panchakarma, the cornerstone of Ayurvedic detoxification, is offered in various intensities and durations depending on individual needs and readiness. These profound cleansing protocols are carefully monitored by our medical team and supported by appropriate dietary modifications, lifestyle adjustments, and complementary therapies.

Specialized oil treatments, herbal steam therapies, and traditional massage techniques are prescribed based on specific constitutional needs and therapeutic goals. Some guests may require gentle, nourishing treatments to rebuild depleted systems, while others benefit from more intensive interventions designed to release deep-seated tensions or address chronic imbalances.

Beyond traditional Ayurvedic interventions, our programs incorporate carefully selected modern wellness practices that complement ancient healing methods—specific breathing techniques, guided meditation practices, therapeutic yoga sequences, nature-based healing activities, and lifestyle coaching that helps integrate wellness principles into daily life beyond your stay.





Dr. Sachini Lakshmi Kadahetti is a licensed Ayurveda doctor with a Bachelor's degree in Ayurveda Medicine and Surgery from the University of Colombo.

As the Resident Ayurveda Doctor at Santani Wellness Resort and Spa, she designs personalized holistic wellness plans for guests. Trained in Panchakarma, massage therapy, Ayurveda beauty culture, and traditional orthopedics, she brings a deep understanding of Ayurvedic treatments, including Marma therapy.

She has also studied psychology and counselling. Dr. Sachini has published research on the influence of food habits on skin diseases and continues to explore Ayurvedic minor surgical procedures and orthopedic rehabilitation.



Rahul is an experienced yoga teacher with an international exposure of more than Twelve years. He was born and brought up in Western Ghats in India. After completing his vocational higher secondary education, he joined Sivananda Ashram, an academic college where he completed rigid teacher training. He also holds a diploma in Ayurvedic Panchakarma Therapy.

He has been working with various Ayurveda and yoga centers all over India as well as Russia, Slovakia, Maldives and Sri Lanka.

His yoga style is a classic and holistic approach to Hatha Yoga that stretches and tones the whole body. It's a complete healing system designed to help the body maintain a natural, healthy state.



SPA & WELLNESS CENTRE ETIQUETTE

OPEN HOURS

10.00 am to 8.00 pm, the last appointment is at 6.30pm.

AGE LIMIT

Spa & Wellness Centre provides therapies and treatments for adults (18 years of age and above).

RESERVATION

Reservation for spa and wellness services can be made by contacting spa/resort reception.

CANCELLATION POLICY

Please note that cancellation charges apply as follows:

- 24 hours in advance: No charge
- On same day: 50%
- 4 hours or less: 75%
- No show: 100%

CONSUMPTION OF FOOD AND DRINKS

Please avoid consuming food at least an hour before a treatment. Avoid any consumption of alcohol on the day of your treatment, Drink plenty of water, especially in the event warm therapies such as the steam, sauna or thermal salt pool are preferred..

JEWELLERY AND VALUABLES

It is advised to leave these valuables in the safety locker in your villa or keep them in private locker located at the Spa and Wellness Centre.

ELECTRONIC DEVICES

Ensuring serenity and tranquility of healing therapies for all guests, electronic devices are not permitted in Spa and Wellness Centre.

PRIOR TO ARRIVAL

Guests are advised to take a shower to wash-off any sunscreen lotion applied previously. Male guests are advised to shave prior to any facial treatments to ensure maximum benefits.

ATTIRE

Guests are most welcome to avail spa and wellness services with minimal clothing: We do also provide disposable undergarments, bathrobes and bath towels. Guests who intend to use sauna, steam and thermal salt pool are requested to be in swim attire.

ARRIVAL

Please arrive 30 minutes prior to your therapy appointment time in order to fill your health assessment form, consult with in-house wellness expert to fine-tune your personalised therapy. Take a few minutes to soak yourself in thermal salt pool to avail maximum benefit of therapies that are to follow.

HEALTH CONSIDERATIONS

For your benefit, please fill the wellness consultation form and notify your specific health concerns. Personal consultations are offered to determine your specific needs and allow us to design your therapy experience. If you are wear contact lenses, please inform therapist before commencement of therapy.

