

# SHANTI MAURICE

RESORT & SPA



# SHANTI SPA

MAURICE

Rediscover happiness and self-contentment at Shanti Maurice. Shanti Spa is built around an enchanting tea pavilion, surrounded by lily ponds and indigenous flower gardens. Covering over 75,000 sq. feet and comprising of 25 treatment rooms, Shanti Spa is one of the largest and most comprehensive spa in the Indian Ocean.

Trained masseurs and spa therapists work alongside personal trainers and Ayurvedic Doctor to encourage optimum health and mental wellbeing.

Shanti Spa is dedicated to provide guests with a total immersion in discovering a well-being oriented lifestyle and a holistic therapy approach.

At the heart of our wellness focus is the integration of **Yoga, Meditation, Fitness, Pilates, Holistic treatments and Ayurveda** philosophies along with purifying whole body therapies incorporating the five elements of nature thus creating harmony between the mind, body and the spirit.

We recommend you to begin your experience at Shanti Spa by receiving a personalized consultation with one of our experts. This will allow us to assist you in creating a personalized therapy and activities program designed to meet your individual needs and expectations to achieve your health goals along with guidance in the areas of nutrition, exercise, stress management, detoxification, deep relaxation and anti-aging.

Experience tranquility through the nurturing touch of relaxing therapies and feel total renewal.

Dr Pragya Mishra  
Spa Manager



## CELEBRATIONS

Our “Celebration Experiences” combine relaxing treatments with the use of facilities in our couple’s suite, allowing you to enjoy your special moment with your partner. Whilst two experiences that we feel will resonate with you are provided, we would be more than happy to personalize something special, just for the two of you.

**BLISS** 150 mins (treatment time 120 mins) **MUR 13,500**  
This treatment combines our Signature Shanti Fusion massage followed by a holistic facial. Enjoy a glass of champagne, the sauna and steam room facilities in the couple’s suite. Make this a day to remember.

**COUPLES CONNECT** 150 mins (treatment time 120 mins) **MUR 13,500**  
This treatment begins with a body exfoliation, leaving the skin feeling soft and alive followed by our Signature Shanti Fusion massage, allowing the body and mind to relax. Enjoy applying healing mud - full of special minerals - on each other in the steam room and relax while enjoying the other facilities available in the couple’s suite.

**SOUL PAMPERING** 80 mins **MUR 8,900**  
This wonderful experience begins with a soothing foot bath, private steam and shower session followed with a choice of either Balinese or Shanti Fusion massage in our luxurious couple’s suite with two therapists. Share a wonderful relaxing experience with a friend or a loved one.

## AFRICOLOGY SKIN ADORATION WRAPS

Africology makes use of the purifying essence of South Africa’s wonderful indigenous healing plants, namely rooibos, aloe ferox, marula and African potato. Nature contributes its wonderful fragrances to our products by natural means, calming and soothing the senses and creating a relaxed state of mind. By formulating our products holistically, we are able to assist the body and skin on a continuous basis without any harmful or ageing effects of chemicals.

**SUGAR OR SALT EXFOLIATION** 30 mins **MUR 2,500**  
We highly recommend this treatment when you first arrive at the Resort. A body exfoliation, made of local sugar or sea salt, combined with aromatherapy oils which polish the skin, improving circulation, allowing you to feel revitalized and your skin ready to receive Vitamin D from the sun. This treatment is best combined with a massage to fully immerse you in the holiday spirit.

**INKOMFI RENEWAL** 45 mins **MUR 2,800**  
The Inkomfi sloughing process reveals a bright, new skin underneath the damage caused by stress and a harsh environment. Traditionally, before any ceremony takes place, a preparatory process is de rigueur. Our scrub gently exfoliates lifeless skin cells while replenishing vital nourishment. This is followed by a warm compress and hydrating body oil application. The aromas of South African Geranium, Lemon and Neroli essential oils, restores calm to the mind.

## AFRICOLOGY SKIN ADORATION WRAPS

### ESSENTIAL BACK RENEWAL

45mins

**MUR 2,900**

A wholesome back cleanse that follows the principles of a facial; cleanse, scrub, tone and moisturize. This hard to reach area, is prone to lack of attention and is often deserving of a pampering experience.

This renewal process begins with natural foam cleanse then a Shea and walnut scrub, removed with a warm essential oil infused compress. After the back is toned, the treatment culminates using Swedish massage techniques to apply our nourishing body butter.

### AFRICA'S SLIMMING DETOX MUD WRAP

75 | 120 mins

**MUR 4,800 | 6,800**

An invigorating treatment that stimulates fatty cell activity that is valuable when the body is in need of a detox. A melange of holistic African herbs is blended into our all-natural earth clay to improve circulation, lymphatic drainage and the body's ability to balance again.

### COFFEE AND MINT BODY WRAP

75 | 120 mins

**MUR 4,800 | 6,800**

Once the body has been prepared with our Walnut and Marula shell exfoliator, our invigorating combination of coffee extract and mint is applied as a mud wrap, which sets on the body to stimulate lymph and blood flow together whilst eliminating toxins.

Suitable for pregnant women, as well as clients with high blood pressure, it is also a great treatment to combat water retention.

