



Itinerary for Mr Ian Harris and Ms Jane Wormleighton

Saturday, 03 January 2026

Your flight

Flight	SriLankan Airlines flight UL0504
Depart	London Heathrow Airport Terminal 3 20:40
Arrive	Colombo Bandaranaike International Airport 12:30 (arrives on Sunday, 04 January 2026)

Note

Flight not booked by Healing Holidays; flight details provided for travel itinerary information purposes only; please check flight details with service provider closer to departure day.

Sunday, 04 January 2026

Your transfer

Pick up	Colombo Bandaranaike International Airport
Drop off	Anantara Peace Haven Tangalle Resort
Operator	Anantara Peace Haven Tangalle Resort
Transfer type	Private transfer <i>(maximum for 3 passengers with 400-440 litres of luggage space)</i>
Journey time	Approximately 3 hours and 30 minutes (depending on local traffic conditions)

Your driver will meet you in the arrivals hall. Please look out for your driver, who will be displaying a welcome board showing your name.

Should you have any difficulty locating your driver, please call the following number for assistance:
Anantara Peace Haven Tangalle Resort reservations: +34 722 6060



Your accommodation

Resort	Anantara Peace Haven Tangalle Resort
Duration	10 nights
Room type	Garden Pool Villa (double occupancy)
Meal plan	Bed and Breakfast (04.01.2026 - 07.01.2026) Half Board (07.01.2026 - 14.01.2026)
Confirmation number	837661999

Check-in

A valid ID is requested on check in at Anantara Peace Haven Tangalle Resort.

Added value offer for stays in a Villa

- 60 minutes spa treatment **per person, per stay**

Meal Allocations

Please note that guests are entitled to have meals at the all-day dining restaurant. As Anantara Peace Haven Tangalle Resort have many outlets, meals will be on a buffet and if it is not available, a set menu will be arranged.

Pre-booked treatments and services

The following treatment and services have been pre-booked.

- Body Scrub 30 min at 11:00 pm on 05 Jan, for you both, **to be paid locally**
- Ayurvedic Consultation 30 min at 12:30 pm on 05 Jan, for you both, **complimentary**
- Tennis court daily from 05 Jan to 13 Jan at 8:00 am, **free of charge**
(The tennis court at Anantara Peace Heaven Tangalle features a hard surface)



Notes: Anantara Peace Haven Tangalle Resort Spa etiquette

Reservations

Advance bookings for additional treatments are highly recommended. Please contact the spa reception team by dialling 8585 or emailing spa.atan@anantara.com to schedule an appointment.

Preference for therapists' gender

If you have any preference for your therapists' gender, please advise us in advance of travel.

Cancellation Policy

For treatments included in your retreat, as well as for extra treatments, a minimum of five hours notice is required if you are unable to keep your appointment.

Treatments can be rescheduled at your request.

Guests will be charged 50% for treatments not cancelled 5 hours in advance and 100% for packages not cancelled 24 hours in advance.

Spa Attire and Valuables

Anantara Peace Haven Tangalle Resort accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. We recommend all valuables to be left in your safety deposit box located in your room.

Spa Arrival

Please arrive 15 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Arriving late will limit your treatment time so that the next guest is not delayed.

Please take time to relax in their tranquil surroundings including a steam room before and after your therapy session, and enjoy a nourishing tea after your treatment.

Mobile phones and smoking are not permitted in the spa at any time.

Health Concerns

Please notify the spa receptionists or therapists of any existing medical conditions. If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using the spa facilities. This will ensure your safety before having any treatments.

They recommend that you do not sunbathe before and after waxing or facials. For men – please shave prior to all facial treatments to ensure that maximum results are achieved.

Spa Boutique

Luxury, Ayurveda and Local skincare and body products are available along with beautiful gifts in Anantara spas boutique.



Wednesday, 14 January 2026

Your transfer

Pick up	Anantara Peace Haven Tangalle Resort
Pick up time	To be advised locally
Drop off	Colombo Bandaranaike International Airport
Operator	Anantara Peace Haven Tangalle Resort
Transfer type	Private transfer (maximum for 3 passengers with 400-440 litres of luggage space)
Journey time	Approximately 3 hours and 30 minutes (depending on local traffic conditions)

Anantara Peace Haven Tangalle Resort will advise your departure time prior to your departure day.

