

NIRA SPA
AT SHANTI MAURICE

Let your body relax, your mind wander, drift away and let the journey begin.

We provide a setting in which to relax and enjoy a range of pampering and therapeutic treatments. Our spa is internationally recognised for its Ayurveda and Yoga programs, and we would recommend you experience these during your stay.

Please contact the spa reception or myself directly on extension 7154 so that we can assist you.

We look forward to welcoming you to Nira Spa.

Deepak Rawat
Spa Manager

CELEBRATIONS

Our "Celebration Experiences" combine relaxing treatments with the use of facilities in our couple's suite, allowing you to enjoy your special moment with your partner. Whilst two experiences, that we feel will resonate with you are provided, we would be more than happy to personalise something special just for the two of you.

BLISS 180 mins (treatment time 120 mins) MUR 9200
This treatment combines our Signature Shanti Fusion massage followed by a Sundari facial. Enjoy a glass of champagne and the sauna and steam room facilities in the couple's suite. Make this an evening to remember under the open skies.

COUPLES CONNECT 180 mins (treatment time 120 mins) MUR 9600
This treatment begins with a body exfoliation, leaving the skin feeling soft and alive followed by our Signature Shanti Fusion massage, allowing body and mind to relax. Enjoy applying healing mud - full of special minerals - on each other in the steam room and relax with the other facilities available in the couple's suite.

BEFORE & AFTER SUN BODY CARE

PRE-SUN BODY EXFOLIATION 30 mins MUR 2800
We highly recommend this treatment when you first arrive at the Resort. A body exfoliation, made of local sugar or sea salt, combined with aromatherapy oils polish the skin, improving circulation, allowing you to feel revitalised and your skin ready to receive Vitamin D from the sun. This treatment is best combined with a massage to fully immerse you in the holiday spirit.

DETOXIFYING BODY WRAP 45 mins MUR 3200
Cocooned in this full body wrap, the soothing, warm healing mud draws out toxins and delivers essential nutrients to the skin. Whilst in the wrap, a soothing head and scalp massage leaves you feeling relaxed and re-balanced. We recommend this treatment prior to a massage.

AFTER SUN SOOTHER 60 mins MUR 3800
This treatment combines a cooling and nourishing body wrap from locally sourced Aloe Vera, and a cucumber and honey face mask, leaving you feeling radiant following a day in the sun. Whilst the body is cocooned in the wrap and face mask, a head massage will leave you totally relaxed.

MASSAGE

Our team of highly skilled therapists are able to provide a range of massage styles to suit your needs including aromatherapy oil based or 'dry' treatments - performed over loose clothing. We are able to re-balance the whole body by calming the central nervous system, or focusing on specific areas of tightness or concern.

OUR SIGNATURE - SHANTI FUSION 60/90 mins MUR 4200/6000
This is our most popular massage. An aromatherapy oil based treatment that is personalised to your needs, incorporating a wide variety of techniques based on a pre-treatment consultation and the intuitive skills of our therapists.

EARTHSTONE MASSAGE 90 mins MUR 6200
Smooth, heated stones are integrated into an oil based massage style, releasing locked muscles and providing a deep sense of relaxation.

THAI MASSAGE 90 mins MUR 6200
This 'dry' treatment, performed over loose clothing is also known as passive yoga and incorporates targeted pressure points, assisted by yoga stretches to release muscular tension and improve energy levels.

BALINESE MASSAGE 60/90 mins MUR 4200/6000
This firm aromatherapy oil based treatment is deeply relaxing. It incorporates elements of acupressure, stretching, muscle rolling and cupping, allowing you to experience several techniques in one treatment.

SHIATSU 60 mins MUR 4400
Experience a gentle, yet effective and holistic form of Japanese massage. In this treatment, gentle pressure is applied along the body's acupoints and a series of stretches balance the flow of energy. This 'dry' treatment is performed over loose clothing.

DEEP TISSUE MASSAGE 60/90 mins MUR 4400/6200
This oil based treatment focuses on specific areas of concern using a variety of muscle release techniques to relax chronic tension.

FOOT REFLEXOLOGY 60 mins MUR 4200
This therapy restores and maintains the body's natural equilibrium. The treatment encourages your body to work naturally and reconstruct its own healthy balance through stimulating reflex points in the feet, bringing back energy flow to the whole body.

