

ONE DAY DETOX PROGRAM

One Day | 08:00 to 16:00 hrs



Renew Your Mind, Body, and Spirit with a one day detox program

Shanti Spa One Day Detox Program combines therapies designed specifically to rid the body of harmful toxins, deeply relax and stabilize the mind while effectively re-energizing both. With an equal focus on nutrition, your day from start to end, is closely monitored and natural detoxifying fruits and vegetables juices complemented by a variety of herbal teas and plenty of water, are provided to complete a most rewarding experience.

Inclusions

- Fresh Juices
- Herbal Teas
- Vegetable Juices
- Personal Training
- Two Spa Treatments
- Towels and Yoga mat for use during the sessions
- Personalized Yoga and Meditation
- Special discount on accommodation of 15% if accommodation required

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Time	Activity	Duration	Venue
08:00	Luke warm water with a splash of lemon juice	15 mins	Tea Pavilion
08:15	Group Hatha Yoga	60 mins	Yoga Pavilion
09:15	Hydrating and Detoxifying session	15 mins	Tea Pavilion
09:30	Inkomfi Renewal Body Scrub	45 mins	Treatment Room
10:15	Hydrating and Detoxifying session	15 mins	Tea Pavilion
10:30	Body Toning with Personal Trainer	60 mins	Gym
11:30	Hydrating and Detoxifying session	15 mins	Tea Pavilion
12:30	Hydrating and Detoxifying session	15 mins	Tea Pavilion
13:00	Shirodhara (pouring warm oil on forehead)	60 mins	Treatment Room
14:00	Hydrating and Detoxifying session	15 mins	Tea Pavilion
14:30	Personalized Meditation	45 mins	Yoga Pavilion
15:15	Hydrating and Detoxifying session	15 mins	Tea Pavilion
15:30	Herbal Bath Lavender & Rose	30 mins	Turkish Bathroom
16:00	Hydrating and Detoxifying session	15 mins	Tea Pavilion
	Total minutes per package	420 mins	
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 21,000	
Price per person quoted in Public Rates in € (EURO)		€ 420	
Price per person quoted in Public Rates in £ (GBP British pound sterling)		£ 368	
Price per person quoted in Public Rates in \$ (US DOLLAR)		\$ 460	

Terms & Conditions:

- Valid until 07th June 2026
- Bookings recommended 24-48 hours in advance, valid on a first come and first serve basis
- Valid all year upon request and availability only within a limited allotment
- 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 corridor to ensure rate parity in the market and distribution channels

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