Finding Healing at Le Lily

Posted on



Le Lily Wellness Solutions uses one of the most ancient forms of healing to help people revive, restore, and discover themselves. They are committed to providing an authentic wellness experience through massage therapy in a crowded landscape of spurious treatments.

Words Jennifer Paldano Goonewardane.

Photography Sujith Heenatigala and Dinesh Fernando

What is in a spa? It’s more than what people imagine it to be. It’s an experience, a retreat into a world of wellness for a holistic treatment focusing on the mind, body, and spirit; the perfect therapy for a healthy mind-body balance. That is precisely what Le Lily Spas is committed to providing. In a landscape clouded by an inauthentic definition of wellness, Le Lily stands apart as a pioneer in spa and wellness in the hospitality industry. They serve from the heart. It’s more than just pampering. It’s about healing from within, where sight, sound, and smell work harmoniously to transfer healing and renewal.



Manoj Jayawardena, Founder, Le Lily Wellness Solutions.

Young entrepreneur Manoj Jayawardena is the Founder of Le Lily Spa Wellness. He

brings over a decade of experience in the wellness industry in the Maldives, Qatar, Oman, and Vietnam, where he learned its purpose and benefits for longevity. Manoj embarked on his wellness mission in Sri Lanka in 2018. Through several challenging years that followed since the beginning of Le Lily, his spas have stayed in business, eventually expanding to twelve branches in leading hotels and resorts around the country. To experience Le Lily's spa hospitality, we entered its Mount Lavinia Hotel wellness center. Located away from the hotel's façade, the spa and wellness center is filled with the ocean waves sounds in the background, soothing music, and the smells of lemongrass and lavender. Their interior décor and furniture layout complement global spa requirements and quality standards while honoring local customs and traditions. Snug, clean, and minimalistic, their rooms are furnished to cater to their suite of services. With a blend of natural and organic ingredients in creating age-old recipes, their therapists radiate warmth, concentration, and a genuine desire to deliver from the heart, transferred to their hands, to stimulate, rejuvenate, balance, and relax the mind and body. There is perfect harmony between techniques and results. Their methods and modalities vary from one massage therapy to another, manipulating the body's soft tissues through a gentle glide to a deep knead to a rhythmic tapping; the benefits of the different massage movements contributing to overall wellbeing, from promoting relaxation and reducing stress to improving mobility and aiding recovery from injuries.

Where one suffers from sleep disorders and cognitive difficulties, Le Lily has a menu that offers a suite of signature rituals, from sense restoration to an energizing fusion massage to deep sleep therapy and stress relief to detox massages. One discovers healing in a peaceful space that releases anything unhealthy for the mind and body. From gentle stretching to intense movements with various nurturing oils, the movements allow the body to release tension, detoxify and improve sleep, strengthen muscles and joints, and restore mobility and alignment of the back and spine. There is perfect harmony between the gripping movements and the energy the spa's Balinese therapists transfer to the body.

The Asian spa rituals of Balinese massage, the Tibetan warm stone massage, the Vietnamese massage, and the Thai fusion massages are sensorial journeys that blend native ingredients and traditional massage techniques perfected over centuries. The body rituals of wraps and scrubs are unique in their use of ingredients, from Gotukola, chocolate, coconut and coffee, green tea, sugar, and salt; they revitalize the body with a fresh glow and speak to the mind by creating a sense of happiness, achieved through a delicate balance between body cleansing

and relaxing. The spa’s Ayurveda- Aromatherapy offers the best remedies and results of natural substances, given Ayurveda’s combination of preventive and curative therapies and its emphasis on attaining and maintaining a healthy balance between mind and body, and aromatherapy’s strong sense of smell from natural plant extracts and fragrant compounds in essential oils.

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The spa’s Balinese therapists bring their welcoming demeanor to the pleasant interior.



Nutrient enriched massage oils suffused with natural ingredients aid the rejuvenation process.

