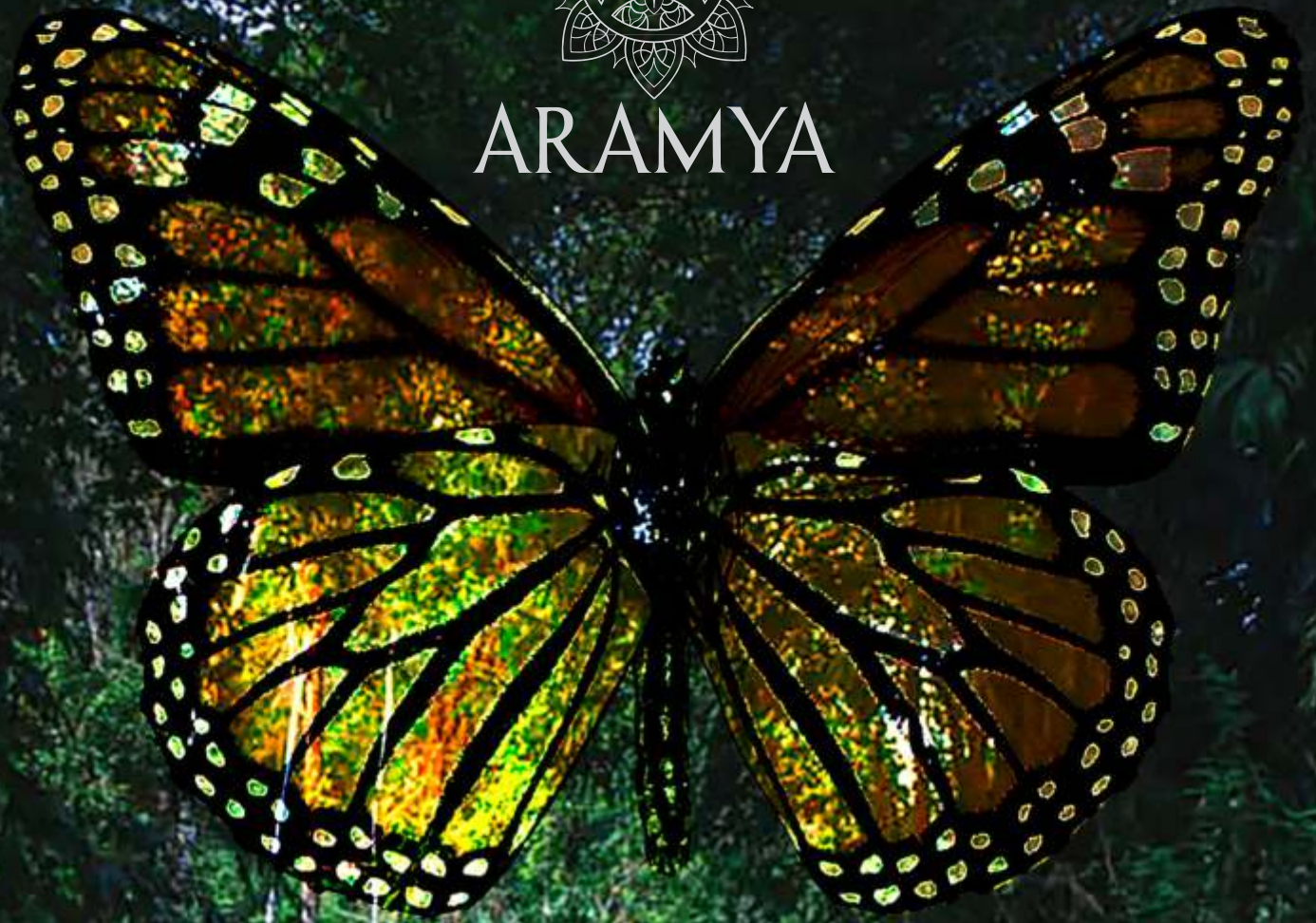


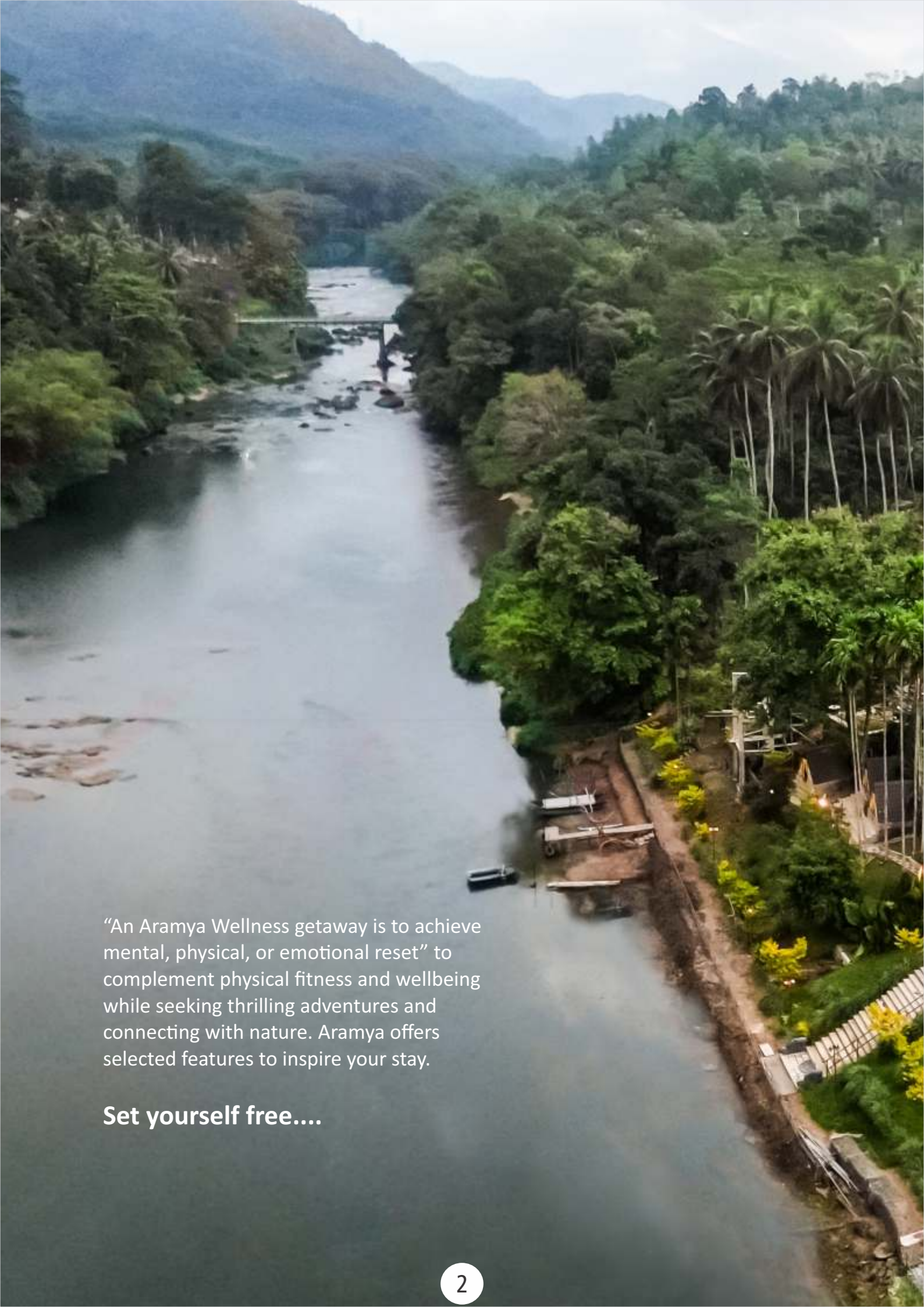


ARAMYA



E X P L O R I N G

Aramya Life



“An Aramya Wellness getaway is to achieve mental, physical, or emotional reset” to complement physical fitness and wellbeing while seeking thrilling adventures and connecting with nature. Aramya offers selected features to inspire your stay.

Set yourself free....



Arama is a fully vegetarian, adult-oriented meditation retreat for wellness concerned travelers in search of freedom getaways. In accordance with the structure, activities and to maintain the quiet atmosphere, please appreciate that children under 16 are not allowed as guests.

Complementary vegetarian food available throughout the day.

Only double room occupancies are available.
No extra beds or triple rooms are available.

River Cross Entrance

Entrance to the main Reception, Ayurvedic pavilion and Safe parking is located on the Colombo Nuwara Eliya (Hatton) main road.

You'll be welcomed with Fresh fruit drink.

treat yourself with Ayurvedic therapy which is complimentary to the resident guests. Ayu treatments also available to visiting guests.

Take joy in crossing the river through a small paddling boat to the hotel which is situated on the other side of the river bank.



Boat ride is permitted due to weather condition.
In the event of heavy rain or flooding, guests will be transported to the Hotel by "Tuk Tuk" or suitable vehicle.

ROOMING

ARAMYA offer more space for your freedom. A mix of authenticity and contemporary design textures architected for a enjoyable wellness getaway.

Accommodation provided on room only basis

Delux Rooms on the first floor
Superior Rooms on the Second floor
Suites on the Second Floor.

All facilities provided are complementary and are included in the accommodation package



FREE WIFI

You have a freedom of access to free WiFi in your room. Speak to butler for your password.



Toiletries

Specially packed "Natures secret" Brand toiletries are placed in all rooms. Flip flops provided. If required, guests are allowed to take away.



Lundry

Simple wash/ dry and ironing facility is available free of charge (Maximum one piece per person per day)



Butler

Butler is at your service 24/7. Please speak to him for all your requirements.

Freebies

Complementary all day long, right throughout your stay. .



Tea and Coffee

Natural black or green tea is available for free of charge throughout your stay. For hygienic reasons, we don't leave tea bags and kettle in the room.



Snacks

Casava chips and Hawaiian cookies

Drinks

Fresh juices and mineral water



Your Butler will assist you to refilling



Complementary food throughout the day





Deluxe rooms

