

Wellness

Transforming
Mind, Body & Soul



anyaa
LIFESTYLE



Introduction to

*"A person is deemed healthy when his
physiognomy is balanced, his digestion
and metabolism are in good working order,
his tissue and excretory functions are
normal and his soul, mind and senses are
in a state of constant inner happiness."*





DISCOVER A NEW WAY TO RELAX AND UNWIND

Whether you simply need to recover from the daily stress of life in a relaxing and tranquil environment or you want to reinvigorate your health and well-being through a prescribed course of Ayurvedic curative treatment, Anyaa Lifestyle Health Center will give you the options available to help you make an informed decision.

Individual Ayurvedic treatments can complement a prescribed course of Ayurveda curative treatments or give newcomers the opportunity to discover the infinite benefits obtained through this ancient healing approach. Ayurvedic therapies can be used to treat a wide range of ailments including skin conditions, digestive difficulties and stress induced complications. Ayurvedic supplements can help clients to maintain health and well-being long after they have gone back to their normal life. We invite you to experience genuine Ayurveda care and expert treatments at your leisure.





AYURVEDA OIL MASSAGES

AYURVEDA OILS

Head Massage (Shiro Abhyanga)

Oil is massaged into the head, and is absorbed into the scalp through the roots of the hair. This nourishes, lubricates, and strengthens the hair roots and the skin of the scalp preventing hair loss and premature greying. It improves circulation to the head, relaxing the muscles and nerve fibres.

Facial Massage (Muka Abhyanga)

This massage sequence draws on the ancient wisdom of the ayurvedic systems and works locally and reflexively: locally, to improve the skin and uplift the face and reflexively to relax and deeply nourish the whole body.

Neck & Shoulder Massage (Griiva/ Skandah)

Special herbal oil is applied to the neck and the shoulder to release muscular spasms, rheumatic pain and stress-related conditions as the neck and the shoulder area is so often stiff and tense.

Foot Massage (Pada Abhyanga)

During this massage, special attention is focused on the “tender spots” of the feet. A reflect effect on the internal organs is created as well as a combined soothing and invigorating effect.

Whole Body Massage (Abhyanga)

The whole body massage is always given with different types of oil depending on the body type (i.e. vata, pitta, kapha, or a combination). It is very beneficial for general rejuvenation, skin and musculo-skeletal conditioning or problems such as obesity, body aches and pains. A steam or a herbal bath is recommended for complete relaxation. The calming synergy of ayurveda oils and deep massage strokes relax the mind and soothe the body.

Piccichil

This is a highly effective rejuvenation technique where oil is poured on to the body. Piccichil is a very special form of massage which involves the continuous dripping of oil on to the body from a piece of cloth dipped in oil, while the masseur massages the body with soft, gentle strokes without exerting too much pressure. This particular treatment must be performed under medical supervision.

Herbal Steam Bath (Vashpa Swedha)

There are various forms of treatment to effect sudation. Of all the ayurvedic techniques known to heat the body, the steam bath is the most widely used. This poorva karma method is one of the oldest traditional ways of deeply cleansing the skin. The body is enclosed in a steam box leaving the head exposed.



Ashvagandha Thailaya



Maha Narayana Thailaya



Neelyadee Thailaya



Nirgundayadee Thailaya



Pinda Thailaya



Thipala Thailaya



SPA TREATMENT

**No petrochemicals, no artificial colors,
no parabens, no sulphates**

Anyaa Lifestyle Method created a special line of personalised dermatological beauty products for face and body, which are also used during treatments. The exclusive line of dermatological treatments, also available at our shop and online, helps the skin to breath, allowing it to rediscover its natural beauty.

**We are SGW Certified and Contains all
natural Organic ingredients.**

For this purpose the products are rich in different natural colours, representing the best-known, precious and well-experimented medical plants. The absence of colouring agents and chemical preservatives allows the formula to produce the essence and “fragrance” of nature on the skin.

Just like the method, the line of dermatological beauty treatments is aimed at creating products that are increasingly focused on the unique, unrepeatable individual.

OILS



Anti-pain Massage Oil

Select herbs, steeped in rich olive oil base for weeks, are specially formulated for the relief of muscle, neck and back pain. The oil reduces inflammation, relieves pain, reduces swelling and improves circulation. It can be used as a massage oil for sore or cramped muscles, or applied and covered with a warm cloth to facilitate the absorption into affected tissues.