From family spa days with tailored relaxation for every generation to Ayurveda-inspired spa treatments, kids’ and moms-to-be spa rituals, couple spa treatments,

and facial rituals, Le Lily serves the requirements of a diverse group. And it is rightly so, as they aim to create happiness in people's lives by administering massages and forms of touch therapy to prompt the release of endorphins, the body's natural feel-good hormones, just what an individual needs to help ease pain, relieve muscle tension, and stimulate relaxation.

Le Lily Spa employs twenty-five therapists specially selected from Bali across their twelve spa and wellness centers at leading hotels and resorts. They are not just women with skills; they are described as 'born healers.' They are not just selected. They are chosen for their body language and healing energy. They are exceptional in every way, women with unique palms, to whom massaging is about bringing healing by releasing their energy into action, which they transmit to their clients. The connection they make by transferring their energy heals. Trained in Bali by a Le Lily selected Balinese teacher, the therapists, once here, receive further prepping to align them with the organization's vision and mission.

An essential part of therapists' training includes their approach to clients and how they open their interaction and establish a connection with them, which puts the client at ease and helps them to relax during treatment. The process and the person complement each other in producing a holistic experience and bringing out the wholesomeness intended by massage therapy.

Nutrient-enriched massage oils suffused with natural ingredients aid the rejuvenation process. King coconut oil is a substantial base fused with many ingredients to create unique solutions and a pleasurable and fruitful customer experience. The oils are prepared by an American FDA-certified company according to the specifications and guidelines provided by Le Lily Wellness Solutions. Their emphasis on quality is stringent, to the extent that Le Lily Wellness Solutions is the only spa and wellness management company with a written Standard Operating Procedure for every treatment, ensuring that they don't follow a 'one size fits all' approach to treatment. They use authentic and distinct massage modalities and various ingredients that vary according to the type of massage meant for different body parts and results. So much so that they have crafted unique spa journeys for each resort.

Having carried out over three hundred thousand therapies, Le Lily Wellness Solutions is on a growth trajectory and aims to expand beyond Sri Lanka to India shortly. It is also the only spa and wellness Management Company that shares its cloud-based booking system with other legitimate hotel and resort wellness centers.

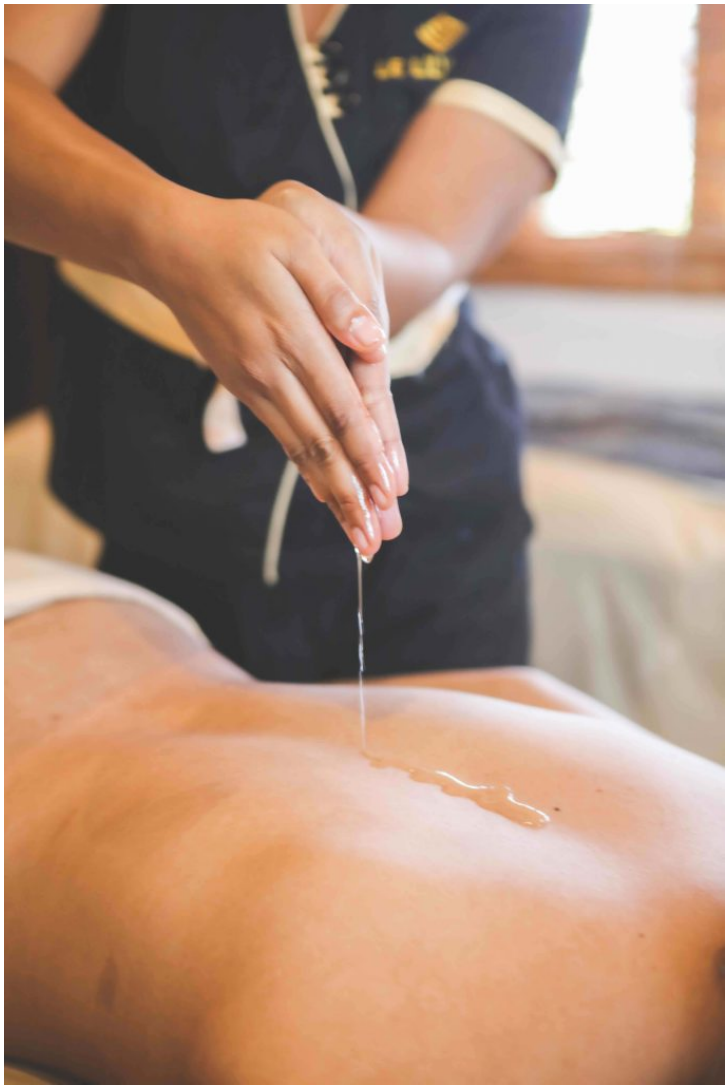
What differentiates Le Lily and its success is its quality, authenticity, techniques, exemplary service, and commitment to constant improvement. They continue their mission to establish spa treatments as wellness solutions and therapeutic processes for human wellbeing as they grow.

