



*Longevity.
Preventative Health.
Wellness.*

Luxury Wellness Retreat

One, Three, Five & Seven Day Programmes



“Let Christell Life guide you towards a path of holistic wellness, where every treatment is a step towards a healthier, happier you, enhancing your longevity and nurturing preventative health.”

Dr. Shanika Arsecularatne

*CEO & Medical Director
MBBS, PG Dip Dermatology (UK), AAAM Dip (USA)*



christell
life

Journey to Wellness

1. Christell Life: Your Luxury Wellness Oasis	04
2. One Day Wellness Experience	07
• Re-balance Wellness Reset	08
• Indulgent Escape Spa Day	10
• Blissful Partners Escape Couple Package	12
3. Three, Five and Seven Day Retreats	14
• Wellness Enhance Rejuvenation Programme	15
• Detox Sanctuary	19
• Sleep Harmony & Stress Balance Experience	23
• Longevity & Anti-Aging Journey	27



Christell Life Your Luxury Wellness Oasis

Welcome to Christell Life, where over 30 years of expertise in beauty and wellness come together to craft transformative experiences. Combining Sri Lanka's rich Ayurvedic traditions with cutting-edge treatments, our award-winning team delivers personalized services that rejuvenate body, mind, and spirit. Christell Life is the only destination in Sri Lanka to blend ancient therapies with modern medicine, creating a sanctuary of balance, vitality, and harmony. Step into a world where wellness meets serenity, and emerge feeling revitalized and confident.

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Unique Benefits We Bring to Our Clients

Island Resort Benefits

Experience the tranquility and natural beauty of our exclusive island resort, offering a serene environment that enhances your wellness journey.

Pioneering Wellness

Christell Life is the first and only wellness resort in Sri Lanka to offer a unique combination of traditional Ayurveda wellness therapies and integrative wellness therapies.

Bespoke Wellness for the Ultra-Busy

Our personalized treatment plans seamlessly integrate into your busy lifestyle, ensuring maximum benefit without compromise. Crafted by our expert team, these tailored schedules cater to your unique needs, whether for a quick refresh or an extended retreat.

Exclusive Integration of Traditional and Modern Treatments

Sri Lanka's sole destination is merging Ayurvedic traditions with integrative therapies, offering holistic wellness that harmonizes body, mind, and spirit for an unparalleled experience.

Qualified Professionals

Our therapies are performed by highly qualified professionals, ensuring you receive the best care and expertise.

Health Measurement and Guidance

We measure your health at the beginning of your stay and throughout our therapies. We track your improvements and provide personalized guidance for continued wellness, along with follow-up support.

Enjoyable Wellness Experience

At Christell Life, we ensure that your wellness journey is not only beneficial but also enjoyable, making every moment of your stay a delightful experience.

Christell Life Wellness Programmes

One-Day Wellness Experience

Discover the ultimate rejuvenation in just one day, designed exclusively for the ultra-busy individual. Our one-day wellness experience offers a quick yet profound escape, perfectly tailored to those with demanding schedules. Indulge in a curated selection of luxurious treatments that target your specific needs, delivering instant revitalization and stress relief. This immersive sanctuary allows you to relax, refresh, and recharge, leaving you renewed and ready to take on the world with enhanced energy and clarity.

Three, Five & Seven Day Retreats

Experience a groundbreaking fusion of ancient Ayurvedic healing and modern integrative medicine with our exclusive 3-Day, 5-Day, and 7-Day Wellness Programmes at Christell Life. Choose from our tailored programmes: Wellness Enhance Rejuvenation, Detox, Sleep & Stress Balance, and Longevity & Anti-Aging.

Wellness Enhance Rejuvenation Programme

Sri Lanka's First Wellness Retreat Combining Ayurvedic & Integrative Medicine Experience a groundbreaking fusion of ancient Ayurvedic healing and modern integrative medicine. Our exclusive Experience Retreat blends time-honored rituals with advanced therapies, designed to rejuvenate your body, calm your mind, and renew your spirit.