### ROOIBOS AND LAVENDER CLAY WRAP

75 | 120 mins

**MUR 4,800 | 6,800**

African maidens have captured the spirit of river mud for centuries. In today's world, we acknowledge the purifying effect it has on the skin. Its soothing nature makes it an effective treatment for eczema, rashes and sunburn.

Our 120-minute experience is completed with a deeply hydrating massage infused with pure essential oils of Lavender.

### SOUL OF AFRICA BODY CONDITIONING

90 mins

**MUR 5,200**

Africology admires and emulates this ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. This treatment begins with a back exfoliation followed by an application of warm, soothing mud to release tension stored in the muscles, whilst assisting the elimination of toxins in the body. Marula oil is then applied in preparation for your intuitive full body massage. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals.

### BOTANICAL BODY RITUAL

120 mins

**MUR 6,800**

A beautiful experience in which the energetic essence of plants is captured in order to work in harmony with the body's own energy field. Using the intelligence of nature, your wellbeing ritual starts with a renewal scrub; gently exfoliating lifeless skin cells while nourishing the skin. This is followed by a warm compress and a hydrating, anti-oxidant body cocktail massaged into the skin. We further enhance your sense of wellbeing with a Rose Botanical Facial, which works towards rebalancing the skin's natural oil secretions.



## AFRICOLOGY SKIN ADORATION WRAPS

### AFRICAN POTATO BODY WRAP

75 | 120 mins    **MUR 4,800 | 6,800**

Our pure and natural Hypoxis Body Wrap is formulated with African potato and marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

### AFTER SUN SOOTHER

45 mins    **MUR 2,800**

This treatment combines a cooling and nourishing body wrap from locally sourced Aloe Vera, cucumber and honey face mask, leaving you feeling radiant after a day spent in the sun. Whilst the body is cocooned in the wrap and face mask, a head massage will leave you totally relaxed.

## SIGNATURE MESSAGES

Our team of highly skilled therapists are able to provide a range of massage styles to suit your needs including aromatherapy oil based or 'dry' treatments - performed over loose clothing. We are able to re-balance the whole body by calming the central nervous system, or focus on specific areas of tightness or concern.

### SHANTI FUSION

60 | 90 mins    **MUR 4,200 | 5,700**

This is our most popular massage. An aromatherapy oil based treatment that is personalised to your needs, incorporating a wide variety of techniques based on a pre-treatment consultation and the intuitive skills of our therapists.

### VANILLA MASSAGE

60 | 90 mins    **MUR 4,200 | 5,700**

One of our best spa treatments to melt away tension and stress, this full body signature massage works on your full body with the Aromatherapy of Vanilla oil. With gentle slow stroking movements, this treatment allows your body and mind to immerse in a harmonic state once again.

### CHAKRA BALANCING MASSAGE

90 mins    **MUR 5,700**

Chakra Massage is based on seven energy points along the body using ancient technique system that awaken each soul in unique way. Chakra balancing massage will help to Release the muscle tension, soothe the mind and helps to bring balance to the chakra system, promoting inner spiritual mind health by eliminating all negative within our body and mind.

## THERAPEUTIC MESSAGES

### BALINESE MASSAGE

60 | 90 mins **MUR 3,800 | 5,500**

Balinese massage is a full body holistic treatment which combines a variety of Asian massage techniques, long strokes and pressure point to release areas of tension and knotted tissue which will ease muscular, joint pain and bring a sense of wellbeing, calm and deep relaxation.

### FOUR HANDED BALINESE MASSAGE

60 mins **MUR 5,500**

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.

### DEEP TISSUE MASSAGE

60 | 90 mins **MUR 4,000 | 5,500**

This oil based treatment focuses on specific areas of concern using a variety of muscle release techniques to relax chronic tension.

### FOOT REFLEXOLOGY

60 mins **MUR 3,800**

This therapy 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, bringing back energy flow to the whole body.

### WATSU

45 mins **MUR 3,400**

This form of body workout combines elements of shiatsu massage and movement therapy where the body is maintained afloat, stretched and massaged. The mind is taken to a state of equilibrium, which gradually renews the body's flexibility.

### SHIATSU

60 mins **MUR 3,800**

Experience a gentle, yet effective and holistic form of Japanese massage. In this treatment, gentle pressure is applied along the body's acupoints and a series of stretches balance the flow of energy.

### BAMBOO MASSAGE

60 mins **MUR 4,000**

This natural approach combines Swedish with Deep Tissue massage stroke with beautifully crafted set of warm aroma oil soaked Bamboo sticks. Rolling, kneading and tapping of bamboo on your muscles give a long lasting feeling of deep relaxation. This special massage release muscular tension improves blood circulation and lymphatic flow and helps in detoxification of the body as well.

### CELLULITE

60 mins **MUR 4,000**

This anti-cellulite treatment is designed to break down fatty and toxins deposits under the skin. This treatment mainly focused on increasing circulation while eliminating toxins where cellulite is mostly found. This is a treatment with stronger moves and deep pressure.

### JET LEG RECOVERY

60 mins **MUR 3,800**

Restore your rythm with this treatment which is specialized in balancing the body's equilibrium. It starts with a full body massage that improves blood circulation and easing your body back to balance.

