

Shanti Ananda Anti Ageing Programme

	minutes	5 nights	7 nights	14 nights	21 nights
Consultation and Spa Treatments Consultation(Medical / Lifestyle)	30	-	1 session	-	-
Aroma Hot Oil Treatment	45	-	1 session	-	-
Jasmine Body Scrub	45	-	1 session	-	-
Grounding Aromatherapy Massage	85	-	1 session	-	-
Reflexology	55	-	1 session	-	-
Shanti Fusion	55	-	1 session	-	-
Watsu	50	-	1 session	-	-
Shanti-Express Facial	25	-	2 sessions	-	-
Thai Massage	55	-	1 session	-	-
Yoga Nidra	60	-	1 session	-	-
Diet & Lifestyle Advice	30	-	1 session	-	-
Shanti Ananda Royal Facial	85	-	1 session	-	-