Detox Sanctuary

Experience a unique detox journey that blends ancient Ayurvedic healing with modern integrative medicine—Sri Lanka's first programme of its kind. Our Detox Revive programme offers traditional detoxification rituals and advanced therapies designed to cleanse and rejuvenate your body.

Sleep Harmony & Stress Balance programme

Embark on a transformative journey with our Sleep Harmony & Stress Balance Experience, where Sri Lanka's first combination of Ayurvedic and integrative medicine addresses your sleep and stress challenges. This unique programme is designed for individuals seeking to restore balance, improve sleep quality, and enhance overall well-being through a holistic approach

Longevity & Anti-Aging Journey

Embark on a transformative journey with our longevity and anti-aging journey, where Sri Lanka's first combination of Ayurvedic and integrative medicine meets advanced anti-aging therapies. This unique programme is designed for individuals seeking to slow the aging process and promote longevity through a holistic approach that rejuvenates both body and mind.



One Day Wellness Experience

Discover the ultimate rejuvenation in just one day, designed exclusively for the ultra busy individual. Our one-day wellness experience offers a quick yet profound escape, perfectly tailored to those with demanding schedules. Indulge in a curated selection of luxurious treatments that target your specific needs, delivering instant revitalization and stress relief. This immersive sanctuary allows you to relax, refresh, and recharge, leaving you renewed and ready to take on the world with enhanced energy and clarity.

1. Re-balance Wellness Reset

(4 Hours)

Suitable for Individuals looking for a detox and energy boost, especially those with busy schedules.

Benefits:

- Enhanced energy levels
- Improved skin health and appearance
- Reduced stress and tension
- Overall sense of rejuvenation

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Whole Body Photo bio-modulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Re-balancing Facial**

Expertly customized to meet the unique needs of your skin, this luxurious facial treatment re-balances and revitalizes your complexion, targeting uneven tone, texture, & hydration. Perfect for restoring a healthy glow and leaving your skin feeling refreshed, renewed, and naturally beautiful.

- **Udvaartana**

Indulge in our Udvaartana treatment, a luxurious full-body exfoliation that gently removes dead skin cells, leaving your skin smooth, soft, and radiant. This traditional therapy enhances circulation, detoxifies, and revitalizes, giving you a refreshed, glowing appearance.

- **Aroma therapy Massage/ Ayurveda massage (Choose from)**

Select from a calming Aromatherapy Massage with soothing essential oils or a revitalizing Ayurveda Massage with traditional herbal oils. Both treatments are designed to relieve stress, alleviate muscle tension, and enhance your overall sense of well-being.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

Highly Recommended Add-Ons

Pedicure

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.

2. Indulgent Escape Spa Day

(4 Hours)

Suitable for Anyone seeking a luxurious and comprehensive spa experience.

Benefits:

- Deep relaxation and stress reduction
- Improved skin health and appearance
- Rejuvenated body and mind
- Enhanced overall wellness

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Christell Deep Relaxation Massage**

Unwind with our Christell Deep Relaxation Massage, using your choice of aromatic or Ayurvedic oils. This soothing treatment relieves stress and muscle tension, promoting deep relaxation and balance.

- **Whole Body Photo bio-modulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Luxuries Glow facial**

Expertly tailored to suit your unique skin type, the Luxurious Glow Facial enhances your natural radiance with deep hydration and revitalization. Enjoy a dewy, luminous complexion that exudes elegance and youthfulness.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

Highly Recommended Add-Ons

Pedicure

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.

3. Blissful Partners Escape Couple Package (4 Hours)

Suitable for Couples looking to relax and rejuvenate together, enhancing their bond.

Benefits:

- Shared relaxation and bonding experience
- Improved skin health
- Reduced stress and tension
- Enhanced emotional connection

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Aromatic Body Exfoliation (customized for HIM/HER)**

Immerse yourself in a bespoke Aromatic Body Scrub, crafted for HIM or HER. This indulgent treatment uses luxurious aromatic scrubs to gently exfoliate, refresh, and rejuvenate your skin, leaving it exquisitely soft and radiant.