Le Lily Spa

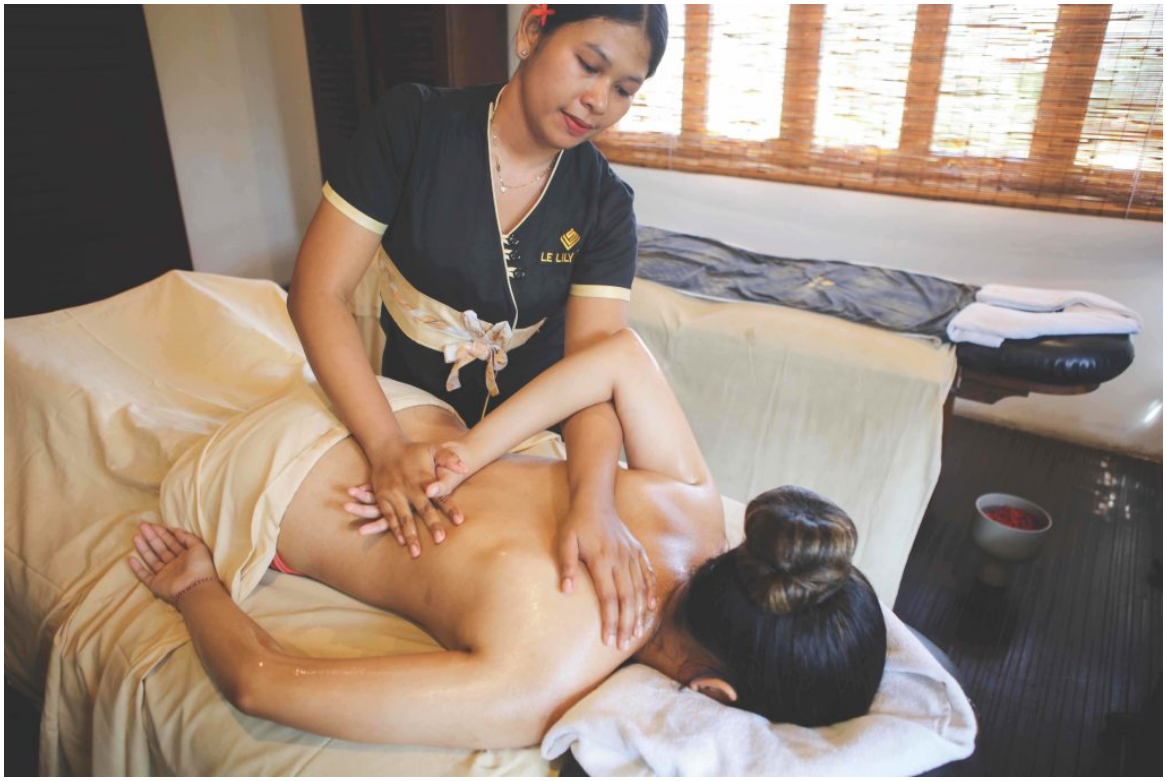
Mount Lavinia Hotel

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It’s more than pampering, it is a wellness journey.



Trained Balinese therapists are ‘born healers’ – specially selected and trained for the task.



Their minimalistic interiors are furnished to cater to a suite of services.