



WALLAWWA
COLOMBO

WELLNESS

Products & Benefits

We use Green Pearl Ceylon, a 100% natural product line, handmade in Sri Lanka. Each product is enriched with essential oils, herbs, and spices renowned for their healing properties.



Green Tea is rich in antioxidants with anti-ageing benefits; protects and promotes skin health while defending against daily environmental stress.



Green Tea & Pink Lotus cleanses, hydrates, and softens the skin, leaving it refreshed and revitalised.



Kaolin Clay stimulates circulation and gently rejuvenates the skin.



Jasmine Oil calms, soothes, and nourishes for a healthy glow.

Massages

Signature

60 or 90 minutes

USD 50 / 60

A gentle full-body oil massage using long, flowing strokes to revitalise and restore.

Asian Deep Tissue

60 or 90 minutes

USD 50 / 60

A full-body blend of Ayurvedic, Thai, Balinese, and Hilot techniques, combining dry pressure, stretching, and deep tissue work for complete relaxation.

Shiatsu

60 or 90 minutes

USD 50 / 60

An oil-free Japanese acupressure treatment targeting energy lines and points to ease fatigue and restore balance.

Back, Neck & Shoulders

45 minutes

USD 40

Focused massage to relieve muscle tightness from travel, desk work, or daily stress.

Foot

45 minutes

USD 40

Pressure-point therapy for the feet to promote wellbeing and stimulate the body's healing response.

Head

30 minutes

USD 30

A calming treatment to ease headaches, release neck tension, and relax the mind.

Kids

30 minutes

USD 30

Gentle techniques for children aged 4–12.

Scrubs

Walnut & Sandalwood

45 minutes

USD 40

A fragrant tropical body scrub that buffs away dry skin, clears pores, and restores a healthy glow.

Cinnamon, Coffee & Salt

45 minutes

USD 40

An invigorating blend to boost circulation, protect skin, and combat premature ageing.

Wraps

Kaolin Clay Jasmine

45 minutes

USD 40

Mineral-rich kaolin clay draws out toxins and improves circulation, while jasmine oil soothes and uplifts.

Green Tea Lotus

45 minutes

USD 40

A hydrating, antioxidant-rich wrap that purifies, softens, and boosts circulation for radiant skin.

Beauty

Facial

60 minutes

A cleansing steam, deep exfoliation, and antioxidant-rich green tea with healing pink lotus, suitable for all skin types.

USD 50

Add-Ons

30 minutes extra

USD 20 EACH

You can choose any one of the items below and add them on to any treatment, thus creating your perfect experience.

Leg

Feet

Neck & Shoulders

Hands

Back

Steam

Prices are inclusive of all government taxes and subject to 10% service charge

TEARDROP HOTELS

WELLNESS X VIKASA



Yoga

Vikasa Flow

60 minutes

USD 60

Vikasa Flow encourages deep attention and energy channelling through Asanas, Pranayama, and relaxation. The focus on the practice itself fosters a meditative flow state.

Additional person . USD 30

Vikasa Align

60 minutes

USD 60

Vikasa Align emphasises correct techniques and alignment in yoga poses, making it ideal for beginners to build a solid foundation for their practice.

Additional person . USD 20

Vikasa Chill

90 minutes

USD 80

Chill classes focus on restorative poses with longer holds, promoting body alignment and deep relaxation. This slow, meditative practice reduces tension and enhances energy.

Additional person . USD 40

Vikasa Complete

90 or 120 minutes

USD 80 / 90

Vikasa's signature classes blend Asana, Pranayama, and meditation, uniting physical, energetic, and mental techniques. This practice fosters a sense of wholeness and deeper self-connection.

Additional person . USD 40 / 45

Private sessions can be customised to your requirement and can accommodate a maximum group of 25 at the Sal Mandapaya.

Prices are inclusive of all government taxes and subject to 10% service charge

Meditation

Yoga Nidra

45 minutes

USD 30

Yoga Nidra, or 'yogic sleep,' involves deep relaxation without falling asleep, leading to profound rest and rejuvenation in a half-sleep state.

Additional person . USD 15

Trataka

45 minutes

USD 30

Trataka involves focusing on a candle flame, then visualising it with closed eyes. This Hatha Yoga technique cleanses the eyes, improves concentration, and develops inner vision.

Additional person . USD 15

Sound Healing

Gong Bath

45 minutes

USD 40

A gong bath uses deep vibrations to stimulate the vagus nerve, reducing stress and inducing relaxation. This sound healing method creates meditative states for stress relief.

Additional person . USD 20

Tibetan Singing Bowls

45 minutes

USD 40

Sound sessions use singing bowls and instruments to create vibrations that deeply relax the body and mind. These vibrations put the body in a dreamlike state, enhancing relaxation.

Additional person . USD 20

Energy Healing

Reiki

60 minutes

USD 60

Reiki is a Japanese energy healing technique where a master guides healthy energy flow through gentle hand movements, reducing stress and promoting healing.

Prices are inclusive of all government taxes and subject to 10% service charge

Terms & Conditions

Opening Times

- The spa is open daily from 9:00am to 9:00pm
- The wellness practitioner is available from 7:00am to 8:00pm
- If these times don't suit you, please speak with our team, who will be happy to arrange an alternative where possible

Booking

- To book a spa treatment or wellness session, please speak with a member of our team, or dial '0' to contact the Front Desk

Cancellation

- Cancellation of a spa treatment requires 2 hours' notice
- Cancellation of a wellness session requires 24 hours' notice
- If sufficient notice is not provided, a 50% charge will apply



TEARDROP