All Deluxe rooms comprised of super king size bed located in the first floor with kelani river and swimming pool view. Guests may enjoy using Yoga Hammocks fixed in common areas. All our Delux Room offer 1 King size bed, 1-bathroom and a shower with toiletries. Bath robes, hair dryer and flop flops. Flat-screen TV with streaming services. Wardrobe and a safety box.



Superior Rooms

Superior rooms have a super king size bed. Located on the second floor with charming river view and infinity swimming pool view. In-room aerial yoga hammock + allocated meditation hut by the Kalani river and 24/7 butler service on your request. This Superior Room is comprised of 1 king size Bed, 1 bathroom and a shower with toiletries, Bath robes, hair dryer and flip flops. Flat-screen TV with streaming services. Wardrobe and a safety box.



Suite Rooms

Suite room has one super king size bed located on the second floor with a balcony with infinity swimming pool view and a river view. In-room aerial yoga hammock and allocated meditation hut by the kelani river and a 24/7 butler service.

This spacious suite is comprised of 1 bedroom with a mezzanine floor, 1 bathroom and a toilet with toiletries. Bath robes, hair dryer and flip flops. Flat-screen TV with streaming services.

Wardrobe and a safety box.



Arial Yoga

ARAMYA is probably the world's first hotel to build an Ariel yoga facility in Rooms.

Yoga, which is uniquely popular among the modern-day travelers today.

Yoga not only strengthens our bodies physically but mentally and spiritually as well.

Due to safety reasons children under 16 are not allowed and personal assistant should be attended for guidance and safety reasons.

Group yoga practices will be conducted in selected times.

Plan of activity will be available at the reception.



Welcome to your world.

Have your own space of freedom. develop self-compassion, warmest comfort you deserve for an intra-perspective activities to indulge in silence we strive hard to maintain to compliment your mediation, yoga, ayurvedic treatments and there's more to accomplish on your wellness guided holiday.

A photograph of an infinity pool with lounge chairs and umbrellas. The pool is surrounded by lush greenery, including palm trees and a large tree. The water is clear and reflects the surrounding environment. The sky is bright and clear.

Infinity Pool.

Nothing is better than being surrounded by water.
Drive in, float, relax and repeat or soak in the sun by the pool side.

Swimming pool open from 8 am to 8 pm.
Follow the Guidance and pool rules
before using the pool and note that the
lifeguard is not available .

Meditation Huts

Aramya Meditation huts are set on the banks of the river for independent meditation practice. Enjoy the ambiance full of peace and tranquility.

