

AYURVEDA WELLNESS

Ceylon
on My Terms

*Providing premium
quality healthcare and
medication to you and
your family*



PANCHKARMA



MASSAGE & SPA



HERBAL MEDICINE



HERBAL
ESSENTIAL OIL

BOOK NOW

+46 76 343 27 24



www.ceylononmyterms.se

Don't know what you have inside body?

A ***dosha assessment*** and a plan for your
stay. Start here if you're unsure.



✓ Thin Body



✓ Medium Body



✓ Fat Body

Choose your body type and book the
appointment

BOOK YOUR APPOINTMENT

Are you having joint and bone pain, stomach troubles, skin issues or stress?



Book and Consult for a
Panchakarma treatment

Design a 7 to 21 day
detox programme with
the lead physician.

Get the Consultation for
Single, Couple and Group
of People at once.



BOOK YOUR APPOINTMENT



Are you suffering with
Neurological Pains, High or
Low Blood Pressure?
Try our *Abhyanga & oil
therapy Session*

Our experienced practitioners provide
personalized treatments that balance the
mind, body, and spirit, helping you
achieve optimal health naturally



BOOK YOUR APPOINTMENT



Are you struggling with Migraine, Hair Fall , Lack of Sleep



BOOK YOUR APPOINTMENT



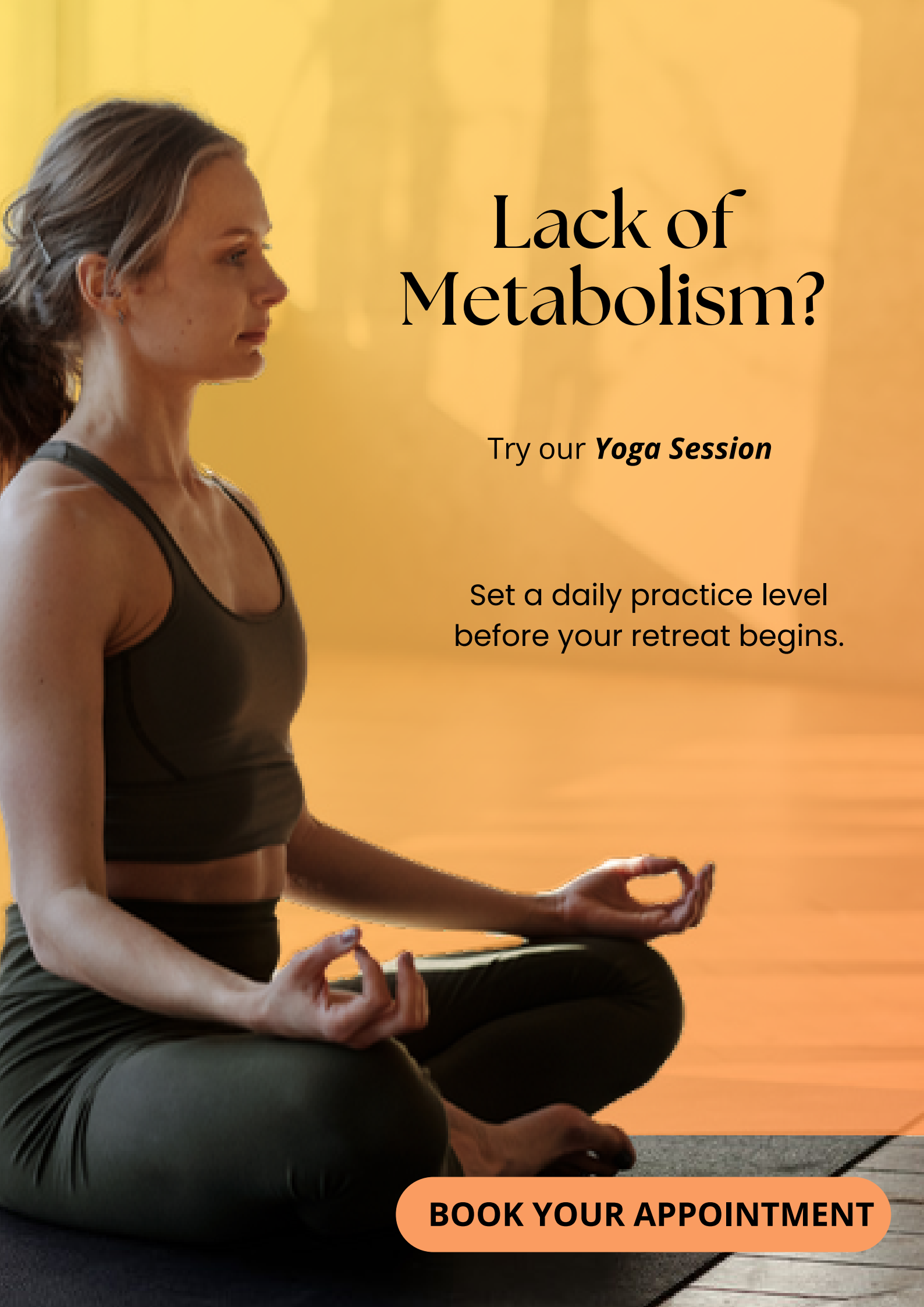
Try Our
Shirodhara
Session



AYURVEDIC **NUTRITION**

Are you lack of nutrients, vitamins and mineral supplements to your body ? Book and get a Consult for an ***Ayurvedic Nutrition*** Programme

BOOK YOUR APPOINTMENT

A woman with long brown hair tied back, wearing a dark green athletic top and leggings, is sitting in a meditative lotus position on a dark mat. She is looking to her right with a calm expression. The background is a warm, orange-toned interior space with soft lighting.

Lack of Metabolism?

Try our ***Yoga Session***

Set a daily practice level
before your retreat begins.

BOOK YOUR APPOINTMENT



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Terms*

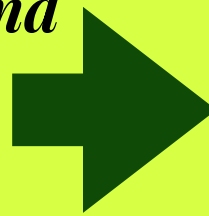
Group Family Session

-BOOK NOW -

*Travelling as a party? Bring up to five
people onto the call.*

