

SHANTI ANANDA MAURICE



The highly acclaimed, award winning Destination Spa, Ananda - In The Himalayas is proud to offer you Shanti Ananda Maurice a Destination Spa on the magical island of Mauritius.

It promises both a blissful Mauritian experience and a pathway to vitality through a union of body, mind and soul. The Ananda spa experience is the ultimate escape from the mundane to the spiritual, where every corner spells harmony and every colour soothes the senses.

Spread over 36 acres of tropical gardens, with breathtaking views of the hills and the Indian Ocean with its coral reefs, the destination spa is located in the south of Mauritius at St. Felix where the spectacular ocean views are unlike any other traditional beach location. Crystal clear turquoise waters greet you as you step out of your door. Gracefully wooded hills circle the spa. Enchantment fills the air as the great healers- nature, rest, beauty and stillness- begin to work their magic.

FACTS

ACCOMMODATION

The luxurious accommodation at Shanti Ananda Maurice comprise of 55 spacious villas and suites.

- 44 Junior Ocean View Suites (81 sq m).
- 5 Luxury Villas with Swimming Pool (208 sq m).
- 5 Luxury Suite Villas with Swimming Pool (376 sq m).
- 1 Presidential Villa (800 sq m).

Junior ocean view suite

Area 81 sq. mts. each

These are housed in independent Villa structures with 4 units in each villa, two on the ground floor and two on the first floor. All Junior Suites have large balconies overlooking the ocean or a large private courtyard.

Spacious bathrooms feature an outdoor shower in an enclosed courtyard. There is a separate dressing room with a walk- in closet and a dressing table.

All suites offer King sized beds and are equipped with plasma TVs, dvd player, minibar, tea & Coffee making facilities and broadband internet access.

Luxury Villa with Pool

Area 208 sq. mts. each

Every villa comprises of a 54 Sq. Mts. temperature controlled private swimming pool, exclusive private gardens and private Salas.

All villas have outdoor showers in an enclosed courtyard and lounge beds.

Luxury Suite Villa with Pool

Area 376 sq. mts. each

These include all the above features of a luxury villa with pool plus a large living room.

Presidential Villa

Area 800 sq. mts

Includes all the above and comprises of 3 bedrooms.

Open courtyards, exotically landscaped private gardens and swimming pool with a built in Jacuzzi and a steam room.

SPA

The 50,000 sq ft spa is located in a tropical forest surrounded by water and features an enchanting tea pavilion at its centre.

The spa offers an extensive menu of body and beauty treatments integrating the traditional Indian systems of Ayurveda and Yoga with Thalassotherapy and contemporary International Spa Treatments.

Comprising 17 treatment rooms with specialised areas for each discipline, the spa offers guests an experienced team of Ayurvedic physicians, spa therapists and personal trainers - the combined expertise of which provides guidance towards healthier lifestyle changes.

The spa will also offer a complete range of ESPA body and beauty treatments, a beauty and hair salon, boutique and a salt-water pool for Watsu treatments.

Activities

Vedanta

Vedanta literally means the culmination of knowledge. These ancient Indian texts reveal the Eternal Principles of life and living, enabling one to attain the rare combination of material prosperity and mental peace. The knowledge helps achieve physical dynamism, mental equilibrium and intellectual clarity and directs one to the goal of ultimate liberation - Spiritual Enlightenment.

Lectures will be conducted by senior disciples of Swami Parthasarathy, internationally acclaimed exponent of Vedanta.

Yoga

Yoga at Shanti Ananda is completely traditional in form and stems from the roots of hatha yoga with adaptations to suit individual needs. It is a disciplined science encompassing all aspects of life in different ways and on different levels to balance the mind, body and spirit. This assists in restoring perfect health and leads one from consciousness to super - consciousness, resulting in the ultimate achievement of 'Sat Chitt Ananda', or 'eternal bliss', which is the ultimate aim of Yoga.

Traditional meditation

Meditation is one of the central components required for balancing and harmonizing the mind and body. The techniques offered at Shanti Ananda are grounded in ancient Indian traditions yet immediately practical for modern needs, simply taught and easy to incorporate into one's daily life.

Whether the aim is to make meditation a part of daily life, or simply to learn more about this profound practice, our instructors will be available to answer your requirements. Shanti Ananda will offer special workshops and private sessions with visiting Masters in different areas of Wellbeing. These teachers, therapists, healers, Ayurvedic doctors and guides visit from around the world to share their talents and gifts with those who choose to explore and understand the deeper realms of holistic well being for the body, mind and spirit.

LEISURE

The Shanti Ananda experience invites you to venture beyond simply pampering the body and the senses. The alignment of body, mind and spirit is considered paramount and therefore the following activities are available to assist with this process:

- ❖ Morning Walk
- ❖ Trek & Nature Walk
- ❖ Pranayama
- ❖ Physical Training and Aerobics
- ❖ Beachcombing
- ❖ Fitness Sessions
- ❖ Cultural Performances
- ❖ Ayurveda Lecture
- ❖ Deep Sea Fishing
- ❖ Aqua Aerobics
- ❖ Aqua Yoga
- ❖ Cooking Classes
- ❖ Tennis Coaching Classes
- ❖ Golf at Bel Ombre 10 minute drive from Shanti Ananda

SERVICES AND FACILITIES

- ❖ 24 Hour Room Service
- ❖ Laundry Service
- ❖ Library
- ❖ Conference Room
- ❖ Broad Band Internet in all rooms
- ❖ DVD Library
- ❖ WiFi connectivity in public areas including swimming pool
- ❖ Helicopter and Limousine Transfers
- ❖ Currency Exchange
- ❖ Postal Service
- ❖ Boutique
- ❖ Conference rooms
- ❖ Fitness centre - the latest cardio and gym equipment with built- in TV and audio systems.
- ❖ Personal trainers with expert advise on nutrition, muscle development, slimming and toning.
- ❖ Aqua aerobics sessions
- ❖ The sports center has a tennis court and bicycles for guest use.

SHANTI ANANDA SPA CUISINE

Spa cuisine at Shanti Ananda is based on the 5000- year- old medical science of Ayurveda, which talks about the importance of the right food depending on one's body- type- Vata, Pita and Kapha.

The goal of Ayurveda is to work with natural Biorhythms and specific needs of the body and to bring in nourishing as well as immune system enhancing foods.

Based on these principles, that convert easily to suit all cuisines, the food at Shanti Ananda promises to be an eclectic and wholesome combination that will eventually lead to perfect health, the natural way.

All Day Dining restaurant serves Mauritian and International cuisine in a relaxed ambience.

- ❖ The Specialty Fine Dining restaurant experience where our internationally acclaimed chefs, will treat you to mouth watering delicacies.
- ❖ Exotic Tea Pavilion.
- ❖ Beach and Poolside Service.
- ❖ 24 hour Room Service.