

*The Sanctuary
at I7 Villa*



Open Hours: 10:00 am-6:00 pm

Age Limit: Adults Only (18 years and above)

Cancellation policy: 48 hours in advance: No Charge. Same day cancellation: 50% ,4 hours or less: 75% , No Show 100%

Jewelry and Valuables: It is advised to leave these valuables in the safety lock in your villa.

Electronic devices are not permitted.

Attire: Guests are most welcome to arrive for spa and wellness services, with minimal clothing.

Guests who intend to use sauna, steam and pool are required to wear swim attire.

Arrival: Please arrive 15 minutes prior to your appointment to fill out health assessment forms.

Health Considerations: For your benefit, a personal consultation is offered to determine your specific needs and allow us to design your therapy experience.

Late Arrivals: Out of respect for each guest, we are unable to provide therapy for late arrivals: Full charges still apply.

Mind, Body and Spirit



Swedish Massage

a classic full body massage using gentle to medium pressure to relieve muscle tension, improve circulation and promote deep relaxation. Ideal for reducing stress easing fatigue and leaving you feeling refreshed, balanced and revitalized.

LKR 60 MIN./LKR 22,000/USD \$70

DEEP TISSUE BODY MASSAGE

A therapeutic massage using firm pressure, slow strokes, and targeted techniques with the hands, thumbs, forearms and elbows to release deep muscle tension and break down tight knots. This treatment helps relieve chronic pain improve flexibility, enhance circulation and support faster muscle recovery. Ideal for those with persistent muscle stiffness, sports-related tension, or stress held deep within the body.

60 MIN. LKR 26000/USD \$80/90 MIN. LKR 35000/USD\$110

DEEP TISSUE BACK MASSAGE

A focused back treatment using firm pressure, slow strokes, and elbow techniques to release deep muscle tension, reduce stiffness, and ease chronic pain. Ideal for relieving stress, improving mobility, and restoring comfort to back, shoulders, and neck.

45 MIN./LKR 20000/USD \$60

AROMA BODY WRAP

a luxurious body treatment using nourishing natural ingredients and aromatic essential oils to hydrate, detoxify and soften the skin. This deeply relaxing wrap helps improve skin texture, promote relaxation and leaves your body feeling refreshed, smooth , and revitalized.

45 MIN./LKR 20000/USD \$60

AROMA BODY SCRUB

A luxurious full body exfoliation using natural exfoliants and aromatic essential oils to gently remove dead skin cells, improve circulation, and reveal smooth, radiant skin. This rejuvenating treatment deeply nourishes the skin while leaving the body refreshed, softened and beautifully scented.

45-60MIN./LKR 20000/USD\$60

SPORTS MASSAGE

a targeted therapeutic massage designed to enhance performance, support recovery, and relieve muscle tension caused by physical activity. Using deep tissue techniques, stretching, compression and trigger point therapy, this treatment helps reduce muscle soreness, improve flexibility, increase circulation and promote faster recovery. Ideal for athletes, active individuals, and anyone experiencing muscular fatigue or stiffness.

60MIN./LKR 22000/USD \$70

REFLEXOLOGY TREATMENT

A therapeutic foot treatment based on the principle that specific reflex points correspond to different organs and systems of the body. Gentle pressure is applied to these points to encourage relaxation, improve circulation, relieve tension, and support the body's natural healing process. This deeply calming therapy helps restore balance, reduce stress, and promote overall well-being. Perfect for guests seeking relaxation, renewed energy, and holistic wellness.

60 MIN./LKR18000/USD \$55

ABHYANGAM (AYURVEDIC OIL MASSAGE)

A traditional ayurvedic full-body massage performed with warm herbal oils selected according to our individual needs. Using long, rhythmic strokes, this deeply nourishing treatment helps improve circulation, relieve muscle tension, support detoxification, calm the nervous system, and promote overall balance. Abhyangam leaves the body relaxed, the skin deeply nourished and the mind refreshed with a lasting sense of well-being.

60 MIN./LKR 30000/USD \$90

CHOORNA SWEDANA (HEBAL POWDER FOMENTATION)

Choorna Sedana is a traditional Ayurvedic heat therapy using warm herbal powders applied to the body in a cloth pouch or directly over specific areas. It helps reduce stiffness, relieve muscle and joint pain improve circulation, and support detoxification. This treatment is especially beneficial for chronic pain, arthritis, sports recover, and conditions associated with excess Kapha.

90 MIN./LKR 40000/USD \$120

AYURVEDA BODY WRAP

A traditional herbal detox treatment where the body is gently coated with natural ayurvedic herbal paste and wrapped to allow deep absorption. This therapy helps to cleanse toxins, improve skin glow, reduce water retention, and deeply nourish the body. It promotes relaxation, lightness, and overall rejuvenation.

45 MIN./LKR 20000/USD \$60

MUKALEPANAM

Mukalepanam is an Ayurvedic herbal facial therapy where a special blend of natural herbs oils, and medicinal pastes is gently applied to the face. It helps to cleanse the skin deeply, remove impurities, reduce acne and dark spots, and improve skin glow and tone. The herbal paste is kept on the face for certain time so the skin can absorb the healing properties.

