

# SHANTI MAURICE

RESORT & SPA

## SHANTI WELLNESS

### HERBAL INFUSION CURE AND TEA GARDEN TOUR

The benefits of herbal infusions are extensive. They allow for bio-available forms of vitamins, minerals, proteins, polyphenols, bioflavonoids (antioxidants) and more to be released by the plant and easily absorbed by our bodies. The antioxidants and vitamins found in herbal teas are great for helping fight disease and infections, protect against oxidative stress and lower the risk of chronic disease. We have developed a “from fresh to brew concept” in our herb garden. You will benefit from a guided visit by our Spa team in the garden and oriented through our ten selected herbs that are beneficial for health.

The cycle of the herb infusion covers the three most important times of the day to benefit a consistent cycle and you will receive a free consultation from our Spa doctor who will guide you through initiation to herbal infusions and paired with your lifestyle. A herbal infusion tea menu will be handed out during that session and we will craft the three important cycles of time namely morning, afternoon, and evening. The service of the herbal infusion is adaptable within the restaurant, at the spa, or even set in your room.

- Situated at Shanti Spa
- 10:00 to 20:00hrs | 10:00 to 17:00hrs for visit in the herbs garden
- Duration: 1hr (20mins guided visit in herb garden | Brewing time | Degustation) | 3 tailored teas per day during the entire stay
- Depends on a minimum length of booking for the entire stay; Pre-booking of the package is required
- MUR 600 per infusion per person per day for 3 herbal infusion selected
- A disclaimer shall be signed and acknowledged
- Offers are indicative, prices are inclusive of VAT and are upon availability and request within limited allotments
- Please contact the Shanti Spa for more details and booking

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