

SHANTI MAURICE

RESORT & SPA

NEW WELLNESS EXPERIENCES

Immersive wellness experiences inspired by nature, mindfulness and ancient wisdom.

WHISPERS OF NATURE - THE SHANTI MINDFUL WALK

Reconnect with nature through a guided sensory journey across the wild landscapes of Mauritius' southern coast.

From the dramatic cliffs of Gris-Gris to fragrant coastal trails and rolling green hills, this mindful walk invites you to slow down, breathe deeply and realign with nature's rhythm. Through grounding exercises and quiet moments of reflection, rediscover balance, clarity and inner calm.

Duration: 4 hours

Price: MUR 4,000 per person

Group Size: Minimum 2 and maximum 7 guests

Advance reservation (48 hours) required. Experiences are subject to weather conditions. Comfortable walking attire recommended; please bring a hat, sunscreen and water. Moderate fitness level advised.

SHANTI WELLNESS VORTEX MEDITATION TOUR

A Journey to Inner Harmony

Just a few minutes from the resort lies Vortex Riambel — a tranquil sanctuary known for its regenerating and grounding energy.

Guided meditation sessions invite you to reconnect with stillness, harmonize body and mind, and experience a deep sense of calm in this unique natural setting.

Duration: 3 hours

Price: MUR 4,200 per person

Group Size: Maximum of 4 guests

Monday to Saturday | 09:00 – 17:00

Advance reservation (48 hours) required. Experiences are subject to weather conditions. Comfortable walking attire recommended; please bring a hat, sunscreen and water. Moderate fitness level advised.

ACCESS BARS THERAPY - THE ART OF INNER STILLNESS

A deeply relaxing energy therapy designed to quiet the mind and restore emotional balance.

Through the gentle activation of 32 energy points on the head, Access Bars releases stored stress and mental clutter, allowing the body and mind to enter a profound state of calm and clarity.

Duration: 60 minutes

Price: MUR 4,000

Prices are inclusive of VAT. Experiences are offered upon request and subject to availability within limited allotments. For reservations or further information, please contact Shanti Spa at extension 7160.