



## SHANTI SPA AND “WELLNESS LOUNGE”

Be pampered at Shanti Spa “Wellness Lounge”. We invite you to take time out and deeply relax your mind, body and soul in a relaxed atmosphere. Chill out listening to some lounge music while being served a glass of bubbly and a selection of amuse-bouches.

Shanti Spa is dedicated to provide guests with a total immersion in discovering a well-being oriented lifestyle. To us, healthy is the new sexy.

The Wellness Lounge at Shanti Spa is the promise to tailor made wellness experiences while you enjoy the moment with your loved ones.

We are glad to propose the following treatments during your wellness session. You are invited to carefully select **four** of those treatments for your wellness journey with us.

- Back tension relief with Sand bundles (15 mins)
- Therapeutic Chair massage (15 mins)
- Face massage (15mins)
- Hand massage (15 mins)
- Charan sparsh - Foot massage (15 mins)
- Holistic Head massage (15mins)
- Lower Body Bliz (15 mins)
- Thai Yogic Stretch (15 mins)
- Chakra balancing (15 mins)
- Manicure or Pedicure (15 mins)
- Nail Polish application (Hand | Feet 15 mins)
- Singing bowl meditation (15mins)
- Chakra meditation (15mins)
- Stretching Class (15 mins)

### Terms and Conditions:

Includes light snacks, water, healthy tea and sparkling wine.

The package is available from 11:00 to 14:30

The “Spa & Wellness Lounge” package enable you to choose four treatments from the menu above.