- **Christell Deep Relaxation Couple Massage**

Share an unforgettable experience with our Christell Deep Relaxation Couple Massage. Choose from a selection of aromatic or Ayurvedic oils as our expert therapists guide you both into a state of profound relaxation, melting away stress and tension for a harmonious and blissful escape.

- **Radiant Elegance Facial**

Expertly tailored to suit your unique skin type, the Radiant Elegance Facial provides a luxurious blend of treatments designed to enhance your natural glow. This opulent facial revitalizes and refreshes your complexion, leaving your skin with a luminous, radiant appearance.

- **Herbal Flower Bath in private plunge pool**

Unwind with a tranquil Herbal Flower Bath in your own private plunge pool. This serene experience blends aromatic herbs and delicate flowers, offering a calming retreat and enveloping you in soothing fragrances for a deeply relaxing soak.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

Highly Recommended Add-Ons

Pedicure

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.



Three, Five & Seven Day Retreats

Step into a world of unparalleled rejuvenation and holistic healing at Sri Lanka's premier wellness retreat, where the timeless wisdom of Ayurveda meets the innovation of modern integrative medicine. Whether you're seeking a complete detox, enhanced vitality, anti-aging benefits, or a serene escape from stress, our signature programmes offer the perfect blend of ancient rituals and cutting-edge therapies. Each retreat is carefully tailored to elevate your physical health, mental clarity, and emotional balance. Experience profound transformation with our 3-day, 5 day, or 7-day immersive retreats, designed to leave you feeling revitalized, renewed, and empowered.



Wellness Enhance Rejuvenation Programme

Experience a revolutionary approach to wellness, where ancient Ayurvedic healing meets the precision of modern integrative medicine. Our exclusive Experience Retreat is the first of its kind in Sri Lanka, offering a unique blend of time-honored Ayurvedic rituals and integrative medicine designed to rejuvenate your body, calm your mind, and renew your spirit. Immerse yourself in luxurious treatments, guided meditations, and rejuvenating therapies designed to harmonize. The physical, emotional, and spiritual aspects of your well-being.

Three Day Programme (2 Nights / 3 Days)

Perfect for a quick wellness boost, this short retreat focuses on detoxification, relaxation, and a refreshing rejuvenation experience.

Five Day Programme (4 Nights / 5 Days)

Dive deeper into wellness with additional treatments that further enhance your body's healing and balance.

Seven Day Programme (6 Nights / 7 Days)

Experience the ultimate transformation, as a full week of therapies is designed to provide lasting benefits and a complete lifestyle reset.

Wellness Enhance Rejuvenation Programme

Suitable for Individuals seeking a comprehensive wellness kick start and lifestyle transformation.

Benefits:

- Revitalizes both body and mind, enhancing your overall well-being.
- Improved physical and mental health
- Enhanced relaxation and stress relief
- Personalized lifestyle and wellness plan
- Improves skin health and glow with luxurious treatments.

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Christell Signature Luxury Facial**

Expertly tailored to suit your unique skin type, the Christell Signature Luxury Facial offers an unparalleled indulgence. This exquisite treatment combines advanced techniques and premium ingredients to deeply rejuvenate and hydrate your skin, revealing a radiant, youthful glow and an unparalleled sense of elegance.

- **Whole Body Photo bio-modulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Ayurvedic Rejuvenation Rituals**

Experience the transformative power of Ayurveda with rejuvenating rituals designed to restore balance, vitality, and well-being. These rituals work synergistically to cleanse the body, calm the mind, and rejuvenate the spirit, promoting overall health and deep relaxation.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

- **Oxygen Therapy**

Revitalize your wellness journey at our Oxygen Therapy, where you can enjoy the invigorating benefits of concentrated oxygen. Breathe in pure oxygen infused with calming aromas to enhance mental clarity, boost energy, and promote relaxation. Perfect for refreshing your body and mind, our Oxygen Bar offers a unique and uplifting experience.

- **Hydrotherapy facilities**

Immerse yourself in our cutting-edge hydrotherapy facilities, combining the detoxifying and relaxing effects of sauna, the revitalizing boost of cryo-cool bath and the deep rejuvenation of oxygen jacuzzi.