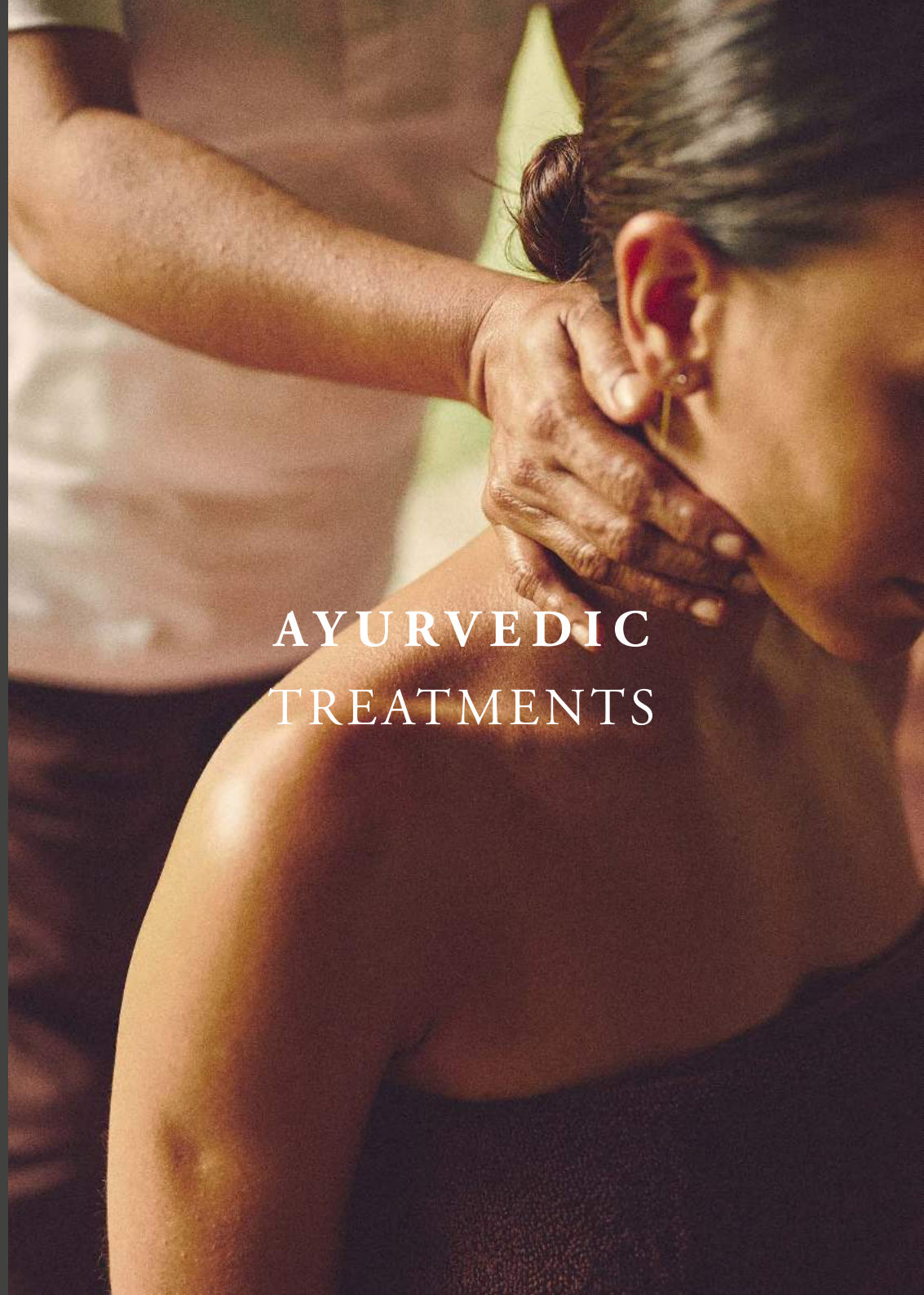
LATE ARRIVALS

Out of respect for each guest's reservations, we are unable to provide therapy for late arrivals; full charges still apply.





AYURVEDIC
TREATMENTS



ABHYANGAM

60/90 minutes | USD 144/202

Abhyangam is a traditional Ayurvedic massage. Different oils are used for different individuals depending upon their body constitutions, seasons and ailments. Numerous benefits of Abhyangam include prevention of ageing, relief from fatigue, strengthening immunity, improving one's capacity to tolerating strain and exertion.

UDWARTHANAM

60 /90 minutes | USD 162/242

This is a deep herbal powder massage that stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. This reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body.

PATRA PINDA SWEDANA

60/90 minutes | USD 162/226

The body is subject to profusely release pain through the application of chopped, dried, bolus medicinal leaves; after dipping in advised medicated oils. This therapy is effective for various kinds of arthritis, spondylitis, back pain, sports injuries, sciatica, joint pains and soft tissue inflammations. *(Advance notice of 24 hrs is required for this treatment)*

CHOORNA SWEDANA

60/90 minutes | USD 168/230

A full-body massage with oil will be performed, followed by full body application of a paste made of warmed herbal powder to induce therapeutic sweating. It is highly effective in relieving muscle pain and joint stiffness. It improves blood circulation, helps to eliminate toxins; alleviates rheumatism, arthritis and sports injuries.