## THERAPEUTIC MESSAGES

### AROMA COCOON

90 mins

MUR 5,500

With feather light lymphatic drainage movements, a blend of balancing, invigorating and detoxifying essential oil is massaged in to the entire body that is then cocooned in a warm blanket to enhance the absorption of the oil in to the skin. The moisture is later sealed into the skin with an application of nourishing body butter.

### MUSCLE & JOINT MAGNESIUM SLEEP THERAPY

90 mins

MUR 5,500

In this treatment warm magnesium infused herbal oil is used for the full body massage with the technique of Aromatherapy to unblock the lymphatic system, relieve tired and stressed muscles and calm the mind. This treatment leaves you in a state of complete relaxation. This treatment stimulates melatonin in brain and helps you to have a deep and relaxing sleep.

### REIKI HEALING

60 mins

MUR 3,400

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.

### THAI MASSAGE

60 | 90 mins

MUR4,000 | 5,500

This 'dry' treatment, performed over loose clothing is also known as passive yoga and incorporates targeted pressure points, assisted by yoga stretches to release muscular tension and improve energy levels.

### SHEA AROMATHERAPY

60 | 90 mins

MUR 3800 | 5500

Easy-melting Shea from Ghana, blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, or chamomile, for a soothing and calming massage or perhaps Black Pepper Balm for a deep tissue experience.

### HOT STONE MASSAGE

90 mins

MUR 5,500

Smooth, heated stones are integrated into an oil based massage style, releasing locked muscles and providing a deep sense of relaxation.

### BLISSFUL MARMA MASSAGE

60 | 90 mins

MUR 3,800 | 5,500

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres.

Enriching results-based blends deliver powerful active benefits, enhancing overall well being.90 minute includes a facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

## FACIALS

### DEVI FACIAL

75 mins

MUR 15,200

A purposeful anti-aging and sacred journey in which your spirit is transported to a divine space where healing originates and re-connecting with your inner core becomes effortless. From a facial assessment, the therapist makes a product selection most suited to your skin. With actives that show visible results, the skin will continue to respond to the gentle nurturing and ultimately relaxing massage and its effect on cellular rejuvenation.

### BALANCING ROSE FACIAL

80 mins

MUR 5,400

Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. Warmed Rose Quartz stones are massaged upon the face in conjunction with a deep cleansing and hydrating rose inspired facial. Reduce fine lines, fight the signs of photo-aging, and increase hydration and cell renewal.

### AFRICAN GODDESS ANTI-AGE FACIAL

90 mins

MUR 5,700

Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. As it is deeply hydrating, it restores elasticity and stimulates new cell growth. Our treatment starts with a back and neck exfoliation followed by a muscular releasing massage, melting away tension.

### OXYGEN FACIAL THERAPY

90 min

MUR 5,700

A lack of pure fresh oxygen can prevent blood plasma from free flow, restricting the transportation of vital elements in your biology. Rejuvenation at its optimum, add seven minutes of deep breathing oxygen to your facial. So relaxing and calming, as it purifies blood flow. Pure liquid oxygen is sprayed onto the skin and the combination of internal & external oxygen supplementation is most valuable in the anti-ageing process.

### SHANTI HONEY AND ROSE FACIAL

60 mins

MUR 3,200

This refreshing facial uses local natural products providing a sense of instant relief after a day in the sun. Honey, one of nature's most powerful cleansers, is massaged into the skin, followed by a cooling cucumber mask that infuses and hydrates the skin. A soothing hand or foot massage calms the body. This treatment is recommended for those with sensitive skin.

### MUKHA LEPA

60 mins

MUR 4,200

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.

### DEEP CLEANSE

60 min

MUR 4,200

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream and hot mittens, we purify the skin without the long term damage usually caused by steaming and harsh exfoliators. An exfoliation with massage that stimulates and uplifts tired and dull skin, and clears problematic skin.

### QUICK TONE FACIAL

30 mins

MUR 2,000

Give your face that professional maintenance it needs. Cleanse, tone and moisturize with the tailored Africology product selection made by your therapist, all of which assists in countering the mal-effects of free-radicals while restoring the skin's natural lustre.



## SHANTI TOUCHES - A SENSE OF INNER CALM

### SHANTI TOUCH

30 mins

MUR 2,000

This relaxing session includes an array of rhythmic lowing movements that treat the back, shoulders, neck and scalp while releasing deep-seated tension and stress.

### SHANTI RELIEF

45 mins

MUR 2,700

Mixing pressure with pleasure, this harmonious combination of eastern and western massage technique work to balance your body's energies and promote deep relaxation, creating equilibrium and harmony on all levels.

### AROMATHERAPY

45 mins

MUR 2,700

Unique light massage techniques that will leave you feeling your best. Choose one out of three from our special selection of aromatherapy essential oils designed to enhance relaxation and balance.

### LEG AND FOOT MASSAGE

45 mins

MUR 2,700

Leg and foot massage is an incomparable pleasure, which not only relieves fatigue but leaves the leg muscles and the body in tone, but also is a unique relaxing procedure.

### SWEDISH MASSAGE

45 mins

MUR 2,700

A manipulation of soft tissue massage from relaxing to deeply therapeutic. It will help you to release muscles tensions and discomfort, leaving you in deep relaxing state.