FACIALS

MUKHA LEPA 60 mins MUR 4200
Practiced for centuries as a beauty ritual for Indian women, Mukha Lepa uses traditional herbs to cleanse, exfoliate, tone and deeply hydrate the skin. Working with the Sundari product range, inspiration is drawn from this tradition and a Dosha specific herbal mask (Lepa) is applied to the face to bring out the beauty within.

CLASSIC FACIAL 60 mins MUR 4200
This treatment improves the tone of the skin and provides a sense of radiance, using cleansing, exfoliating, moisturising and hydrating facial massage techniques to relax and firm the skin.

NIRA HONEY AND ROSE FACIAL 45 mins MUR 3500
This refreshing facial uses local natural products providing a sense of instant relief after a day in the sun. Honey, one of nature's most powerful cleansers, is massaged into the skin, followed by a cooling cucumber mask that infuses and hydrates the skin. A soothing hand or foot massage calms the body. This treatment is recommended for those with sensitive skin.

FINISHING TOUCHES

We offer the following services:

- Manicure 60 mins MUR 3000
- Pedicure 60 mins MUR 3000
- Eyebrow 20 mins MUR 500
- Hair styling - please contact spa reception for details

AYURVEDIC EXPERIENCES

Ayurveda is acknowledged as the oldest surviving medical practise in the world. It provides tangible relief from health challenges and brings the mind, body and spirit into harmony through balancing the Doshas. Our resident Ayurveda Doctor provides consultations and can recommend individual or personalised programs. Alternatively, you may wish to experience Ayurveda by choosing one of the following classic treatments:

OUR SIGNATURE - SHANTIDHARA 90 mins (including steam and shower) MUR 9800
This cleansing ritual treatment clears energy blockages providing a sense of wholeness, renewed vigour and improves the immune system. It begins with a synchronised four-hand traditional Ayurvedic massage, followed by a stream of warm herbal oil poured over the chakras of your body.

UPANAHADHARA 90 mins (including steam and shower) MUR 6800
This treatment begins with a Dosha balancing herbal paste applied to the body which is then wrapped up in warm enzyme-rich banana leaves to detoxify and nourish the skin and organs. Whilst the body absorbs the herbs, a continuous and even stream of warm herbal oil is poured over the forehead calming the mind bringing it into balance with the body.

ABHYDHARA 90 mins (including steam and shower) MUR 9800
This is a unique combination of soothing therapies, where a traditional four-hand massage is followed by a continuous stream of warm herbal oil poured onto the third eye (the area between the eyebrows). It provides a pleasant and effective relief for circulatory, blood pressure related and neurological disorders.

ABHYANGA 60 mins (including steam and shower) MUR 6000
This traditional four-hand massage involves the application of pouring herbal oils onto the body to balance the Doshas. It is both deeply relaxing and assists with detoxification.

CHOORNA SWEDANA 60 mins (including shower) MUR 5800
Herbal poultices - a combination of specially formulated ingredients aimed to regulate the Doshas - are dipped in warm herbal oil and massaged deep into the body. The combination of the warm oil and herbal benefits in the poultices releases locked muscles. This massage style is ideal for those who have compromised circulation or muscular pain.

THE ART OF SHIRODHARA 60 mins (including shower) MUR 6200
The gentle pouring of warm herbal oil in an even stream onto the forehead (third eye) and massaged gently into the hair and scalp is deeply relaxing and often described as being meditative. This treatment calms the mind, regulates sleep patterns and provides a sense of clarity in thought.

PIZHICHIL 60 mins (including steam and shower) MUR 6800
This treatment involves the continuous pouring of warm herbal oils slowly and rhythmically over the entire body. This therapy has been designed to strengthen immunity and joint mobilisation.

UDWARTHANA 45 mins (including steam and shower) MUR 3800
This dry massage is performed over loose clothing and works on stimulating the lymphatic system, releasing toxins. It is beneficial for detoxification and is used in weight loss programs and for firming and toning the skin.

KATI VASTI 45 mins MUR 3800
This treatment is recommended for those with lower back pain. Warm oil is poured into a cylindrical dome made of wheat paste. The heated paste infuses warmth into the lower back, releasing tight muscles and soothing the discs and nerves.

INDIAN HEAD MASSAGE 45 mins MUR 3000
A delightful traditional form of head, neck and shoulder massage performed in the prone position to relax and ease muscle tensions. This ancient experience restores joint mobility and eliminates toxins by stimulating circulation.