SHASHTIKA PINDA SWEDANA

60/90 minutes | USD 208/282

Traditional medicinal rice (Navara) is boiled in a decoction of sida root and milk and is made into a bundle (kizhi), The bundle is dipped in a mixture of milk and medicinal decoction, It is then applied all over the body (below the neck). It is used in recovery period of injury and trauma, muscular waste, arthritis, general weakness, paralysis, pains related to joints and sore muscles. *(Advance notice of 24 hrs is required for this treatment,)*

SHIRO DHARA

60/90 minutes | USD 196/288

This unique treatment is done following a head, neck and shoulder massage. After the massage, the lukewarm oil is poured in a continuous stream on the forehead for 30 minutes. It slows down the ageing process, improves memory and is known to have a curative effect in insomnia, depression, anxiety, stress, hypertension and other neurological issues.

(For 90 minutes treatments, full body massage would be given).

THAKRADHARA

60/90 minutes | USD 162/226

This treatment is done following a head, neck and shoulder massage, In Thakradhara treatment, buttermilk processed with medicinal herbs is continuously streamed over the forehead for 30 minutes, It is effective in managing hypertension and sleeplessness, In addition, it treats issues such as premature graying of hair, migraine headaches, Alzheimer's, paralysis and depression.

(For 90 minutes treatments, full body massage would be given. Advance notice of 24 hrs is required for this treatment,)

PIZHICHIL

60/90 minutes | USD 226/312

Warm medicated herbal oil is continuously poured all over the body (below the neck) after a body massage, Pizhichil is soothing and relaxing; relieving the body from pain and muscle spasms, This increases immunity and prolongs lifespan with its anti-aging properties, Rheumatic diseases, sexual weakness, toxins and nervous disorders are alleviated during Pizhichil.

DHANYAMLA DHARA

90 minutes | USD 150

Specially fermented medicinal preparation is warmed and poured over the body as a continuous stream, after a body massage. It is kept warm during the full course of the treatment procedure, The therapy is very effective in treating obesity, reducing inflammation, muscular pain and activating nerves. It is a remedy for paralysis and rheumatic complaints.

(Advance notice of 48 hrs is required for this treatment,)

PICHU

30 minutes | USD 70

This is a soothing treatment for relieving pain. A long, thick layer of cotton-wool soaked with warm medicated oil is applied over the affected area, The oil is replaced periodically to keep it warm and therapeutic, This is beneficial for combating chronic headaches, reducing insomnia, curing degenerative injuries. relieving spondylitis and alleviating back pain.

NASYAM

30 minutes | USD 70

This is one of the panchakarma treatments, in which medicated oil is instilled through both the nostrils, The procedure is preceded by a facial massage and fomentation, This is useful in the healing of cervical spondylitis, frozen shoulder, premature graying and loss of hair, headaches, migraine, rhinitis, and other nasal infections.

KATI VASTHI

60 minutes USD 150

A dough ring is made with flour then placed on the lumber, sacral spinal areas, The center of the ring is filled and continuously replenished with heated medicated oil. It allows for deeper penetration and relaxation of stiff muscles, spinal cord compressions, slipped disc and degenerative issues. The herbal oil serves to open channels and releases physical tension.

TANLEPANAM

90 minutes USD 220

A treatment procedure similar to a body pack; in which medicated powder and medicated oil is mixed to make a paste. This herbal paste is applied all over the body after a gentle body massage. This is ideal for toning and pampering the skin to enhance complexion and radiance.

MUKHALEPANAM

60 minutes USD 168

A facial treatment with natural herbal products is followed by a soothing head massage with medicated oil, Whilst the pack is on, you can choose to have a palm or foot massage instead of head massage, Removal of dead skin cells will provide a soothing and relaxing effect on your skin. It will help to restore the lost shine and glowing skin in a short span of time. This will also assist in the prevention of premature aging of skin.