60 MIN./LKR 26000/USD \$80

SHIRODHARA

A deeply relaxing Ayurvedic therapy where warm herbal oil is gently poured in a continuous stream over the forehead (third eye area). This treatment calms the mind, relieves stress, improves sleep, and balances the nervous system. It is ideal for mental relaxation anxiety reduction and deep rejuvenation.

60 MIN./LKR 32000/USD \$100

90 MIN./LKR 46000/USD \$140

AYURVEDA SCRUB

Ayurveda Scrub is revitalizing herbal exfoliation ritual that blends time-honored Ayurvedic powders to deeply cleanse, detoxify, and renew the skin. This treatment stimulates circulation, enhances skin texture, and restores a radiant, healthy glow, offering a pure sense of renewal and lightness.

45-60MIN./LKR 20000-26000/USD \$60-\$80

Personalized Wellness

At IF Villa, wellness is never prescribed—it is thoughtfully shaped around you.

We believe true wellbeing begins with understanding the individual. Whether you seek deep rest, renewed vitality, mindful movement, or simply a moment to pause, every wellness experience is carefully tailored to your personal aspirations.

Before your journey begins, our experienced wellness therapists take the time to understand your lifestyle, preferences, and goals. From this conversation, they curate a bespoke program that may include therapeutic massage, restorative body treatments, private yoga, guided meditation, breathwork, and holistic rituals inspired by the healing traditions of Sri Lanka. Choose from one of our signature wellness journeys or allow our therapists to create a completely bespoke program, crafted exclusively for you throughout your stay

Stress Recovery Journey

Restore balance. Reconnect with yourself.

Step away from the demands of everyday life and surrender to the gentle rhythm of Sri Lanka's southern coast. Framed by the Indian Ocean and the serenity of IF Villa, this immersive retreat is designed to calm the mind, ease physical tension, and restore a profound sense of wellbeing.

Created for those experiencing stress, fatigue, or burnout, each journey begins with a personal wellness consultation. Our experienced therapists thoughtfully curate a program tailored to your individual needs, combining restorative therapies, mindful movement, breathwork, meditation, nourishing cuisine, and meaningful moments in nature.

Each day unfolds at an unhurried pace, allowing space to rest, reflect, and reconnect. You will leave feeling lighter, revitalized, and equipped with practical tools to support lasting wellbeing long after your stay.

Your Five-Night Journey Includes

- Five nights' luxury accommodation in your private coastal sanctuary
- A comprehensive wellness consultation with your dedicated therapist
 - A bespoke wellness program tailored to your personal goals
- Full-board wellness cuisine crafted from the freshest seasonal, locally sourced ingredients
 - One daily 90-minute therapeutic wellness treatment
- Daily Hatha Yoga to improve strength, flexibility, posture, and inner balance
 - Guided Pranayama (breathwork) and meditation sessions
 - Mindful beach walks and nature immersion experiences
 - Unlimited herbal infusions, fresh juices, and wellness beverages
- Ongoing wellness guidance and lifestyle coaching throughout your stay

Additional Inclusions for Seven-Night Stays

- One private yoga or meditation session
- One signature wellness ritual of your choice
- A comprehensive wellbeing review with your therapist
- A personalized take-home wellness plan with practical recommendations to support your continued journey

The IF Villa Philosophy

At IF Villa, we believe true wellness cannot be rushed. It is found in moments of stillness, meaningful connection, nourishing food, restorative sleep, and the healing rhythm of nature. No two guests are alike, and no two wellness journeys are ever the same. Every experience is thoughtfully designed around you, creating a retreat that is as individual as your own path to wellbeing.

Personalized Ayurveda Journey

Ancient wisdom. Thoughtfully tailored.

Experience the timeless healing traditions of Ayurveda in the tranquil surroundings of IF Villa, where the restorative energy of the Indian Ocean meets one of the world's oldest systems of holistic wellbeing. Your journey begins with a personal consultation, allowing our experienced Ayurvedic practitioners to understand your lifestyle, constitution, and wellness aspirations. Guided by these insights, we create a bespoke program designed to restore balance, enhance vitality, and nurture harmony between body, mind, and spirit. Blending authentic Ayurvedic therapies, therapeutic massage, yoga, meditation, nourishing cuisine, and the healing rhythm of nature, each day unfolds with intention—inviting deep relaxation, renewed energy, and lasting wellbeing. Leave feeling restored, revitalized, and inspired, carrying the benefits of Ayurveda well beyond your stay.

