

Me & My

Wedding

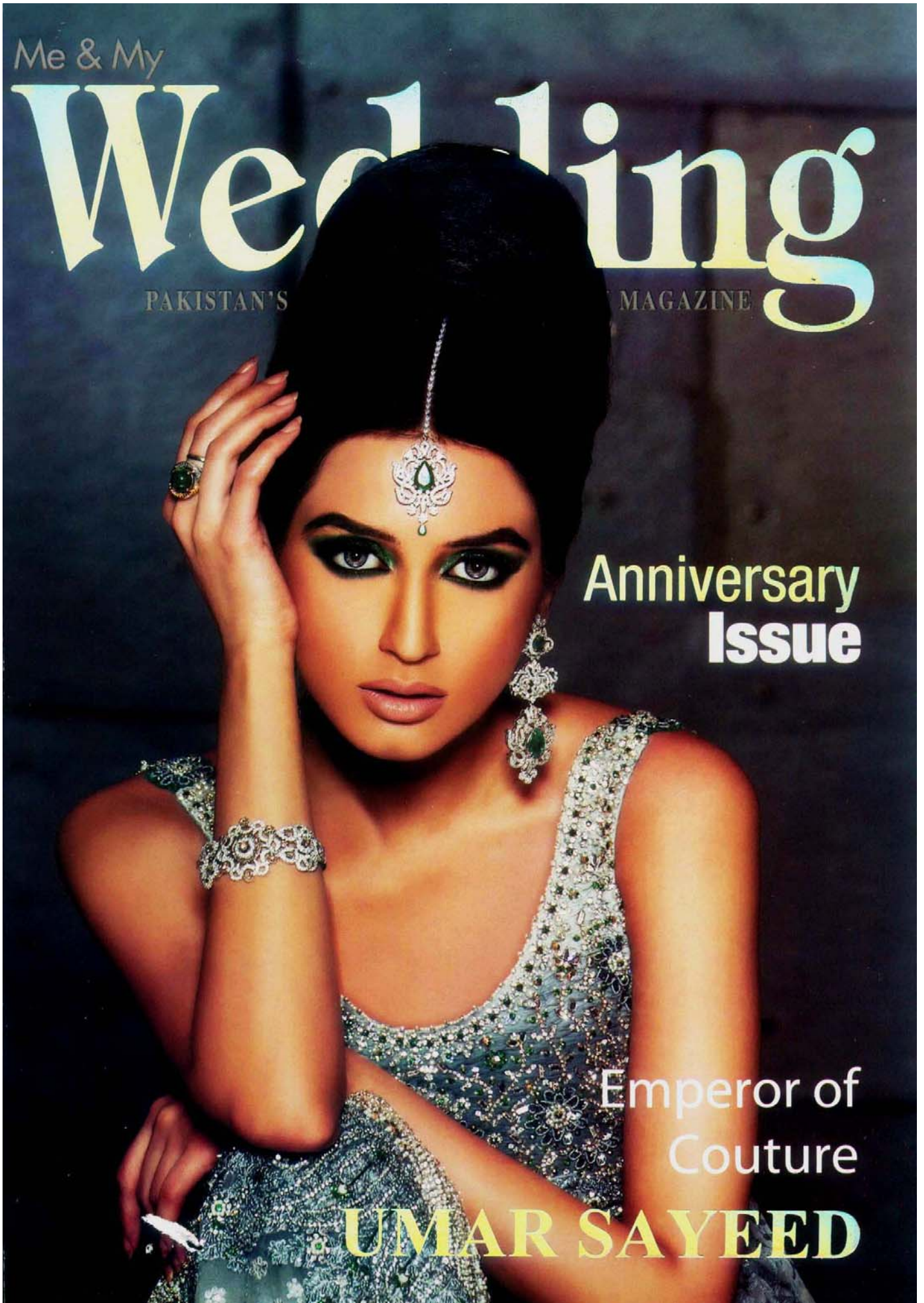
PAKISTAN'S

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Emperor of
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UMAR SAYEED





ISLAND SPA

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Sri Lanka's naturally moisturizing warm and humid climate makes the Island a perfect biological spa destination. Incepted on the soil of Sri Lanka some 3000 years ago, Ayurveda meaning "Science of Life" (ayur=life; veda=science) is a holistic system of curative and preventive remedy utilizing the laws of nature to develop mental, physical and spiritual health, focusing on the prevention of disease through creating a balance in the body and mind through a healthy diet and lifestyle with consumption of herbs and natural remedies.