SNEHA VASTI 30 mins MUR 2500
This ancient treatment is considered to be an ideal detox treatment according to Ayurveda as it balances the Doshas and helps the body eliminate toxins in a natural way. This treatment is performed only after consultation and recommendation by our Ayurveda Doctor.

YOGA

All of our instructors are fully trained and focus on postural alignment and breathing. Instruction is for everyone, from beginners (and even first timers) to advanced yogis wishing to go deeper into their practise. Our instructors are available for complimentary consultation for guests who would like to discuss any concerns or to tailor a personalised program.

We also offer complimentary classes; please refer to the listed program on the daily schedule.

HATHA YOGA 60 mins MUR 2500
Hatha yoga helps to regulate breathing by way of corrective posture and stretching exercises to provide healthy body function, inner awareness and sense of calmness.

RHYTHMIC FLOW YOGA 60 mins MUR 2500
Go with the energy flow of the body; increase your strength and flexibility through a synchronised breath-sound-movement. This is a dynamic and fast paced series of postures allowing you to deepen your asana practice and move into meditation through movement. A series of asanas are selected to gracefully move from one into the next, and to work every part of the body, not only physically, but also mentally and spiritually.

SHIVA-SHAKTI - COUPLES YOGA 60 mins MUR 2500
Shiva-Shakti represents the male-female elements of the universe, and those represented within all of us. Shiva is the lord of Destruction and he is complemented by the energies of the divine Goddess Shakti. Shiva is incomplete without Shakti. Hence the practice is a balancing of male-female energies within all of us and a beautiful union to harmonise male-female energies within couples. This is an innovative series that focuses on deep 'Shiva-oriented' asanas and more subtle 'Shakti' asanas to unfold the goddess within. We harmonise asanas and breath into this divine union of energies.

AQUA YOGA 45 mins MUR 450
Aqua Yoga uses the healing power and support of water to enhance basic yoga moves. Water resistance increases the effectiveness of the postures allowing a gentle strengthening of joints and muscles. This practise is recommended for those with limited mobility.

PRANAYAMA 30 mins MUR 1500
In a Pranayama session, attention is placed on breathing. Pranayama literally means expansion of Prana-which is life force or vitality. Pranayama addresses breathing patterns and assists in the removal of toxins, enhancing an individual's state of overall wellbeing.

PERSONALISED MEDITATION 30 mins MUR 1500
Personalised meditation sessions include guided meditation and relaxation techniques. These techniques equip you with the ability to relax and rejuvenate the entire body-mind system.

PERSONAL TRAINING PROGRAMS

A tailor-made session, devised by a skilled personal trainer will focus on your specific strengths and needs. During that time, the trainer will motivate you and show you regular exercises while giving interactive feedback to make sure that all postures and exercises are executed properly. We offer a range of personal training and Pilates programs, as well as workouts in the pool, where the buoyancy and resistance of water assists in reducing stress on the body.

PERSONAL TRAINING	60 mins	MUR 1500
STRETCHING CLASS	30 mins	MUR 750
CORE STABILITY	30 mins	MUR 750
INDIVIDUAL PILATES REFORMER CLASS	60 mins	MUR 3900
MAT BASED PILATES CLASS	60 mins	MUR 2000
AQUAGYM TRAINING	60 mins	MUR 500
AQUABIKING	45 mins	MUR 850

*All prices are inclusive of 15% VAT and 5% Service Charge

SPA REMINDERS

APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

OPERATING HOURS

The Spa operates from 08:00am to 08:30pm daily (last booking at 7pm). After-hours Spa appointments are subject to availability. Please dial extension 7154 to make a reservation. The gym and swimming pool is open from 9:00am until 8:30pm daily.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate allergy, pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

TREATMENT PREPARATION

We recommend that you arrive at least 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment and also to enjoy the complimentary heat facilities within the treatment rooms.

PRE-TREATMENT RECOMMENDATIONS

For best results, we recommend men shave on the day of a facial. For women we recommend not shaving or waxing on the day of a body treatment.

WHAT TO WEAR

Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy. We also provide disposable undergarments for both men and women should this be your preference. Sports shoes are required at the gym.

SPA ENVIRONMENT

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around, the Spa. The minimum age for taking a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a minimum of 6 hours cancellation notice so someone else may enjoy that time. Cancellations made within 6 hours will be subject to the full charge of the treatment booked.

VALUABLES

We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavour to take care of your belongings we do not assume liability for any loss of or damage to personal articles. The Spa shall not be liable for any accident or injury suffered by any guest.

All prices are subject to 15% VAT and 5% service charge.