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Where transformation begins....

Get your bearings....

- 4 hours from Colombo
- 3.5 hours from the airport
- 1 hour 10 mins from Kandy
- 45 minutes from the Victoria Golf Course
- 3 hours from Sigiriya
- 3 hours from Gal Oya



The Story of Human Sustainability

At Santani we see hospitality through the focal lens of human sustainability, the only luxury hospitality brand in the world to do so, because we believe that protecting the world means protecting you first – a belief that guides everything we do.



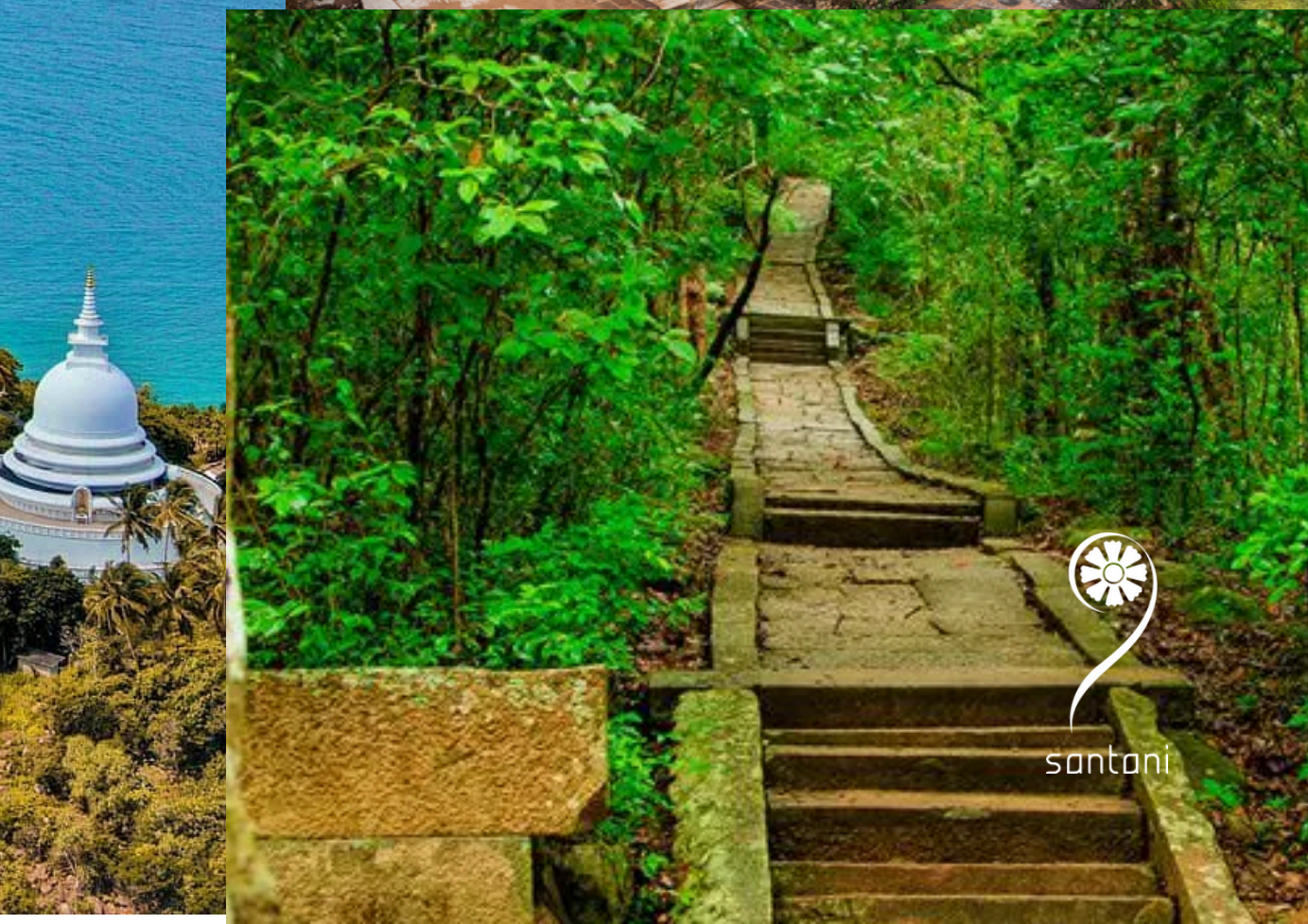


The Stories Sri Lanka is Best known for:

