



Wellness Tour



Welcome to Sri Lanka!

A breath-taking island paradise nestled just off the south-eastern coast of India. Though compact in size, Sri Lanka boasts an extraordinary diversity that captivates every traveller. From golden beaches to mist-covered mountains, ancient temples to bustling cities, the island offers an unforgettable experience at every turn.

Steeped in over 2,000 years of rich history, Sri Lanka is home to sacred Buddhist sites, legendary ruins, colonial landmarks, and no less than eight UNESCO World Heritage Sites. Explore the iconic Sigiriya Rock Fortress, wander through the ancient city of Anuradhapura, or marvel at the timeless beauty of Kandy's Temple of the Tooth.

Nature lovers will find their paradise here. Relax on palm-fringed beaches, trek through rainforest trails, or witness majestic waterfalls and lush tea plantations in the central highlands.

Key Destinations

- *1 Nights in Negombo / 3 Nights in Sigiriya / 3 Nights in Kandy*





Day 01 – Airport/ Negombo

Highlights

- Arrival in Sri Lanka / Meet & greet
- Proceed to Negombo (Approx 25 Minutes)
- Check in at the resort and spend the Evening at leisure

Staying in the hotel leisurely, spend your day unwinding by sipping coffee, and enjoying the calm, quiet atmosphere. With no rush or schedule

---Overnight stay in Negombo---

Day 02 –Negombo / Sigiriya

Highlights

- Enjoy breakfast at the resort after that Proceed to Sigiriya (Approx 4 hrs)
- Check in at the resort and spend the evening at leisure

Staying in the hotel leisurely, spend your day unwinding by sipping coffee, and enjoying the calm, quiet atmosphere. With no rush or schedule

---Overnight stay in Sigiriya---

Day 03 – Sigiriya

Highlights

- Enjoy some wellness retreats at the hotel.

Wellness retreats offer a holistic approach to improving overall well-being—physically, mentally, and emotionally. They provide a chance to disconnect from daily stress, rejuvenate the body, and gain mental clarity. Regular participation can improve sleep, reduce anxiety, enhance mood, and boost energy levels

---Overnight stay in Sigiriya---



Day 04 – Sigiriya

Highlights

- After breakfast proceed to Pidurangala Rock (Approx. 20 min drive)
- Jeep safari at Minneriya national park
- Return to the resort and spend the late evening at leisure

A massive rock formation almost directly opposite Sigiriya, Pidurangala has an equally majestic view as the former of rolling lake-and-land vistas. Short of viewing it through drone footage, the summit of Pidurangala is also the best possible place to get an eyeful the rock fortress itself. It's not merely all about stunning views though: Pidur isn't just another nameless rock, it has its own little history and backstories.

Just half an hour's drive from Polonnaruwa is Minneriya National Park. The park covers 8,890 hectares and consists of a mixed forest of evergreen shrubs, a favorite habitat for animals, which include leopards, deer and wild elephants.

The Park's main feature is the former reservoir or tank built by King Mahasen in the third century AD. During the dry season from June to September, this is a fantastic place to watch herds of elephants come to graze and bathe. In more recent times it been discovered that the park witnesses the largest elephant gathering in the world during these months. You can also see huge flocks of birds, including cormorants and painted storks that come to fish in the shallow waters.

---Overnight stay in Sigiriya---

Day 05 – Sigiriya / Kandy

Highlights

- Enjoy breakfast at the resort and proceed to Kandy (Approx. 3 Hrs)
- Check in at the Resort and spend the evening leisure.

Staying in the hotel leisurely, spend your day unwinding by sipping coffee, and enjoying the calm, quiet atmosphere. With no rush or schedule

---Overnight stays in Kandy---



Day 06 – Kandy

Highlights

- Enjoy some wellness retreats at the hotel.

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---Overnight stay in Kandy---

Day 07 – Kandy

Highlights

- Enjoy some wellness retreats at the hotel.

Wellness retreats offer a holistic approach to improving overall well-being—physically, mentally, and emotionally. They provide a chance to disconnect from daily stress, rejuvenate the body, and gain mental clarity. Regular participation can improve sleep, reduce anxiety, enhance mood, and boost energy levels.

---Overnight stay in Kandy---

Day 08 – Kandy / Airport

Highlights

- Enjoy breakfast at the resort
- Proceed to the airport for departure (Approx. 4 hr)

---End of Tour---



Tour Details (07 Nights/ 08 Days)

Destinations & Hotels

- 1 Night in Negombo at Amagi Aria | Superior Room on HB
- 3 Nights in Sigiriya at Ayurvie Sigiriya | Deluxe Room on AI
- 3 Nights in Kandy at Santani Resort & Spa | Mountain View Chalet on FB + Wellness

Package Starting from USD 1500 per person

Package Includes

- Accommodation at above mentioned resorts or similar
- Meals as mentioned above
- Private transfers with English speaking Chauffeur guide
- All Taxes

Package included Excursions

- Pidurangala Rock
- Wellness treatments during Kandy (To be consulted with the Doctor and booked)
- Jeep safari at Minneriya National Park

Cost Excludes

- Air fare
- Personal expenses
- Visas

Note – The mentioned travel times are approximations and many vary with the traffic, weather, etc.

Remakes:

- ***Rooms are Subject to available***

Notes

- The mentioned travel times are approximations and may vary depending on the weather, traffic conditions, etc.
- Rates are subject to change if there is any increase in Government taxes (If any changes we will inform at least 3 months before the travel date).



How much to tip drivers or chauffeur guides:

A driver or chauffeur guide can be tipped Rs3,500-4,500 (approx. 10 – 15 USD) a day for good service. You can give this to them at the end of each day, which is often preferred, or if you prefer you can give it to them in total at the end of your holiday. Please do give more if you feel it is deserved, or less (even nothing) if the service has not been satisfactory. If you are unsatisfied with your driver, please let us know why.

How much to tip Sri Lankan hotel staff:

Tipping hotel staff in Sri Lanka is expected if you stay in a small hotel or villa – you can do this either as you go along or on departure. Giving a collective tip is fine – usually to the most senior of the staff while making it clear that you would like it shared out. Most small hotels have a tip box now. Even in large or expensive hotels, wages are very low (you would be surprised), so these tips are appreciated and needed. This amount is impossible to dictate and depends entirely on how helpful/friendly they have been and how generous you are feeling. Rs1,500 – 2,500 per day is a good guide (Approx USD 5).

Tipping in Sri Lanka's Restaurants:

A 10% service charge is usually included in restaurant bills, so it's best to check whether or not it's been added. In small local places, however, it's not normally included so if you've had good service, do leave a small tip – anything up to Rs 500 (1.5 USD) – and in tourist or posh city restaurants an extra tip is always gratefully received as well. Try and keep the small change (notes of anything less than Rs 500 denomination and especially 50 and 100 notes!) as much as possible for small purchases and tipping in Sri Lanka.

Cancellation Policies:

Cancellation policies associated with tours

4. Cancellations before 30 days - No charge
 5. Cancellations before 21 days - 75%
- Cancellations before 14 days – 100%