### FOOT AND SCALP RITUAL

45mins

MUR 2,900

A balancing massage treatment designed to settle the body scalp and feet. Calming and relaxing pressure points are manipulated in order to restore the body energy balance.

## BEACH SPA MENU

Enjoy the luxury of having a short relaxing massage at our Spa Pavillion by the beach.

**BACK MASSAGE** 15 | 30mins **MUR 750 | 1,500**

This soothing and relaxing massage will ease away tension and stress from the back. Using long soothing strokes, your therapist will lull your body and mind into a calm peaceful space.

**FOOT MASSAGE** 15 | 30mins **MUR 750 | 1,500**

Enjoy a divine massage concentrating solely on the feet and lower legs while you are relaxing at the beach and enjoying the beautiful sea view.

**HOLISTIC HEAD MASSAGE** 15 | 30 mins **MUR 750 | 1,500**

Tensions in your upper body? This would be the perfect massage for you. A relaxing Head, Neck & Shoulder massage concentrating on the areas where we store most of our stress.

**HAND MASSAGE** 15 | 30 mins **MUR 750 | 1,500**

Hand massage is relaxing and provides you with immediate health benefits, such as improved finger and wrist range of motion, enhanced circulation and reduction of your trigger points.

**FACE MASSAGE** 15 | 30 mins **MUR 750 | 1,500**

Marma points are massaged with light to medium finger pressure for a relaxing and invigorating face treatment.

Opening Times: 11:00am - 3:00pm (Depending on weather conditions)  
(Treatments under **Beach Spa Menu** section are only available on the beach)



## THAI RITUAL

Enjoy a spa journey inspired by traditional Thai healing therapies at Shanti Spa with our skilled Thai therapist. This ritual combines a collection of ancient Thai herbal recipes with unique Thai treatments to make our guest experience the soul of Thai Spa.

### THAI HERBAL SCRUB

30 mins

A deep cleansing and luxurious body scrub made of brown rice, honey, milk and tamarind exfoliate your body and makes your skin polished. It gives you a feel of soft and deeply nourished skin with some touch of aroma.

### THAI HERBAL COMPRESS THERAPY

90 mins

A warm herbal treatment unrivalled for indulgence and luxury and its ability to treat from head to toe. This complete Asian experience will have you feeling like you are floating on a tranquil ocean. Warmth from medicated herbal poultices comprising of Essential Oils will melt tension and diffuse heat throughout your body.

### DURATION FOR THE WHOLE RITUAL

120 mins

MUR 7,900

## THURKISH OR MOROCOON HAMMAM

This vacation, treat yourself with the royal experience of Hammam at Shanti Spa. With this traditional Arabian body treatment, give a perfect start to your vacation.

### STEAM

15 mins

This ritual starts in a steam room to open your body pores and detoxifying your body.

### HAMMAM

75 mins

Hammam ritual follows closely the traditional Arabic style of cleansing your body from head to toe with a special cleansing soap made from crushed olives and olive oil. The soap is infused with eucalyptus which provides antibacterial and antiseptic properties and ensures a deeper cleansing. Deep exfoliation in this treatment removes all the dead cells of your body and leaves you with the soft and nourished skin.

### DURATION FOR THE WHOLE RITUAL

90 mins

**MUR 3,800**

## BALI RITUAL

This vacation fall in love with taking care of yourself with special Balinese spa journey at Shanti spa. It's perfect time to indulge you in a spa gateway that soothes your body and mind.

### BALINESE SCRUB

30 mins

Traditional Bali herbs with powdered rice will be applied to your body for exfoliation. This will free your skin from dead cells and promote circulation and give you a feeling of soft, nurtured skin.

### BALINESE BOREH BODY WRAP

30 mins

Feel the ancient secret of Balinese herbal wrap, the Boreh. Specially designed to purify your essence on cellular, emotional and ethereal levels, while activating long-lasting beauty.

### BALINESE MASSAGE

60 mins

Balinese massage is a century old treatment influenced from traditional medicine system of Southeast Asia. With its unique long strokes, skin rolling, palm movements and a combination of gentle stretches, Acupressure and Reflexology, Balinese massage stimulate the flow of energy and bring a sense of wellbeing, calm and deep relaxation.

### DURATION FOR THE WHOLE RITUAL

120 mins

**MUR 7,900**



## ISLAND RITUAL

We invite you to reconnect with a deep inner joy, to freely celebrate life and its gift of health in a Mauritian way. Treat yourself to the ultimate indulgence with our locally inspired spa treatments. Each treatment ensures you a long lasting soothing and tranquil feeling with a rejuvenated body and mind.

### ISLAND SUGAR SCRUB

30 mins

Get a feel of being in an island with our fresh coconut scrub mixed with natural sugar. This refreshing body scrub is the best way to get rid of your dull and dead cells. It's a deep hydrating treatment for your body with a treat of refreshing glow.

### CHOCO - VANILLA WRAP

30 mins

This full body wrap, a chocolate lover's dream and 30 minutes of pure bliss. This luxurious skin conditioning treatment starts with the application of pure Vanilla with chocolate on your whole body and leaves the skin feeling smooth and deliciously soft.