Your Five-Night Journey Includes

- Five nights' luxury accommodation in your private coastal sanctuary
- A comprehensive Ayurvedic wellness consultation with your dedicated practitioner
- A personalized Ayurvedic wellness program based on your unique constitution and wellbeing goals
 - Full-board Ayurvedic wellness cuisine, prepared with fresh, seasonal, locally sourced ingredients
 - One daily 90-minute personalized Ayurvedic therapy or therapeutic massage
 - Traditional Ayurvedic oil treatments selected to meet your individual needs
 - Daily Hatha Yoga and guided meditation
 - Guided mindful beach walks and nature immersion experiences
 - Unlimited herbal infusions, fresh wellness juices, and infused water
 - Ongoing lifestyle and wellness guidance to support lasting balance

Additional Inclusions for Seven-Night Stays

- A private yoga or meditation session
- A signature Ayurvedic wellness ritual
- A comprehensive wellbeing review with your Ayurvedic practitioner
- A personalized take-home wellness plan, including Ayurvedic lifestyle and dietary recommendations

The Ayurveda Philosophy at IF Villa

At IF Villa, Ayurveda is more than a collection of treatments—it is a way of living in harmony with nature. Guided by centuries of Sri Lankan healing traditions and enhanced by contemporary wellness practices, every journey is thoughtfully tailored to the individual. There is no standard program, no prescribed path. Each experience evolves with your needs, creating a deeply personal retreat that restores balance, renews vitality, and reconnects you with your natural state of wellbeing.

Lifestyle Renewal Journey

A return to balance. A foundation for lasting wellbeing.

True wellbeing is shaped by the way we live each day. The Lifestyle Renewal Journey at IF Villa is an immersive retreat designed to help you reconnect with healthier rhythms, cultivate mindful habits, and embrace a more balanced way of living.

Nestled between the Indian Ocean and lush tropical gardens, this transformative experience combines restorative therapies, mindful movement, nourishing cuisine, and time in nature to create space for meaningful change. Guided by our experienced wellness practitioners, your journey is thoughtfully tailored to your individual goals, lifestyle, and pace.

Whether you seek to reduce stress, restore energy, improve sleep, reconnect with yourself, or simply pause and reset, each day offers the opportunity to slow down, reflect, and rediscover the simple pleasures that support lasting wellbeing.

Return home feeling refreshed, inspired, and equipped with practical tools to continue your wellness journey long after your stay.

Your Twenty-One-Night Journey Includes

- Twenty-one nights' luxury accommodation in your private coastal sanctuary
- Comprehensive wellness consultations at the beginning and conclusion of your stay
- A bespoke lifestyle renewal program tailored to your personal goals and aspirations
- Full-board wellness cuisine crafted from fresh, seasonal, locally sourced ingredients
- One daily 90-minute personalized wellness therapy, therapeutic massage, yoga, or meditation session
 - Daily Hatha Yoga and guided meditation
- Breathwork and mindfulness practices to cultivate resilience and inner calm
 - Guided beach walks and nature immersion experiences
- Unlimited herbal infusions, fresh wellness juices, and infused water
- Personal lifestyle coaching with practical guidance to support lasting healthy habits

The IF Villa Philosophy

At IF Villa, lasting wellbeing is not achieved through rigid routines or temporary solutions. It is cultivated through intentional living, restorative experiences, and meaningful connection—with yourself, with nature, and with the present moment.

Our Lifestyle Renewal Journey is not simply a retreat; it is an invitation to rediscover a more balanced, purposeful way of living. Every program is individually designed, ensuring your experience reflects your unique aspirations and evolves with your personal journey.

Coastal Wellness Escape

Pause. Breathe. Restore.

Escape the pace of everyday life and embrace the gentle rhythm of Sri Lanka's southern coast. Set within the tranquil surroundings of IF Villa, this restorative retreat offers the perfect opportunity to relax, recharge, and reconnect with yourself.

Whether you are seeking a peaceful weekend escape or the beginning of a longer wellness journey, your experience is thoughtfully tailored to your individual needs. Guided by our experienced therapists, each day combines restorative spa rituals, mindful movement, nourishing cuisine, and moments of quiet reflection beside the Indian Ocean.

Allow the healing power of nature, exceptional hospitality, and personalized care to restore balance to body, mind, and spirit.

Leave feeling deeply rested, renewed, and inspired.

Your Two-Night Escape Includes

- Two nights' luxury accommodation in your private coastal sanctuary
 - A personalized wellness consultation upon arrival
- Full-board wellness cuisine prepared using the freshest seasonal, locally sourced ingredients
 - One daily 90-minute signature spa or wellness treatment
 - Daily Hatha Yoga and guided meditation
 - Sunrise beach yoga or mindful movement (subject to schedule)
 - Guided beach walks and nature immersion experiences
- Unlimited herbal infusions, fresh wellness juices, and infused water
- Access to the villa's peaceful relaxation spaces throughout your stay

The IF Villa Experience

At IF Villa, wellness is woven effortlessly into every moment. Wake to the sound of the ocean, savor nourishing cuisine, move with intention, unwind with restorative therapies, and embrace the quiet luxury of simply slowing down.

Whether your stay is two nights or two weeks, every experience is thoughtfully curated to leave you feeling lighter, calmer, and beautifully restored.