

## Shanti Ananda Stress Management

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Consultation and Spa Treatments	minutes	5 nights	7 nights	14 nights	21 nights
Ayurvedic and Wellness Consultation	30	-	1 session	2 sessions	3 sessions
Personalised Fitness Consultation	30	-	1 session	1 session	1 session
Personalised Fitness Training Session per Room	60	-	1 session	2 sessions	3 sessions
Grounding Salt Scrub	45	-	1 session	2 sessions	3 sessions
Grounding Aromatherapy Massage	85	-	1 session	2 sessions	3 sessions
Thai Massage	85	-	1 session	2 sessions	3 sessions
Reflexology	55	-	1 session	2 sessions	3 sessions
Indigenous Indian Skin Care facial	55	-	1 session	1 session	2 sessions
Stress Release Treatment - Hot and Cold Stone Therapy	75	-	1 session	2 sessions	3 sessions
Grounding Aroma Cocoon	85	-	1 session	1 session	1 session
Personalised Yoga session per Room	60	-	1 session	2 sessions	3 sessions
Personalised Pranayama and Meditation session	30	-	1 session	2 sessions	3 sessions
Jalneti and Pranayama	45	-	1 session	1 session	1 session
Ananda Touch	30	-	1 session	2 sessions	3 sessions
Shirodhara	55	-	1 session	1 session	1 session
Grounding Hydrotherapy Bath	15	-	1 session	2 sessions	3 sessions
Watsu	50	-	1 session	2 sessions	3 sessions
Lifestyle Recommendation	30	-	1 session	1 session	1 session