- The story of kingdoms and ancient civilizations
- The story of Buddhism
- The story of Ceylon Tea
- The story of wildlife
- The story of a Geoffrey Bawa and architecture
- The story of Cinnamon
- The story of beaches

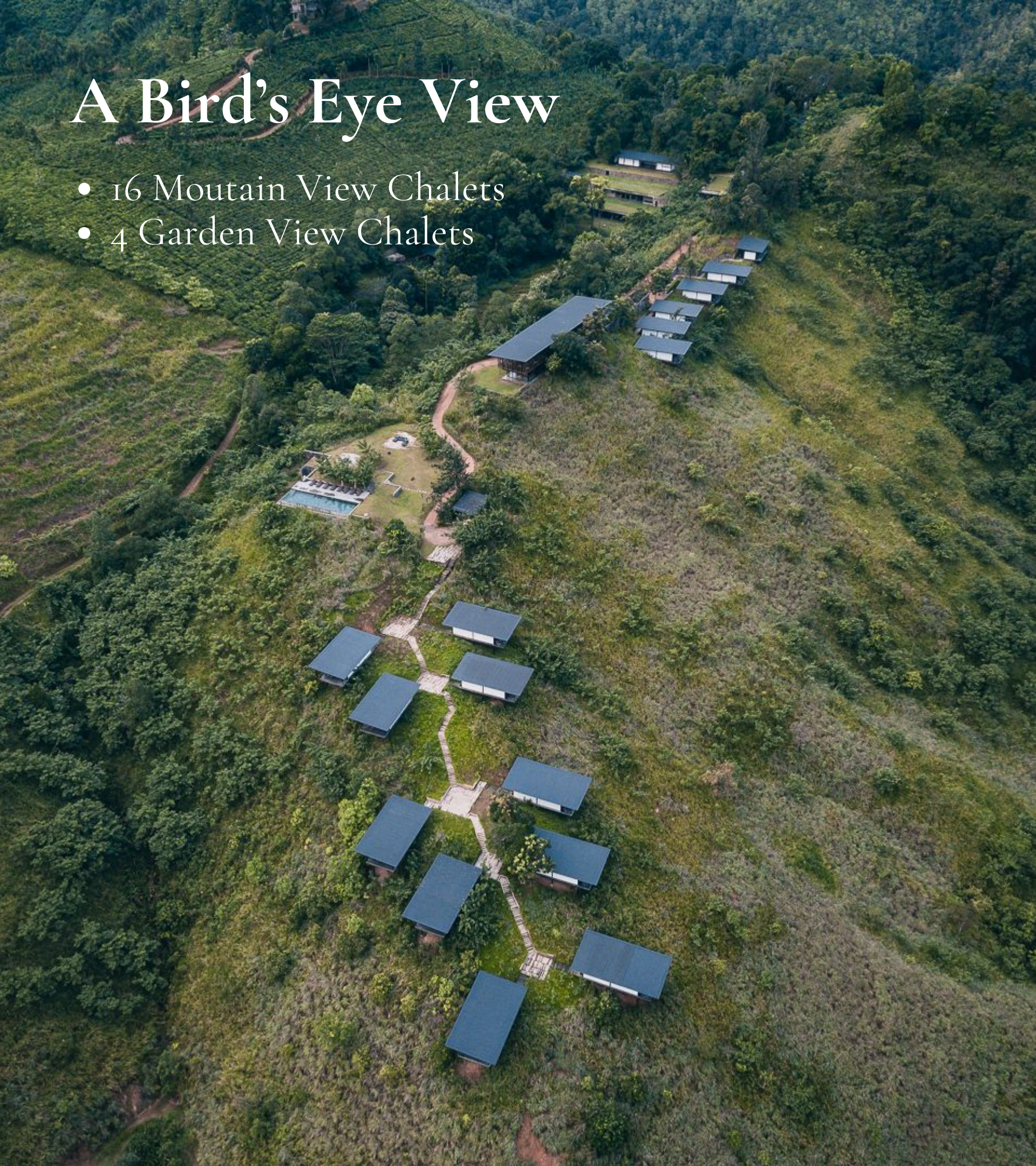


The Untold and Unsold Story - Wellness in Sri Lanka



A Bird's Eye View

- 16 Mountain View Chalets
- 4 Garden View Chalets



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The Floating Restaurant



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Architecture of Silence



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Sustainable



The Best Cuisine in the Island





The Rasa Haya | Six Tastes

The Santani concept of gourmet wellness cuisine follows the Ayurveda philosophy of 'Rasa Haya', meaning six tastes. This unique concept of intelligent eating