



## SHANTI SLEEP AND RECOVERY PACKAGE

Shanti Sleep and Recovery Package is designed to induce a deep state of relaxation by combining Yoga and pranayama (breath regulation). This Package is a selection of relaxing and energy balancing treatments to enhance your journey towards a better and more restful night's sleep.

**PUBLIC RATES IN INTERNATIONAL CURRENCIES**  
**01st NOVEMBER 2025 UNTIL 31st OCTOBER 2026**

NAME OF TREATMENT	MINUTES	5 NIGHTS	7 NIGHTS
Wellness consultation	30	1	1
Personalized yoga	60	1	2
Pranayama – Breathing practice	45	1	1
Yoga Nidra meditation	60	1	2
Reiki energy healing	60	1	1
Chakra Balancing Massage	75	1	1
Magnesium sleep therapy	90	1	1
Shirodhara Ayurveda treatment	60	1	1
Foot Reflexology	60	1	1
Total minutes per package		540mins	660mins
Price per person quoted in Public Rates in € (EURO)		€ 1,125	€ 1,275
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 980	£ 1,110
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 1,200	\$ 1,360
Price per person quoted in Public Rates in MUR (Mauritian Rupee)	MUR 56,250	MUR 63,750	

Please contact our Spa team for a personalized consultation or further information.

**Terms and Conditions:**

- This package is valid from 01st November 2025 until 31st October 2026
- Prices quoted above includes Spa treatments only
- Applicable for a minimum of 5 nights stay and other stay options are equally open
- Rates are valid upon request and availability within limited allotment only
- The prices are quoted in EURO | GBP | USD currency and are inclusive of local taxes
- Rates are subject to change if the exchange rate variance reaches outside of the regular floating corridors to ensure rate parity in the markets and distribution channels
- Taxes can be reviewed without prior notice in case of any change imposed by Mauritian Government