### SEGA RITUAL

60 mins

A symbolic local Mauritian treatment intended to assist you in breaking away from daily strains. With the rhythms of Sega music, our skillful therapist works on the body in perfect synchronicity to the liberating beats with the touch of Vanilla aroma that result in to releasing of blocked energy flow that cause exhaustion and muscular pain.

**DURATION FOR THE WHOLE RITUAL**

120 mins

**MUR 7,900**

## AYURVEDIC EXPERIENCES

Ayurveda is acknowledged as the oldest surviving medical practice in the world. It provides tangible relief from health challenges and brings the mind, body and spirit into harmony through balancing the Doshas. Our resident Ayurveda Doctor provides consultations and can recommend personalised programs. Alternatively you may wish to experience Ayurveda by choosing one of the following classic treatments:

### OUR SIGNATURE - SHANTI DHARA \*\*

90 mins

MUR 8,200

This cleansing ritual treatment clears energy blockages providing a sense of wholeness, renewed vigour and improves the immune system. It begins with a synchronised four-hand traditional Ayurvedic massage, followed by a stream of warm herbal oil poured over the chakras of your body.

### UPANAHADHARA \*\*

90 mins

MUR 6,100

This treatment begins with a Dosha balancing herbal paste applied to the body which is then wrapped up in warm enzyme-rich banana leaves to detoxify and nourish the skin and organs. Whilst the body absorbs the herbs, a continuous and even stream of warm herbal oil is poured over the forehead calming the mind bringing it into balance with the body.

### ABHYDHARA \*\*

90 mins

MUR 8,200

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.

### ABHYANGA \*\*

60 mins

MUR 5,700

A traditional synchronized Ayurvedic full body massage using dosha specific herbal infused sesame oil also known as the “four handed massage”. Abhyanga improves physical consistency, helps to liquefy toxins and induces relaxation, whilst normalizing blood pressure and eliminating impurities.

### CHOORNA SWEDANA \*

60 mins

MUR 5,700

Herbal poultices - a combination of specially formulated ingredients aimed to regulate the Doshas - are dipped in warm herbal oil and massaged deep into the body. The combination of the warm oil and herbal benefits in the poultices releases locked muscles. This massage style is ideal for those who have compromised circulation or muscular pain.

\*\* Includes Steam & Shower

\* Includes Shower



## AYURVEDIC EXPERIENCES

### **SHIRODHARA \*** 60 mins **MUR 5,700**

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.

### **PIZHICHIL \*\*** 60 mins **MUR 6,500**

This treatment involves the continuous pouring of warm herbal oils slowly and rhythmically over the entire body. This therapy has been designed to strengthen immunity and joint mobilisation.

### **UDWARTHANA \*\*** 45 mins **MUR 3,400**

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 **MUR 3,400**

This treatment is recommended for those with lower back pain. Warm oil is poured into a cylindrical dome made of wheat paste. The heated paste infuses warmth into the lower back, releasing tight muscles and soothing the discs and nerves.

### **INDIAN HEAD MASSAGE** 45 mins **MUR 3,000**

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.

### **SNEHA VASTI** 30 mins **MUR 2,500**

This ancient treatment is considered to be an ideal detox treatment according to Ayurveda, 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.

### **TAKRADHARA \*** 45 mins **MUR 5,800**

A calming experience where cool medicated buttermilk is poured onto the forehead to bring relief to those who suffer from insomnia, depression, psychological and stress related conditions. Takradhara prevents greying of hair, dandruff, hair-fall. In cases of psoriasis, Takradhara is administered on the affected area to have a curative effect.

## AYURVEDIC EXPERIENCES

### NASYAM

30 mins

**MUR 2,000**

Instillation of medicated oil into the nostrils after massaging and inducing sweating to the upper portion of the body from the shoulders. During this process the areas around the nose, neck and shoulders are massaged continuously. This treatment is highly effective for cleansing of sinuses and treating migraines, chronic colds, headaches and chest congestion.

### ELAKIZHI \*

60 mins

**MUR 6,000**

Ela means leaves; kizhi means bolus; It is one of the major sudation process using herbal leaves. It is highly effective in ailments affecting bones, joints and nervous system. This treatment is specially recommended for inflammatory conditions of bones & joints, chronic back pain, arthritis, spondylitis and sports injuries.

### NAVARAKIZHI \*\*

60 mins

**MUR 6,800**

Inducing perspiration by using heated round packs or bolus of rice is known as Navarakizhi. This is an easy and effective procedure of sudation. Kizhi strengthens muscles and improves nerve conduction. It is extremely effective against rheumatism, joint and muscle pains, back pains (e.g. sciatica, slipped discs).

Bookings should be made 24hrs in advance

\*\* Includes Steam & Shower

\* Includes Shower

## YOGA

All of our instructors are fully trained and focus on postural alignment and breathing. Instruction is for everyone, from beginners to advanced yogis wishing to go deeper into their practice. Our instructors are available for complimentary consultation for guests who would like to discuss any concerns or to tailor a personalised program.

### HATHA YOGA

60 mins

MUR 2,500

Hatha yoga helps to regulate breathing by way of corrective posture and stretching exercises to provide healthy body function, inner awareness and sense of calmness.

