



## SHANTI SLEEP AND RECOVERY PACKAGE

Shanti Sleep and Recovery Package is designed to induce a deep state of relaxation by combining Yoga and pranayama (breath regulation). This Package is a selection of relaxing and energy balancing treatments to enhance your journey towards a better and more restful night's sleep.

### PUBLIC RATES IN INTERNATIONAL CURRENCIES 01st NOVEMBER 2023 UNTIL 31st OCTOBER 2024

NAME OF TREATMENT	MINUTES	5 NIGHTS	7 NIGHTS
Wellness consultation	30	1	1
Personalized yoga	60	1	2
Pranayama – Breathing practice	45	1	1
Yoga Nidra meditation	60	1	2
Reiki energy healing	60	1	1
Chakra Balancing Massage	75	1	1
Magnesium sleep therapy	90	1	1
Shirodhara Ayurveda treatment	60	1	1
Foot Reflexology	60	1	1
Total minutes/hours per package		540mins	660mins
Price per person quoted in Public Rates in € (EURO)		€ 1,125	€ 1,275
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 980	£ 1,110
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 1,200	\$ 1,360

Please contact our Spa team for a personalized consultation or further information.

#### Terms and Conditions:

- This package is valid from 01st November 2024 until 31st October 2025
- Prices quoted above includes Spa treatments only
- Applicable for a minimum of 5 nights stay and other stay options are equally open
- Rates are valid upon request and availability within limited allotment only
- 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 corridors to ensure rate parity in the markets and distribution channels
- Taxes can be reviewed without prior notice in case of any change imposed by Mauritian Government