

SHANTI MAURICE

RESORT & SPA

GUARANTEED



# Weight Loss Programme

Sleep and shed pounds with our synchronized intermittent wellness fasting



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## Guaranteed Weight Loss Programme

Sleep and shed pounds with our synchronized intermittent fasting

Transform the way you look and feel through an inno-vative fast & wellness feast active program. Unlock the secrets to optimal health and sound well-being through daily wellness consultations, heathly food plans and fitness regimens tailored to your individual requirements.

Built around a 16-8 intermittent fasting lifestyle comfor-tably in your sleeping phase, planned by our Executive Wellness Chef Rakesh; it is perfectly balanced to propel your body in fat-burning mode for a safe and healthy weight loss, framed by a world class wellness cuisine, and you will love it.

Our fast & feast healthy program comes up with a hassle-free, a kind of money-back guarantee. It simply preaches what it promises - in a

Two-week phase is designed to jump-start your weight loss, so you may lose up to 10 to 12 pounds (4.5 to 5.5 kilograms) in a safe, healthy and reliable way. All accompanied daily with our professional Spa Doctor, Chef and Fitness-Trainer to guide and accompany you throughout your journey in devising THE perfect body weight burning formula.

Achieved through the following modules:

- Pre-stay consultation to design tailored health, diet and sport program
- 3 daily wellness meals in the wellness full-board meal plan, customized by Spa Doctor & Wellness Chef
- Room equipped dedicated to fasting frame (unlimited tea, water, infusion, empty minibar, scale etc.)
- Personal fitness consultation 2 times daily with screening and monitoring of BMI, sleeping patterns, calorie meter and blood pressure
- Pulse, sleep time and calorie meter will be provided for use within the hotel for 24hrs measurement and daily analysis and recording of parameters
- Daily tailored program of sport/wellness activities with your own private coach for yoga, pranayama, meditation, fitness, walking/running, and swimming
- 24/7 availability of Spa Doctor
- Twice daily private meeting with your Spa Doctor including daily measurements with of all body-values (pulse, calls, sleeping)
- Daily nutrition adjustments for your wellbeing with your Wellness Chef
- Daily use of Hydrotherapeutic facilities: Steam, sauna ritual, lap pool, and jacuzzi
- Detailed debriefing/counseling sessions and lifestyle consultation

TREATMENTS	14 NIGHTS
SPA DR. CONSULTATION SESSIONS	28 (TWICE DAILY)
WELLNESS CHEF CONSULTATIONS	14 (DAILY)
PERSONAL FITNESS CONSULTATIONS	14 (DAILY)
AYURVEDA THERAPY SESSIONS	11
MASSAGE THERAPY AND TREATMENT SESSIONS	11
PERSONAL YOGA SESSIONS	7
PERSONAL PRANAYAMA BREATHING SESSIONS	5
PERSONAL MEDITATION SESSIONS	5
CLEANSINGS THERAPIES	6
PERSONAL SPORT & FITNESS SESSIONS	28 (TWICE DAILY)

As from EUR 5,225 per person

#### Terms & Conditions apply:

- This package is valid from 01st November 2022 until 31st October 2023
- 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 | MUR currency and are inclusive of local taxes
- Rates displayed are based on conversion following exchange rate from the base rate in EUR : 1 EUR vs GBP 0.80 | 1 EUR vs USD 110 | 1 EUR vs MUR 45
- 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
- The spa packages are commissionable by 20%
- The calculation of the commission for payment is made after tax deduction