Beadas Jetwing Ayurveda Pavilion, Negombo

combination.

Application and the treatment of Ayurveda vary from one person to another, depending upon the body test based on the five elements: Earth, Water, Fire, Air and Space governed by three factors of vata (air & space), pitta (fire & water) and kapha earth & water). These three factors rely on our heredity, lifestyle, food we eat and use of mainstream medicine. When a patient's body predominant kapha, it would mean that in the growth factor, the body of the patient may become prone to certain ailment. Medically determined, ayurveda therapeutic packages normally last from one week to three weeks to reduce body contaminant, which improves immunity and provides treatment to chronic illness and general body ailments.

At the award winning Jetwing's Ayurveda Pavilion, the in-house doctor would examine and take appraisal of basic health and lifestyle, which includes structure and functioning of the body. They also determine the history of the patient, that is habits and past health record. The Doctor made a sound advice to "live according to the environment"

The effectiveness of ayurveda therapy depends on the length of treatment. A three day or seven day treatment may be good for 3 months and a three week's therapy

program could keep your health on the right track for about a year provided that the patient adopt and follow up a healthy lifestyle.

Ayurveda at the Hunas Falls Resort is more basic but the masseur who performs the therapy is a master and the treatment is effective.

The Spa at Amangalla is a beautiful created area around lush gardens that offers a variety of wellness programs including ayurveda third-eye treatment. In this, warm oil is dripped over forehead followed with head and back massage. The Spa also has

a seven or fourteen day ayurveda program, which concentrates on de-stress and detoxification treatments.

Coconut Spa Lanka, trimmed in Balinese ambiance is located on the beach at the Mount Lavinia Hotel. Coconut Spa offers a range of therapy massages and spa packages. The 90- minute signature Energy therapy is a combination of 4 massages starting with long strokes and deep skin massage for 30 minutes, followed by 10 minute Shiatsu and a 20 minute warm stone massage on the back, shoulders, neck and arms to release stressed muscles. The treatment ends with a 30-minute reflexology (foot massage) for total relaxation.

Phuket Island located in the south of Thailand is a popular wellness destination with a mushroom growth of modern spas. Roseberry Spa Kamala is founded on a concept that "True beauty is within you". Healing therapies are a guide to help shed light on your path and reawaken the wisdom of the body. This is a reminder of your first introduction to healing from the inspiration of your 'mother'. Roseberry's signature treatment Rei-Massage helps regain complete harmony and ultimate restoration. The treatment is a blend of deep intuitive massage on each area of the body combined with Reiki healing and charka oil (balm) to replenish and recuperate the whole body, mind and soul. Nourishment balances your heart and charka oil applied with healing hands beautifully embraces the soul connection. The treatment concludes with a 'gong' bowl sound around your shoulder area. www.roseberrythailand.com

Kanda Spa at the Kata Beach Resort is the high end spa which has developed its own wellness programs. Chic ambiance, spacious treatment rooms and the right spa music affords a genuine wellness experience at Kanda Spa with its signature 4-hands massage and Himalayan Stone therapy. Its popular three-course massage starts with Herbal steam bath for 30 minutes. As your body relaxes, the therapist will then apply chocolate body polish as you lay down for 30 minutes. Finally, a 60 minutes body massage with

Derived from the ancient Panchakarma (five elements), Ayurveda Classical therapy comes in a package of:

- a wholesome and surprisingly tasty, balanced vegetarian diet,
- application of the therapy by trained practitioner under the supervision of a qualified doctor trained at ayurveda university,
- Ayurveda essential oil massage performed with a combination of strokes including tapping, kneading, rubbing and squeezing. A specific oil is applied to a certain type of the body, that is vata, pitta, kapha or



Treatments at Penthouse plunge Pool villas Movenpick

oil to release tension, thus your body would feel finely tuned and rejuvenated. The Spa is open daily 9AM to 10PM. www.katagroup.com

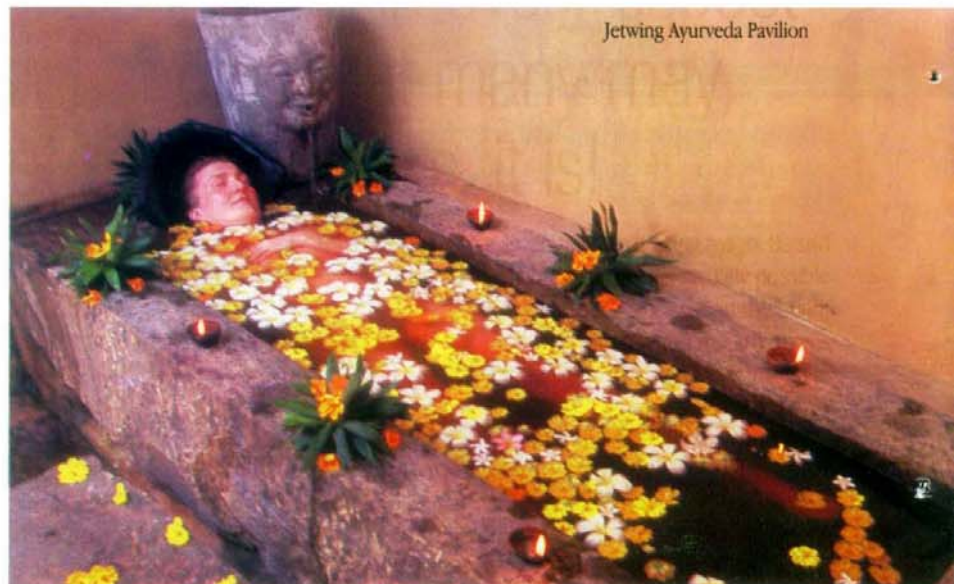
Spick and span The Spa at the Movenpick Resort & Spa Karon Beach Phuket is the newest on the Island. You may avail under special honeymoon package wellness treatment in your room overlooking beautifully landscaped area shaded under an interesting collection of trees and splashed with swimming pools and water pools. Luxury accommodation concept is based inclusive of deluxe apartment rooms, family suites, beach villas and penthouse plunge Pool villas. www.movenpick-phuket.com

Atmanjai Healing Center at the Friendship Beach Resort is based on fasting designed by Dr. Bernard Jensen. Atmanjai is a Thai-Sanskrit word meaning Loving Spirit or Victorious Soul. 'Proven very effective when healing period ranges from 7 to 14 days' said Dr. Michael Massey, the process involves cleansing with herbs and nutrients intake of vitamin tablets, mineral drinks. The diet is based on cleansing shakes, psyllium seed husk and Bentonite, intake of wheat germ and cod liver oil (15ml. 4

times a day). Each morning there is an early morning yoga session. Twice a day Colonic treatment, which require liquid insertion of organic coffee and apple cider to flush out toxins from colon. This helps cure chronic illness, reduce high blood pressure, normalize cholesterol and gain control over emotions. The healing program is not recommended for children under 18 years, pregnant or nursing

mothers.info@atmanjai.com

Body & Mind is the Day Spa at Patak Road, Karon. The centre offers massage, combination massage therapy and wellness programs which time vary from one hour, three hours and full day rejuvenation program to suit an individual physical condition. bd@bodymindspa.com



Jetwing Ayurveda Pavilion