A ceylonese spa experience

Posted on

Nestled at the far end of Park Street Mews amidst a row of warehouses, Spa Ceylon Ayurveda transports us back to age-old Ceylon.

Words *Madhushala Senaratne* ***Photographs*** *Menaka Aravinda*

Upon entrance, the guests are greeted by the soft calming fragrance of pure lemongrass oil and a traditional “Ayubowan” at the spa reception, before being escorted into the cloth clad spa pavilion. Soft music of the Ceylonese countryside is heard in the background. Designs, reminiscent of old temple art and sculptures, adorn the walls. “Welcome to luxury Ayurveda,” read the doorways of Spa Ceylon.

“What you find here is a truly Sri Lankan, or rather, a Ceylonese spa experience,” explains Shiwantha Dias, Director of Spa Ceylon Ayurveda. Spa Ceylon Ayurveda opened its doors in March this year and offers a series of rituals, designed to soothe the mind, body and soul. However, unlike traditional Ayurveda, the formulae are blended with essential oils to deliver great aromas and the spas are designed to offer luxury to the clientele.

Predominately a foot spa and boutique, services provided at Spa Ceylon Ayurveda also include treatments for the whole body. Influenced by the ancient healing rituals practiced in Ceylon, the treatments are a fusion of Ayurveda and contemporary spa therapies. The elements used are mainly those found in Sri Lanka, such as coconut oil, fresh aloe vera, lemon grass, cinnamon and lime oil.

Treatments are performed by a team of 12 Sri Lankan therapists. The most sought-after is the Ultimate Foot Ritual, a 90-minute treatment, which involves a footbath that helps de-stress the entire body. It comes with a head, neck and shoulder massage as well, thus promoting inner healing and total harmony, while at the same time leaving the visitor refreshed.

Other treatments offered include the Foot Rescue Treatment, which is ideal for people with foot fatigue after long flights and those with severe foot pain. The Head, Neck and Shoulder Ritual, the Ultimate Body Ritual and the Traditional Scalp Massage are also popular. In addition, the Sinus Relief Treatment is designed to

calm sinus related discomfort, while specialised treatment for back pain relief is also offered. “In all these, we do more than just an ordinary oil massage. Balms and warm herbal compresses are used, but more importantly our spa rituals are a treat for the senses too,” adds Shiwantha.

Special combination packages are also on offer, that include packages for couples, discounts on weekdays and series packages, where customers can pay in advance and experience a whole series of treatments. In addition, some sparkling wine is thrown into the party package, which is totally pampering and treats a group of six to one and a half hours of foot massage.

Spa Ceylon also offers a complete range of Ayurveda spa products made with fragrant herbs and pure essential oils to pamper, protect and relax in the comfort of your home. Packaged with a distinct Ceylonese character, the range includes massage oils, shower gels, hair oils, body oil mists, foot soaks and lotions, aroma balms, massage balms, hair cleansers, hair oil mists, natural candles and aroma diffusers to name a few.

Adding to its already intriguing concept of vintage Ceylon, the Spa is open till 11 pm, thus inviting its customers to truly unwind after their day’s work.

Open daily from 10 am to 11 pm Spa Ceylon, Park Street Mews, Colombo (+94 11) 534 0011