

Experience the Art of Return at Kurundu Wellness

Posted on



Kurundu Wellness invites you into a world where wellness is not an offering — it is a return.

In a city that moves at an ever-quickening pace, wellness has become less of an indulgence and more of a necessity. At Cinnamon Life at City of Dreams Sri Lanka, this philosophy finds its most refined expression through Kurundu Wellness, an elevated wellness experience where restoration is not scheduled, but sensorially discovered.

Kurundu Wellness is inspired by the five natural elements, fire, water, earth, wood, and metal, forming the quiet architecture of a journey designed to bring the body,

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mind, and spirit back into harmony. Here, balance is not defined as a destination, but as a gradual unfolding through touch, warmth, stillness, and time. The experience begins in restraint and ritual. Kurundu's signature oils, infused with cinnamon, king coconut, aloe vera, and essential extracts, are applied in slow, intentional movement, allowing the body to soften into presence. The air changes. The pace dissolves. The senses begin to recalibrate.

From there, the journey deepens into layered immersion. Heated stone therapy releases deep muscular tension, while sculpted body rituals combine warmth and rhythm to restore flow and ease. Water becomes an essential companion through hydrotherapy, steam, sauna, and vitality experiences, each element working in quiet succession to cleanse, restore, and rebalance.



Discover a sanctuary where wellness is more than a treatment — it's a journey back to balance, joy, and presence.

Kurundu is not a sequence of treatments. It is a transition of states. From heaviness to lightness. From overstimulation to clarity. From movement to stillness. This Global Wellness Day, celebrated worldwide under the theme #JoyMagenta, Kurundu

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Wellness reflects on joy not as something to be pursued, but something to be returned to. A natural state that reveals itself when the body is listened to and the mind is allowed to settle.

Guests are invited to experience a curated wellness journey that flows through signature therapies and immersive hydrotherapy rituals, designed to leave behind not just relaxation, but a lasting sense of internal alignment.

At Kurundu Wellness, luxury is not excess. It is the quiet moment when everything slows enough for you to feel yourself again. Because here, wellness is not an offering. It is a return.



Healing unfolds through warmth, ritual, and stillness.

Kurundu Wellness

Cinnamon Life at City of Dreams Sri Lanka +94 74 316 7793.

Opening hours: 9am-9pm

cinnamonhotels.com/cinnamon-life-city-of-dreams-sri-lanka

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