- **Yoga Training and Meditation (Choose from)**

Choose from sessions in yoga and meditation to enhance flexibility, mental clarity, and stress relief.

- **Excursion**

Embark on captivating excursions that immerse you in Sri Lanka's natural beauty and cultural heritage. Each experience is designed to rejuvenate your spirit and enrich your wellness journey.

Highly Recommended Add-Ons:

- IV Nutrient Therapy
- Pedicure
- Laboratory Examination with Detailed Discussion.

Following your wellness consultation, the doctor will customize your treatments to fit a daily duration of 2 hours.

Wellness Enhance Rejuvenation Programme	3 Day	5 Day	7 Day
Personalized wellness consultation and Dosha Analysis	✓	✓	✓
Mineral Tissue Analysis	✓	✓	✓
Bio-electrical Impedance Analysis (BIA)	✓	✓	✓
Christell Signature Luxury Facial	1	1	2
Ayurvedic Rejuvenating Rituals	4	8	9
Hydrotherapy Treatments	-	2	4
Whole Body Photo Bio-modulation	1	1	3
Halo-therapy	1	2	2
Oxygen Therapy	1	2	2
Yoga & Meditation (Choose From)	✓	✓	✓
Excursion	✓	✓	✓
Follow-Up Wellness Consultation	✓	✓	✓

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.



Detox Sanctuary

Experience a transformative detox journey with our Detox sanctuary, where the ancient wisdom of Ayurvedic treatments meets the precision of modern integrative medicine—a first of its kind in Sri Lanka. This unique programme is designed to deeply cleanse your body and rejuvenate your health, offering a holistic approach to detoxification.

Three Day Programme (2 Nights / 3 Days)

Perfect for a quick reset, this short retreat focuses on thorough detoxification, improved digestive health, and increased energy and vitality.

Five Day Programme (4 Nights / 5 Days)

Dive deeper into your wellness journey with additional treatments that enhance detoxification and promote mental clarity.

Seven Day Programme (6 Nights / 7 Days)

Experience the ultimate rejuvenation with a full week of tailored therapies, ensuring lasting benefits and a complete lifestyle transformation.

Detox Sanctuary

Suitable for People looking to deeply cleanse their body and rejuvenate their health.

Benefits:

- Thorough detoxification
- Improved digestive health
- Increased energy and vitality
- Enhanced mental clarity and focus

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Personalized nutritional consultation**

Experience a tailored approach to detox with our Personalized Nutritional Consultation. Receive expert guidance on detoxifying foods and lifestyle adjustments, designed to refresh and rejuvenate your body for enhanced wellness and vitality.

- **Re-balancing Facial**

Expertly customized to meet the unique needs of your skin, this luxurious facial treatment re-balances and revitalizes your complexion, targeting uneven tone, texture, and hydration. Perfect for restoring a healthy glow and leaving your skin feeling refreshed, renewed, and naturally beautiful.

- **Detox ayurvedic treatments**

Experience traditional Ayurvedic therapies designed to detoxify, rejuvenate, and restore balance to the body and mind. These treatments use natural herbs, oils, and techniques to cleanse the system, enhance vitality, and promote overall well-being. Perfect for a holistic reset.

- **Whole Body Photo-bio-modulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

- **Hydrotherapy facilities**

Immerse yourself in our cutting-edge hydrotherapy facilities, combining the detoxifying and relaxing effects of sauna, the revitalizing boost of cryo-cool bath and the deep rejuvenation of oxygen jacuzzi.

- **Oxygen Therapy**

Revitalize your wellness journey at our Oxygen Therapy, where you can enjoy the invigorating benefits of concentrated oxygen. Breathe in pure oxygen infused with calming aromas to enhance mental clarity, boost energy, and promote relaxation. Perfect for refreshing your body and mind, our Oxygen Bar offers a unique and uplifting experience.

- **Yoga Training and Meditation (Choose from)**

Choose from sessions in yoga and meditation to enhance flexibility, mental clarity, and stress relief.

- **Excursion**

Embark on captivating excursions that immerse you in Sri Lanka's natural beauty and cultural heritage. Each experience is designed to rejuvenate your spirit and enrich your wellness journey.

