



REJUVENATE BODY, MIND AND SOUL



AYURVEDA

What is 'Ayurveda'

One of the world's oldest holistic healing systems, Ayurveda, literally means "the science of life" or "the wisdom of longevity". It is based on the philosophy that health and wellness depend on the balance of mind, body and spirit and seeks the well-being of the person based on their constitution.

About Siddhalepa

The Siddhalepa Group is founded on the ancient practice of Ayurveda in Sri Lanka, a family tradition that spans 200 years and three generations. Established in 1979 by Deshabandu, Dr Victor Hettigoda, an Ayurveda specialist, Siddhalepa is a pioneer in the industry and one of the largest of its kind and the only facility to have got a ISO 9001 certification among others. It manufactures a range of over 400 medicinal oils, balms, elixirs, herbal cosmetics and teas along with other medicines with all treatments, techniques and procedures based on traditional knowledge inherited by the Hettigoda family and the indigenous system of Sri Lankan Ayurveda

AYURVEDIC TREATMENT PROCEDURE

PERSONALIZED MEDICAL CONSULTATION

In the Ayurvedic system, everything on this planet – including our bodies – consists of five elements: earth, water, fire, air and space or ether. Ayurveda groups these five elements into three fundamental energies, or doshas: Vata, Pitta and Kapha. Each of us has a unique combination of these doshas, which determines our constitution (Prakruti).

Every treatment begins with a personal consultation with our resident Ayurvedic Doctor and she will prescribe therapies and provide lifestyle recommendations according to your constitutional dosha, medical conditions and personal needs, customising your spa journey and your path to optimal health.

EXTERNAL THERAPIES

With a holistic approach to your overall well-being, our Ayurvedic doctor will recommend signature treatments and individual therapies according to your physical and emotional needs.

INTERNAL THERAPIES

The holistic system of Ayurveda involves internal and external therapies to achieve optimal result. Internal therapies include Health care, Oral Care, Skin Care, Food Supplement, Dietary Supplements, Herbal Teas, Beauty care, Ayur Oil, Hair care, Body Care, and Foot Care.

CUSTOMIZED PACKAGE TREATMENTS

Let us personalise your Ayurvedic journey to put you on the path to optimal health. Choose from 3-, 5-, 7-, 10-, 12- or 15-day packages with carefully tailored treatments by our Ayurvedic doctor. Every treatment is performed by qualified Ayurvedic therapists using authentic Ayurvedic herbs and high-quality medicines.

SIGNATURE TREATMENTS

AYUR STRESS RELIEF MASSAGE 90 minutes | US\$245++

Leave your cares behind and enter a zone where all your stress is eased away. This unique Ayurvedic massage uses thumb pressure on the neck and shoulders to relieve tired muscles and leave you completely relaxed. Next, a gentle head massage with Ayurvedic oil is followed by a head wrap which helps prevent dry hair and nourish hair roots. Finally, a spinal massage with hot seeds completes your treatment, leaving you stress-free and fully restored in body and mind.

AYUR BLISS HARMONY MASSAGE 90 minutes | US\$245++

Find perfect harmony and balance with the universe with this treatment that is both physically and emotionally stimulating. A specially formulated gel enriched with Ayurvedic oil is applied to the body with long flowing palm strokes, integrated with joint movements and subtle stretching to yield a unique sensory experience that reduces stress, and concluded with a herbal bath for a totally relaxed feeling.



SIGNATURE TREATMENTS

AYUR BLISS INDULGE MASSAGE

90 minutes | **US\$245++**

Discover a new you with this special wonderful ritual that slims, tones your body and leave you feeling rejuvenated. First, a special powder is applied with a massage to help eliminate fat and boost your body's natural fat-burning mechanisms while firming and strengthening the muscles, followed by a steam bath enriched with Ayurvedic herbs, promoting toning and skin detoxification.

"AYUR BLISS ENERGY" EXHILARATING WINE RITUAL

90 minutes | **US\$245++**

Experience the unique benefits of Ayurvedic herbal wine in a truly indulgent way. This wonderful revitalising treatment uses specially created oils and scrubs made from healing herbal wines to boost your energy and rebalance your body, mind and soul.