Ingredients

Macerate red chilly peppers and sweet basil in virgin coconut oil; Essential oils of eucalyptus, peppermint and lavender oil; Vitamin E.



Cinnamon Massage Oil

Powerful, spicy antiseptic, well known for its cleansing effect. It warms and stimulates skin, and has the overall stimulant effect.

Ingredients

Macerate cinnamon leaf in virgin coconut and grape-seed oil; Essential oil of Cinnamon bark (40%); Vitamin E.



Anti Aging Oil

A powerful blend of botanical oils -organic virgin Coconut oil, cold process Avocado oil with the “queens of youth” essential oils Immortelle and Geranium, will help rejuvenate your skin - improving your skin tolerance, hydrating and plumping your skin to a healthy, youthful glow.

Ingredients

Virgin Coconut oil, Grape Seed oil, Geranium essential oil, Immortelle essential oil.

LOTIONS



Vetiver Orange Lotion

Silky body lotion enriched with an invigorating power of the essential orange oil nourishes the skin, encourages cell regeneration and protects against environmental damage. Light intensely moisturising, and replete with an alluring fragrance mix of warm and earthy vetiver notes, and refreshing scent of oranges. It brings balance and equilibrium to all your senses.

Ingredients

Virgin organic coconut oil; Virgin olive oil; Castor oil; White Wax; Essential oil of Vetiver and Orange, Vitamin E.



Natural Sunscreen Lotion

This special natural formulation protects the skin from harmful UV rays, and at the same time, nourishes your skin.

Ingredients

Virgin organic coconut oil; Grape-seed oil; Vegetable glycerin; Bee wax; Lavender essential oil; Zinc oxide; Vitamin E.



Virgin Coconut Oil Lotion

A true King among Nature’s many riches, coconut has been used throughout the centuries not only as a dietary staple, but also as a beauty product - it’s benefits are countless. We bring you the purest, 100% organic virgin coconut lotion, that will soothe and moisturize your skin, bringing it to youthful gleam. Pamper your skin with a well deserved treat, and enjoy the feeling of lusciousness that only the best can bring.

Ingredients

Virgin Coconut oil, Grape Seed oil, Olive oil, Avocado oil, Virgin Coconut essential oil, bees wax, Vitamin E.

SCRUBS



Lilac Sugar Body Scrub W/Organic Coconut Sugar

Delicate, yet effective facial scrub with an enchanting lilac fragrance. Gently exfoliates skin, removes impurities, unclogs pores and prevents spots and blackheads. It can also be used as a body scrub.

Ingredients

Organic Coconut sugar; Brown sugar; Grape-seed oil; Vegetable glycerin; Olive oil; Avocado oil; Bees wax, Lilac essential oil; Vitamin E.



Coconut Vanilla Body Scrub

Naturally exfoliating body scrub contains organic virgin coconut oil mixed with the sweet and soothing vanilla essence. It removes dead skin cells, stimulates skin microcirculation, leaves skin feeling soft, smooth and fragrant.

Ingredients

Desiccated coconut; Sea salt; Kaolin; Vegetable glycerin; Virgin Coconut oil; Virgin olive oil, Castor oil; Essence of organically grown vanilla; Coconut essence; Vitamin E.



Chocolate Body & Face Scrub

Cocoa is one of the most efficient skin moisturisers, and works wonders as a skin exfoliator. It also firms the skin, and is a well know as a supreme source of anti-oxidants. It is a best remedy for rough skin especially on those stubborn spots such as the elbows, knees and feet.

Ingredients

Sea salt; Kaolin, Vegetable Glycerin; Virgin Coconut oil; Virgin Olive oil; Castor oil; Bees wax; Cocoa powder; Chocolate essence; Vitamin E.



Cloves & Orange Foot Scrub

This scrub provides effective and completely natural way to soften, exfoliate and to freshen up the skin of your feet. Its fine texture gently exfoliates the skin without leaving any harmful residue. It has moisturizing properties that prevents the skin from drying.

