



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**

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

### Cinnamon, Coffee & Salt

**45 minutes**

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

**USD 40**

## Wraps

### Kaolin Clay Jasmine

**45 minutes**

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

**USD 40**

### Green Tea Lotus

**45 minutes**

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

**USD 40**

## 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**

**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**

A woman in a white tank top and black leggings is performing a warrior pose on a paved path in a dense jungle. She is looking upwards with her right arm raised. The surrounding environment is filled with various tropical plants and trees, with sunlight filtering through the canopy.

# TEARDROP HOTELS

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## WELLNESS X VIKASA

# Yoga

## Vikasa Flow

**60 minutes**

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**

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 30*

**USD 60**

## 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*

**USD 60**

## 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**

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*

USD 30

### Trataka

**45 minutes**

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.

# 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



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