Mediation Huts are dedicated to Superior guests as an package option. Deluxe guests can be reserved on availability. Please watch the Do not disturb sign.

Please maintain the silence.



Solo Dance Room

Forget the dancer,
the center of the ego;
become the dance.
That is the Meditation

you are invited to book the room for
maximum use of 20 minutes slot
and be who you are.



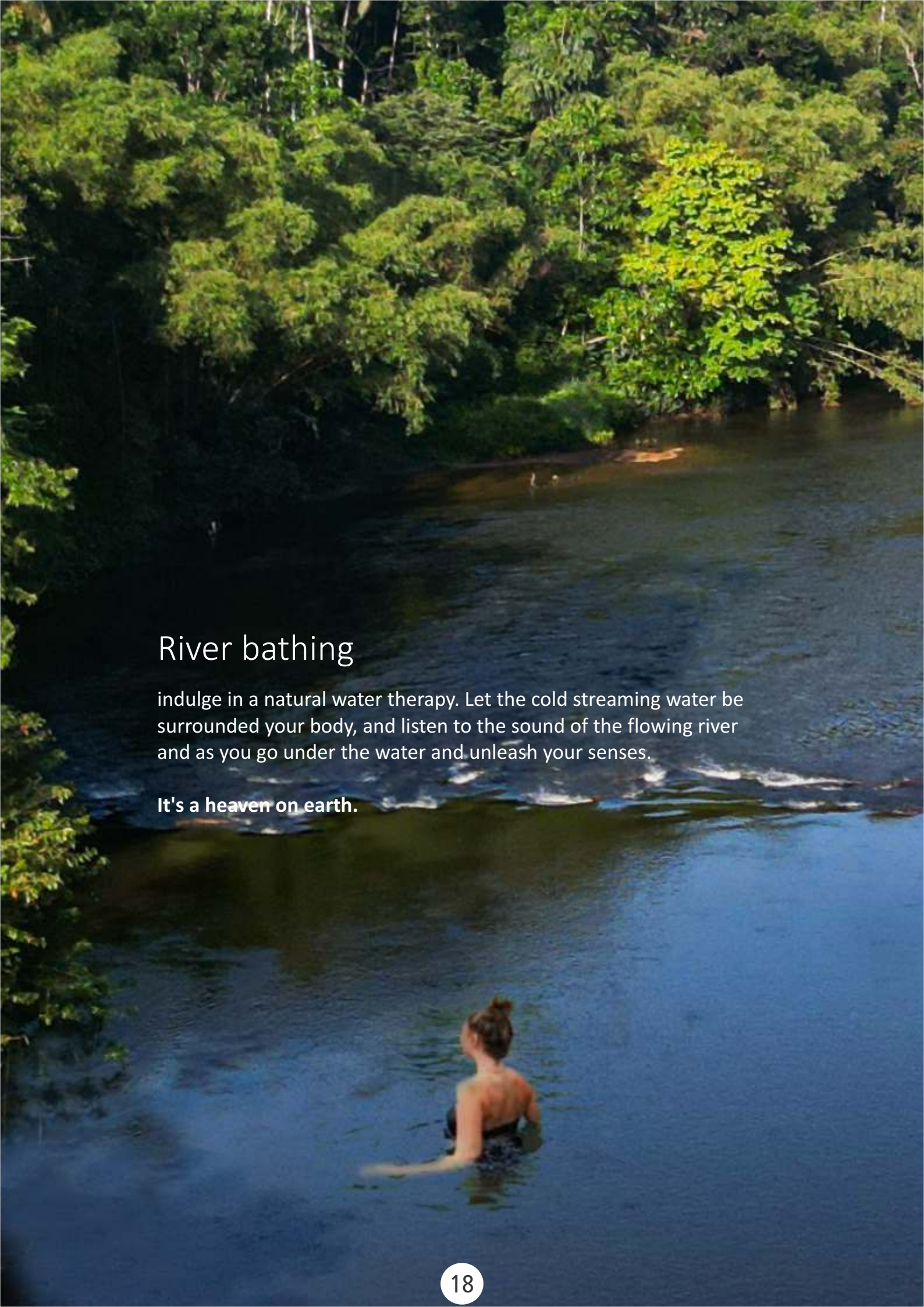


Silent point

Listen to the rhythm of the flowing river.
The natural river pond created by the dam span
across the river water.

It's a pleasant surprise as you relax on the
watching pad.

Take a walk along. Your seat is waiting.

A woman is seen from behind, swimming in a river. The water is a deep blue-green color. The river is surrounded by a dense forest of tall, green trees. The scene is peaceful and natural.

River bathing

indulge in a natural water therapy. Let the cold streaming water be surrounded your body, and listen to the sound of the flowing river and as you go under the water and unleash your senses.

It's a heaven on earth.

Swing along...