is centred on **taste-based nutrition**, as opposed to nutrient-based nutrition. Rasa Haya ensures your body receives nutrition based on its individual needs, with the 6 tastes pacifying the energies within you, bringing your body into a perfect state of balance.

The Six: Sweet, Sour, Salty, Bitter, Pungent, and Astringent.



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Culinary Art



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Fine Dining



Michelin Worthy



The Rooms



Less is more....



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Future of Living



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Cloud Bathing





Open Concept Washrooms

Level 1 - Consultation Rooms

Tri Level Spa Complex



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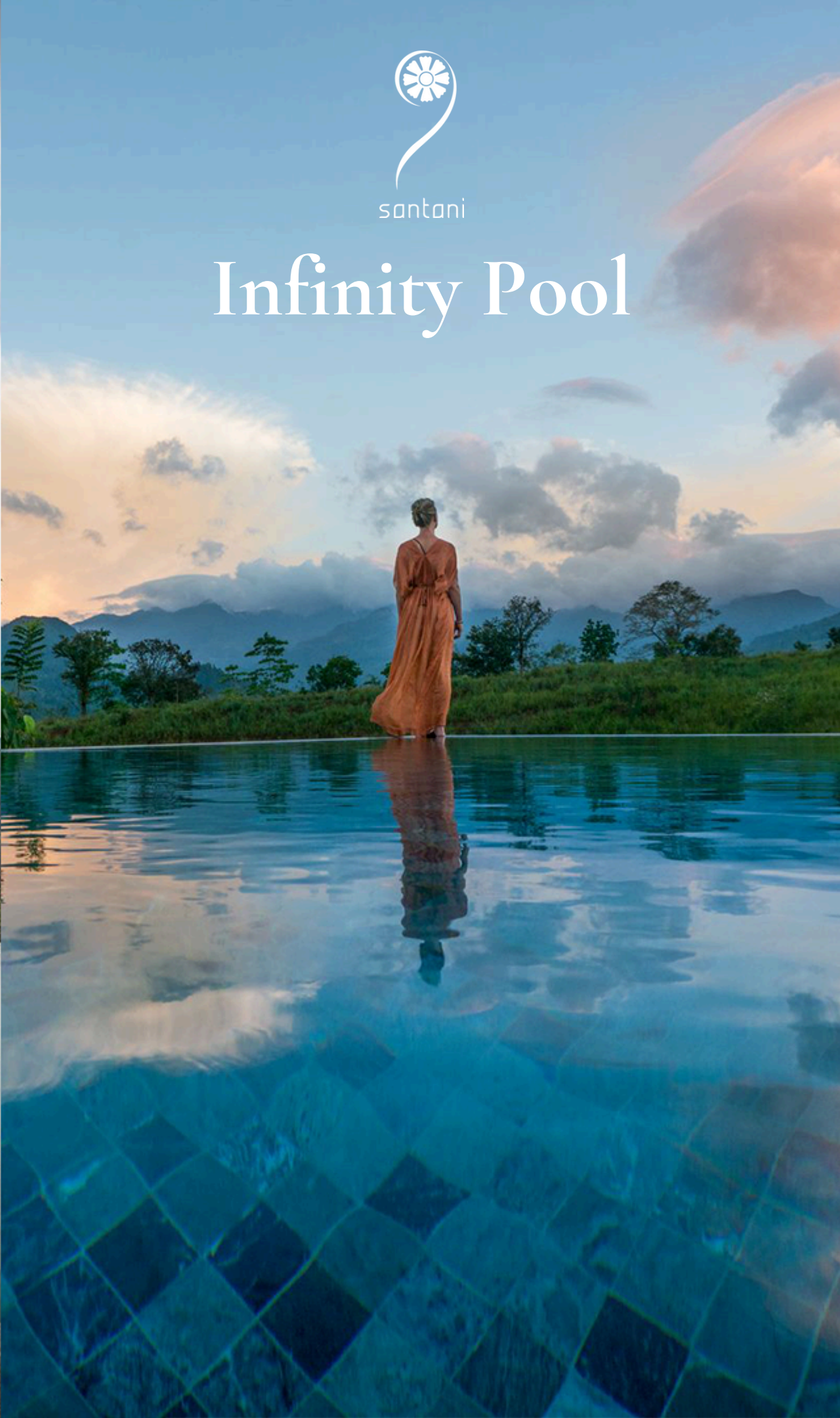


