

NIRA SPA

AT SHANTI MAURICE



ORIENTAL EXPERIENCE

"OUR GREATEST EXPERIENCES ARE OUR QUIETEST MOMENTS."
NIETZSCHE

ORIENTAL EXPERIENCE

Based on the oriental wellbeing cultures, the indulgent therapies provide our guests with a blissful experience while restoring, relaxing and reviving the mind, body and soul.

The station's 4 exclusive treatment rooms include 1 fully equipped and solely dedicated to Thai massages and 3 oriental style cabins that graciously overlook a small Zen garden of typical plants from Japan. The authentic atmosphere captivates the senses and complements the therapies for an exquisite experience.

BODY MASSAGE THERAPIES

FOUR HANDED BALINESE MASSAGE 60 mins

The perfect treatment to unwind and feel completely taken care of. A unique experience of Balinese Massage as four hands move in smooth and perfect synchronicity across the length of your body, putting you into a state of utter relaxation resulting in a sense of ease and wellbeing.

TRADITIONAL BALINESE MASSAGE 60/90 mins

Ideal for those who enjoy a deeply relaxing massage, this treatment combines a range of Asian techniques, including acupressure, stretching, muscle rolling and cupping, thus allowing the receiver to experience several styles in one treatment. With firm but soothing pressure, the therapist uses specially blended oils to deeply relax, ease tension and improve circulation.

AROMA SOUL VOLCANIC SCRUB 45 mins

Choose your essential oil blend and enjoy this sensational renewing scrub ritual for smooth and soft skin, ensuring instant nourishment and skin radiance.

REIKI HEALING 60 mins

Revel in the gentle hands-on healing technique of Reiki and feel a deep level of relaxation and healing on a physical, mental, emotional and spiritual level. Using the universal life force of energy to break up blockages within the body, the technique allows healing energy to flow freely and stimulate the body's natural ability to heal itself.



FOUR HANDED HOT STONE MASSAGE 90 mins

Twice as much delight as the original two hand hot stone massage, leaving your body heavenly soothed and de-stressed.

SHIATSU 60 mins

Experience a gentle yet strongly effective and holistic form of Japanese massage. Despite its name, which translates as "finger pressure", Shiatsu employs the principles of acupuncture and techniques of physiotherapy, osteopathy and other traditional forms of healing. Your therapist will apply gentle pressure along your body's acupoints and perform a series of stretches to balance the flow of energy.

TRADITIONAL THAI MASSAGE 90 mins

This treatment, also known as passive yoga, incorporates gentle rocking and rhythmic compressions with targeted point pressure and assisted yoga stretches. The Thai massage will leave your body and mind revitalised, your muscular tension relieved and your energy flow balanced. The therapist will tailor each and every treatment to meet your individual needs.

REFLEXOLOGY 60 mins

This therapy smoothly restores and maintains the body's natural equilibrium. The treatment encourages your body to work naturally and reconstruct its own healthy balance through stimulating reflex points in the feet and bringing back the energy flow of the body as a whole.

HOT STONE MASSAGE 90 mins

A specialty massage where the therapist uses smooth, heated stones to deeply relax the body and untighten the muscles. This delightful treatment will be one of the most powerful and calming experience you would have encountered.

OUR SIGNATURE EXPERIENCE

TIBETAN SOUND MASSAGE 75 mins

Experience wellness through the combination of Tibetan singing bowls, a blend of body butter and aromatherapy oils along with the power of human touch. This exclusive session will revitalise your body, mind and soul and encourage a full systemic purification and rebalancing.

FACIAL EXPERIENCE

WHITEN & BRIGHTEN 'ABSOLUTE PEARL' BY COMFORT ZONE 60 mins

This illuminating whitening anti-ageing treatment is an advanced facial highly recommended if you have hyperpigmentation and dark spot problems. The experience is also perfect for our Bride guests to make them feel radiant and cared for on their special day.





TEA CEREMONY

In the oriental relaxation area, our guests will be delighted to choose from a selection of tea and tisane from different countries. According to their choice, we will perform the authentic Chinese or Gongfu tea ceremony for their enjoyment before the tasting.

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 Oriental Experience

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SHANTI MAURICE

A NIRA RESORT



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THE LEADING HOTELS
OF THE WORLD