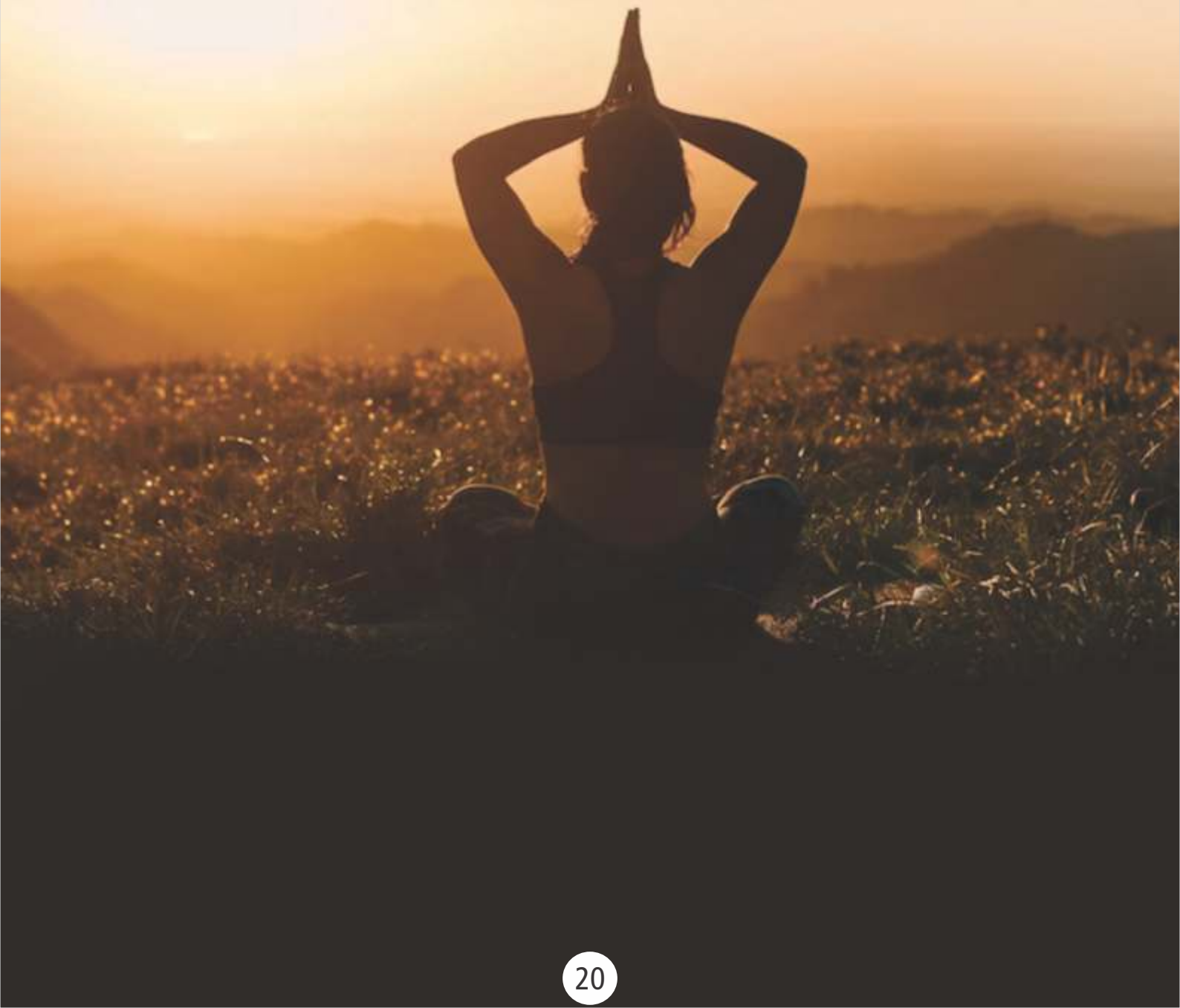
How do you like to go up in a swing
up in the air so blue. till you can see so wide
rivers and trees and the country green.



Soorya vandana (Sun worshipping)

Wake up at 6.30 am. Guests are warmly invite to experience to watch the rising sun. Imagine that the sun's rays, filled with abundance, health, creativity, knowledge, and lasting joy are bringing healing into your world Its very simple, yet very soothing and energies the whole body and calms the mind.

This meditation is done in the morning when the sun is rising.

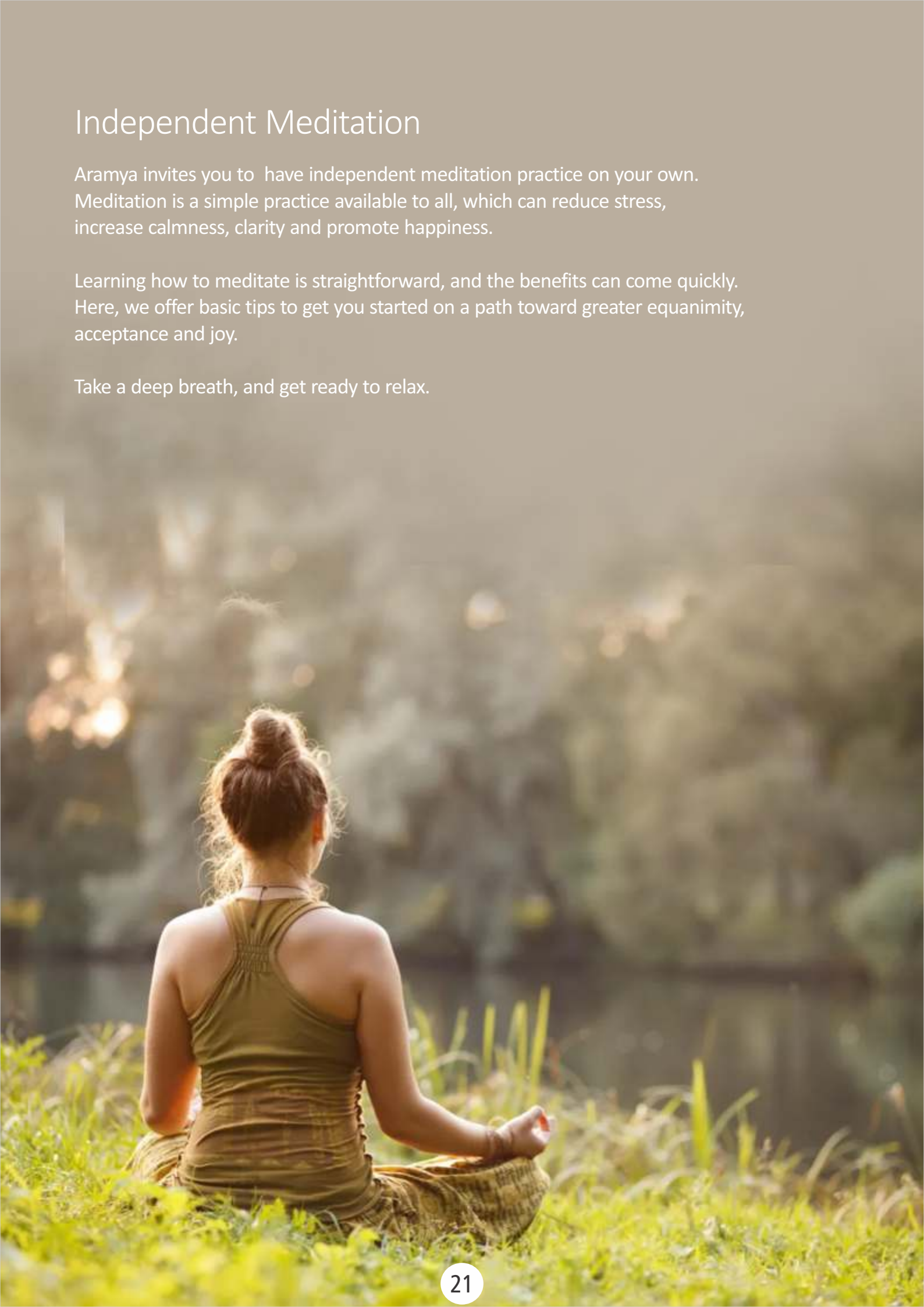


Independent Meditation

Aramya invites you to have independent meditation practice on your own. Meditation is a simple practice available to all, which can reduce stress, increase calmness, clarity and promote happiness.