"AYUR BLISS REFRESH" BODY POLISH

90 minutes | **US\$245++**

Feel the glow with this deep cleansing exfoliating treatment that will leave your skin renewed and refreshed. It starts with a gentle massage using natural sea salt, Ayurvedic oils and essential oils to remove impurities and dead skin cells and stimulate circulation, followed by a deep fomentation with an traditional Ayurvedic compress used to help alleviate rheumatic pain and nourish the skin.

SHIRODHARA

45 minutes | **Per Day US\$175++ | 3 Days US\$490++**

Shirodhara is an Ayurvedic treatment that helps to improve focus, concentration and relaxation. Warm Ayurvedic oil is poured in a steady stream over the forehead (also referred to as the third eye). The treatment is performed for 45 minutes for 3-7 days, depending on the clinical condition. Stimulating the "third eye" area releases chemicals in the brain such as serotonin which controls feelings of pleasure and relaxation. It also frees the energy channels along the spine that help to calm and clear the mind.

CHAKRA

90 minutes | **US\$300++**

The body has seven distinct energy centres or chakras (wheels), starting at the top of the head and ending at the bottom of the spine. They regulate all parts of your body, influencing everything from emotional processing to resistance to disease. This rejuvenating treatment includes energy work, a foot massage, and a warm conditioning scalp massage.

INDIVIDUAL DAY TREATMENTS

Short on time but in desperate need of some pampering? Choose your treatment from our regular treatment menu in consultation with our Ayurvedic doctor (Treatments and duration can be customised and combined).

30 minutes | **US\$95++**

45 minutes | **US\$145++**

60 minutes | **US\$185++**

90 minutes | **US\$220++**

HEAD MASSAGE (SHIRO ABHYANGA)

Warm Ayurvedic oil is massaged into the head, and is absorbed into the scalp through the roots of the hair, where the nerves are highly concentrated. A relaxing head, neck and shoulders massage follows, allowing the oil to absorb into the scalp through the hair roots. It nourishes, lubricates and strengthens the hair roots, improves circulation to the head and helps prevent hair loss and premature greying.

FACIAL MASSAGE (MUKA ABHYANGA)

This massage technique drawson Ayurvedic wisdom to focus on the reflex points in the face. It works locally and reflexively to nourish the skin, reduce muscular tension, and improve circulation.

INDIVIDUAL DAY TREATMENTS

NECK & SHOULDER MASSAGE (GRIIVA / SKANDAH)

The therapist uses a special herbal oil to focus on energy points in the neck and shoulder area to soothe the nervous system and relieve stress, stiffness, and fatigue.

BODY MASSAGE (ABHYANGA)

This treatment promotes general rejuvenation and improves skin and musculoskeletal conditioning. The therapist selects the best oil type based on your constitutional doshas. The calming synergy of Ayurvedic oils and deep massage strokes relax the mind and soothe the body. The treatment concludes with a steam or a herbal bath.

FOOT MASSAGE

According to Ayurveda, the nerves in the soles of the feet are connected to various organs in the body and massaging the feet can help stimulate them as well. Special attention is focused on the “tender spots” during the foot massage to produce a reflex effect on the internal organs improving their health and an overall soothing and invigorating effect. In addition, a foot massage prevents and cures dryness, numbness, roughness, fatigue, and cracking of the heels.

KIDS WELLNESS THROUGH AYURVEDIC THERAPY

30 minutes Customized Treatment - Warm Oil | **US\$90++**
45 minutes Customized Treatment - Warm Oil/ Milky Rice | **US\$110++**

Ayurveda is fundamentally a preventative approach to well-being. Ayurveda for kids can be just as beneficial, with the added bonus that starting children with an Ayurvedic lifestyle can build. There are no harmful side effects from natural herbs, and they are safe to use on babies, too,

- Boosts immunity
- Improves natural sleep
- Improves natural appetite
- Balances the doshas in the body
- Strengthens the body

There are no harmful side effects from natural herbs, and they are safe to use on babies, too, as it deeply nourishes the skin and helps boost immunity.

CUSTOMIZED UNIQUE AYURVEDIC PACKAGES

The experience begins with a 30-minute consultation with our Ayurveda doctor. The equilibrium and imbalances (prakriti) of your three doshas are identified, and a treatment programme is prescribed. This also includes a dietary regimen based on Ayurvedic concepts. During the daily follow-up consultations (10 minutes), the doctor determines whether to continue/alter the treatment or change it.

