

# SHANTI SPA

MAURICE



## SWASTHYAM – AYURVEDIC PACKAGE

An intricate system of ancient science that originated in India thousands of years ago, Ayurveda is made up of two Sanskrit words - Ayur, meaning life and Veda, meaning knowledge. Experience the knowledge of life through SWASTHYAM. Advocating a way of life that is in complete harmony with nature's ways. Seeking to maintain the perfect balance of body, mind and soul. Approaching each and every person individually and independently. Reaching deep within and healing the very being. Experience the Ayurvedic journey where treatments protocols are recommended based on the principles that a balanced state of being is essential for healthy living. This package is ideal for guests who want to experience traditional Ayurvedic Dinacharya (daily activity protocol) that combines Ayurveda detox treatments, constitution balancing massages, yoga and meditation.

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

NAME OF TREATMENT	MINUTES	4 NIGHTS	7 NIGHTS	14 NIGHTS	21 NIGHTS
Wellness consultation	30	1	1	2	3
Talk with the Ayurvedic Doctor	15	1	3	5	10
Abhyanga – Ayurveda massage	60	1	1	2	3
Chooraswedana – Ayurveda bundle massage	60	1	1	2	3
Shirodhara Ayurveda massage	60	1	1	2	3
Udwarthana Ayurveda massage	60		1	1	2
Nasya – Nasalcleansing	30			1	1
Sneha Vasti – Intestinal Cleanse	30		1	1	1
Upanahdhara – Ayurveda massage	90			1	2
Pizhichil – Ayurvedamassage	60		1	1	2
Subtle Energy Facial	60				1
Indian Head massage	45	1	1	2	3
Pranayama	15	4	6	14	21
Personalised Yoga	30	3	6	14	21
Total minutes per package		420mins	720mins	1,485mins	2,400mins
Price per person quoted in Public Rates in € (EURO)		€ 1,051	€ 1,727	€ 3,064	€ 4,626
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 898	£ 1,475	£ 2,617	£ 3,951
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 1,126	\$ 1,850	\$ 3,282	\$ 4,954
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 52,550	MUR 86,350	MUR 153,200	MUR 231,300

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