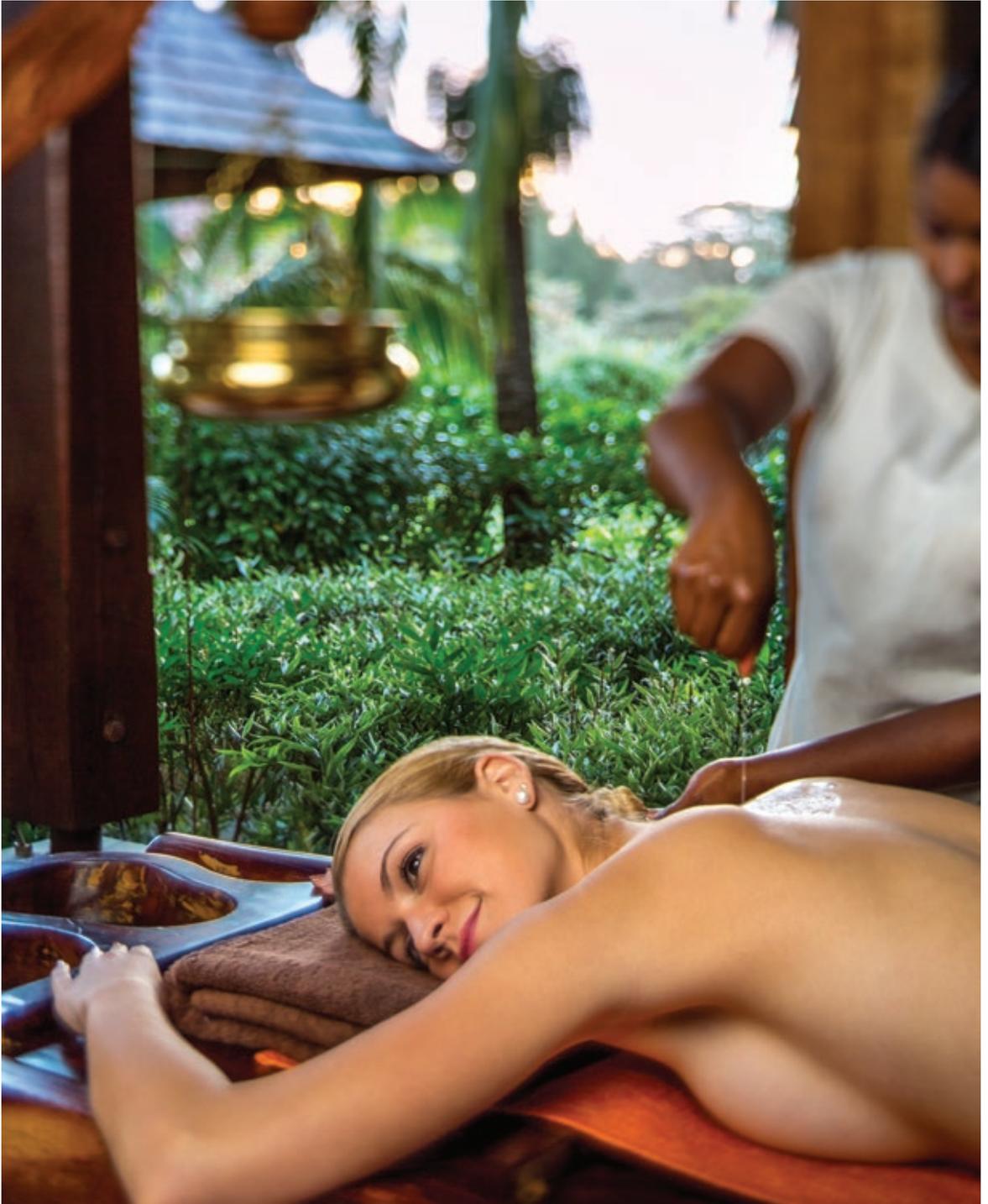


NIRA SPA

AT SHANTI MAURICE



INDIAN EXPERIENCE

“WE CAN NEVER OBTAIN PEACE IN THE OUTER WORLD UNTIL WE MAKE PEACE WITH OURSELVES.”

HIS HOLINESS THE DALAI LAMA



INDIAN EXPERIENCE

The Indian experience focusses on the traditional Ayurvedic massage techniques and its 5,000 year-old healing system. It not only deals with the natural healing of illness, but more so the prevention thereof and preservation of life. In essence, the science of Ayurveda aims to treat the body, mind and soul while creating a harmonious sense of wellbeing.