### AERIAL YOGA

60 mins

MUR 2,500

In aerial yoga, your body weight is supported by a 'hammock'. This swath of soft fabric, suspended from the ceiling, supports your body in the poses and allows your body to work against gravity, helping you get deeper into stretches. It also means you can do many supported inversions, which results in health benefits unique to aerial yoga.

### VINYASA FLOW YOGA

60 mins

MUR 2,500

Go with the energy flow of the body; increase your strength and flexibility through a synchronised breath-sound-movement. This is a dynamic and fast paced series of postures allowing you to deepen your asana practice and move into meditation.

### SHIVA-SHAKTI - COUPLES YOGA

60 mins

MUR 2,500

Shiva-Shakti represents the male-female elements of the universe, and those represented within all of us. Shiva is the lord of Destruction and he is complemented by the energies of the divine Goddess Shakti. Shiva is incomplete without Shakti. Hence the practice is a balancing of male-female energies within all of us and a beautiful union to harmonise male-female energies within couples.

### AQUA YOGA

45 mins

MUR 1,500

Aqua Yoga uses the healing power and support of water to enhance basic yoga moves. Water resistance increases the effectiveness of the postures allowing a gentle strengthening of joints and muscles. This practice is recommended for those with limited mobility.

### PRANAYAMA

30 mins

MUR 1,500

In a Pranayama session, attention is placed on breathing. Pranayama literally means expansion of Prana, which is life force or vitality. Pranayama addresses breathing patterns and assists in the removal of toxins, enhancing an individual's state of overall wellbeing.

### PERSONALISED MEDITATION

30 mins

MUR 1,500

Personalised meditation sessions include guided meditation and relaxation techniques. These techniques equip you with the ability to relax and rejuvenate the entire body-mind system.

### AERIAL MEDITATION YOGA

45 mins

MUR 2,000

Aerial Meditation transforms the mind. Floating guided meditation while suspended in a silk hammock helps in balancing the motions, awakens the mind and fight daily stress.

## SPA WELLNESS PACKAGES

The spa packages have been designed using a combination of Ayurveda, Yoga, Meditation, Fitness, Pilates and International treatments.

**It excludes accommodation rates and meals.**

### SHANTI REJUVENATE

5 | 7 NIGHTS

**MUR 27,690 | 39,780**

Shanti Rejuvenate is designed as a wellness package that is geared to individuals who seek to be deservingly pampered. The strong therapeutic elements of its inclusions aim to revitalize, rejuvenate and restore the body by combining treatments that target the effects of free-radicals on the skin, stress on the mind and body and muscle inflexibility.

Total Session : 9 | 11 Hours of Session : 7hrs | 9hrs

### RENEWED YOU

5 | 7 | 14 NIGHTS

**MUR 41,925 | 79,950 | 123,240**

Renewed you unites physical workout and body treatments with guided spiritual focus to target problems associated with weight management. In this package, long-established international disciplines are drawn on and enhanced by using the blends of traditional medicinal herbs from India.

Total Session : 15 | 29 | 43 Hours of Session : 12hrs | 24hrs | 37hrs

### SHANTI PRESERVE

7 | 14 | 21 NIGHTS

**MUR 55,185 | 114,270 | 167,310**

The Shanti Preserve is an Ayurvedic journey where treatments are recommended based on the principle that a balanced state of being is essential for healthy living. The combination of yoga, meditation and traditional massage aims to harmonize the physical, mental and spiritual wellbeing.

Total Session : 16 | 31 | 46 Hours of Session : 14hrs | 27hrs | 39hrs

### SHANTI BODY BEAUTIFUL

7 | 14 | 21 NIGHTS

**MUR 57,915 | 96,525 | 139,230**

Shanti Body Beautiful is the Shanti spa's solution to detox. All the therapies in this package are cleverly combined to rid the body of impurities that accumulate over a period of time using centuries old remedies and techniques.

Total Session : 17 | 29 | 42 Hours of Session : 14hrs | 25hrs | 36hrs

### WEIGHT MANAGEMENT

7 | 14 NIGHTS

**MUR 50,700 | 95,550**

Shanti Spa offers a life-changing destination weight loss program intended for guests determined to live happier and healthier lives. The program is a safe and effective way to lose those extra inches.

Total Session : 9 | 11 Hours of Session : 7hrs | 9hrs

## SPA WELLNESS PACKAGES

### DETOX PACKAGE

7 | 14 NIGHTS

MUR 42,900 | 89,700

Detox program is the Shanti Spa's solution to detox. All the therapies in this package are cleverly combined to rid the body of impurities that accumulate over a period of time using centuries old remedies and techniques as detoxification is a process, the treatment inclusions of detox program are flanked by wellness and lifestyle consultations that helps all on this journey, even after leaving the serenity of the spa.

### STRESS MANAGEMENT

7 | 14 NIGHTS

MUR 45,942 | 69,576

Indulge yourself with spa therapies and activities designed to help you de-stress and unwind. Our handpicked de-stress holidays give you the chance to recharge your batteries by offering activities including private yoga and Pranayama, alongside luxury treatments and meditation.

