



barressential
luxury retreats



barressential
luxury retreats

At barressential, we are shaping a new kind of wellness experience. One that goes beyond the boundaries of “exercise” to change the way you move, live and go through life. Our focus is on uncomplicated yet deep internal changes that will create good soil for the seeds of long-term wellness and contentment.

We believe Santani - from its sustainable architecture to its personalised meals - captures the true essence of this philosophy.

If you have a natural curiosity and are searching for a calmer, more rooted and balanced lifestyle, then our barressential luxury retreat at the stunning Santani is where your transformation will start.

The thought behind our retreats is that you must step away from the world to allow the mind and body to unwind & recalibrate effectively. Our promise is that the combination of our specially crafted movement experiences incorporating the essence of barre and pilates coupled with the nourishing food and therapies that soothe the body will begin to effect deep rooted change.

This two day programme has been created with lots of care to help effectuate the change and set you down the path of knowing that being truly “well” is possible.

**“LEAVE THE STRESS OF
EVERYDAY LIFE BEHIND
AND ENTER ANOTHER
WORLD...”**



**santani wellness
resort & spa**
our venue

29th & 30th July, 2017



Our home for the retreat is the highly acclaimed, Santani Wellness Resort & Spa. Heralded by Tatler as one of the World's Best Spas in 2017 and by both Condé Naste Traveller & T+L as one of the World's Best New Hotels for 2017, Santani is the perfect mixture of pleasure and wellness.

Nestled amidst a 48 acre plantation in the hillsides of Kandy, Santani provides a tranquil setting for our retreat.

Most importantly, Santani takes pride in its gastronomic experience - combining fine dining with healthy (yet pleasurable) foods served to you in its beautiful wide-vista dining room.

The movement classes take place in the elevated open air space. This provides a beautiful setting for the sessions as the sunlight dapples with the mats.

Massage therapies take place in the first of its kind hydrotherapy spa in Sri Lanka - this three tiered spa cut into the hillside of the plantation, provides scenic views whether you are in the glass walled cedar wood sauna or the open air massage rooms surrounded by paddy fields.

**“SANTANI HAS WOVEN
PEACE, LOVE AND
UNDERSTANDING INTO
ITS VERY CORE” -
TATLER UK**



a typical retreat *with barressential*

Your Lunch

Warm welcome to Santani
Checked into accommodation
Pre-lunch barre class to raise the metabolic rate
Lunch amidst the backdrop of the mountains

Your Afternoon

Time of rest & relaxation
Pilates class to revitalise the core
Massage therapy in peaceful surroundings

Your Evening

One to one with Nare for your unique personalised movement assessment.
Restore with a gourmet fine dining experience

Your Morning

Breakfast in the morning sunshine
Raising energy levels with a pilates class
Effectuating the long & lean muscles with a stretch class

You have the rest of the morning free till your second gourmet lunch experience & departure.

Our retreat is crafted to combine many types of movements: stretch, yoga, pilates, barre & HIIT so as to test & surprise your body throughout the weekend.

Our barressential luxury retreat has a very limited number of guests ensuring personalised attention & optimal results. Our guests are personal invitees ensuring a curated community of like minded guests.

The two day programme will include plenty of time to relax, unwind and simply enjoy the beauty of our surroundings.





retreat cuisine
surrounded by nature



Santani prides itself in its cuisine and we at barressential believe that wellness is 80% about nutrition and 20% about fitness. As such, on this retreat, we will enjoy gourmet meals prepared by Santani's experienced, internationally trained chefs.

The foods we put in our bodies are able to nourish or create toxic chemical reactions within - during our time together, we will educate and introduce healthier ingredients that can be easily sourced and combined into your daily lives. Thus ensuring that healthy eating is not something you leave behind when you leave the retreat.

We will enhance all meals with specially crafted juices to complement the delectable cuisine and provide essential hydration & restorative nutrients to the body in the most natural way.

Everything at a barressential luxury retreat is authentic, sustainable & in harmony with its environment.





retreat logistics

29 & 30 July, 2017

Our Wellness Package includes a one night stay at Santani, return transport and all your wellness elements: massage therapy, food, juice, all movement classes, pre & post retreat support.