Our 5 professionally equipped rooms provide our guests with an exceptional Indian experience with authentic rebalancing and relaxing therapies.

AYURVEDIC THERAPIES

ABHYANGA 60 mins

Indulge a traditional Abhyanga massage to improve your blood pressure and assist with the elimination of impurities. Your synchronised full body massage will be tailored according to your dosha type and practiced by two highly skilled Ayurvedic therapists.

PIZHICHIL 60 mins (including steam and shower)

Treat yourself to a rejuvenating experience, during which lukewarm herbal oils are slowly and rhythmically poured over the entire body. This therapy has been designed to strengthen immunity and joint mobilisation.

CHOORNA SWEDANA 60 mins

Also known as “the bundle massage”, Choorna Swedana will increase your circulation and relieve any muscle pain, stiffness, rheumatism, arthritis and sports injury. Each massage is specially devised according to your dosha type and enhanced with the use of warmed herbal poultices that induce therapeutic sweating.

SHIRODHARA 60 mins

Let yourself be seduced by the art of Shirodhara. The session involves gently pouring lukewarm herbal oil in an even stream onto the forehead to pacify and revitalise the body and the mind. It is a rejuvenating and anti-aging ritual that improves memory, regulates sleep patterns and addresses other neurological disorders.



ABHYDHARA 90 mins

This is a unique combination of soothing therapies, where the traditional four hand massage is followed by a continuous stream of lukewarm herbal oil poured evenly between the eyebrows. It provides a pleasant and effective relief for circulatory, blood pressure and neurological disorders.

UDWARTHANA 45 mins

This deep dry massage, based on herbal powders, stimulates the hair follicles and assists to break down the body's excess subcutaneous fat. The treatment is beneficial for firming and toning the skin with the aim to address obesity and mobilise toxins.

KATI VASTI 45 mins

This is the perfect treatment if you experience lower back pain. A black gram or wheat flour paste is placed strategically in a circular shape on the lower back and warm oil is poured into the depression producing a soothing feel in the muscular tissue, alleviating the pain and lubricating the discs and nerves.

SNEHA VASTI 30 mins

Ease your discomfort. During this treatment, oil enemas are used to access the main seat of vata dosha, pakwashaya (large intestine), which strives to relieve vata disorders such as constipation, neurological ailments, flatulence, lower backache, gout and rheumatism.

INDIAN HEAD MASSAGE 45 mins

A delightful traditional form of head, neck and shoulder massage performed in the prone position to relax and ease muscle tensions. This ancient experience restores joint mobility and eliminates toxins by stimulating circulation.

UPANAHADHARA 90 mins

Let your entire body be covered with a dosha specific herbal paste and be warmly wrapped up in banana leaves. As your body absorbs the herbs, a continuous and even stream of lukewarm herbal oil will be poured steadily over the forehead. This purposeful beautifying and skin cleansing ritual efficiently rids the body of toxins in the joints while relieving stress and tensions from the mind.

FACIAL EXPERIENCE

MUKHA LEPA 60 mins

Practiced for centuries as a beauty ritual for Indian women, Mukha Lepa uses traditional herbs to cleanse, exfoliate, tone and deeply hydrate the skin. A specific dosha herbal lepa or mask is applied to your face to bring out the beauty within.

OUR SIGNATURE EXPERIENCE

SHANTI DHARA 90 mins

Leave your thoughts and stress behind as you begin your journey with a warming up synchronised massage followed by a stream of lukewarm herbal oil over the chakras of your body. Through this unique cleansing ritual, you will be lead to clear the flow of energy and increase self-awareness while leaving your body energised and relieved from tension. The clearing of chakras also helps to improve your immune system, strength and vitality.

TREATMENTS on request:

- Takradhara
- Gandusa
- Kashaya Vasti
- Nasyam



AYURVEDIC BEVERAGES & CUISINE

At the end of each treatment, you can take time to relax on a hammock in our Indian garden while sipping on a special tea based on the 3 doshas. An Ayurvedic food menu based on the 3 doshas has been designed by the Shanty Maurice's chef and is available for you to enjoy.

SPA PRODUCTS

A full range of Comfort Zone products, Authentic Ayurveda oil from India and LCN manicure and pedicure products are available for purchase at the Nira Spa.

Call Nira Spa on extension **7154** to book your Indian Experience

SHANTI MAURICE RIVIÈRE DES GALETS CHEMIN GRENIER MAURITIUS

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SHANTI MAURICE

A NIRA RESORT



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OF THE WORLD