

## Shanti Ananda Detox

Consultation and Spa Treatments	minutes	5 nights	7 nights	14 nights	21 nights
Personalised Consultation with the Doctor	30	-	1 session	2 sessions	3 sessions
Personal Fitness Consultation	30	-	1 session	1 session	1 session
Fitness Training per Room	60	-	1 session	2 sessions	3 sessions
Personalised Yoga per room	60	-	1 session	2 sessions	3 sessions
Pranayama & Meditation per room	30	-	1 session	2 sessions	3 sessions
Jalneti and Pranayama	45	-	1 session	2 sessions	3 sessions
Detox Sea Salt Scrub	45	-	1 session	2 sessions	3 sessions
Mauritian Skin Freshner	70	-	1 session	2 sessions	3 sessions
Detox Aroma Cocoon	85	-	1 session	2 sessions	3 sessions
For Her: Shanti Fusion For Him: Shanti Fusion	85	-	1 session	2 sessions	4 sessions
Watsu	50	-	1 session	2 sessions	3 sessions
Detox Hydrotherapy Bath	20	-	1 session	2 sessions	3 sessions
Detox Aromatherapy Massage	85	-	1 session	2 sessions	3 sessions
Thai Massage	85	-	-	1 sessions	2 sessions
Indigenous Deep Cleansing Facial	55	-	1 session	2 sessions	3 sessions
Lifestyle Recommendation	30	-	1 session	1 session	1 session