WESTERN
TREATMENTS

SPORTS MASSAGE

60/90 minutes USD 162/208

This deep tissue full pressure treatment focuses on the areas of injury or tension if you are recovering from an injury or the overuse of body muscles. It can improve muscle tone and release muscle spasms, This massage will keep you primed for your sport,

DEEP TISSUE MASSAGE

60/90 minutes | USD 162/208

Deep Tissue massage uses a blend of essential oils. Firm and steady pressure is Deep applied to release muscles stiffness in the body which will give you increased range of motion and provide pain relief,

SWEDISH MASSAGE

60/90 minutes | USD 138/184

A deeply relaxing full-body oil massage using gentle flowing strokes. This massage improves blood circulation, deep relaxation and also improves sleep. Choose your personal favourite aromatherapy oils from the aroma bar,

THAI MASSAGE

60/90 minutes | USD 174/ 254

This is an authentic healing art and a unique form of body therapy, which includes yogic movements, stretching and acupressure, This technique helps effectively to release tension, increase flexibility and boost vitality.

HOT STONE MASSAGE

60/90 minutes | USD 150/208

A full-body aromatherapy relaxation massage, accompanied by warm volcanic stones placed on specific areas of the body. The heat from the stones penetrates deeply into the muscles nourishing and restoring the nervous system in a calming, balanced manner,

REFLEXOLOGY

60 minutes | USD 116

This treatment is focused on the feet, but addresses the entire body through the nerve connections on the soles of the feet. The treatment reduces anxiety, increases relaxation and improves organ function.

DETOX FACIAL

60 minutes | USD 168

A purifying treatment for oily and combination skins. Cleansing and exfoliation are followed by steaming and hot towel compressed to refine the pores. This uses drainage technique to improve circulation and help to eliminate toxins. Therapeutic strokes on pressure points ease tension and stress. A detox face pack is then applied to draw out harmful impurities, which refreshes and balances the skin for a fresh complexion.

BODY SCRUB

60 minutes | USD 196

A full-body exfoliation scrub; and a layering of richly nourishing products used in this treatment will leave the skin looking radiant and wonderfully smooth. Options. of scrubs are available according to your liking.

