

# SHANTI MAURICE

RESORT & SPA

## SIX PILLARS OF WELLNESS

This is a premium experience that blends the six key elements of wellness. We have a tailor-made minimum 3 days session that would enable you to discover the real wellness world. The six elements can also be accessible on an individual basis selection if you would like to try amongst and include from a personal consultation from our Spa doctor to a follow-up session for any further coaching required. Hereunder the list of the six elements of wellness described:

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## 1 SHANTI SLEEP

Sleep is as important as diet and exercise for maintaining good health. Sleep has systematic health benefits by rejuvenating a tired body and mind by reducing stress levels and increasing overall wellbeing. This sleep ritual includes the following wellness attributes:

- 90mins of treatment (magnesium sleep therapy)
- 60mins of private yoga Nidra (meditation)
- Daily consultation with our Spa Doctor for your tailored sleep development plan

## 2 FOOD

Food, Health, and wellness are interrelated with each other. Health and wellness depend on the food we eat. Wellness comes from the diet we consume. This menu is based upon the consultation in person with our Spa Doctor and our private Chef for personalizing your menu.

- Tailormade Private Chef menu on full board basis, based on your personal nutrition wellness plan, consisting of breakfast, lunch, and dinner
- Menu can be served at Stars Restaurant
- Daily meeting with our Spa Doctor and Wellness Chef

## 3 MOVEMENT

One of the most powerful ways to connect with ourselves is by simply moving our bodies. It boosts energy levels, reduces stress, and improves both physical and mental health. This is a personalized program and structured with a qualified coach to perform Aqua fit and Pilates exercises and split on two days of personal training.

- 1 day of 45mins of Aqua fit exercise to enable good cardiovascular and muscular exercise
- 1 day of 45mins of Pilates exercises to improve flexibility, increase muscle strength and tone, abdominal muscles, lower back, hips, and buttocks to balance muscular strength on both sides of your body

## 4 AWARENESS

Our experienced Spa Doctor is trained to understand your personal objectives and goals during your stay and beyond. A tailor-made meditation and awareness program to assist you through your journey of life, balancing your being and assisting you to achieve health and wellbeing.

- 1 day of private trataka candle meditation (45mins)
- 1 day of private breathing session (30mins)

## 5 CULTURE

Translated in our world of wellness by connecting with local culture, we have tailor-made 3 treatments that will enhance your health, skin appearance, release block energy flow that causes exhaustion and muscular pain, and get rid of dull and dead cells. Hereunder, the 120mins massage in 1-day experience is as follows:

- Island Sugar Scrub (sugar | coconut | essential oil) based, for 30 mins
- Chocolate vanilla wrap (chocolate powder | vanilla essential oil) based, for 30mins
- Segá ritual massage (soft segá music background | therapist move her body as per music rhythm | massage with vanilla essential oil) during treatment, for 60mins

## 6 ESSENTIAL OIL

Our unique essential oil will allow you to discover some of your favorite blends, and then customize them as per the actual state of your body mind, and soul. The powerful therapeutic effect of essential oils brings an instant sense of relief and comfort from your daily hectic and stressful life. This is a one day and 1 hour wellness ritual and includes the following:

- 10mins of knowing self and preference with Spa Doctor
- 20mins bar presentation with handouts
- 20mins of identifications
- 10mins of wellness validation
- 10ML of selected wellness oil

### At glance inclusion

- Daily meeting with our Spa Doctor
- 90mins of treatment (magnesium sleep therapy)
- 60mins of private yoga Nidra (meditation)
- Tailormade Private Chef menu on a full board basis, consisting of breakfast, lunch, and dinner
- Daily tailor-made private chef menu served at Stars Restaurant or on 24-Hour Room service
- 1 day of 45mins of Aqua fit exercise
- 1 day of 45mins of Pilates exercise
- 1 day of private trataka candle meditation (45mins)
- 1 day of private breathing session (30mins)
- 1 day of 120mins of Island Sugar Scrub (30mins) | Chocolate vanilla wrap (30mins) | Segá ritual massage (60mins)
- 60mins of Essential Oil Bar experience

- Situated at Shanti Spa
- Available daily upon reservation
- Booking 24hrs in advance
- Duration: Total daily treatment times of average 165mins
- MUR 46,500 for 3 days cure including to full board | Extension option up to 14 days
- Tailormade program with elements of this cure and other treatments as per Spa menu available
- Available only as for meal plan "Full-Board" included
- Full board meal plan, servings as per each Restaurant opening times or 24hrs room service option
- Please contact the Shanti Spa for more details and booking