3 days US\$600++	7 days US\$1400++	12 days US\$2400++
5 days US\$1000++	10 days US\$2000++	15 days US\$3000++

*90 minutes per day
Choose from the packages below or let our Ayurvedic doctor tailor a series of therapies that suit your physical and emotional needs. Note: Treatments may vary after consultation and doctor’s recommendation.

CUSTOMIZED UNIQUE AYURVEDIC PACKAGES

RELAXATION | 3 days package (90 minutes per day) | **US\$600++**

1. Ayurvedic medical assessment including pulse evaluation.
2. A customised herbal protocol.
3. Daily 90-minute Ayurvedic treatments of Abhyanga (massage), Swedana (individual herbal sweat therapy), and signature Ayur Blissstress Relief treatment.
4. Daily monitoring by Ayurvedic Doctor.
5. Individual lifestyle and diet recommendations.
6. Daily special teas and oral supplements (100 % organic).
7. Wellness report.

STRESS BUSTER | 5 days package (90 minutes per day) | **US\$1000++**

1. Ayurvedic medical assessment including pulse evaluation.
2. A customised herbal protocol.
3. Daily 90-minute Ayurvedic treatments of Abhyanga (massage), Swedana (individual herbal sweat therapy), Shirodhara (pouring of warm oil on the forehead), and signature Ayur Bliss Refresh treatment.
4. Daily monitoring by Ayurvedic doctor.
5. Individual lifestyle and diet recommendations.
6. Daily special teas and oral supplements (100 % organic).
7. Ayurvedic wellness programme.
8. Wellness report.

DETOX & RECOVERY

7 days package (90 minutes per day) | **US\$1400++**

1. Ayurvedic medical assessment including pulse evaluation.
2. A customised herbal protocol.
3. Daily 90-minute Ayurvedic treatments of Abhyanga (massage), Swedana (herbal sweat therapy), Udwarthana (body scrub), Alepa (body wrap), Shirodhara (pouring of warm oil on the forehead), and signature Ayur Bliss Harmony treatment.
4. Daily monitoring by Ayurvedic doctor.
5. Individual lifestyle and diet recommendations.
6. Daily special teas and oral supplements (100 % organic).
7. Ayurvedic wellness programme.
8. Herbal tea degustation.
9. Wellness report.



CUSTOMIZED UNIQUE AYURVEDIC PACKAGE



BODY RENEWAL

10 days package (90 minutes per day) | **US\$2000++**

1. Ayurvedic medical assessment including pulse evaluation
2. A customised herbal protocol.
3. Daily 90-minute Ayurvedic treatments of Abhyanga (massage), Swedana (herbal sweat therapy), Udwarthana (Body scrub), Shirodhara (pouring of warm oil on the forehead), and signature Ayur Bliss Indulge treatment.
4. Daily monitoring by Ayurvedic doctor.
5. Individual lifestyle and diet recommendations.
6. Daily special teas and oral supplements (100 % organic).
7. Ayurvedic wellness programme.
8. Herbal tea degustation.
9. Ayurvedic workshop.
10. Wellness report.

A JOURNEY OF TRANSFORMATION

12 days package (90 minutes per day) | **US\$2400++**

15 days package (90 minutes per day) | **US\$3000++**

1. Ayurvedic medical assessment including pulse evaluation.
2. A customised herbal protocol.
3. Daily 90-minute Ayurvedic treatments of Abhyanga (massage), Swedana (herbal sweat therapy), Shirodhara (pouring of warm oil on the forehead) and more than two signature treatments (depending on body condition).
4. Daily monitoring by Ayurvedic doctor.
5. Individual lifestyle and diet recommendations.
6. Daily special teas and oral supplements (100 % organic).
7. Ayurvedic wellness programme.
8. Herbal tea degustation / Ayur Elixir tasting workshop.
9. Ayurvedic workshop.
11. Wellness report.

HERBAL PRODUCTS

Our extraordinary healing Ayurvedic remedies are also yours to indulge in at home. All made to age old prescriptions using traditional methods and natural ingredients, each one is specially created to enhance your overall well being both inside and out. A complete range of products is available at Merana Spa's boutique.

