

sanctuary spa at cape weligama

wellness is treating the mind, body and spirit.

at cape weligama, we embody this ideology by curating holistic therapies infused with natural ingredients and nurturing practices. our spa menu draws inspiration from traditional healing methods, the deep blue ocean and a bountiful collection of hyperlocal herbs and spices. feel free to inquire further if you wish to know more about the ingredients, modalities or theories used in any of our offerings.

signature ritual (in-villa treatment)

inspired by traditional herbal therapies, this full body massage uses warm poultices infused with ceylon tea to ease joint pain, muscle tension, and stiffness. the natural antioxidants and soothing heat promote circulation and encourage deep relaxation, leaving the body restored and the mind refreshed.

enhance your bath with the addition of bath salts, tea and fresh milk, providing a soothing scent.

complemented by orange and lime slices for a rejuvenating bath.

duration: 120 minutes (90 minutes treatment + 30 minutes bath ritual) | 180

bath ritual

immerse yourself in a spa bath that promotes relaxation as the heat raises your body temperature and relaxes your muscles. elevate the experience with bath salts and tea leaves, imparting a soothing scent, and enhance the rejuvenation with a lime slice.

in-room treatment: 30 mins | 50

invigorating ritual

embark on a pampering journey to soothe, relax and invigorate your senses. choose between a deep tissue massage or balinese massage style, and complete the experience with a hydrating facial.

duration: 120 mins | 170

soothing ritual

immerse yourself in a pampering experience designed to soothe, relax and invigorate the senses. this inclusive ritual features a body scrub and massage treatment.

duration: 120 mins | 170

nourishing ritual

indulge in a unique experience that combines massage and facial treatments. choose between a relaxing massage or deep tissue massage to tailor the experience to your preferences.

duration: 90 mins | 135



prices are in USD, including service charge & tourism levy, VAT will be added

pampering ritual (body scrub and body wrap)

indulge in an exceptional skin-softening body exfoliation that combines a selection of all-natural ingredients, including ceylon coconut, honey, tea and coffee. this delightful blend is carefully applied to leave your skin nourished, smooth and supple. enhance the experience with a body wrap of your choice, crafted from ceylon turmeric, coffee, tea or chocolate based on your personal preference and concerns. the selection includes natural ingredients rich in vitamins and antioxidants, offering a highly nutritional and effective solution for various skin issues. the treatment concludes with a smooth lotion application.

duration: 75 minutes | 110

beauty treatments

hydrating facial

experience a skin treatment specially formulated to hydrate and rejuvenate the skin. bid farewell to facial tension as your treatment concludes with an acupressure face and head massage, along with gentle muscle stretches on your neck before the mask. finish with a smooth velvety cream application that provides essential vitamins and nutrients to your skin.

duration: 60 minutes | 90

body ritual

deep tissue massage

immerse yourself in a powerful and invigorating massage technique that utilizes deep pressure to alleviate deep-seated tension, stiffness, fatigue and muscular stress. this massage focuses on primary discomfort areas such as the back, neck, shoulders, buttocks and legs. experience expedited recovery and pain relief through appropriate pressure application.

60 mins | 90, 90 mins | 125

balinese massage

enjoy a full-body holistic massage treatment that takes care of your body from scalp to foot. this technique includes gentle stretches, relaxing strokes and pressure points to stimulate the flow of blood, lymph, and energy. the balinese massage is effective for relaxing strained muscles.

60 mins | 90, 90 mins | 125

head / back + neck + shoulder

relax with a comforting ritual that relieves tension in the muscles of the head, back, neck and shoulders. choose from a selection of oils to enhance the treatment.

duration: 45 minutes | 75



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cape hot stone

relieve deep-seated tension and release blocked energy flow with this holistic treatment. re-energize your body through a full-body massage with carefully selected essential oils and a therapeutic hot volcanic stone treatment. the treatment concludes with a head massage and gentle muscle stretches.

duration: 90 minutes | 130

ceylon herbal massage

experience a deep heat medicinal muscle treatment using the herbal poultice, combined with massage. the body absorbs the heat along with natural herbs such as ginger, nutmeg, clove, and cinnamon, promoting the reduction of aches and pains, stimulation of circulation, increased lymphatic drainage, detoxification and conditioning of the skin. a nourishing virgin coconut oil head massage completes the treatment.

duration: 90 minutes | 135

foot massage

indulge in a deeply therapeutic foot and lower leg massage, targeting the reflex zones. this relaxing and rejuvenating treatment applies pressure and specific movements to improve blood circulation and energy flow within the body.

duration: 45 minutes | 75

additional treatments**mini facial**

this treatment, designed to provide most of the benefits of a full facial in half the time, corrects small imperfections on the skin's surface, such as dryness. mini facials result in tighter, smoother and healthier skin, reviving blood circulation to improve skin.

duration: 30 minutes | 50

mini scrub

efficiently remove dead skin cells, dirt and oil with this treatment designed to leave your skin feeling soft, smooth and improve skin tone.

duration: 30 minutes | 50

wellness ritual for young guests

a gentle, calming ritual designed to help children unwind, sleep better, and feel at ease.

light pressure massage techniques soothe the body and calm the mind. suitable for ages 7 to 12.

note: must be accompanied by a parent or guardian.

duration: 40 mins | 55