Ingredients

Sea salt; Kaolin; Cloves; Fenugreek and Margosa (neem) powder; Vegetable glycerin; Virgin Coconut oil, Olive and Castor oil; Essential oils of Clove-buds and Orange; Vitamin E.

SOAPS



Ceylon Cinnamon Fantasy Soap

True Ceylon cinnamon, held in the highest regard throughout the world - a gift fit for the kings and gods alike, is the main actor of this handcrafted soap. Made from all natural ingredients, you will find this royal spicy aroma refreshing and invigorating.

Ingredients

Saponified Virgin coconut oil, Sri Lankan sustainably produced palm oil, Castor oil, cocoa butter, true cinnamon essential oil and vitamins.



Coconut Soap

This special natural blend will bring you countless benefits of the true wonder plant that is coconut. Its' antibacterial properties had been known for centuries, and its antioxidants will help rejuvenate your skin and reverse the aging process. Coconuts' whole wealth of nutrients will keep your skin soft and lavish to the touch.

Ingredients

Saponified Virgin coconut oil, Sri Lankan sustainably produced palm oil, Castor oil, cocoa butter, coconut essential oil and vitamins.



Chocolate Soap

The most irresistible and mouthwatering recipe, chocolate soap is the true delight for both skin and the senses. Indulge in the sweet decadence this luxurious aroma brings, along with healing, moisturizing and introducing antioxidants to your skin.

Ingredients

Saponified Virgin coconut oil, Sri Lankan sustainably produced palm oil, Castor oil, cocoa butter, chocolate essence and vitamins.



Romance Soap

In the heart of this light and creamy soap is the essence of vanilla, with distinct and refreshing aroma that helps reduce the stress and balances the mind through senses. With the touch of a romantic rose and sweet violet, you have the recipe to seduce your mind and captivate your senses.

Ingredients

Saponified Virgin coconut oil, Sri Lankan sustainably produced palm oil, Castor oil, vanilla essential oil, rose essential oil, violet essential oil and vitamins.



Cinnamon Bath Salt

Cinnamon is a warming herb. It has properties that are decongesting, antiviral, antiseptic, antibacterial and antifungal. It relieves muscle spasms and acts as a relaxant, making it a great aid for aches, colds, and congestion.

Ingredients

Sea rock salt; Epsom salt; Vegetable glycerin; Essential oil of Cinnamon bark; Vitamin E.

SHAMPOO



Coconut Shampoo

Virgin coconut oil is the best treatment you will ever find for your hair and skin. Coconut has been used for centuries to improve the health and the beauty. This gentle shampoo will moisturize your hair, seep deep to your hair follicles to promote growth and help with breakage and split ends. It will add luster, shine and softness to your hair, making it naturally healthy.

Ingredients

: Saponified virgin coconut oil, Sri Lankan sustainably produced palm oil, Olive & Castor oil, cocoa butter, virgin coconut essential oil, Panthenol and vitamins.



Vetiver Shampoo

Vetiver has been known from olden times for its perfect antiseptic and anti-inflammatory properties. Its pleasant, mild, earthy, and musky smell, which has a cooling effect on the body and the mind, has been used in perfumes and traditional medicine alike. Bring balance to your body and mind with this enticing aroma. Made from all organic materials, this shampoo is suitable for all types of hair.

Ingredients

Saponified Virgin coconut oil, Sunflower oil, Olive & Castor oil, cocoa butter, vetiver essential oil, Panthenol and vitamins.



Cinnamon Shampoo

True Ceylon cinnamon essence that is the main ingredient in this shampoo, will envelop your senses in its rich, spicy aroma. With its powerful antioxidants and anti-inflammatory properties, as well as its famous blood circulatory system benefits, it will help you keep your hair and scalp healthy and feeling luscious.

Ingredients

Saponified Virgin coconut oil, Sunflower oil, Olive & Castor oil, cocoa butter, true Ceylon cinnamon essential oil, Panthenol and vitamins.



OUR CENTERS

Experience a 21 day stay with us at our Centers for a unique wellness program, transforming your mind, body and soul with selected native foods to rejuvenate you, in the comfort of serene environments.

Coconut Estate
Nature Serenity
Bingiriya

Hazelmere
Colonial style Bungalow
Wennappuwa

Anyaa by the Sea
Boutique Property
Wadduwa



anyaa TM
LIFESTYLE

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