Level 2 - Wet Rooms (Salt Water Bath, Thermal Pool and Sauna)

Level 3 - Open concept treatment rooms







Infinity Pool



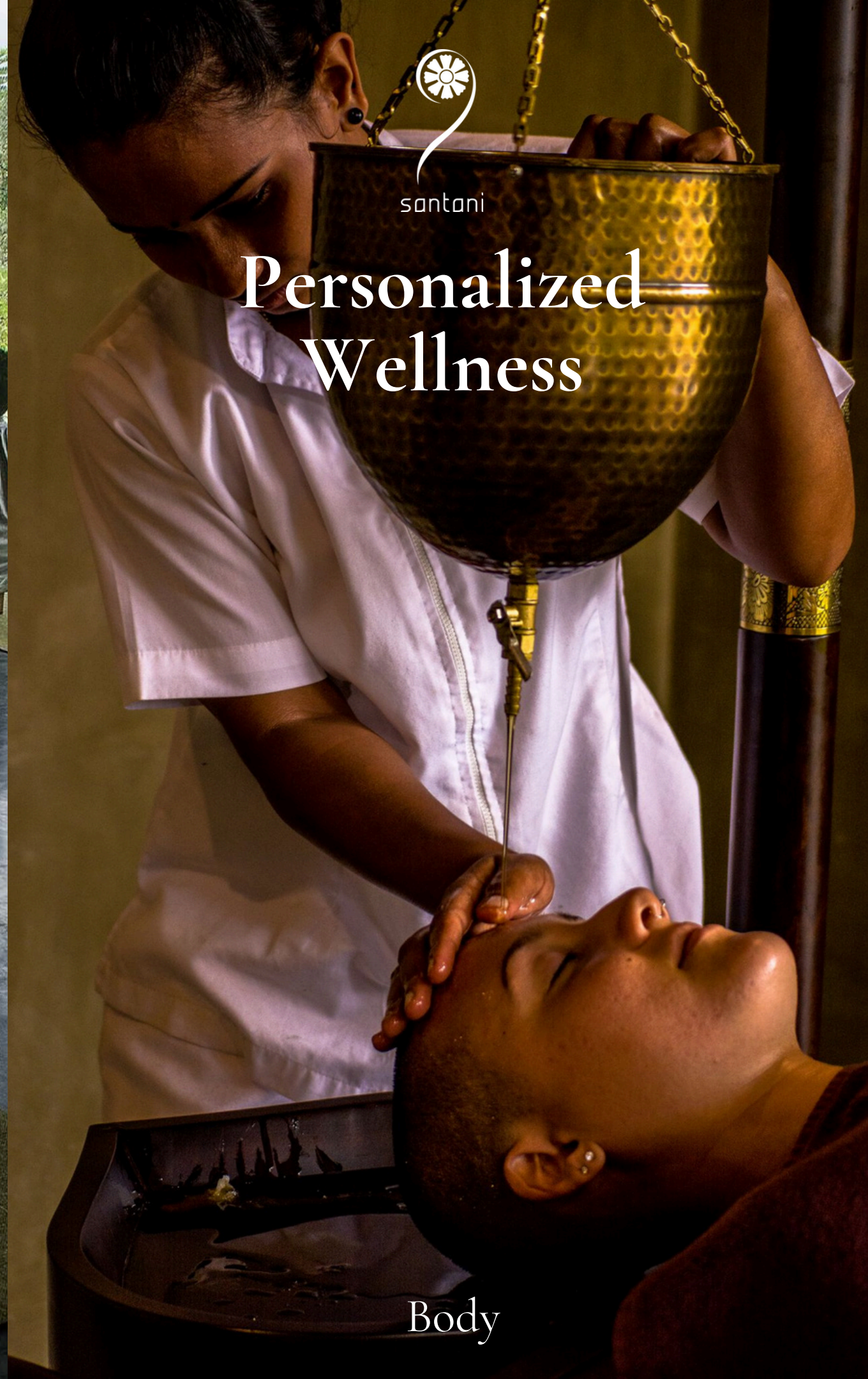
The Concept of Ayurveda

- The Life Science says that each person has a distinct pattern of energy, a specific combination of physical, mental and emotional characteristics.
- There are five great elements of ether, air, fire water and earth that blends for the creation around and within the physical body.
- The five senses of humans serve as the portal between the internal and external realms.
- These five elements are grouped into 3 basic types of energy and functional principles (Dosha) that are present in everybody and everything.
- Combinations are described as:
 - Vata - Ether + Air
 - Pita - Fire + Water
 - Kapha - Earth + Water
- Everyone has Vata, Pita and Kapha but usually one or two are dominant in a particular person.
 - Vata - Energy that controls the bodily functions associated with motion.
 - Pita - Energy that controls the body's metabolic system.
 - Kapha - Energy that controls growth in the body.
- Many things can disturb the energy balance such as stress, an unhealthy diet, the weather and strained family relationships.
- The disturbance shows up as disease.
- Treatments in Ayurveda are prescribed to bring the energy (Doshas) back into balance.





Mind



Body



Spirit



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Personalized Wellness

The Pre Arrival Process

- Connecting with the reservation team
- Online wellness assessment form
- To the assessment of existing/progressing physical, mental social status
- To determine the physical and psychological constitution
- Online consultation with the Ayurveda doctor in special occasions
- Pre preparing advices and guidelines for guest on wellness programs

On Arrival Process



- Consultation with the Resident Ayurveda Doctor
- Pulse reading to determine the imbalances of energy levels (Vata, Pitta, Kapha)
- Determining the root cause for the illnesses
- Setting up of a **personalized diet plan** according to the wellness goal , physical constitution and personal preferences
- Components of diet;
 - Ayurvedic diet - aims to restore energy and selective to the body constitution
 - Weight loss diet – combination of low carb, high protein, high fiber, Kapha reducing juice diets and light meals
 - Detox diet – A combination of juice diets made with fresh vegetative ingredients for the purpose of detoxing and immune boosting
 - Diets for personal preference in order to prevention of stress
 - Yogic or sattvic diet – Special practices on vegetarian meals

