

AYURVEDA & DETOX HEALING RETREAT

Rejuvenate, Relax and Recharge by the Indian Ocean

08-21 Days



Package Includes

- Luxury Accommodation
- 5–7 daily Ayurvedic treatments
- All meals: daily breakfast, lunch, and dinner (incl. appetizer, main meal, desert)
- Private transportation & transfers
- Meditation on Blue Beach Island
- Sri Lankan cooking class
- Guided Meditation classes
- Guest Relations Manager on call
- Daily Doctor Consultation
- Unlimited Tea, 2x daily fresh juices or coconut
- Ayurvedic care products, bath towels & sarongs for treatment use
- Daily yoga lessons
- Welcome Package on arrival

Locations & Destinations

- Hiriketiya
- Blue Beach Island
- Optional activities: snorkeling with turtles, tea plantation visits, temple tours, safaris

Not Included

- International airfare
- Personal expenses & tips
- Travel insurance
- Alcoholic beverages



Overview

Discover the ancient healing wisdom of Ayurveda in a deeply restorative retreat set in a peaceful coastal sanctuary on Sri Lanka's southern coast. This immersive journey offers a personalized detox and rejuvenation program guided by expert Ayurvedic doctors — all while you stay in a **beautiful boutique resort near the Blue Beach Island**.

Whether you're looking to cleanse, rebalance, destress, or simply reconnect, this healing experience is tailored to your body type and specific wellness goals.

Why Choose Ayurveda?



Deep physical and emotional detoxification



An escape from everyday stress and modern distractions



Long-lasting health benefits guided by experienced practitioners



hello@niceandcurrytravels.com

Accommodation



Set just steps from the Indian Ocean, your home during the retreat is a **serene boutique property** nestled in a peaceful coastal village. Rooms are **spacious, airy, and designed with natural materials** — many offering sea views and the soothing sound of waves.



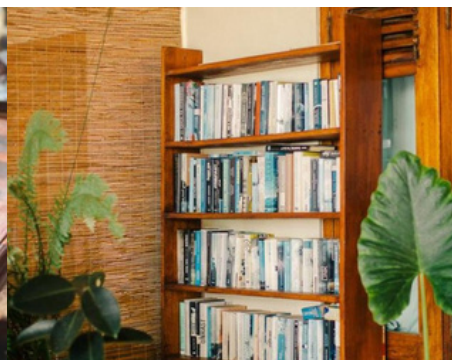
You'll stay in comfortable rooms with an en-suite bathroom, fans, and thoughtful Ayurvedic touches. The atmosphere is calm, healing, and personal — with hammocks under palm trees, sun loungers by a **saltwater pool**, and a yoga shala overlooking the ocean.

Practical Info

- Duration: 8–21 days
- Languages: English, Sinhala, German, Italian
- Season: Best Oct–Apr | Year-round availability
- Group size: Small & peaceful (max ~27 guests)
- Solo travelers welcome (private rooms available)
- Ideal For: Weight Loss, Detox, Hormonal balance, Stress Relief

Group Info & Pricing

- Duration: 8-21 days (flexible)
- Group Size: 2-20 people
- From: USD 1900 per person (incl. twin-sharing accommodation, meals, treatments) onwards
- **Special Rates: discounts for groups of 10+ and agent commissions**



An aerial photograph of a tropical resort. In the upper left, there are several buildings with terracotta roofs nestled among palm trees. A rectangular swimming pool with a blue and white striped pattern is visible. A dirt path winds through the palm forest. On the right, a sandy beach meets the ocean, with several small boats pulled up on the shore. The bottom right shows a rocky coastline with waves crashing against the shore.

UNPLUG, RESET, AND RETURN TO YOURSELF

Nice & Curry invites you to experience a wellness journey that nourishes your whole being



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TRAVELS