



Shirodhara treatment area

As I arrived at the doorstep of the white washed edifice, which stands out from the rest of the commercial surrounding, the pleasant smell of Jasmine invited me into a domain of relaxation and healing.

Words Himansa Herath **Photographs** Indika De Silva

White by Spa Ceylon stands out as a luxurious Spa equipped with all Spa needs with a plethora of therapies, products and services. The White Spa gives prominence to the more luxurious aspects of the Spa Ceylon concept. The miniature waterfalls, the greenery and the aromatic flowers impart the deep connection with mother nature, while at the same time

offering you a meditative spiritual and bodily serenity.

Since its inception a year ago, White by Spa Ceylon has expanded in terms of capacity, facilities and treatment areas. It now caters to a full capacity of 26 guests at any given time.

The White Spa has also expanded with five new treatment lounges.

Among these are the Shirodhara treatment, which is widely sought for its benefits of stress relief, maintenance of internal body balance, reduction of blood pressure and effects of peace and relaxation. The Spa also offers the Sarawangadhara treatment, which is highly commendable for its benefits of eliminating jet lag and fatigue. Both these dhara treatments are followed by massage therapies.

Focusing on the therapeutic side, the Spa introduces the Anti-Cellulite treatment. With this ayurveda-inspired therapy, the Spa assures that their guests leave the Spa with glowing, healthy and supple skin combined with an improvement in overall wellness.

At the new, dedicated hair treatment and nail treatment lounges, one can avail of comforting and valuable therapies. Fused with acupuncture and the Shirowasthi treatment, the hair lounge specialises in all hair related medications. The nail lounge adds more value as it deals with purifying Spa pedicures, manicures and nail related therapies. The Ceylonese identity is well preserved as all these treatments are done using ayurveda-based products.

“This year Spa Ceylon was nominated for the World Luxury Spa Awards 2014 by the World Lxury Hotel Awards. We have been nominated under the category of the Luxury Ayurveda Spa,” Shiwantha Dias, Director- White by Spa Ceylon commented. The extensive effort put forth by the large team of local and foreign therapists has earned international repute for Spa Ceylon as they declared open a spa in Istanbul, Turkey.

Encouraged by the accomplishment up to date, White by Spa Ceylon assures an experience of royal indulgence and opulence blended with bliss and well-being.

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White By Spa Ceylon: A Royal Treatment

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