The Daily Routine

•Schedule a daily routine to follow at Santani specially focusing on sleep, exercise and mindful practices

Inclusions;

- A daily 90 minutes of Spa treatment
- Guided nature walks with increasing intensity to maintain the physical activity level
- Visit to religious places to get blessings
- Group yoga sessions
- Personal yoga therapy sessions
- Comprehensive Cleansing Treatments
- Lifestyle discussions and guidance



Morning and Evening Yoga and Meditation





The Great Outdoors






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By Foot
ADVENTURES
Sri Lanka

Wellness 2.0 - Top Selling Spa Treatments

Choorna Swedana:

A full-body massage with oil will be performed, followed by full body application of a paste made of warmed herbal powder to induce therapeutic sweating. It is highly effective in relieving muscle pain and joint stiffness. It improves blood circulation, helps to eliminate toxins, alleviates rheumatism, arthritis and sports injuries.

Shiro Dhara:

This unique treatment is done following a head, neck and shoulder massage. After the massage, lukewarm oil is poured in a continuous stream on the forehead for 30 minutes. It slows down the ageing process, improves memory, and is known to have a curative effect on insomnia, depression, anxiety, stress, hypertension and other neurological issues.

Abhyangam:

Abhyangam is a traditional Ayurvedic massage. Different oils are used for different individuals depending upon their body constitution, seasons and ailments. Numerous benefits of Abhyangam include prevention of ageing, relief from fatigue, strengthening immunity, improving one's capacity to tolerate strain and exertion.

Wellness 2.0 - Top Selling Wellness Packages

Santani Detox:

Regular cleansing of the body is core preventative care that will help avert the occurrence of many diseases such as cancer, hypertension, diabetes, cardiovascular issues, degenerative changes etc.

Santani Detox programmes can be customized to different needs and durations starting from 5 days to 21 days. These can differ from a basic introduction to detox to an advanced detox for guests who are more accustomed to detox and cleansing. The programme can be customized based on Ayurvedic techniques or Western techniques such as juicing.

Goal: Clean the body of illness creating root causes and rejuvenate the immune system and other systems that help fight diseases

Santani Weightloss:

For those interested primarily in weightloss, this program is strategically designed to eliminate excess weight while leaving you feeling energized, healthy, balanced and encouraged to continue after you leave Santani.

Goal: To lose weight and optimize body composition.

Re-Balancing Bliss:

Specifically engineered to address the needs of stressed out executives, anyone facing their mid-life crisis or grappling with low energy levels, this program combines indulgent relaxation and de-stressing treatments with mindful education to incorporate holistic health in even the most high stress everyday life.

Goal: to revitalize the stressed executive and give you tools for a more balanced lifestyle.





Results based treatment

Miraculous Improvements Observed After Treatments

Test	Observed Value Before Treatment	Observed Value After Treatment	Improvement %
Fasting Plasma Glucose (FBS)	101.65 mg/dL	96.1 mg/dL	5.45%
LIPID PROFILE			
Cholesterol - H.D.L	49.3 mg/dL	58 mg/dL	17.6%
LDL/HDL	2.58	1.82	29.4%
LIVER PROFILE			
Serum Globulin	38 g/dL	29.2 g/dL	23%
Serum Alk.Phosphatase	277.0 U/L	189.8 U/L	31.5%





Condé Nast
Traveler

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IN THE WORLD

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GREATEST PLACES

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IN THE WORLD

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DestinAsian

THE LUXE LIST
2017

**BAWA
AWARD**

EXCELLENCE
IN ARCHITECTURE

VOGUE

BEST WELLNESS
RETREATS IN THE WORLD



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