Aarogya
Spa & Wellness
by AAHAASA

AAROGYA SPA & WELLNESS BY AAHAASA AT AARUNYA NATURE RESORT

Path to Holistic Wellbeing

Aarogya is an immersive wellbeing journey designed to restore natural equilibrium, realign energy & reconnect guests with the rhythms of Sri Lanka.

Well-Leisure

Each AAHAASA property is conceived as a hybrid haven where refined leisure meets conscious wellbeing, a concept we define as Well-leisure.

Aromatherapy Spa Inspired by the Natural Essence of Sri Lanka

Each destination has a Spa that draws inspiration from the natural essence of the island.
Aarogya at Aarunya Nature Resort is inspired by the spice and tea gardens of the property and region.

Ayurveda

In addition to the Spa, some destinations have a dedicated Ayurveda facility. Rooted in the ancient healing traditions of Sri Lanka, Ayurveda at Aarogya is a deeply personalised journey that works to balance the body, mind & spirit. Guided by experienced practitioners, treatments are tailored to individual constitutions (doshas), combining herbal remedies, therapeutic oils & time-honoured rituals to restore harmony from within. Drawing on the island's rich natural pharmacopeia, each experience is designed not only to heal, but to cultivate lasting wellbeing & inner vitality.

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SPA TREATMENTS

Aarogya Signature Massage

90 Minutes - $100

A pampering experience that combines a blend of therapeutic and stress-relieving techniques for total well-being. Includes Swedish and deep tissue methods to ease joint aches, muscle pains & support recovery from sports-related strain.

Aarogya Royal Body Ritual

120 Minutes - $140

A luxurious full body pampering experience with therapeutic massage oils to soothe, calm & de-stress your body, mind & soul. The Royal ritual starts with a relaxing foot bath, foot scrub & tranquility forehead massage. This is followed by an exfoliating back scrub & an extended full body massage This therapy is a fusion of proven techniques to promote total well-being.

Deep Tissue Massage

60 Minutes - $75 | 90 Minutes - $100

This vigorous yet relaxing remedy uses classic Swedish massage strokes & works deeply into the muscles to stretch the fibers & release tension that may otherwise cause restricted movement & pain. Encouraging blood flow, this treatment improves flexibility & relieves sore or pulled muscles.

Calming Scalp Ritual

60 Minutes - $75

Therapeutic head massage with therapy oils, focusing on specific sleep-inducing points of the head, neck, forehead & shoulders to help totally relax your body & mind, giving you a good night's sleep.

Relaxing Foot Ritual

60 Minutes - $ 75

Relaxing foot bath is followed by a rejuvenating acupressure foot massage on specific points of your feet that help promote soothing relaxation & deep restful sleep.

All prices are subject to 10% service charge & applicable government taxes.

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AYURVEDA TREATMENTS

Abyanga

60 Minutes – 75$ / 90 Minutes – 100$

A deeply soothing full-body massage using warm, herbal oils chosen to harmonize your unique constitution. With gentle, rhythmic strokes, this therapy melts away fatigue, nourishes the skin & awakens circulation, leaving you grounded & revitalized.

Shirodhara Treatment

60 Minutes -75$

Shirodhara is derived from the Sanskrit words 'Shira' meaning head & 'Dhara' meaning flow. It is a unique Ayurvedic therapy that involves pouring a steady flow of liquid over the forehead in an oscillating motion. The most commonly used liquids are warm herb-infused oils. One of the most relaxing & stress-relieving therapies, the forehead is the seat of Ajna Chakra & any imbalance there can lead to mind related dysfunction. This therapy works to soothe the mind & the body.

Pinda Sweda

60 Minutes - $75

A deeply therapeutic treatment that combines the comfort of massage with the power of herbal compresses. Warm boluses filled with medicinal herbs or rice puddings are gently applied to the body in rhythmic strokes, releasing tension, easing stiffness & infusing the tissues with nourishing energy.

Udwartana

60 Minutes - $75

A revitalizing herbal body scrub performed in sweeping upward strokes opposite to the direction of body hair. Using a blend of finely ground herbs, this treatment gently exfoliates, stimulates circulation & fortifies deep tissues. More than a scrub, Udwartana is a holistic massage that refreshes the skin, energizes the body & leaves you feeling renewed from within.

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SIGNATURE AYURVEDA RITUALS

Body - Mind Rejuvenation Therapy

120 Minutes - $140

Our signature Abhyanga & Shirodhara ritual begins with a warm, herbal oil massage that nourishes the skin, eases tension, & awakens circulation. As your body melts into relaxation, the journey continues with Shirodhara — a gentle stream of warm oil flowing across the forehead, quieting the mind & inviting a meditative stillness. Together, these therapies create a symphony of healing.

