



Santani Wellness Kandy  
Fact Sheet





## The Resort

Santani is the first and only purpose-built luxury wellness resort in Sri Lanka, blending ancient Ayurveda with modern science to focus on healing the root cause over symptoms to resolve deeper imbalances. Located in the misty mountains of Sri Lanka, Santani creates transformational guest experiences rooted in stillness, balance and the Architecture of Silence.

### Location

Nestled northwest of Kandy, near the Knuckles Mountain Range - a designated UNESCO World Heritage Site, Santani sits on a former tea plantation with 300 metres of private river frontage - offering a uniquely serene natural setting.

An hour's drive from the historic and sacred city of Kandy, where the Temple of the Tooth stands as a symbol of Sri Lanka's heritage.

### Style of Hotel

Boutique resort | Small | Wellness-focused | Private  
Relaxing | Retreat-style | Stylish | Personalised service  
Contemporary interiors | Minimalist architecture

### Hotel Setting

Hilltop location | 116-acre estate | Rice fields & tea estates  
Valleys & rivers | Mountain panoramas | Pure natural surroundings | Peaceful | Near Kandy & the Knuckles Range

### Ideal For

Solo travellers | Couples | Honeymooners | Small groups  
Wellness & yoga guests

### Rate Inclusions

Breakfast, lunch, and dinner | Non-alcoholic beverages  
Daily group yoga (morning & evening) | Access to spa facilities (sauna, steam room, salt bath, etc.)



## Accommodation

2 Bedroom Mountain View Villa 2000 sq ft

3 Bedroom Mountain View Villa 2500 sq ft

16 Mountain View Chalets 500 sq ft

4 Garden View Chalets 360–560 sq ft

### Mountain View Villa

King or twin beds | Mountain view | Air conditioned rooms | Hot Tubs | Private balconies and terrace  
Private butler service | Indoor lounge area | Outdoor lounge | Sun beds | Private infinity pool | Dining table  
Theatre Room (3 BRV) | Nanny facility (3 BRV)

### Mountain View Chalets

King or twin beds | Each in a stand-alone building  
Mountain view | Minimalist interiors | Private balcony

### Garden View Chalet

King beds | Garden view | Private garden terrace  
Designed for families

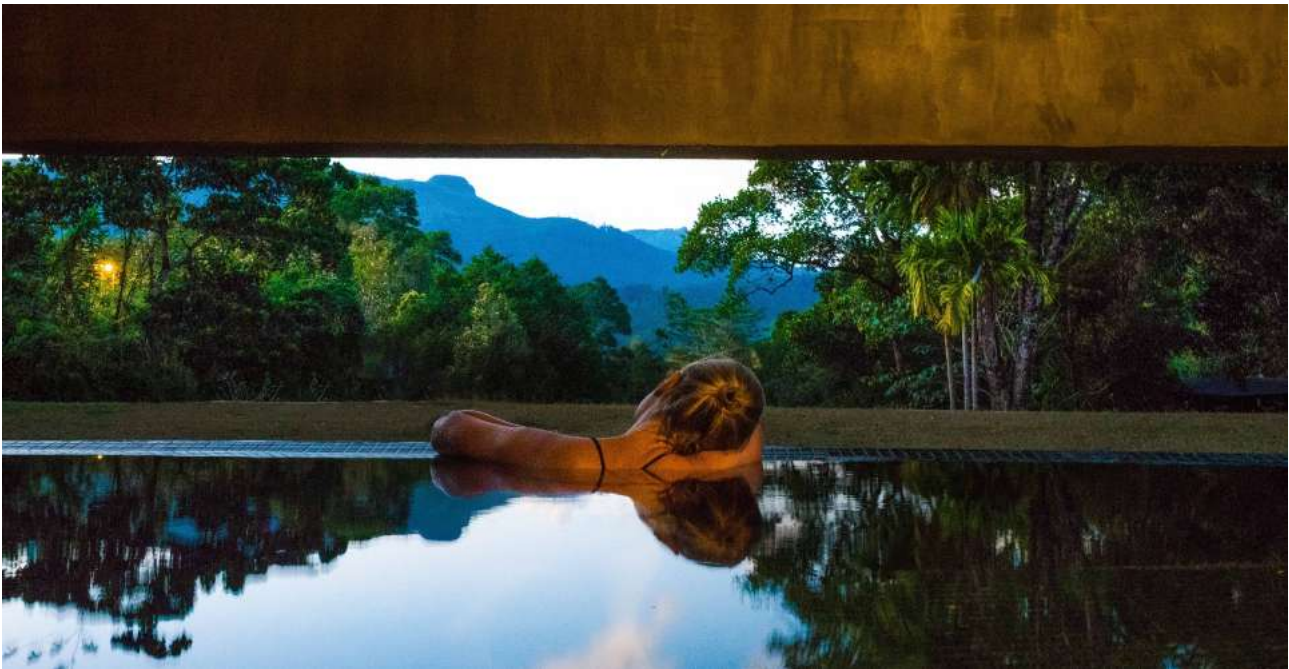
### Standard Room Amenities:

Air conditioning (Only Villas) | Ceiling fans | Hot water  
Extra-large pillows | 100% cotton, high thread count sheets  
Complimentary WIFI (on request) | Built-in cupboards  
Hair dryer | In-room safe | Tea/Coffee making facilities  
Bathroom Amenities

**Extra Beds:** Each space is intentionally designed for a maximum of two guests in comfort and balance, thus we do not have a provision for extra beds.

**Children Below 12:** To maintain the resort's tranquil, hillside setting, children under 12 are not accommodated in standard rooms; they may stay only in the Three-Bedroom Villa with nanny supervision. Families with older children or teens can opt for the Garden View Chalets, and extra beds are not available in any room category.

**Santani does not accommodate pets**



## Santani Wellness Offering

Santani's wellness philosophy blends Ayurveda, behavioural science, and mindful design to heal at the root cause. By easing cognitive load and restoring the body's natural rhythms, we create space for clarity, balance, and the quiet transformation that defines true wellbeing.

### Personalised Wellness

At Santani, every wellness package is personalised through an in-depth assessment of body composition, lifestyle, stress levels, fitness, emotional state and goals. Our Head of Wellness and expert team use these insights to design a custom programme, ensuring a truly tailored experience found only at leading wellness retreats.

### Spa Overview

Santani is Sri Lanka's first fully fledged destination spa, shaped by the Architecture of Silence, our design philosophy that lowers stimulation and draws the eye back to nature. Here, architecture itself becomes a therapeutic experience. Built into the hillside, the spa unfolds across three descending levels, each inviting guests into a progressively deeper state of quiet.

### Layout & Facilities

#### Level 1 – Reception & Consultation

Reception, consultation rooms, and programme assessments.

#### Level 2 – Hydrotherapy Suite

Steam room, cedar-wood sauna with mountain views, and open-air thermal salt soak pool.

#### Level 3 – Treatment Level

Four treatment rooms, including a couples' room, opening onto the paddy fields.

### Yoga Pavilion

Santani offers two dedicated yoga shalas for both private and complimentary sessions, as well as daily yoga and meditation held each morning and evening, open to all guests.

- **Yoga Pavilion 1:** 1,144 sqft
- **Yoga Pavilion 2:** 818 sqft

### Wellness Packages

- **Introduction to Wellness:** Minimum 3 nights
- **Santani Spa Getaway:** Minimum 3 nights
- **Santani Detox:** Minimum 5 nights
- **Personal Dosha Ayurveda:** Minimum 5 nights
- **Santani Weight Loss:** Minimum 5 nights
- **Santani Sleep:** Minimum 5 nights
- **Rebalancing Bliss:** Minimum 5 nights
- **Personalized Yoga Retreat:** Minimum 5 nights
- **Meditation Programme:** Minimum 5 nights
- **Anti-Ageing:** Minimum 5 nights
- **Stress Management:** Minimum 5 nights
- **Immune-Boosting Detox:** Minimum 7 nights
- **Santani Recovery:** Minimum 7 nights

### Santani In A Day

- **Morning Yoga (90 min):** Pranayama, meditation, and mindful movement.
- **Breakfast:** Nutritious, balanced meal.
- **Nature Walk:** Guided walk to the river or forest trails.
- **Wellness Treatment (90 min):** With mineral bath, sauna prep, herbal tea, and steam.
- **Afternoon:** Relax by the pool or visit a hilltop viewpoint
- **Evening Yoga (60 min):** Restorative practice with breathwork and meditation.
- **Dinner:** Nourishing, flavourful meal.