BOOK YOUR APPOINTMENT

*All above Customizations are
available on our Wellness and
Ayurveda Packages
Scan this QR Code*





Ayurveda Wellness Escape

Wellness Ayurveda Yoga

Reconnect your mind, body, and spirit through authentic Ayurvedic therapies, yoga, meditation, and personalized wellness consultations. This journey is designed for travelers...

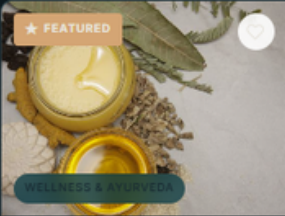
🕒 7 Days / 6 Nights 🧑 2-12 People 📍 Negombo, Bentota, Beruwala

Availability: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DURATION
7 Days

FROM
Coming Soon
Coming Soon
· per person
You save Coming Soon

[View details](#)



Wellness & Rejuvenation Retreat

Wellness Ayurveda Yoga

A comprehensive wellness program combining Ayurveda, spa therapies, healthy nutrition, yoga, and relaxation in some of Sri Lanka's finest wellness resorts.

🕒 10 Days / 9 Nights 🧑 2-12 People 📍 Bentota, Beruwala, Galle

Availability: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DURATION
10 Days

FROM
Coming Soon
Coming Soon
· per person

[View details](#)



Healthy Ageing & Senior Wellness Journey

Wellness Ayurveda Yoga

Specially designed for mature travelers seeking a slower pace, comfort, wellness therapies, cultural experiences, and relaxation in a safe and welcoming environment.

🕒 14 Days / 13 Nights 🧑 2-12 People 📍 Negombo, Kandy, Nuwara Eliya

Availability: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DURATION
14 Days

FROM
Coming Soon
Coming Soon
· per person

[View details](#)



Ayurveda Healing & Recovery Program

Wellness Ayurveda Yoga

An extended wellness journey focused on traditional Ayurvedic therapies, detoxification, relaxation, and long-term rejuvenation under the guidance of qualified practitioners.

🕒 21 Days / 20 Nights 🧑 2-12 People 📍 Beruwala, Bentota, Wadduwa

Availability: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

DURATION
21 Days

FROM
Coming Soon
Coming Soon
· per person

[View details](#)



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