Highly Recommended Add-Ons:

- IV Nutrient Therapy
- Pedicure
- Laboratory Examination with Detailed Discussion.

Following your wellness consultation, the doctor will customize your treatments to fit a daily duration of 2 hours.

Detox Sanctuary	3 Day	5 Day	7 Day
Personalized wellness consultation and Dosha Analysis	✓	✓	✓
Mineral Tissue Analysis	✓	✓	✓
Bio-electrical Impedance Analysis (BIA)	✓	✓	✓
Nutritional Consultation	✓	✓	✓
Re-balancing facial	1	1	2
Detox Ayurvedic Rituals	4	8	12
Hydrotherapy Treatments	-	2	1
Whole Body Photo Bio-modulation	1	1	2
Halo-therapy	1	2	4
Oxygen Therapy	1	2	2
Yoga & Meditation (Choose From)	✓	✓	✓
Excursion	✓	✓	✓
Follow-Up Wellness Consultation	✓	✓	✓

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.



Sleep Harmony & Stress Balance Experience

Embark on a transformative journey with our Sleep Harmony & Stress Balance Experience, where Sri Lanka's first combination of Ayurvedic and integrative medicine addresses your sleep and stress challenges. This unique programme is designed for individuals seeking to restore balance, improve sleep quality, and enhance overall well-being through a holistic approach.

Three Day Programme (2 Nights / 3 Days)

A focused retreat to initiate your journey towards restful sleep and stress reduction, featuring essential consultations and revitalizing therapies.

Five Day Programme (4 Nights / 5 Days)

Dive deeper into personalized strategies with additional treatments that promote relaxation and mental clarity.

Seven Day Programme (6 Nights / 7 Days)

Experience a comprehensive transformation over a full week, with tailored therapies designed to ensure lasting harmony and improved sleep.

Sleep Harmony & Stress Balance Experience

Suitable for Individuals seeking to balance stress and improve sleep quality for better overall well-being.

Benefits:

- Harmonized sleep patterns and enhanced restfulness
- Effective stress reduction and relaxation
- Boosted mental clarity and emotional balance
- Tailored sleep and stress management strategies

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Sleep Quality Index**

Evaluate your sleep with our Sleep Quality Index, a comprehensive tool designed to assess various aspects of your sleep patterns, including duration, restfulness, and overall satisfaction. This scale helps identify areas for improvement and guides the development of personalized strategies to enhance your sleep quality and well-being.

- **Revival facial**

Expertly customized to meet the unique needs of your skin, this luxurious facial treatment re-balances and revitalizes your complexion, targeting uneven tone, texture, and hydration. Perfect for restoring a healthy glow and leaving your skin feeling refreshed, renewed, and naturally beautiful.

- **De-Stress and Multi-sensory Rituals**

Immerse yourself in our De-Stress and Multi-sensory Rituals, crafted to provide a profound sense of relaxation and rejuvenation. This multi-sensory experience engages your senses with calming aromas, soothing textures, and tranquil sounds, designed to alleviate stress, promote mental clarity, and enhance your overall well-being.

- **Whole Body Photo bio-modulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

- **Oxygen Therapy**

Revitalize your wellness journey at our Oxygen Therapy, where you can enjoy the invigorating benefits of concentrated oxygen. Breathe in pure oxygen infused with calming aromas to enhance mental clarity, boost energy, and promote relaxation. Perfect for refreshing your body and mind, our Oxygen Bar offers a unique and uplifting experience.

- **Hydrotherapy facilities**

Immerse yourself in our cutting-edge hydrotherapy facilities, combining the detoxifying and relaxing effects of sauna, the revitalizing boost of cryo-cool bath and the deep rejuvenation of oxygen jacuzzi.

- **Yoga Training and Meditation (Choose from)**

Choose from sessions in yoga and meditation to enhance flexibility, mental clarity, and stress relief.

- **Excursion**

Embark on captivating excursions that immerse you in Sri Lanka's natural beauty and cultural heritage. Each experience is designed to rejuvenate your spirit and enrich your wellness journey.

