



# Ayurvedic Treatments in Negombo – 7 Days

**Duration:** 7 Days

## **Itinerary:**

Wellness Package (FB + Ayurveda)- 6 nights / 7 Days accommodation + all meals + Treatments

? Room + Breakfast / Lunch / Dinner

? Daily Doctor consultation

? Daily Ayurveda Treatment

? Daily Yoga / Meditation / Events

## **Schedule**

Yoga Class 06.00 – 07.00

Breakfast 07.00 – 09.30

Doctor Consultation 09.00 – 09.30

Treatments 09.30 – 11.00

Lunch 12.00 – 14.30

Treatments 15.00 – 16.30

## **Leisure Activities \***

Dinner 18.00 – 21.30

\*Leisure Time Activities (One Activity will be happen during the day)

- Cooking Demonstration
- Herbal Ball Making
- Gardening Tour
- Beach Yoga

\*After first consultation with the Doctor, Doctor will arrange the treatment schedule according to the body type

## **Treatments**

- Shirodhara Vamana
- Ahirovasti Raktha mokshana
- Shirolepa Head massage
- Washpa sweda Neck and feet massage
- Shareera abhyanga (1hour full body) Foot massage
- Akshi tarpana Foot reflexology
- Nadi sweda Pinda sweda
- Shiro bahu abhayanga Floral bath
- Herbal avagaha Body scrub
- Udwaratana Powder massage
- Pichu Body wrap`
- Kati vasti Vasti
- Oleation Nasaya
- Virechana Oral medicine

## **Inclusions:**

6 Nights accommodation at a well appointed room  
 Daily Breakfast, Lunch and Dinner at the centre  
 Airport Transfers  
 All Inclusive Package  
 No HiddenCharges

\*After first consultation with the Doctor, Doctor will arrange the treatment schedule according to the body type

## **Exclusions:**

- \* Entry visa (if applicable) and airfare
- \* Travel Insurance. We strongly encourage to get your travel insurance before the start of your tour
- \* Entrance fees for sights, activities to be paid direct by clients
- \* Anything not mentioned in Inclusions

## **Term & Conditions:**

- Rates are not valid for peak Festive season i.e. New Year , Diwali , Pushkar fair etc.
- Rates are based on Hotels Subject to Availability at the time of making Reservation. In case of unavailability in mentioned hotels, alternate accommodation will be arranged in a similar category hotel.
- Rates are subject to change if there is any Fair & Festival, Major conference, events in travel destination
- Early check in / late checks out is subject to availability of rooms.
- Cancellation charges would be as per the company policy.
- Vehicle confirmed will be as per Itinerary and not at disposal. AC will work only in the plains and will be switched off during hill drives.
- All sightseeing mentioned are subject to weather conditions, political conditions & traffic conditions in the destination.
- Any sightseeing missed due to natural calamities / weather conditions is non-refundable.
- All entrances fees will be on direct payment basis as per Itinerary.
- It is not advisable to travel in night, if necessary supplement charge applicable

### Travel Basics:

- Passport and valid Visa
- Water Bottle with a Filtering System
- Daily Medications
- Phone Chargers
- Camera
- ID Proof
- Toilet Papers
- Walking Shoes
- Ear Phones
- Cap
- Power bank
- Sun Screen Lotion
- Wipes
- Ladies basics
- Mosquito Creame/bands/net depending upon your itinerary.

### India Visa Guidelines:

Yes, Australian passport holders **require a visa** to enter India for tourism, business, medical, or other purposes

**e-Tourist Visa (Most Common):** Valid for tourism, sightseeing, short-term yoga programs, and visiting friends/relatives.

Validity options: - 30 days (double entry), 1 year (multiple entry), 5 years (multiple entry)

**Stay limit:** 90 days per visit

#### **e-Business Visa**

For attending meetings, business discussions, or exhibitions

Valid for 1 year (multiple entries), 180 days stay per visa



## **e-Medical Visa**

For short-term medical treatment in India

Valid for 60 days with triple entry

### **How to Apply:**

- Apply online via the official Indian government portal: <https://indianvisaonline.gov.in/evisa/>
- No physical visit required, Upload passport scan and photograph, Payment is made online, Approval typically within 3–5 working days

### **Documents Required:**

- Valid Australian passport (minimum 6 months validity from date of arrival)
- Recent passport-size photograph (as per specs)
- Copy of return/onward flight ticket may be asked
- Additional documentation for business or medical visas

### **Booking Terms:**

- Deposit of 25% of the package cost at the time of booking.
- Need 50% payment of the package cost, 60 days prior to departure date
- Need 100% payment of the package cost, 30 days prior to departure date

### **Why Choose Us:**

At **Your India Travel (YIT)**, an inbound division of **R G Destinations Pvt Ltd**, we are dedicated to crafting unforgettable journeys across India. As a **National Tourism Award-winning company**, we take pride in delivering excellence, backed by over 25 years of expertise in handling inbound tourism. Our commitment to quality and seamless experiences is reinforced by our ISO 9001-2008 certification from JAS ANZ & IAF of Australia.

### **Unmatched Expertise & Industry Recognition**

With **12 offices across India** and a dedicated team of **35+ experienced professionals**, we ensure seamless operations, personalized services, and 24/7 support. Our commitment to impeccable service has earned us **official approval as Tour Operators from the Ministry of Tourism, Government of India**, as well as **the Tourism Department, Government of Delhi (License No. 728/2016)**.

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**IATO (Active)** – Indian Association of Tour Operators

**ADTOI (Active)** – Association of Domestic Tour Operators of India

**TAFI** – Travel Agents Federation of India

**ASTA** – American Society of Travel Advisors

**PATA** – Pacific Asia Travel Association

**ECO Tourism** – Advocating responsible travel

**ATEC & AFTA** – Strong presence in the Australian travel industry

...and many more prestigious organizations.

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**Unparalleled Expertise** – Over **two decades** of excellence in inbound tourism

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**Seamless Operations** – Expert guides, hassle-free bookings, and round-the-clock support

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