

Shanti Ananda Weight Management

Consultation and Spa Treatments	minutes	5 nights	7 nights	14 nights	21 nights
Ayurvedic and Wellness Consultation	30	-	-	2 sessions	3 sessions
Personalised Fitness Consultation	30	-	-	1 session	1 session
Personal Training session per Room	60	-	-	6 sessions	8 sessions
For Her: Shanti Fusion For Him: Shanti Fusion	85	-	-	3 sessions	4 sessions
Personalised Ayurvedic Detoxification treatments.	30	-	-	12 sessions	18 sessions
Dosha Specific Hydrotherapy Bath	30	-	-	3 sessions	5 sessions
Detox Aroma Cocoon	55	-	-	2 sessions	3 sessions
Personalised Yoga Per room	60	-	-	2 sessions	3 sessions
Pranayama and Meditation session per room	30	-	-	2 sessions	3 sessions
Jalneti and Pranayama	45	-	-	2 sessions	3 sessions
Lifestyle Recommendation	30	-	-	1 session	1 session