Thejasvi Ritual

120 minutes – $140

Indulge in a transformative Ayurvedic ritual where three therapies blend seamlessly to rejuvenate body, mind, & spirit. We begin with Abhyanga, a rhythmic warm-oil massage that melts away tension & nourishes the skin. Next, a vigorous Udwarthana herbal powder scrub is applied to stimulate circulation & polish the body to a silken finish. The ritual concludes in a private Herbal Steam Bath, A soothing steam infused with medicinal herbs that opens pores, flushes out toxins, & relaxes the entire system.

Kati Vasti

60 Minutes - $75

Enjoy a complete back-care ritual which combine with back massage & a deeply therapeutic treatment where warm medicated oil is retained over the lower back within an herbal dough reservoir which called Kati Vasti. This Relieve tension, stiffness fatigue & soothe chronic back pain & nourish the spine

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BODY TREATMENTS

Body Scrubs

30 minutes – 60$

Indulge in the rejuvenating experience of our luxurious body scrubs. Designed to gently exfoliate & polish, each treatment removes dull, dry skin to reveal a radiant, silky-smooth glow. Infused with nourishing oils & natural exfoliants, our scrubs not only revitalize your skin but also stimulate circulation, leaving you refreshed & renewed.

Body Wraps

30 minutes – 60$

Experience the ultimate in skin renewal with our soothing body wraps. Our body wraps cocoon you in nourishing botanicals that hydrate, detoxify, & smooth the skin. This rejuvenating treatment restores balance while leaving you refreshed, relaxed, & radiant.

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AAROGYA SIGNATURE TREATMENTS

Purifying Body Ritual

90 Minutes - $100

An intense purifying ritual which begins with dry brushing to improve blood circulation & lymphatic drainage, followed by a body polish. The pampering experience is completed with a 60minute body massage.

Romantic Couple Indulgence

120 Minutes - $140 / Person

An enchanting ritual to share with your loved one, captivating all of your senses, alleviating any tensions, & connecting you to the vital powers of nature's elements.

Body Scrub + Relaxing Massage + Radiant glow mini facial + Flower bath + Fruit Platter

Aarogya Signature Facial

60 Minutes - $70

Our signature facial combines the perfect blend of nourishing plant extracts & traditional Sri Lankan ingredients to encourage cell renewal & oxygenation. A gentle massage coaxes pure relaxation & the herbal mask restores the natural balance of your skin.

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AAROGYA SPA CAUTIONARY & SAFETY NOTICES

Opening hours

Daily 9.00 am to 8.00 pm (Last treatment reservation is 7.00 pm)

Appointments

- Advance reservation is recommended to ensure a wide availability of time & service.
- Please refrain from smoking & turn off your mobile phone or to silent mode in during treatments.
- It is advisable that guest under the age of 18 are required to have parental consent prior to the booking being accepted.

Cancellation Policy

We understand that schedule change & we will do our best to accommodate. Once your treatment is reserved, we kindly ask for a minimum of three hours cancellation notice. Cancellation within three hours will be subject to a 50% charge.

1. Health & Medical Conditions

- Guests are advised to inform the therapist of any medical conditions, allergies, injuries or pregnancy prior to treatment.
- Individuals with heart conditions, high blood pressure, skin disorders, or recent surgeries should seek medical advice before using spa services.

2. Personal Responsibility

- The management will not be held responsible for any injuries, allergic reactions, or health complications arising from treatments if prior conditions were not disclosed.

3. Hygiene & Cleanliness

- Please shower before your treatment
- Maintain personal hygiene at all times for the comfort and safety of all guests.

4. Conduct & Behavior

- Any inappropriate behavior will result in immediate termination of services without refund.

5. Valuables

- The management is not responsible for loss or damage to personal belongings.

6. Contrindications

- Certain treatments may not be suitable for all individuals.
- The spa reserves the right to refuse treatment if deemed unsafe for the guest.

7. Children Policy

- Children below [insert age, e.g., 16 years] are not permitted unless accompanied by an adult or with prior approval.

8. Emergency & Safety

- In case of discomfort, dizziness, or pain during treatment, inform your therapist immediately.
- Emergency exits and safety instructions must be followed at all times.

NOTICE

- Your safety and well-being are our highest priority.
- By using our spa services, you acknowledge and agree to the above conditions.

Reservations & Enquiries

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