Total Session : 9 | 11 Hours of Session : 7hrs | 9hrs

### SHANTI SLEEP PACKAGE

5 | 7 NIGHTS

MUR 32,019 | 36,426

Ideal for all levels, the Shanti Sleep Package aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses and pranayama (breath regulation). Yoga nidra is a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep.

Total Session : 9 | 11 Hours of Session : 9hrs | 11hrs

### SUYOGAM YOGA PACKAGE

4 | 7 | 14 | 21 NIGHTS

MUR 20,280 | 35,100 | 64,350 | 111,150

A yoga-centric program, comprising a combination of specially chosen Asanas, Yogic cleansing procedures and signature treatments, will sharpen your concentration, improve your health and assist you in attaining peace-of-mind.

Total Session : 12 | 22 | 44 | 69 Hours of Session : 8hrs | 14hrs | 28hrs | 43hrs

### SWASTHYAM AYURVEDIC PACKAGE

4 | 7 | 14 | 21 NIGHTS

MUR 27,300 | 44,850 | 79,950 | 120,900

This package is ideal for guests who want to experience traditional Ayurvedic dinacharya (daily activity protocol) that combines Ayurveda detox treatments, constitution balancing massages, yoga and meditation.

Total Session : 13 | 24 | 47 | 75 Hours of Session : 7hrs | 13hrs | 24hrs | 39hrs

### SUDHYANAM MEDITATION PACKAGE

4 | 7 | 14 | 21 NIGHTS

MUR 25,350 | 42,900 | 74,100 | 117,000

Sudhyanam is a program developed more in similar lines of self-realization aimed to allow guests to gain more control over their physical and mental faculties - balancing them emotionally as well as spiritually.

Total Session : 17 | 31 | 61 | 91 Hours of Session : 9hrs | 17hrs | 33hrs | 48hrs

## MAURITIAN SPA EXPERIENCE

### COCONUT SEA SALT SCRUB

30 min

**MUR 2,100**

This exotic and traditional Coconut sea salt Scrub is an experience Exfoliate and purify your skin with a nourishing, regenerating your body. We begin with a vigorous full body scrub using a warm coconut oil with sea salt. This portion of the treatment takes about few minutes to exfoliates, afterword's giving the skin a vibrant & stimulating experience that aids blood circulation and metabolism.

### AVOCADO & HONEY WRAP

45 min

**MUR 2,800**

A healthy blend of Organic Honey and Avocado protect your skin from the environmental damage that leads to fine lines, wrinkles and other visible signs of aging.

### TROPICAL ESCAPE PINEAPPLE & PAPAYA WRAP

45 min

**MUR 2,800**

Nourishing and repairing, this exquisite tropical body wrap counteracts premature aging and sun damage by delivering wrinkle-smoothing and rejuvenating benefits. Your skin emerges revived, refreshed, and smoother, firmer, and vividly brighter.

### PARADISE MESSAGE

60 min | 90 min

**MUR 3,800 | 5,500**

Start your journey with a tropical frangipani blend massage oil our paradise fusion massage treatment will bring your body and mind to deep stage of relaxation, Frangipani massage oil regenerates peace and balance. It soothes conditions and softens the skin, to recover and refresh your tired skin and your body.



## FINISHING TOUCHES

MANICURE	60 mins	MUR 2,700
EXPRESS MANICURE	30 mins	MUR 1,500
PEDICURE	60 mins	MUR 2,700
EXPRESS PEDICURE	30 mins	MUR 1,500
NAIL RE-VARNISH (HAND/FEET)	30 mins	MUR 700
EYEBROWS	15 mins	MUR 500
GEL RE -VARNISH (HAND/FEET)	30 mins	MUR 1,000

## HAIR & MAKEUP

MEN / CHILDREN CUT		MUR 1,000
LADIES SHAMPOO & BLOW DRY	45 mins	MUR 2,000
LADIES CUT, SHAMPOO & BLOW DRY	60 mins	MUR 3,000
BRIDAL HAIR STYLING & MAKE UP	90 mins	MUR 8,000
	180 mins	

## MOTHER TO BE 3 DAYS PACKAGE

MUR 14,500

Your Body and Baby deserve the best possible care. Before and after birth, it's important for you to take time out and deeply relax the mind, body and soul. At Shanti Spa, we offer specialized pregnancy treatments to ensure your body is comforted, nurtured and smiling with delight.

### Day 1

Natural Body Scrub  
Pre-natal massage

30 mins  
60 mins

### Day 2

Pregnancy Yoga with Pranayama and Meditation  
Indian Head Massage

60 mins  
45 mins

### Day 3

Facial

60 mins

## SPA UNLIMITED - BLISS WITHOUT BOUNDARIES

A unique offer that gives you the opportunity to tailormake your authentic spa experience. With discounted price, indulge in the luxury of choice and have any International treatment you wish from our comprehensive Shanti Spa menu. This hassle free initiative gets even better as you get discount in each treatment, on top of which you also enjoy priority booking. Deservingly spoil yourself and re-serve these blissful discounts for you.

