

SHANTI MAURICE

RESORT & SPA

SHANTI WELLNESS

ONE WORLD AYURVEDA CUISINE

We have tailor-made the One world Ayurveda in two key axes one being the authentic Ayurveda menu and the other the three elements of the Ayurveda Dosha menu. The authentic Ayurveda cuisine is a medicinal-based diet focused on when you eat, what you eat, and how you eat to boost your health, prevent or manage the disease and maintain wellness. We offer a specially designed a la carte menu and function on a full board meal plan to complete its wellness circle from breakfast, lunch, and dinner.

The Ayurveda Dosha is one of three substances that are present in a person's body according to Ayurveda. Doshas are the forces that create the physical body. They determine conditions of growth, aging, health, and disease. Spilt between the three elements namely Vata, Pitta, Kapha determine the type of lifestyle you would be a channel through the treatment. This menu must cover the three key cycles of nutrition of the day namely Breakfast, Lunch, and Dinner, and is applicable on a full board meal plan only.

A pre-arrival consultation service is offered and assisted by our Wellness Chef and Spa Doctor, to enable personalized assistance from your first day of arrival. A daily follow-up meeting takes place in person with our Spa doctor to follow up on the progress of your diet and wellness and adjust accordingly.

- Provided in Stars restaurant
- Bookable for entire stay covering all meals (breakfast, lunch, dinner)
- Available as per each Restaurant opening times or 24hrs room service option
- Bookable only for all persons sharing the same room, minimum 1 person for single room
- Pre-Booking compulsory minimum 14 days prior arrival
- Available only as for meal plan "full board" as from regular meal plan rate

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