

BACK OF BEYOND WELLNESS RETREAT - KAHANDAMODARA ACTIVITIES

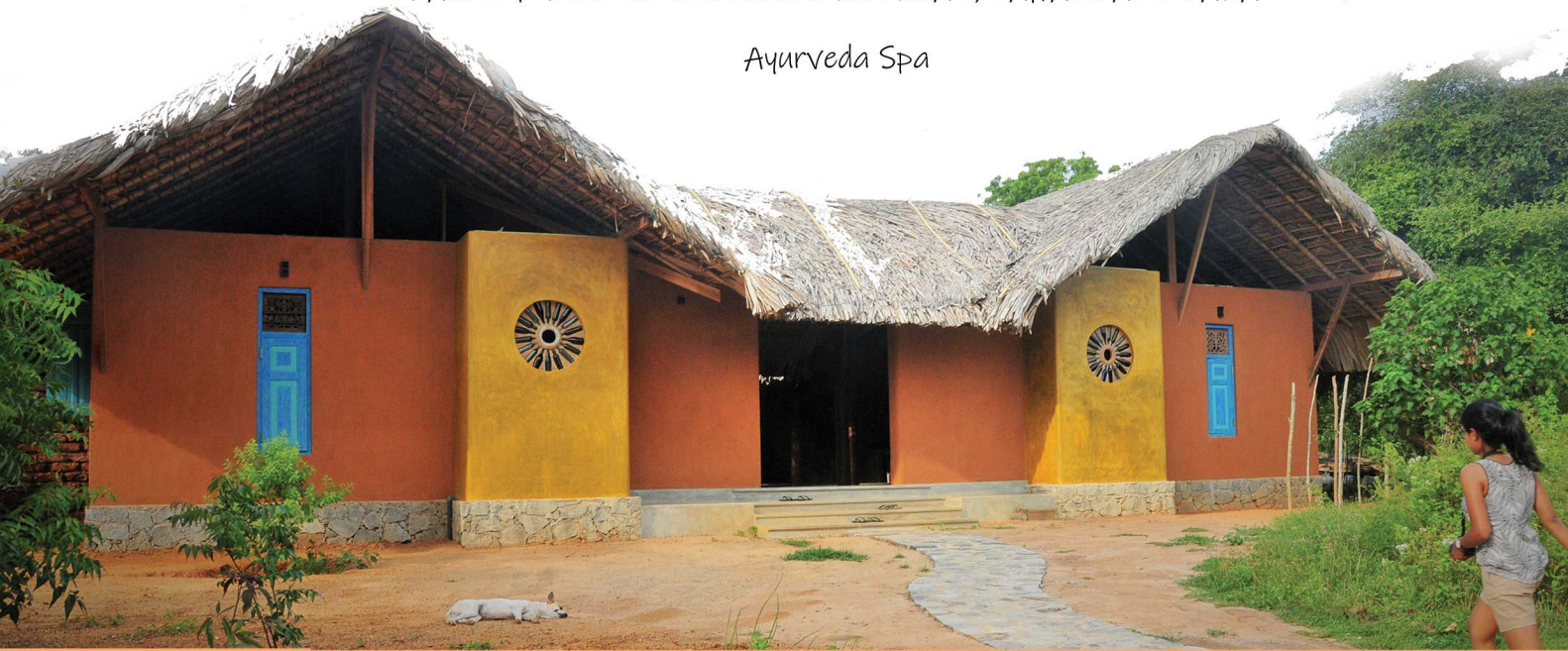


	(USD)		(USD)		(USD)
1. Kayaking - 1-2hr/per kayak	10/-pp	5. Kalametiya Bird Sanctuary (Minimum 2 pax / without transport)	15/-pp	9. Ussangoda National Park (Need minimum 2 pax)	20/- PP
2. Boating - 1 hr	25/-	6. Cookery Demonstration	10 /-pp	10. Mulkirigala Rock temple (need minimum 2 pax)	25/- PP
3. Cycling - 1 hr	2/-pp	7. Yoga (see separate info)		11. Local craft tour (need minimum 2 pax)	25/- PP
4. Turtle Watching upto 4 pax (without transport)	10/-pp	8. Ayurveda treatments (see separate info)			



BACK OF BEYOND WELLNESS RETREAT, KAHANDAMODARA

Ayurveda Spa



AYURVEDA TREATMENTS

USD

1. Head, Neck and Shoulder Massage - 30 min	15
2. Foot Massage - 30 Min	15
- 60 min	25
3. Face Massage - 30 min	15
4. Herbal Pack - 30 min	25
5. Back Massage - 30 min	15
6. Shirolepa - 45 min	45

AYURVEDA TREATMENTS

USD

7. Udwartana (herbal powder massage) - 45 min	30
8. Ayurvedic Massage - 1 hr	30
Full Body Massage - 1.5 hrs	40
9. Steam Bath - 20 - 30 min	30
10. Herbal Bath - 30 min	40
11. Shirodhara - 40 min	45
12. Full Body Massage (1 hr) + Steam Bath	50
13. Doctor's Consultation Fee	20

