

SHANTI SPA

MAURICE

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

ONE DAY DETOX PROGRAM			
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/hours per package	420 mins/7hr	
Price per person quoted in Public Rates in Rs (MUR Mauritian Rupee)		Rs 17,500	

Terms & Conditions:

- Valid until 31st October 2024
- 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
- Rates listed are inclusive of 15% VAT, any alterations on VAT prices are subject to change accordingly

Version 1.3 | 22.07.2024