



Holistic Health

YAMA

@ east surf cabana - Arugam Bay

The best time to boost your mental & physical health
is on holiday. And if you don't know where to go...
look no further.

Rejuvenate your body & mind, feel healthy and breathe.
Slow down, focus on your batteries, tune in and immerse the self with
natural remedies and expert holistic doctors.

Rest & Re-set - Massage - Nutrition - Detox



PROMOTIONS (April and October only)

Quote: 'Yama 11' for 15% discount on MASSAGES

Quote 'Sleep 22' for 10% discount on accommodation (min 2-night stay; B&B)