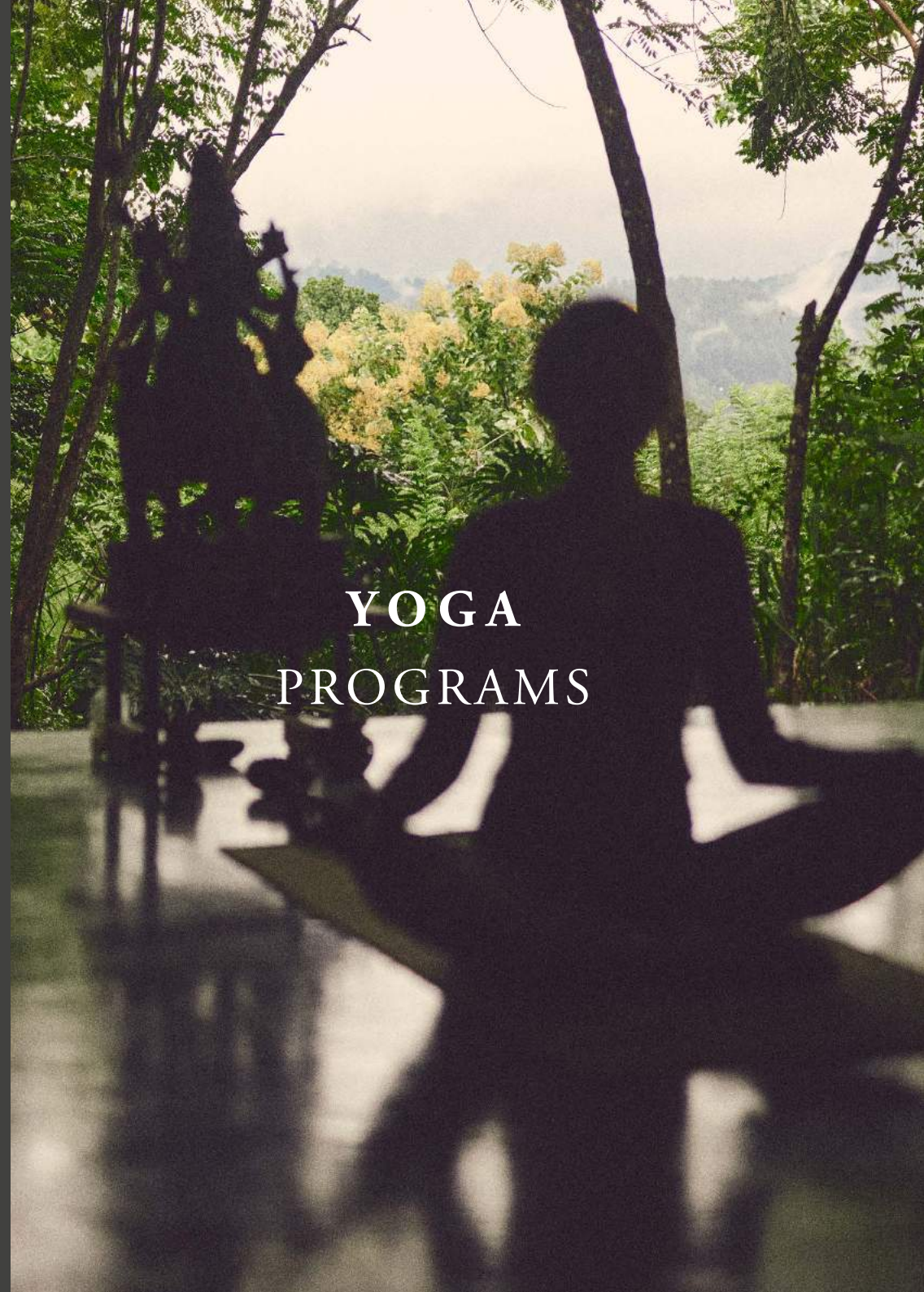
BODY WRAP

60 minutes | USD 208

A finely reformed wrap to refine the pores and reveal fresh new skin. It eliminates toxins.



YOGA PROGRAMS



CHAKRA SOUND BATH

60 min | USD 100 *

What is a sound bath? The practice of sound bathing, as the name suggests, it is the practice of being deeply immersed in sounds and vibrations that have the power to cleanse and heal. It is a journey of self-discovery through deep relaxation and meditation.

HEALING THROUGH BREATH

60 min | USD 90 *

This program is designed to introduce you to different pranayama techniques. Develop tools to calm or energise yourself through your breath and deepen your yoga practice. Pranayama techniques are often described as breathing exercises. Yet they are much more than that. They clear the physical and emotional obstacles we all carry in our bodies, freeing our breath and so the flow of prana - life energy.

MEDITATIONS

30 min | USD 55 *

Meditation is an incredible self-awareness practice. It nurtures and opens you to have an inner connection; and your mind is abundant with joy, peace and equanimity. Connecting to life!

YOGA NIDRA

45 min | USD 70 *

Yoga Nidra' means 'Wakeful Sleep'. This guided practice focuses on deep relaxation, whilst maintaining a conscious restful presence. A path towards self-healing! Often referred to as yogic sleep, it is resting in a state of consciousness between waking and sleeping. Yoga Nidra is conducive to physical and emotional healing alleviating stress, tension and anxiety.

TRADITIONAL HATHA YOGA

60/90 min | USD 100 *

Hatha yoga session includes asana or body postures and pranayama or breath energy activation. Hatha yoga is a balancing practice, it is designed to align, to calm the body, mind and soul in preparation for meditation.

AERIAL MOVES

60 min | USD 100 *

Aerial work adds a fun depth to Pilates, Yoga, and other movement disciplines. It offers support in order to progress towards challenging postures such as a Handstand. Suspension work can decompress the joints. It creates space within the body in order to hold a pose, breathe, and release. It also provides a 'moving' dynamic to our regular exercises which can challenge and take us to the next level. And for many people, the opportunity to 'flip upside down' isn't normally accessible!

PARTNER YOGA

60 min | USD 150 for two

As the name implies, Partner Yoga or Couple Yoga is a type of yoga wherein two people work together to perform poses. It is a fun way to boost your physical and mental health, while also building stronger relationship.

MANUAL STRETCHING

30 min | USD 55 per person / USD 110 for two

Increasing flexibility is accomplished through various manual stretching procedures. Static stretching involves moving a muscle until resistance is encountered and holding the position for a period of time.

SHANKHA PRAKSHALANA,

A DEEP COLON CLEANSING TECHNIQUE

60 min | USD 80 per person / USD 160 for two

Shankhaprakshalana is a yoga technique that cleanses the entire digestive tract using salt water and yoga asanas. The name comes from the Sanskrit shankha, meaning "conch," and prakshalana, meaning "wash." It is also used in ayurveda - the traditional Indian system of medicine as part of the kaya kalpa transformational and purification practice.

- **An additional person will be charged USD 20***
- **For private sessions please book in advance at the Spa.**
- **Limited to two guests for a more personalised and focused experience.**

“I believe that health is wealth and peace of mind is happiness. Yoga shows the way”
- Rahul Kochutharavadakkethil



Santani Wellness Kandy

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