Highly Recommended Add-Ons:

- IV Nutrient Therapy
- Pedicure
- Laboratory Examination with Detailed Discussion
- Personalized Stress Management and Sleep Consultation

Following your wellness consultation, the doctor will customize your treatments to fit a daily duration of 2 hours.

Sleep Harmony & Stress Balance Experience	3 Day	5 Day	7 Day
Personalized wellness consultation and Dosha Analysis	✓	✓	✓
Mineral Tissue Analysis	✓	✓	✓
Bio-electrical Impedance Analysis (BIA)	✓	✓	✓
Sleep Quality Index	2	2	2
Revival facial	1	1	2
De-Stress and Multi-sensory Ayurvedic Rituals	5	8	11
Hydrotherapy Treatments	-	1	8
Whole body photo bio-modulation	1	2	2
Halo-therapy	1	2	3
Oxygen Therapy	2	3	3
Yoga & Meditation (Choose from)	✓	✓	✓
Excursion	✓	✓	✓
Follow-Up Wellness Consultation	✓	✓	✓

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.



Longevity & Anti-Aging Journey

Embark on a transformative journey with our longevity & anti-aging journey, where Sri Lanka's first combination of Ayurvedic and integrative medicine meets advanced anti-aging therapies. This unique programme is designed for individuals seeking to slow the aging process and promote longevity through a holistic approach that rejuvenates both body and mind.

Five Day Programme (4 Nights / 5 Days)

Delve deeper into personalized anti-aging strategies with additional therapies to enhance skin vitality and overall wellness.

Seven Day Programme (6 Nights / 7 Days)

Experience a comprehensive transformation with a full week of tailored treatments, promoting enduring beauty and vitality.

Longevity & Anti-Aging Journey

Suitable for Individuals looking to slow down aging and promote longevity.

Benefits:

- Slow down aging
- Improved skin health and vitality
- Personalized anti-aging and wellness plan

Programme Includes:

- **Personalized wellness consultation and Dosha Analysis**

The Personalized wellness consultation and Dosha Analysis includes a one-on-one session with dosha analysis and naadi (pulse diagnosis) to create a customized wellness plan. Before departure, a follow-up session will review your progress and provide your next wellness plan to support your ongoing health goals.

- **Mineral Tissue Analysis**

This advanced test evaluates the presence of heavy metals, minerals, and trace elements at the cellular level, providing a deep understanding of your body's nutritional balance and toxic exposures. Gain personalized insights to optimize your detoxification and overall wellness plan.

- **Bio-electrical Impedance Analysis (BIA)**

A quick and non-invasive method to assess body composition, including fat, muscle, and hydration levels, providing insights into your overall health and fitness.

- **Personalized Anti-Aging Consultation**

Reclaim your youthful vitality with a personalized consultation from our anti-aging specialist. Tailored to your unique needs, this session focuses on slowing the aging process, enhancing skin health, and promoting overall well-being. Through expert advice and customized treatments, you'll achieve a radiant, youthful glow and long-lasting rejuvenation.

- **Personalized nutritional consultation**

Enjoy a one-on-one session designed to evaluate your dietary habits and develop a bespoke nutrition plan that supports your detox goals. This personalized consultation enhances overall wellness and addresses your unique health needs for a rejuvenating and effective detox experience.

- **Anti-Aging Facial**

Revitalize and rejuvenate your skin with our Anti-Aging Facials. Designed to reduce the visible signs of aging, these luxurious treatments use advanced techniques and nourishing ingredients to smooth wrinkles, enhance elasticity, and restore a youthful glow. Experience a renewed sense of radiance and timeless beauty with every session.

- **Ayurvedic Rituals for Anti-Aging and Longevity**

Experience timeless beauty with our Ayurvedic Rituals for Anti-Aging and Longevity. These traditional treatments harness the power of ancient herbs and techniques to rejuvenate your skin, reduce signs of aging, and promote enduring vitality. Embrace a holistic approach to maintaining youthful radiance and overall well-being.