As our inaugural clients, we would like to offer you a 40% discount on our rates for this retreat:

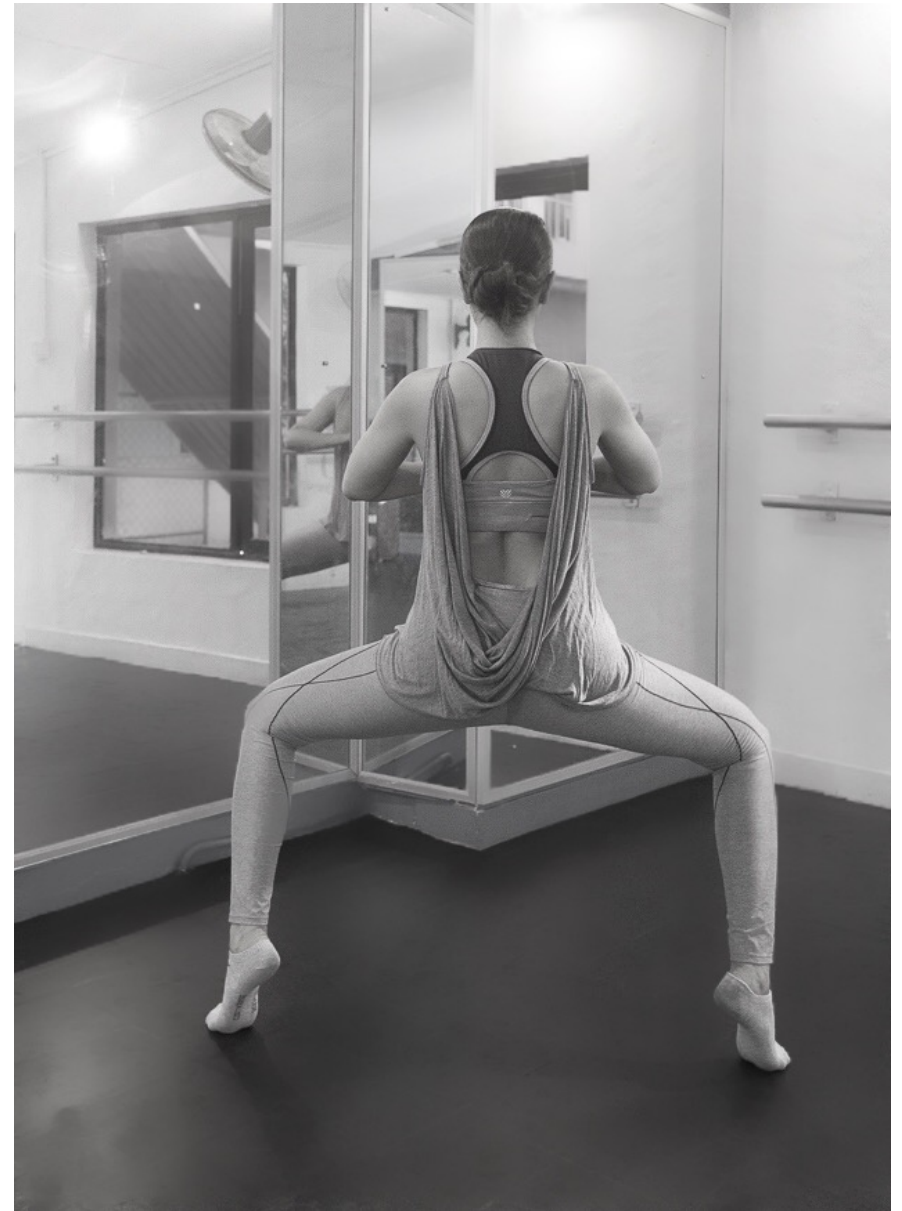
Wellness Package (double occupancy): LKR 35,000 pp
Wellness Package (single occupancy): LKR 45,000 pp

For the personalised assessment & one-to-one session, please add an additional LKR 5,000 to the package price.

We know booking any time away is time consuming and involves talking to many different parties. Your barressential luxury retreat experience will only require you to speak with Founder, Nare Bandaranayake - who will talk you through every part of the retreat, your accommodation & transport options.

Spaces are limited on our retreat so please do contact us to ensure your place today.

Email Nare with your phone number at hello@barressential.com to arrange a call back.





SRI LANKA - KANDY
SANTANI WELLNESS RESORT & SPA

about us *barressential*

Barressential was launched in 2017 in Colombo, Sri Lanka as a first of its kind barre & pilates boutique fitness offering.

Our Founder, Nare Bandaranayake comes from a 8 year career in investment banking & management in London. As an ardent fan of pilates & barre whilst living abroad and seeing a gap in the market for such a low-impact & intense offering in Colombo - Nare stepped into the field of wellness to bring the proposition over.

With her background in Neuroscience and deep knowledge of Anatomy, Nare was drawn to pilates for its focus on muscular re-alignment to create balanced, strong bodies.

Nare is a certified IBBFA Barre instructor and is the only instructor in Sri Lanka trained in Pilates with the esteemed Sacramento based, Balanced Body Institute ("Gold Standard" Pilates Method Alliance approved).

Furthermore, Nare holds a BSc in Neuroscience from King's College London and a Masters in Finance from the University of Cambridge.

“Nare...talks through every position, making it clear what you should be focusing on and which muscle group you are using, ensuring there's something to push every level of every person in the room. Best in the city so far...” - barressential client







see you on the hilltop...