Learning how to meditate is straightforward, and the benefits can come quickly. Here, we offer basic tips to get you started on a path toward greater equanimity, acceptance and joy.

Take a deep breath, and get ready to relax.



A woman in a white shirt and pants is walking on a dirt path that runs alongside a river. The path is covered by a blue metal canopy structure with a grid-like roof. Several blue, teardrop-shaped pendant lights hang from the canopy. The river is on the left, and a lush green forested hillside is in the background. The sky is overcast.

Aramya Walking meditation Path.

Mind can go in a thousand directions,
but on this beautiful path, walk in peace. With each step,
the wind blows. With each step, a flower boom.

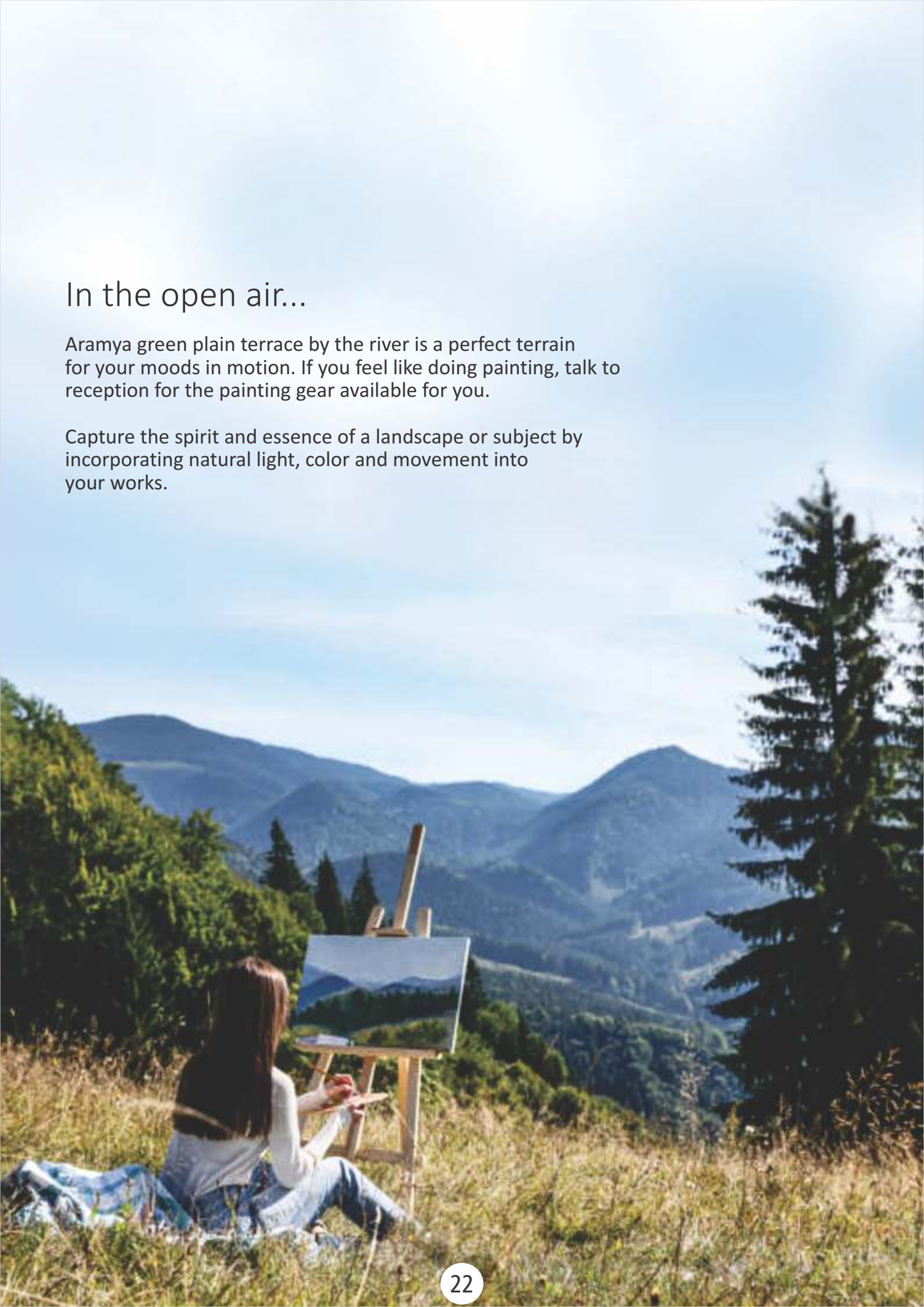
Walk with a peaceful heart, gently as if you are
kissing the earth with your feet.
Walking with mindfulness, the walker and walked upon
become one.

Every path, every street in the world
is your walking meditation path

In the open air...

Aramya green plain terrace by the river is a perfect terrain for your moods in motion. If you feel like doing painting, talk to reception for the painting gear available for you.

Capture the spirit and essence of a landscape or subject by incorporating natural light, color and movement into your works.





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COMBO

Fish Therapy


It is an extremely intriguing therapy that is known to provide a lot of health benefits. You immerse your legs, arms or even full body underwater in a tank and relax while the Garra Rufa fishes, also known as the Doctor Fish, are at your service.

The Reason why this fish is also called 'Doctor fish' is because of its healing properties and the relief it provides to dry skin. In addition to that, this therapy is also known to cure eczema, psoriasis along with bacterial infections.