- **Whole Body Photobiomodulation Treatment**

Experience state-of-the-art infrared therapy designed to reduce pain, relax muscles, and improve blood circulation. This innovative treatment uses infrared wavelengths to penetrate deep into your tissues, promoting cellular repair and enhancing your body's natural healing processes.

- **Halo-therapy**

Experience the healing benefits of Halo-therapy, a natural therapy that involves breathing in micro-particles of salt in a controlled environment. This treatment helps cleanse the respiratory system, improve lung function, and soothe skin conditions, leaving you feeling revitalized and refreshed.

- **Oxygen Therapy**

Revitalize your wellness journey at our Oxygen Therapy, where you can enjoy the invigorating benefits of concentrated oxygen. Breathe in pure oxygen infused with calming aromas to enhance mental clarity, boost energy, and promote relaxation. Perfect for refreshing your body and mind, our Oxygen Bar offers a unique and uplifting experience.

- **Hydrotherapy facilities**

Immerse yourself in our cutting-edge hydrotherapy facilities, combining the detoxifying and relaxing effects of sauna, the revitalizing boost of cryo-cool bath and the deep rejuvenation of oxygen jacuzzi.

- **Yoga Training and Meditation (Choose from)**

Choose from sessions in yoga and meditation to enhance flexibility, mental clarity, and stress relief.

- **Excursion**

Embark on captivating excursions that immerse you in Sri Lanka's natural beauty and cultural heritage. Each experience is designed to rejuvenate your spirit and enrich your wellness journey.

Highly Recommended Add-Ons:

- IV Nutrient Therapy
- Pedicure
- Laboratory Examination with Detailed Discussion
- Anti-aging beauty add-on treatments
- Meet physiotherapist

Following your wellness consultation, the doctor will customize your treatments to fit a daily duration of 2 hours.

Longevity & Anti Aging Journey	5 Day	7 Day
Personalized wellness consultation and Dosha Analysis	√	√
Mineral Tissue Analysis	√	√
Bio-electrical Impedance Analysis (BIA)	√	√
Anti aging Consultation	√	√
Nutritional Consultation	-	√
Anti-Aging Facial	1	2
Ayurvedic Rituals for Anti-Aging and Longevity	8	11
Hydrotherapy treatments	2	2
Whole body photo bio-modulation	1	2
Halo-therapy	2	4
Oxygen Therapy	2	2
Yoga & meditation (Choose from)	√	√
Excursions	√	√
Follow-Up Wellness Consultation	√	√

Included

- Luxurious Suite Accommodation for a truly indulgent experience.
- Healthiest Gourmet Wellness Cuisine, crafted to nourish your body and delight your palate.
- Refresh and revitalize with our selection of freshly squeezed juices and herbal teas.

Christell Life Etiquette

Operating Hours

We welcome guests from 8:00 AM to 8:00 PM daily. To ensure the best experience, please schedule your appointments within these hours. The last appointment of the day is at 6:00 PM.

Arrival Time

We recommend arriving at least 15 minutes before your scheduled appointment to relax and complete any necessary forms. Late arrivals may result in reduced treatment time, with full fees still applying.

Prior Arrival Preparation

To enhance the effectiveness of our treatments, we kindly request that you take a shower prior to arrival. This allows the treatments to be fully absorbed and improves your experience.

Booking Confirmation

To confirm your booking for the wellness programmes, a deposit of 50% of the total service cost is required. For bookings that include accommodation 100% deposit is required at the time of confirmation. Notify 24 hours in advance for cancellations; otherwise, a 50% fee is charged.

Jewelry and Valuables

For your convenience, we recommend securing any valuable items, such as jewelry, in the safe locker provided in your suite. Mobile phones and electronic devices are not permitted inside the treatment areas to ensure a peaceful and undisturbed environment.

Attire

We provide comfortable robes, towels, and slippers for all treatments. However, we recommend wearing light, loose-fitting clothing that can easily be changed before and after your treatment.

Health Conditions

Inform staff of any medical conditions or pregnancy before treatments.

Respect for Other Guests

To maintain a serene environment, we ask that conversations and noise be kept to a minimum, respecting the tranquil atmosphere that Christell Life strives to provide.

Christell Life PVT. LTD.

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