Please ensure that you give yourself enough time to check out and settle your bill at Anantara Peace Haven Tangalle Resort prior to meeting your transfer driver.

Your flight

Flight	SriLankan Airlines flight UL0503
Depart	Colombo Bandaranaike International Airport 12:50
Arrive	London Heathrow Airport Terminal 3 19:10

Note

Flight not booked by Healing Holidays; flight details provided for travel itinerary information purposes only; please check flight details with service provider closer to departure day.

End of services



General inclusions and exclusions

Inclusions

Road transfers as specified
Accommodation as specified
Meals as specified
Activities as specified
Any other services as specified in the itinerary

Exclusions

Flights
Spa package / treatments
Any services not specified
Any items of a personal nature
Gratuities
Souvenirs
Drinks (unless specified)
Laundry services (unless specified)
Telephone, fax and e-mail services
Additional spa treatments
Additional activities
Travel insurance
Visa costs
Immunisation costs
Local taxes where applicable
Early check-in or late check-out from the resort (unless specified)



Preparing for travel to Sri Lanka

Passport validity requirements

- To enter Sri Lanka, your passport must have an 'expiry date' at least 6 months after the day you arrive.

Visa requirements

- You need a visa to visit Sri Lanka. Tourist visas are normally valid for 30 days. If you overstay your visa the police could issue a fine or detain you. Follow the guidelines for tourists issued by Sri Lanka's [Immigration and Emigration department](#).

Applying for a visa

- You should apply for a [Sri Lanka 'Electronic Travel Authorisation' \(ETA\)](#) online, at least a few days before departure. You should get your approval notice within 24 hours, and you can use this to enter Sri Lanka. If you want to extend your visa, contact the [Immigration and Emigration department](#).
- You do not need a visa if you're travelling through Sri Lanka by air, as long as the connecting flight is within 24 hours of your arrival. Check with your airline about transit times.

Electronic Travel Authorisation (ETA)

- With effect from 15th October 2025, all foreign nationals visiting Sri Lanka for tourist purposes must obtain an Electronic Travel Authorisation (ETA) prior to their arrival in Sri Lanka.
- For further information and to apply for an ETA, please visit <https://eta.gov.lk/slvisa/>

Vaccination requirements

- Check the [vaccinations and certificates you need in TravelHealthPro's Sri Lanka's guide](#).
- Depending on your circumstances, this may include a yellow fever vaccination certificate.

Customs rules

- There are strict rules about [goods you can take into or out of Sri Lanka](#).
- You must declare anything that may be prohibited or subject to tax or duty.

Taking money into Sri Lanka

- Most major banks allow Visa and Mastercard cash withdrawals. There are ATMs in major towns and cities, but not all accept international cards.
- You cannot transfer money without an exchange control permit issued by the [Central Bank of Sri Lanka](#).
- Some travellers have reported problems using cards on arrival in Sri Lanka when their bank's automated fraud protection system blocks transactions. Inform your bank in advance of your intended travel arrangements.

Travel insurance

- Ensure that you [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

Further information

If you require further travel advice information, please visit <https://www.gov.uk/foreign-travel-advice/sri-lanka>



HealingHolidays

Contact details

Healing Holidays

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+44 7432 120 045 Emergencies only

E-mail info@healingholidays.com

Website www.healingholidays.com

Anantara Peace Haven Tangalle Resort

Address St Sebastian Road
Katukurunda
Kalutara
Sri Lanka

Telephone +94 (0) 34 722 6060 Reservations

E-mail reservations.srilanka@anantara.com

Website www.anantara.com





Destination Essentials: Sri Lanka

Time

Local time in Sri Lanka is GMT +5.30 hours

Electricity

Electrical current is 230 volts, 50Hz. Round, three-pin plugs are used

Language

Most people speak Sinhala, which is the national and official language. Tamil is also spoken, and English is spoken at most tourist establishments.