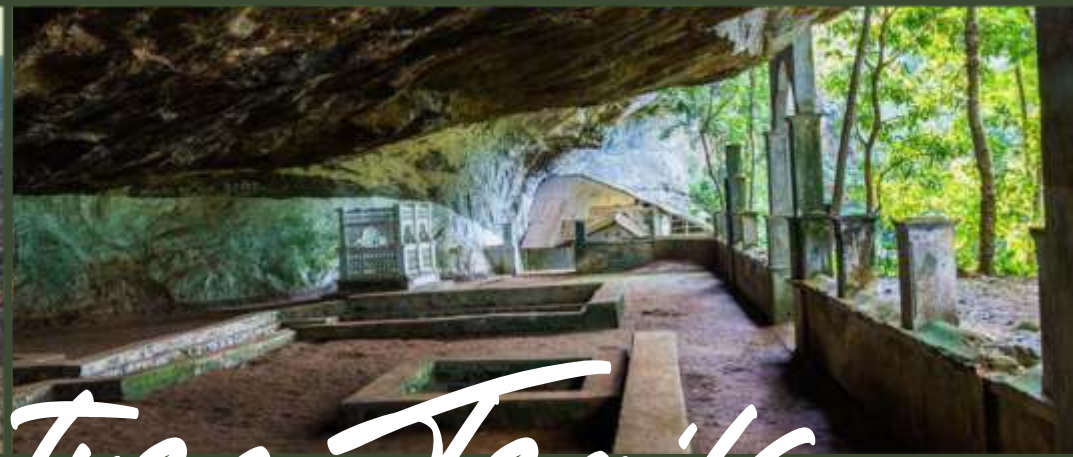
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Kithulgala Adventure Park

You are in the adventure sports capital of Sri Lanka. Aranya is brimming outgrowth of activities, the whole lot of nature healing, while pamper you with water sports, adventure or simply make your way for walkabout or tranquility trails of your choice, where you'll find True paradise, where ever you may roam



Nature Trails



Visiting award winning Hollywood film "Bridge of the river Kwai film location by tuk tuk

In March 1958, The Bridge on the River Kwai swept seven Academy Awards including the award for Best Picture. The movie, explores the lives of British prisoners of war being held at a Japanese prison camp in Burma, was filmed in Sri Lanka (then called Ceylon)
The movie was based on the 1952 novel by Pierre Boulle.

Take your complimentary visit by Aramya.





White Water Rafting

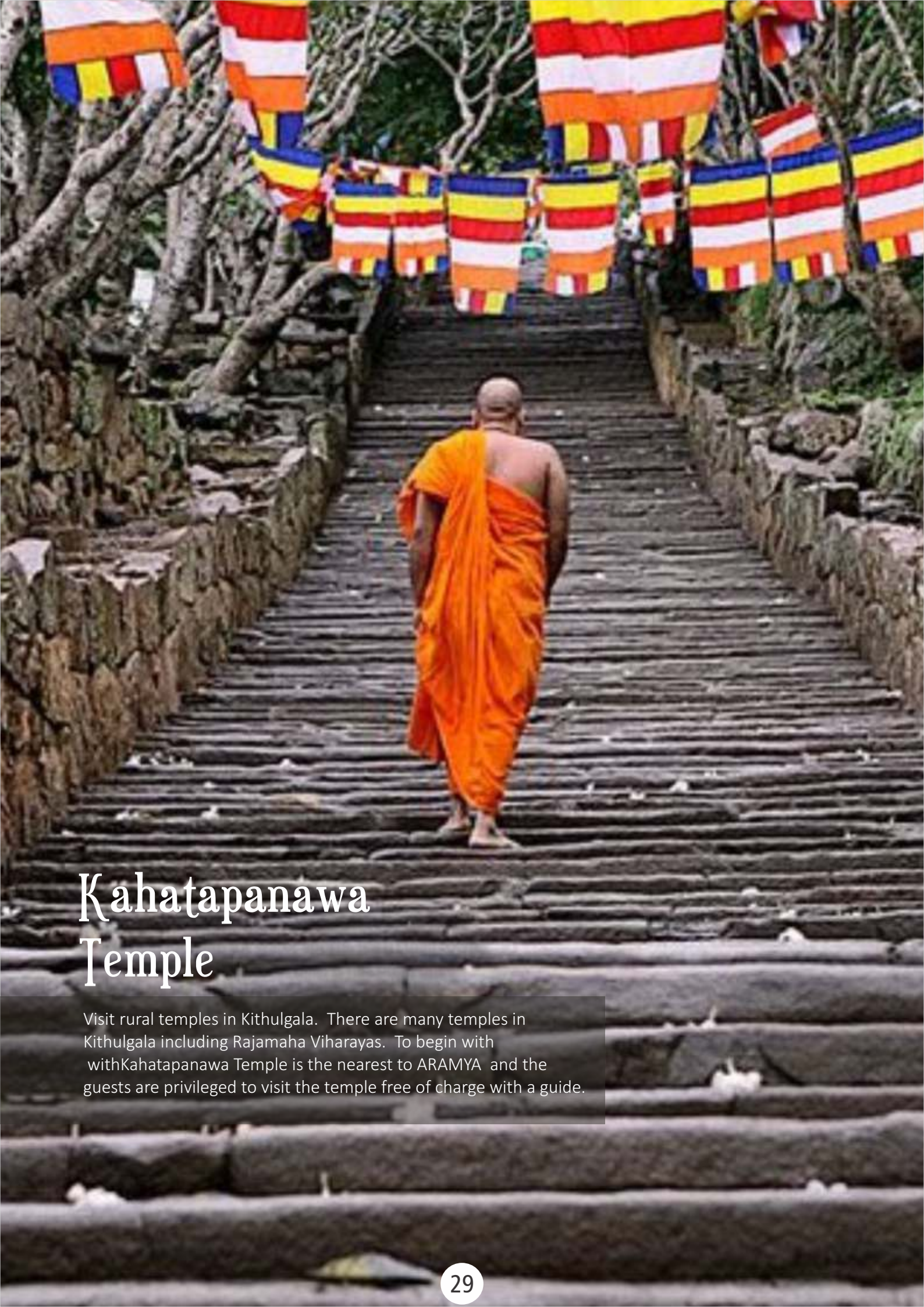
Boasting about adventure sporting, Kitulagala River is the best location for water sports. The White water rafting where you can ride the tides of Kelani River under guidance of experience guides and trainers.

Kayaking

Kayaking is a sensational water sport anyone can learn and practice in no time. Kayaking involves paddling a small craft through the water. They are low-impact activities that can improve your aerobic fitness, strength, and flexibility.

