



## STRESS AND EMOTIONS MANAGEMENT PACKAGE

Stress and Emotions Management Package helps to lead a well-balanced, healthy life by reducing stress and relaxing the mind. This program is a customized holistic approach of Ayurveda, Yoga, Tibetan and International experiences with Reiki Healing to tackle the vulnerability in its own natural way. The whole program is designed to provide tranquility to the stressed body & mind and to bring back the natural rhythm of psychosomatic system.

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

NAME OF TREATMENT	MINUTES	7 NIGHTS	14 NIGHTS
Wellness consultation	30	1	1
Abhydhara Ayurvedic massage	90		1
Natural Body Scrub	30	1	1
Chakra Balancing Massage	75	1	1
Indian Head massage	45		1
Facial	60	1	1
Hot Stone Massage	90		1
Traditional Bali massage	60	1	1
Shiatsu	60		1
Foot Reflexology	60	1	1
Abhyanga Ayurvedic massage	60	1	1
Shirodhara Ayurveda treatment	60	1	2
Reiki energy healing	60	1	1
Meditation	45	1	1
Personalized Yoga	60	2	2
Pranayama	30	1	1
Life Style Recommendation	30	1	1
Total minutes per package		720mins	1,065mins
Price per person quoted in Public Rates in € (EURO)		€ 1,766	€ 2,673
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 1,508	£ 2,283
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 1,891	\$ 2,863
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 88,300	MUR 133,650

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