HEALTH CARE

Ayurvedic Balm

With its unique and time tested formula since 1934 gives you relief from coughs and flu, headaches, swelling due to toothaches, rheumatic discomforts, and muscle pains.

Pain Relief Spray

Time tested for generations, Siddhalepa Pain Relief Spray act fast on affected areas to give quick relief from all the aches and pains. Other Health Care products:

- Supirivicky Original
- Supirivicky Mild
- Siddhalepa Inhaler
- Asamodagam Spirit
- Live Long Healthy Pack

AYUR ELIXIRS

Elixirs are herbal wines made using Ayurvedic plant extracts and essences of several rare medicinal herbs blended and matured in teak wood vats for 45 days, with no synthetic chemical or alcohol.

Choose from our range of Elixirs which have multi-benefits including:

- Wellbeing
- Well Woman
- Calmness
- Blood Purifier
- Body Cooling
- Joint Pains
- Cardiac
- Phlegm Relief
- Skin
- Healthy Organs



HERBAL TEAS

Our all-natural, organically grown teas feature natural herbs, roots and leaves which are steeped in ancient Ayurvedic traditions. Siddhalepa Ayurveda Teas are caffeine free and contain no preservatives or sugar.

- Ayur After Dinner
- Ayur Immune
- Ayur Cleanse
- Ayur Serene
- Ayur Vital
- Ayur Intellect
- Ayur Flow
- Ayur Fresh Start
- Ayur Nerve Fresh
- Ayur Night Time
- Ayur Digestive Ease
- Ayur Purify
- Ayur Slim
- Ayur Moringa Booster
- Ayur Anxiety
- Ayur Slim Down
- Ayur Cinnamon

HERBAL PRODUCTS

AYURVEDA SUPPLEMENT

Ayurvedic food supplements help to promote total health by balancing the Three Doshas, improve one's own metabolism and enhance the natural defence for a healthy body-naturally.

- Ayur Threepala
- Ayur Filter
- Ayur Liv-Pro
- Ayur Nerv
- Ayur Detox
- Ayur Cardio
- Ayur Lean
- Ayur Flush
- Ayur Cold



BODY AND FOOT CARE

Ayur Oil

Herbal oils are one of the oldest traditions in Ayurvedic remedies. Blended according to ancient formulas for a unique purity to balance the three doshas, these oils are made from plant extracts and do not contain artificial colours, preservatives, or animal fat. Available in seven different blends with various benefits from dry skin, relaxation to detox.

Ayur Soap

These handmade soaps are made from carefully selected ingredients, spices and essential oils, and special care is taken in curing (maturing) the soaps. Available in coconut and aloe vera fragrance.

Aroma Care

Aroma Oils (available in cinnamon, lemongrass, and eucalyptus)

Ayur Bath Salt

- Sensual
- Refreshing Citrus
- Invigorating
- Ayur Foot Salt

Ayur Face Mask

Discover a new skin experience where your skin is reborn everyday. Available in 3 varieties for Oily, Normal and Dry skin.

Ayur Body Lotion

Ayur Shower Gel

- Ayur Refreshing
- Ayur Citrus
- Ayur Hydrating
- Ayur Invigorating
- Ayur Cooling
- Ayur Aqua Fresh

HAIR CARE

Your hair is constantly exposed to daily aggressions such as pollution, hard water, sun exposure & chemical treatments. Take care of your hair and scalp with our special Ayurveda Oils, made from carefully selected ancient formulas for beautiful hair and a healthy scalp.

Ayur Conditioner

Luxurious, moisturising and frizz-free, this conditioner is specially formulated using traditional Ayurvedic ingredients to repair damaged hair and also to prevent split ends leaving tangle free, shiny and healthy looking hair.

Ayur Shampoo

Choose from a range of fragrance with multi-benefits for your hair and scalp:

- Ayur Cooling
A natural conditioner, enhances the hair shine, soothing and cooling.
- Ayur Invigorating
Strengthen hair follicles, gives a soft and bouncing hair, helps repair damaged hair.
- Ayur Hydrating
Nourishes hair, relieves dry scalp conditions, adds shine and thickness to hair.