At Aramya, the natural river basin waits for your move. To reserve your Kayaki boat and Life guard jackets, speak to the reception. Its free of charge.





Kahatapanawa Temple

Visit rural temples in Kithulgala. There are many temples in Kithulgala including Rajamaha Viharayas. To begin with with Kahatapanawa Temple is the nearest to ARAMYA and the guests are privileged to visit the temple free of charge with a guide.

Belilena Cave

Belilena Cave (කිතුල්ගල බෙලි ලෙන) is a cave in Sri Lanka, located 8 km (5.0 miles) from the town of Kitulgala. Evidence of prehistoric human presence as early as 32,000 years ago was recorded at the site.

The skeletal remains of ten individuals were discovered by Paul E. P. Deraniyagala, who attributed them to Balangoda Man (*Homo sapiens balangodensis*).

Balangoda Man is assumed to have lived as early as 32,000 years ago and occupied high altitude territories of up to 2,000 ft (609.6 m) above sea level



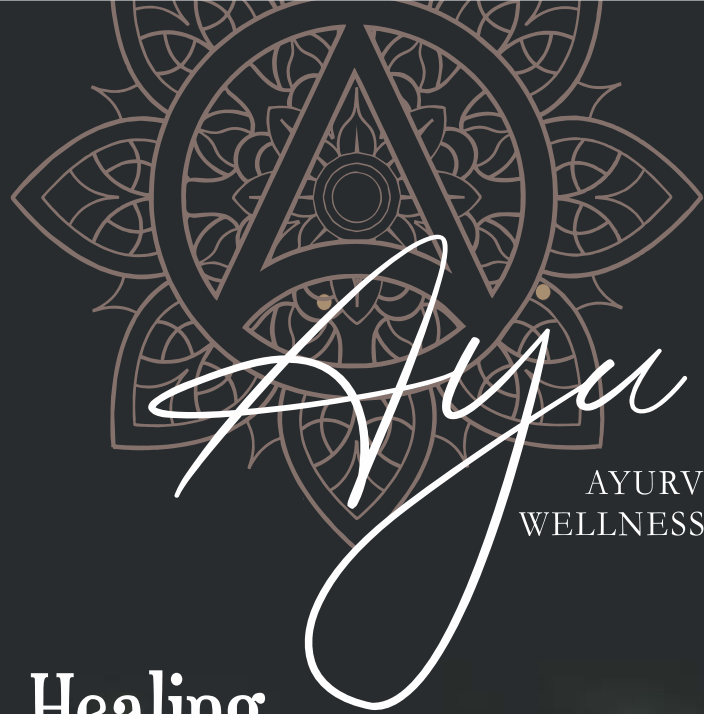
Bike Rides

Immerse yourself in riding through stunning scenery, through the paths of nature, lush jungles, cascading waterfalls and towering mountains. Rubber plantations and remote villages.

Water fall trekking gives travelers a close view of incredible scenery of a waterfalls.

Aramya offers free bikes to explore the villages by yourself.





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Ayurveda Healing

Based on the theory that our health relies on the overall balance of our body, mind, and spirit combined, Ayurveda encourages a natural and holistic lifestyle to maintain a healthy balance.

Aramya offer practical Ayurvedic treatments to re-awake your inner sense for a healthier life.



kati Vasthi Back pain treatment

Kati Vasti is a traditional Ayurvedic therapy that involves retaining warm medicated oil over the lower back area. The therapy is particularly effective for conditions like lower back pain, sciatica, herniated discs, degenerative disc disease, and spondylitis. During the procedure, a reservoir made of black gram dough is formed around the lower back, and warm medicated oil is poured into it. This oil is retained for a specific duration, usually around 30 to 45 minutes,



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Janu Vasthi Knee pain treatment

Janu Basti is one of the best and most effective Panchakarma therapy that delivers intense relief from painful and inflammatory conditions and effectively remedies acute to chronic knee and bone-related disorders. Additionally, it can also be administered as a preventive measure to healthy individuals and health enthusiasts to stay healthy and prevent different types of mobility problems and degenerative disorders.



