

06 Nights / 07 Days: Wellness Tour

DAY 01- DAY 05: AIRPORT | TANGALLE

Welcome to Sri Lanka, as you set foot on this beautiful island, you'll be warmly welcomed by a Chauffeur Guide of Hayleys Travels and transported in an air-conditioned vehicle to your hotel in Tangalle.

During your stay at the hotel, you will be engaged in a 5 day, Inner Harmony Ayurvedic Programme, creating emotional and spiritual balance. Embark on a journey of natural Ayurvedic healing, refreshed by lush palms, azure waves and golden sands. Restore emotional and spiritual balance in uplifting coastal beauty. Discover how meditation in a paradise free from distractions clears the mind.

Overnight stay at Anantara Peace Haven Tangalle Resort

DAY 06: TANGALLE | COLOMBO

After breakfast, you will drive to Colombo.

Colombo is a busy and vibrant city with a mixture of modern life and colonial buildings. The main city is home to a majority of Sri Lanka's corporate offices, restaurants and entertainment venues. Colombo is a shopper's paradise!

Overnight stay at Maniumpathy

DAY 07: COLOMBO | AIRPORT

Today is the last day of your wellness and Ayurveda tour.

As per your flight itinerary, you will check out from the hotel to transfer to the airport.

We wish you a safe flight back home.