

Best of Sri Lanka

Ocean Wellness



06 N/7 Days

Guest Name	
Country	
No of Adults	
Room Type	
Arrival	
Departure	

Destinations	Airport – Weligama- Airport
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Ocean Wellness – Blue Mind

The ocean-inspired wellness philosophy will help you embrace the mystical power of the sea to invigorate your senses and lift your spirits.

The Gifts of Ocean Wellness

Energy, Calm, Sleep, mindfulness, and immunity-boosting are addressed holistically, producing a deep sense of physical and spiritual renewal enhanced by the revitalizing influence of the Ocean.

Earthing and getting your feet in the sand while washed with water can be a great way to connect with nature and detox.

You will achieve a state of inner and outer calm and centeredness.

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Travel Itinerary

<u>Days</u>	<u>Itinerary</u>
Day 1 Weligama	<p>Airport – Weligama– 2 to 3 hour drive – Stay at a Wellness Resort in Weligama</p> <p>On Arrival, you will meet with our representative at the Airport & proceed to Weligama. A beautiful Beach destination in the south.</p> <p>You will check-into the Retreat in Weligama & relax. Dinner & Overnight stay</p>
Day 2 Weligama	<p>Weligama– Stay at a Wellness Resort in Weligama</p> <p>After breakfast you will relax in the hotel.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Ayurveda Massage treatments in the Retreat <p>Dinner & Overnight stay.</p>
Day 3 Weligama	<p>Stay at a Wellness Resort in Weligama</p> <p>After breakfast you will relax in the Resort.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Ayurvedic Cooking Demonstration ❖ Enjoy the Ocean and Sunset <p>Dinner & Overnight stay.</p>
Day 4 Weligama	<p>Stay at a Wellness Resort in Weligama</p> <p>After breakfast you will relax in the Resort or opt for a Beach Walk.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Beach walk - one hour <p>Dinner & Overnight stay.</p>
Day 5 Weligama	<p>Stay at a Wellness Resort in Weligama</p> <p>After breakfast you will relax in the hotel or opt for a Temple visit.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Visit to a Spiritual Buddhist Village Temple <p>Dinner & Overnight stay.</p>

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Day 6 Weligama	<p>Stay at a Wellness Resort in Weligama After breakfast you will relax in the hotel.</p> <p>Activates</p> <ul style="list-style-type: none"> ❖ Yoga practices and meditation sessions led by expert instructors ❖ Ayurveda Massage treatments in the hotel <p>Dinner & Overnight stay.</p>
Day 7 Airport	<p>Weligama – Airport – 3 hours After Breakfast, you will proceed to the airport.</p> <p>En-route visits</p> <ul style="list-style-type: none"> ❖ View tilt fishing in Weligama ❖ Visit to Mirissa coconut hill <p>Later, You will be transferred to the airport with happy memories.</p>

Hotel Selections - 6 Nights /7 Days – Sri Lanka Ocean Wellness tour	
Day 1 to 7	Weligama - Stay at a Wellness Resort in Weligama – 6 nights
Day 7	Airport

Price for Sri Lanka Ocean Wellness Tour

Price per person based on double Room	1260 USD nett per person
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Terms and Conditions /Payment procedure	
<p><u>PACKAGE INCLUDES:</u></p> <ul style="list-style-type: none"> ❖ Welcome assistance at the Airport ❖ Accommodation on Single or Double Rooms ❖ Meal plan Half Board Vegetarian ❖ Transportation by Private A/C car ❖ All Government Taxes 	<p><u>PACKAGE EXCLUDES:</u></p> <ul style="list-style-type: none"> ❖ Entrance tickets to site visits ❖ Some Activities mention in the itinerary as its optional ❖ Expenses of a personal nature ❖ Mineral and Alcoholic beverages ❖ Any other services other than those specified ❖ Spa & Ayurveda Treatments ❖ Driver Tips

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Half Board rate includes the following;

- Vegetarian meals only
- Herbal drinks / Fruit Juices / Water / Herbal Tea
- Ayurveda Doctor Consultation

Note – Rooms are Subject to availability at above mention Hotel

Booking Procedure & Payment Terms

- ❖ You need to send us the Booking confirmation and copies of the flight details, passport and vaccine cards
- ❖ We will proceed with the arrangements and send you a travel service confirmation voucher
- ❖ You will make an advance payment of 20% and confirm the booking. Balance two weeks prior to arrival or on arrival.

Visa for Sri Lanka

Nationals of 77 countries can enter Sri Lanka as holidaymakers without a prior visa and remain 30days with Payment of Visa Fees - Further details please refer website <http://www.eta.gov.lk/slvisa/>

Covid 19 – travel Procedures

Passengers taken both vaccinations and not taken vaccines are free to travel

https://www.serenevacation.com/wellness/ocean_wellness.pdf