5	Treatments	10%	discount
10	Treatments	15%	discount
15	Treatments	20%	discount



## SHANTI JUNIOR SPA EXPERIENCE

At Shanti Maurice, we pride ourselves to offer an attentive, enthusiastic and sincere service always. This is why we carefully put in place some specialized family Spa moments which will enable parents and their little ones to enjoy a precious, relaxing and wellness moment together.

Our team has carefully designed some family spa journeys for mother and daughter, dad and son, father and their little princess so as to enable you share your passion for a healthy lifestyle with your child.

Our children wellness programs include beauty treatments and massage, yoga for fun, aqua fun games such as aqua zumba and aqua fitness.

Our gentle relaxing foot massage, scalp massage or 45 minutes kid's massage are carefully designed using organic products to protect the young and fragile skin of our young guests. Nowadays, young children also deserve to experience the pleasure of spa and wellbeing at their early age.

Beauty treatments such as "Nail Art" and "Pretty Hands and Feet" can also be organized for the girls who wish to have a glam look!

We look forward to welcoming you in our Shanti Spa for meaningful wellness experiences.

### RELAXING FOOT MASSAGE

15 mins

MUR 750

Allow your feet to be totally pampered with a pressure point massage using soothing foot lotion to hydrate, calm and ease tired feet.

### SCALP MASSAGE

15 mins

MUR 750

A soft touch to calm and ease your fun day by a scalp massage to make you feel relaxed and a good sleep with our homemade organic coconut oil to help in healthy growth of hair and providing a shiny complexion.

### JUNIOR FACIAL

30 mins

MUR 1,500

Delicate young skin needs gentle care and maintenance to enhance and create total balance, using a blend of products which are strictly natural and organic with all the ingredients from our Organic Spa garden.

## SHANTI JUNIOR SPA EXPERIENCE

### OATMEAL AND HONEY BODY SCRUB

30 mins

MUR 1,500

Get all the healing and moisturizing benefits of Oatmeal and Honey while taking that dead skin off through mild exfoliation. Oatmeal is a gentle exfoliate which helps restore natural moisture and remove dirt from the soft skin of your child.

### KIDS YOGA

45 mins

MUR 2,200

Doing yoga can be a real fun for your kids where they not only learn to pose but it helps them to exercise, develop balance and concentrate better.

### PRETTY HANDS AND FEET

30 mins

MUR 1,500

An early start to establishing personal grooming habits. Your nails are shaped, followed by a foot and hand scrub, massage and the final finishing touch of nail polish application.

### RELAXING MASSAGE

60 mins

MUR 3,000

Enjoy your time and relax your day with a full body relaxing massage followed by a scalp massage with our homemade organic coconut oil.

## PERSONAL TRAINING PROGRAMS

A tailored session, devised by a skilled personal trainer will focus on your specific strengths and needs. During that time, the trainer will motivate you and show you regular exercises while giving interactive feedback to make sure that all postures and exercises are executed properly. We offer a range of personal training and Pilates programs, and also workouts in the pool, where the buoyancy and resistance of water assists in reducing stress on the body.

### PERSONAL TRAINING

(Circuit training, Abs workout, Jogging, Bike tour)

60 mins

MUR 1,500

### STRETCHING CLASS

30 mins

MUR 750

### CORE STABILITY

30 mins

MUR 750

### INDIVIDUAL PILATES REFORMER CLASS

60 mins

MUR 3,900

### MAT BASED PILATES CLASS

60 mins

MUR 2,000

### AQUAGYM TRAINING

60 mins

MUR 500

### AQUABIKING

45 mins

MUR 850

### EMS TRAINING

30 mins

MUR 1,800

## SPA REMINDERS

### APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

### OPERATING HOURS

The Shanti Spa operates from 10:00 a.m. to 08:00 p.m. daily (last booking at 07:15 p.m). Spa appointments after operating hours are subject to availability. Please dial extension 7154 to make a reservation. The Fitness center & gym is open as from 06:00 a.m. to 08:30 p.m. (Can be opened 24hrs upon request) and the spa lap pool is at your disposal as from 09:00a.m. to 08:30p.m. daily.

### SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate allergy, pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

### TREATMENT PREPARATION

We recommend that you are present 15 minutes prior to your scheduled treatment time, allowing you to complete your holistic health assessment and also to enjoy the complimentary heat facilities within the treatment rooms.

### PRE-TREATMENT RECOMMENDATIONS

- For best results, we recommend men shave on the day of a facial treatment
- For women, we recommend not shaving or waxing on the day of a body treatment

### WHAT TO WEAR

- Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy. We also provide disposable undergarments for both men and women should this be your preference.
- Sports shoes are required at the gym

### SPA ENVIRONMENT

- Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in or around the Shanti Spa
- The minimum age for taking a spa treatment is 16 years
- Guests under the age of 18 years are required to have parental consent prior to the booking being accepted

### CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved specially for you, we kindly ask you to give a minimum of 8 hours cancellation notice so that someone else may enjoy that time. Cancellations made within 4 hours will be subject to 50% cancellation fee and for no show, 100% will be charged.

### VALUABLES

We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavour to take care of your belongings, we do not assume liability for any loss of or damage to personal articles. The Shanti Spa shall not be liable for any accident or injury suffered by any guest.

All prices are in Mauritian Rupees and include 15% VAT.



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