

# SHANTI SPA

MAURICE

## POST COVID RECOVERY

Long COVID refers to an extended experience of COVID-19 symptoms without recovery for several weeks or months after the start of their symptoms. Symptoms range from headaches, reduced ability to smell or taste, fatigue, to respiratory system issues, sleep disorders, pain, cognitive & neurological impairment. As per Ayurveda, the extended post infection phase is the result of lower immunity & imbalanced bio-energies lodged in the tissue & waste systems. Hence the treatment protocol is to build immunity, nourish & revitalize all systems.

### PUBLIC RATES IN INTERNATIONAL CURRENCIES 01st NOVEMBER 2024 UNTIL 31st OCTOBER 2025

NAME OF TREATMENT	MINUTES	5 NIGHTS	7 NIGHTS	14 NIGHTS
Wellness consultation	30	1	1	3
Abhyanga "Ayurvedic massage"	60	1	1	2
Body Wrap	60	1	1	1
Shirodhara "Pouring warm oil on forehead"	60			1
Indian Head massage	45	1	2	2
Magnesium Sleep Therapy	90		1	2
Immune Boosting Wrap	75		1	1
Chakra Balancing Massage	90			2
Reflexology	60	1	1	2
Shanti touch "Back Massage"	60	1	1	2
Hatha Yoga	45	1	2	2
Pranayama	30	1	2	3
Total minutes per package		390mins	660mins	1,275mins
Price per person quoted in Public Rates in € (EURO)		€ 895	€ 1,495	€ 2,890
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 780	£ 1,300	£ 2,515
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 957	\$ 1,600	\$ 3,090
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 44,750	MUR 74,750	MUR 144,500

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