## Our Culinary Approach

### The Art of Nourishment

Nestled between verdant hills and lush rainforest, Santani is designed to nourish both body and soul. Our culinary philosophy is rooted in balance, pleasure, and mindful nourishment rather than restriction.

Guided by the Ayurveda principle of \*Rasa Haya\*, meaning six tastes (sweet, salty, sour, pungent, bitter and astringent), our gourmet wellness cuisine uses fresh, seasonal ingredients to support digestion, nourishment, and individual constitution, while offering guests the freedom to dine with ease and enjoyment.

### Personalised Dining

At Santani, dining is deeply personalised. Rather than a fixed menu, our internationally trained chefs prepare meals according to a customised plan developed in consultation with our in-house Ayurvedic doctor. Each plan is tailored to your Ayurvedic body type, current state of balance, and wellness goals, guided by both ancient wisdom and modern nutritional understanding.

### Special Requests Accommodated

Santani accommodates a range of dietary preferences, including raw food diets, vegetarian and non-vegetarian options.

### Full-Course Gourmet Wellness Dinner (Upon Request)

A mindful dining experience guided by Ayurvedic principles and the Rasa Haya philosophy, unfolding gently through seasonal Sri Lankan ingredients to support balance, digestion, and a deeper connection to taste, presence, and wellbeing.

- 5-course wellness dinner
- 7-course wellness dinner

### Private Dining (Upon request)

Private dining can be arranged on the lawn beside the restaurant, offering an intimate open-air setting with views of the surrounding landscape

### Cooking Classes (Upon Request)

Our chefs guide guests through a hands-on exploration of Sri Lankan cuisine, exploring traditional techniques and aromatic spices.

### F&B Inclusions

3 gourmet meals (Breakfast, Lunch & Dinner) & Non Alcoholic beverages



## Activities & Excursions

Santani offers curated excursions led by knowledgeable guides who share insights into the region's nature, wildlife, culture, and history. Whether you prefer an energetic mountain trek, relaxed bird-watching, or a visit to the historic city of Kandy, a range of experiences is available to suit different interests.

### Treks & Walks

- Hulu River Walk - 4 km | 2 hours \*(Offered daily, complimentary for all guests)\*
- Tea Experience - Approximately 2.5 - 3 hours
- Bird Watching around Santani - 2 km | 2 hours
- Hanging Bridge Walk - 7km | 3 hours
- Bulathaththa Village Walk - 8km | 3.5 hours
- Narampanawa Temple Walk - 10km | 4 hours
- Knuckles Mountain Trek - 1-hour drive + 16–24 km trek | Full day

### A Gentle 1 Hour Journey

- Kandy City | Temple of the Tooth
- Peradeniya Botanical Gardens
- Victoria Golf Course
- Gurukula Visit: Amunugama Gurukula
- Bambaragala Cave Temple and Pettigala
- Tea Factory Tour
- Waterfall Hunt
- The Black Pool Adventure

### A Quiet Escape, 2.5 Hours Away

- Wasgamuwa National Park
- Rathana Ella Waterfall



## Getting To Santani

### Route One - BIA to Kurunegala via the Central Expressway

- From Kurunegala to Katugasthota via Mawathagama, Galagedara.
- From Katugasthota to Teldeniya via Madawala, Digana.
- At Teldeniya, turn left onto Werapitiya Road and drive 12km through Putuhapuwa to Santani Wellness Kandy. Signboards are placed from the Teldeniya turnoff.

### Transfer by Helicopter

- BIA to Dunhinna School grounds and then a 15-minute drive to the resort

### Transfer by Seaplane

- BIA to Digana Golf Course and followed by a 45-minute drive to the resort
- BIA to Polgolla Mahaweli River followed by a 45-minute drive to the resort

### Transfer by Train

- Colombo Fort to Kandy Railway Station, (3 hours by train) followed by a 1 hour drive to the resort.

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- Australia
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- China
- France
- Germany
- Hong Kong
- India
- Indonesia
- Israel
- Japan
- Korea (South)
- Kuwait
- Malaysia
- Maldives
- Nepal
- Oman
- Pakistan
- Qatar
- Russia
- Saudi Arabia
- Seychelles
- Singapore
- Thailand
- Turkey
- United Arab Emirates (UAE)
- United Kingdom

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