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\$30





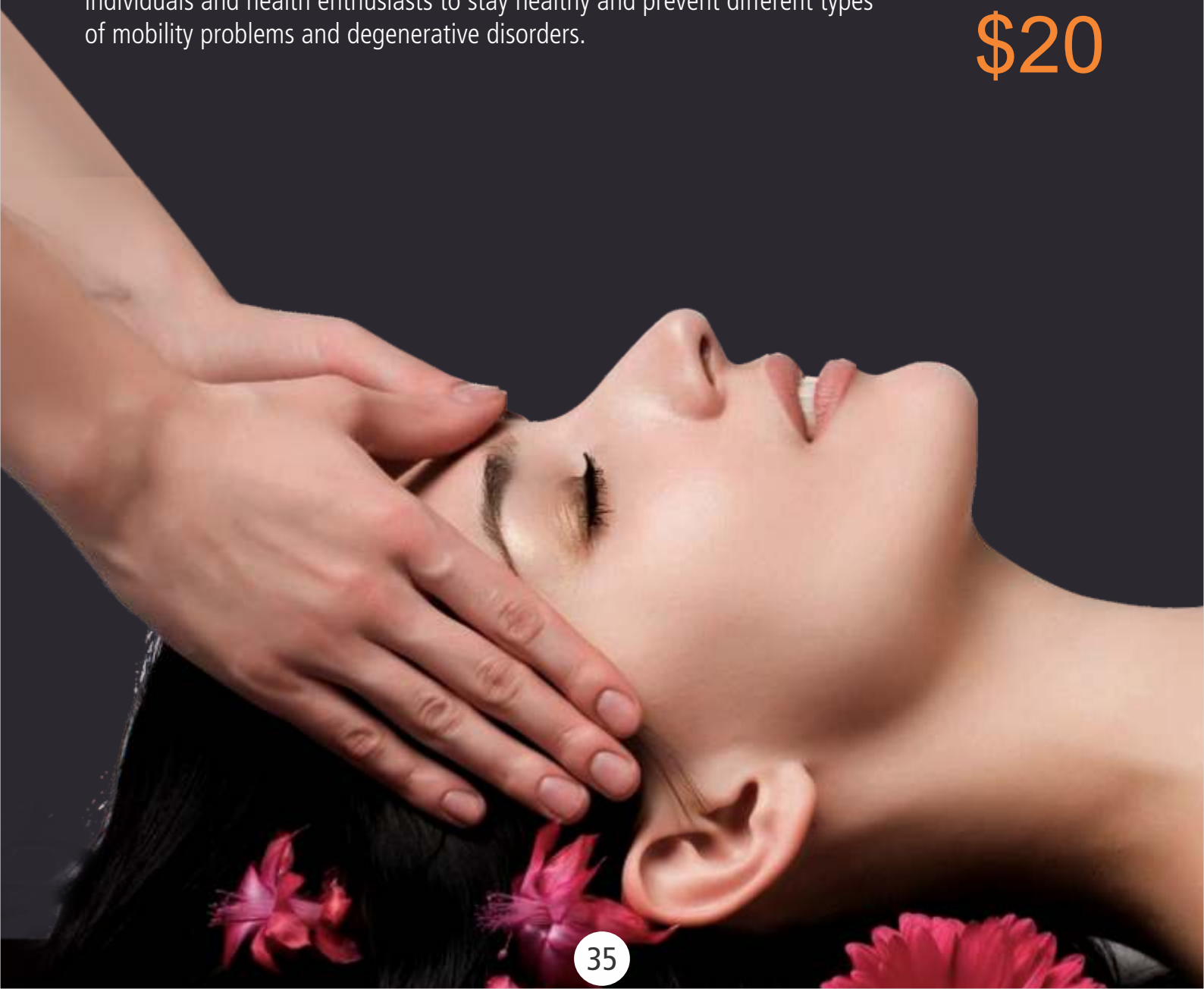
Head & Shoulder Massage

Janu Basti is one of the best and most effective Panchakarma therapy that delivers intense relief from painful and inflammatory conditions and effectively remedies acute to chronic knee and bone-related disorders. Additionally, it can also be administered as a preventive measure to healthy individuals and health enthusiasts to stay healthy and prevent different types of mobility problems and degenerative disorders.



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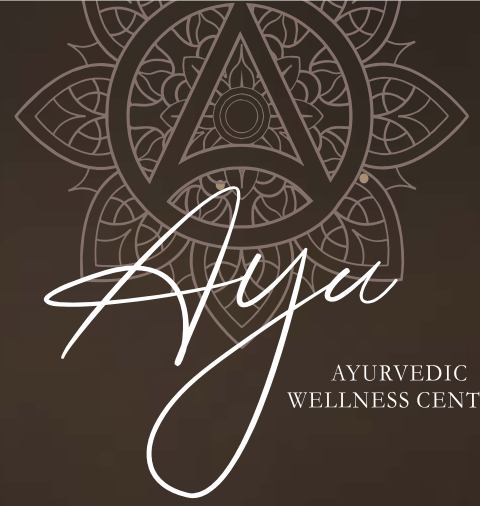
Leg Massage

A leg massage can relieve sore, tired muscles. The benefits vary depending on how much pressure you apply. Using light pressure can be more relaxing. Strong pressure reduces tension and pain in your muscles. A massage also stimulates your nervous system and can enhance your circulation.



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Face Massage

A face massage is focused on the muscles and soft tissues of the face. A variety of techniques including skin rolling, trigger pointing, acupressure and circular strokes are used to help increase relaxation and decrease stress.



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Face Pack

A face massage is focused on the muscles and soft tissues of the face. A variety of techniques including skin rolling, trigger pointing, acupressure and circular strokes are used to help increase relaxation and decrease stress.



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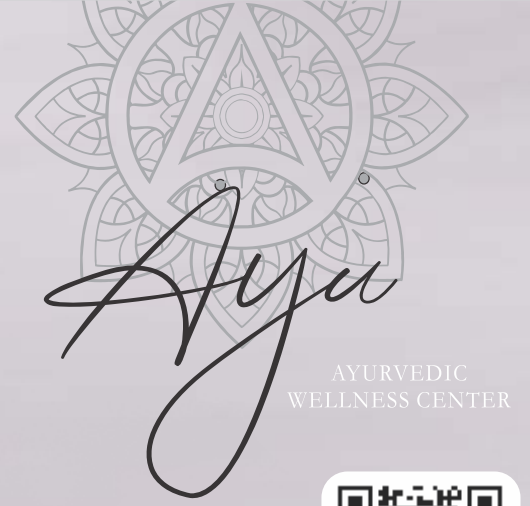


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Back Massage

A back massage generally refers to the area between your shoulders and your waist. Issues that usually involve the lower back include pain, stiffness or problems affecting the sciatic nerve down into the legs. In the upper back the problems are most often between the shoulder blades and up towards the neck.



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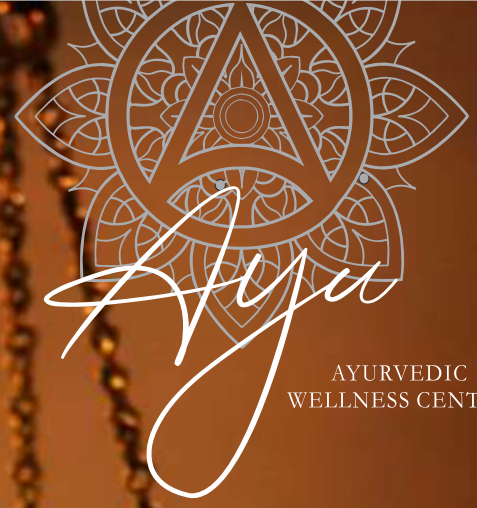
Hand Massage

A hand massage focuses around the muscles located within the hand. A variety of techniques are used during a hand massage such as frictions, trigger pointing skin rolling and acupressure. The different techniques used help to decrease acute pain, reduce the effects of surgery, increase relaxation and decrease scarring.



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Shirodhara

Shirodhara is a specialised Ayurvedic treatment designed specifically for this purpose, to nourish the head. Warm oil (or other liquid) is poured in a continuous stream over the 3rd eye or Ajna Marma, an area where nerves are highly concentrated. The pressure of the oil onto the forehead creates a vibration.



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COMBO

Head, Foot & Back Massage

Ayu offer you a special combo package for your convenient, Head Massage, Foot Massage & Back Massage in one offer. You will also have the freedom to choose the times of treatment at your leisure in one-day.



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\$50



Find your own space in paradise



water sports



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