Money

The unit of currency is the Sri Lanka Rupee (LKR), which is divided into 100 cents. Major credit cards are widely accepted in major cities. ATMs are becoming more common, but outside the main cities they are unlikely to accept international cards. Credit cards should be used with caution due to the potential for fraud. Foreign currency can be exchanged at bureaux de change, banks and hotels. Banks are closed on Sundays

Travel health

Food and water borne diseases are the primary cause for ill health in Sri Lanka. Visitors should only drink bottled water, avoid ice in drinks, and take care to eat well-cooked food. Hepatitis A and hepatitis B vaccinations are recommended for all travellers to Sri Lanka. Typhoid is only really a problem in rural areas, but travellers should consider a vaccination depending on their itinerary. Yellow fever vaccination certificates are required by travellers coming from infected areas. Malaria, Chikungunya fever, Japanese encephalitis and dengue fever are a risk and protection against mosquito bites is essential. Prophylactics for malaria are also strongly recommended for all regions, except the districts of Colombo, Kalutara, Galle and Nuwara Eliya. Travellers are strongly advised to take out good travel insurance, and seek medical advice at least three weeks before leaving for Sri Lanka. Quality medical attention may be difficult to find outside of Colombo and other big cities and medications are often in short supply in Sri Lanka. Travellers should bring any medication they may require with them.

Local customs

Photography near government or military buildings is prohibited in Sri Lanka. Homosexuality is illegal. Topless sunbathing is not allowed, and visitors, particularly women, should cover up when entering Buddhist sites. It is considered offensive to pose for photographs in front of a Buddha statue. Smoking and drinking in public are forbidden. Honour, or personal dignity, is extremely important to Sri Lankans and causing an individual to 'lose face' by public criticism or anger should be avoided.

Business

Business hours are generally 9am to 5pm Monday to Friday with an hour taken at lunch.

Communications

The international country dialling code for Sri Lanka is +94. The outgoing code is 00, followed by the relevant country code (e.g. 0044 for the United Kingdom). City or area codes are in

use, e.g. (0)11 for Central Colombo. International direct dial facilities are available in Colombo and other major cities. Mobile phone operators provide GSM 900/1800 frequency networks with coverage across all the main parts of the island. Mobile data is reasonably quick (at least 3G speeds) in all cities and larger towns, and Wi-Fi is standard in hotels and guesthouses.

Duty free

Travellers to Sri Lanka over 18 years do not have to pay duty on the following items: 2 bottles wine and 1.5 litres spirits; perfume up to 59ml and 250ml eau de toilette; and souvenirs to the value of US\$250; 200 cigarettes or 50 cigars and 340g of tobacco. For family members travelling together free import applies for two members. Passengers must declare personal effects to ensure free export when they arrive in Sri Lanka. Restricted items include firearms, ammunitions, explosives and weapons, plants, fruits, birds and by-products, medication (unless it is for personal use), and goods for commercial purposes. Prohibited items include drugs or narcotics, pornographic material, and material that ridicules religious belief systems.

Tipping

A 10 percent service charge is added to most restaurant and hotel bills. Tipping is a customary way to show appreciation for almost all services and small amounts are sufficient, otherwise 10 percent of the amount due is standard. There is no need to tip taxi drivers.

Climate and weather

Sri Lanka has a tropical climate, characterised by distinct wet and dry seasons, but virtually no distinction between the seasons as far as temperature is concerned: Sri Lanka is always hot and humid. The island's weather is a little complicated, however, since it has two monsoon seasons. In the south-western half of Sri Lanka, the Yala Monsoon brings heavy rain from May to August, with the dry season lasting from December to March; the Maha Monsoon, on the other hand, brings rain to the northern and eastern parts of the island from October to January, with the dry season lasting from May to September. Note that the southwest receives a lot more annual rainfall than the north and east, and that an intercontinental monsoon period can also see rain fall across the island in October and November. The average temperature in Colombo and other coastal regions is 81°F (27°C). Generally, the best time to visit Sri Lanka is from December to March for the west and south coasts and the Hill Country; and from April to September for the ancient cities region and the east coast. Peak tourist season is from December to March, when many visitors head to Sri Lanka to escape the European winter.

Useful contacts

Ministry of Tourism, Colombo:
+94 11 242 6900 or www.srilankatourism.org
Sri Lanka High Commission, London
(also responsible for Ireland): +44 20 7262 1841.
Sri Lanka emergency numbers:
110 (Ambulance), 118 (Police)