

OUR SIGNATURE THERAPIES

Abhyanga (Ayurvedic Oil Massage)

A deeply relaxing full-body therapy using warm herbal oils to nourish body and mind.



Full Body Abhyanga

Traditional synchronized massage to restore balance and promote vitality.

(Head to toe)

60 MIN | 12,000 LKR | 40 USD

(Neck to toe)

45 MIN | 9,500 LKR | 30 USD



Head Massage (Shiro Abhyanga)

Soothes the nervous system and promotes restful sleep.

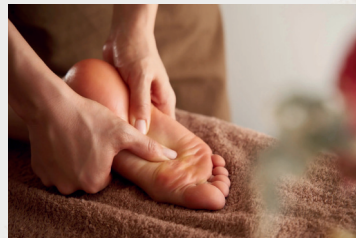
30 MIN | 6,000 LKR | 20 USD



Foot Massage (Pada Abhyanga)

Grounds energy, improves circulation, and calms the senses.

30 MIN | 6,000 LKR | 20 USD



Back Massage

Relieves tension and eases muscular discomfort.

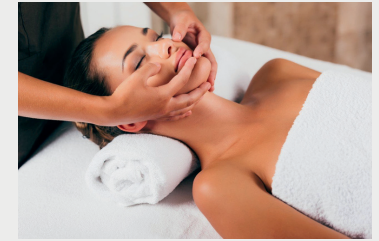
30 MIN | 7,000 LKR | 23 USD



Face Massage

Enhances skin tone and promotes natural radiance.

30 MIN | 6,000 LKR | 20 USD



HEALING THERAPIES

Ayurvedic Healing Rituals

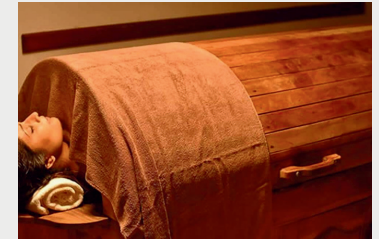
Restore inner harmony and cleanse from within.



Steam Box (Swedana)

Herbal steam to eliminate toxins and ease joint and muscle stiffness.

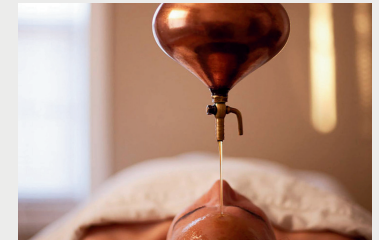
30 MIN | 3,500 LKR | 12 USD



Shirodhara

A calming stream of warm oil poured on the forehead to relieve stress and enhance mental clarity.

60 MIN | 14,000 LKR | 47 USD



Pichu

Warm, medicated oil compress for localized pain relief and deep nourishment.

25 MIN | 5,000 LKR | 17 USD



Netra Tarpana

Ayurvedic eye rejuvenation therapy to soothe and refresh tired eyes.

30 MIN | 4,000 LKR | 14 USD

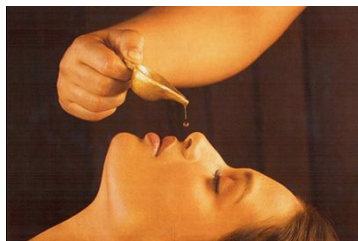




Nasya

Herbal nasal drops for clearing sinuses and sharpening mental functions.

25 MIN | 4,000 LKR | 14 USD



AYURVEDIC HERBAL FACIALS

Nature's touch for timeless beauty.



Herbal Facial Treatment

Cleanses and rejuvenates with natural herbs tailored to your skin type.

50 MIN | 8,000 LKR | 26 USD



Herbal Facial with Face Oil Massage

Combines skin detox with gentle massage for glowing, nourished skin.

75 MIN | 9,500 LKR | 30 USD



Hotel Sudu Araliya, Polonnaruwa.

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Email : info@hotelsuduaraliya.com

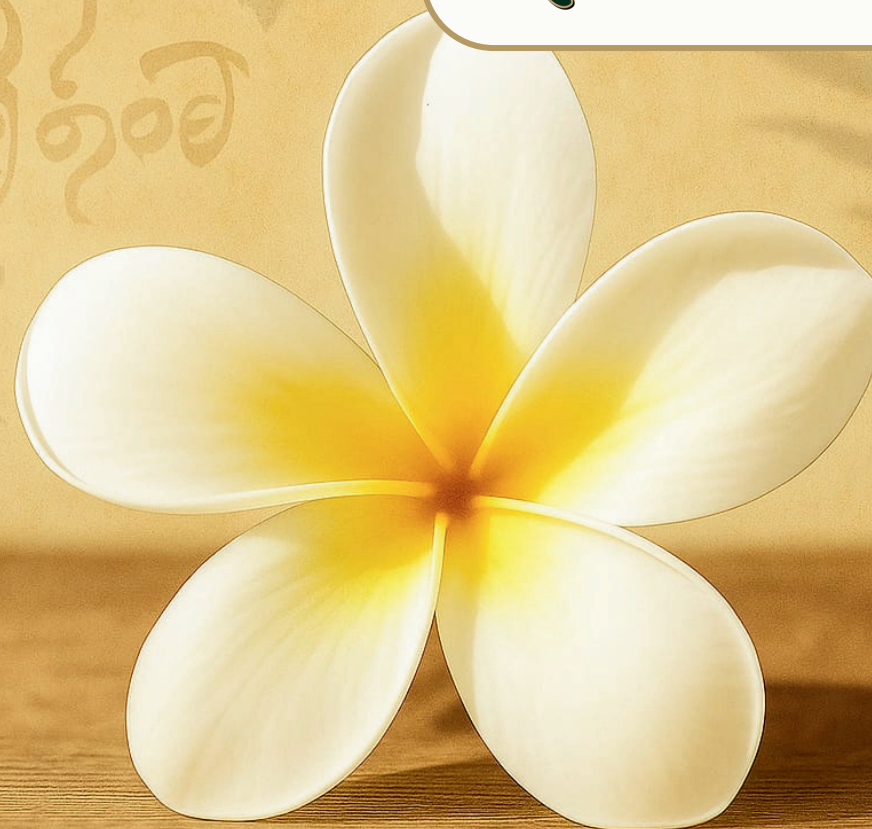
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