

EXPERIENCE THE HEALING POWER OF ACUPUNCTURE

We offer acupuncture treatment in addition to ayurveda by experienced doctors. Acupuncture stimulates specific points in the body with special needles. This stimulates the central nervous system, releasing chemicals that promote natural healing abilities, energy balance, and emotional well-being. Acupuncture is effective in relieving pain from arthritis, joint pain, muscle pain, sports injuries, neck and back pain, migraines, and cancer side effects. It can also help with insomnia, mental stress, cell degeneration, forgetfulness, and mania.



A MEMORABLE STAY

We offer a range of accommodations to suit every guest's needs. Along with Classic, Comfort, and Supreme rooms, there are stunning waterfront villas for those seeking ultimate luxury.

Classic rooms offer cosy comfort, while Comfort rooms add extra space and amenities. Supreme rooms are the most lavish, with upscale furnishings and top-of-the-line amenities. No matter which you choose, your stay in this exceptional hotel is sure to be memorable.

SRI LANKA, A TROPICAL PARADISE

Sri Lanka, is a tropical haven offering a world of wonders. It is home to a vibrant cultural legacy, featuring historical cities and temples that provide a glimpse into its 2500-year-old heritage. The island's diverse terrain, from verdant hills to sandy shores, and its exotic wildlife, make it a truly unique and enchanting destination.

T : +94 342 215 400

E : info@celestiaresort.com

W : celestiaresort.com



243, Elpitiya Road,
Arachchimulla, Bentota,
Sri Lanka.



A PURE AYURVEDIC EXPERIENCE IN SRI LANKA



Celestia
AYURVEDA RESORT





MIND BODY & SOUL

Situated amidst the lush greenery of Bentota, Sri Lanka, Celestia Ayurveda Resort offers a truly **authentic Ayurveda experience** where you may rejuvenate your mind, body, and soul.

The resort is purposefully built to provide an environment free of distractions with no children or televisions, thus letting you fully immerse yourself in your wellness journey.



THE ULTIMATE AYURVEDIC EXPERIENCE

What is Ayurveda?

Ayurveda is an ancient holistic practice that emphasizes balance between body, mind, spirit, and surroundings. It employs lifestyle changes and natural remedies, including internal purification, diet, supplements, massage, yoga, and meditation. The goal is to eliminate toxins, relieve symptoms, reduce stress, and enhance well-being.

What makes us different

When you visit Celestia, you can expect a truly authentic Ayurvedic experience, not just a side dish of complementary treatments. The greatest care possible is provided by our staff of skilled ayurvedic practitioners and in-house doctors who offer individualized treatments, diet and consultations.



PACKAGES

WELLNESS

This program is designed to enhance the overall well-being of a person in moderately good health, by helping in nourishing the body, revitalizing the nervous system, overcoming fatigue, promoting sound sleep and increasing work efficiency levels.

ALANKARA

Ayurveda beauty care deals with the overall well-being of the body, including skincare, hair growth, eyesight, hands and nail care. The best part of this holistic program is removing all the toxic wastes from the body and uplifting the purification process which lays emphasis on internal beauty with happiness and relaxation which otherwise cannot be achieved by cosmetics.

PANCHAKARMA

Panchakarma purifies the tissues at a very deep level. Ayurveda recommends Panchakarma as a seasonal treatment for maintaining mental and physical hygiene and balance. (The recommended minimum duration for this package is 14 days)

HIGH CURE

This program is specifically designed for individuals who have chronic illnesses such as arthritis, asthma, psoriasis, burnout syndrome, and those who wish to strengthen their body's immune defences and regain their vital energy after a long illness.



A PURE AYURVEDIC DIET

Our ayurveda doctors make a **personalized meal plan** for each guest based on their individual 'dosha'. There are 250 delightful ayurvedic dishes on offer. They are made with different kinds of fruit, freshly squeezed juices, and exotic spices.

The best of local ingredients and traditional techniques are fused with global influences to prepare feasts that are healthy, delicious, and visually pleasing. Each dish is prepared with the ayurvedic principles of the 'doshas' in mind, and no artificial flavors, additives, or animal fats are added.