

SHANTI MAURICE

A NIRA RESORT

2015 – 2017 SEASON NIRA SPA PACKAGES

VALID OVER THE PERIOD:
23RD DECEMBER 2015 TO 22ND DECEMBER 2017

MARKET: ALL MARKET EXCEPT UK

CURRENCY: EUR

THE SPA PACKAGES HAVE BEEN DESIGNED USING A COMBINATION OF BOTH AYURVEDIC AND INTERNATIONAL TREATMENTS AND EXCLUDE ACCOMMODATION RATES AND MEALS.

NIRA BLISS

NIRA BLISS IS DESIGNED AS A WELLNESS PACKAGE THAT IS GEARED TO INDIVIDUALS WHO SEEK TO BE DESERVINGLY PAMPERED. THE STRONG THERAPEUTIC ELEMENTS OF ITS INCLUSIONS AIM TO REVITALIZE, REJUVENATE AND RESTORE THE BODY BY COMBINING TREATMENTS THAT TARGET THE EFFECTS OF FREE-RADICALS ON THE SKIN, STRESS ON THE MIND AND BODY AND MUSCLE INFLEXIBILITY.

NAME OF TREATMENT	LENGTH (MINUTES)	5 NIGHTS	7 NIGHTS
WELLNESS CONSULTATION	30	1 SESSION	1 SESSION
NATURAL BODY SCRUB (BROWN SUGAR & JASMINE, FRESH COCONUT, SEA SALT & SPIRULINA AND MORE)	45	1 SESSION	1 SESSION
PERSONALIZED YOGA	55	1 SESSION	1 SESSION
NATURAL BODY WRAP (BALINESE BOREH WRAP, GROTTA GIUSTI, BODY STRATEGIST)	45	1 SESSION	1 SESSION
FACIAL TREATMENT (TO BE CHOSEN UPON ARRIVAL)	60	1 SESSION	1 SESSION
ABHYANGA (FOUR HANDED)	55	1 SESSION	2 SESSION
COPPER & HOT STONE PEDICURE	60	0	1 SESSION
MANICURE DE LUXE	45	0	1 SESSION
TRADITIONAL THAI MASSAGE	55	1 SESSION	1 SESSION
WATSU	45	1 SESSION	1 SESSION
LIFESTYLE RECOMMENDATION	30	1 SESSION	1 SESSION

PUBLIC RATE
PER PERSON
EUROS 710

5 NIGHTS

7 NIGHTS

EUROS 1,020

➤ RATES MENTIONED ABOVE ARE FOR THE TREATMENT PACKAGE ONLY

RENEWED YOU

RENEWED YOU UNITES PHYSICAL WORKOUT AND BODY TREATMENTS WITH GUIDED SPIRITUAL FOCUS TO TARGET PROBLEMS ASSOCIATED WITH WEIGHT MANAGEMENT. IN THIS PACKAGE LONG-ESTABLISHED INTERNATIONAL DISCIPLINES ARE DRAWN ON AND ENHANCED BY USING OF THE BLENDS OF TRADITIONAL MEDICINAL HERBS FROM INDIA , 100% NATURAL PLANT AND UTILIZING ADVANCED TECHNIQS AND PRODUCTS

NAME OF TREATMENT	LENGTH (MINUTES)	7 NIGHTS	14 NIGHTS	21 NIGHTS
WELLNESS CONSULTATION	30	1 SESSION	2 SESSIONS	3 SESSIONS
FITNESS/YOGA CONSULTATION	30	1 SESSION	1 SESSION	1 SESSION
PERSONALIZED FITNESS TRAINING	60	3 SESSIONS	5 SESSIONS	7 SESSIONS
PILATES	60	1 SESSION	3 SESSIONS	5 SESSIONS
PERSONALIZED YOGA	55	1 SESSION	2 SESSIONS	3 SESSIONS
PRANAYAMA / MEDITATION	45	1 SESSION	2 SESSIONS	3 SESSIONS
NATURAL BODY SCRUB (BROWN SUGAR & JASMINE, FRESH COCONUT, SEA SALT & SPIRULINA AND MORE)	45	1 SESSION	2 SESSIONS	2 SESSIONS
SLIMMING/DETOX BODY WRAP	45	2 SESSIONS	3 SESSIONS	4 SESSIONS
DOSHA SPECIFIC AYURVEDIC THERAPIES	UP TO 55	1 SESSION	2 SESSIONS	4 SESSIONS
SHANTI TOUCH MASSAGE	30	1 SESSION	2 SESSIONS	3 SESSIONS
DEEP TISSUE/BALINESE/SWEDISH MASSAGE	55	0 SESSION	2 SESSIONS	3 SESSIONS
SHANTI FUSION	55	1 SESSION	1 SESSIONS	2 SESSIONS
AUTHENTIC THAI MASSAGE	85	0 SESSION	1 SESSION	2 SESSIONS
LIFESTYLE RECOMMENDATION	30	1 SESSION	1 SESSION	1 SESSION

PUBLIC RATE PER PERSON

7 NIGHTS	EUROS 1,075
14 NIGHTS	EUROS 2,050
21 NIGHTS	EUROS 3,160

➤ RATES MENTIONED ABOVE ARE FOR THE TREATMENT PACKAGE ONLY

SHANTI PRESERVE

THE SHANTI PRESERVE IS AN AYURVEDIC JOURNEY WHERE TREATMENTS ARE RECOMMENDED BASED ON THE PRINCIPLE THAT A BALANCED STATE OF BEING IS ESSENTIAL FOR HEALTHY LIVING. THE COMBINATION OF YOGA, MEDITATION AND TRADITIONAL MASSAGE AIMS TO HARMONIZE THE PHYSICAL, MENTAL AND SPIRITUAL WELLBEING.

NAME OF TREATMENT	LENGTH (MINUTES)	7 NIGHTS	14 NIGHTS	21 NIGHTS
WELLNESS CONSULTATION	30	1 SESSION	2 SESSIONS	3 SESSIONS
DOSHA SPECIFIC AYURVEDIC THERAPIES	UP TO 55	7 SESSIONS	14 SESSIONS	21 SESSIONS
REIKI	55	2 SESSION	3 SESSIONS	3 SESSIONS
HATHA YOGA	55	2 SESSION	2 SESSIONS	3 SESSIONS
PERSONALIZED MEDITATION	45	1 SESSION	3 SESSIONS	4 SESSIONS
JALNETI/ PRANAYAMA	30	1 SESSION	1 SESSION	2 SESSIONS
MUKHA LEPA (AYURVEDIC FACIAL)	60	1 SESSION	1 SESSION	1 SESSION
REFLEXOLOGY	55	0 SESSION	1 SESSIONS	2 SESSIONS
ABHYANGA 4 HANDED	55	0 SESSION	1 SESSION	2 SESSIONS
ABHYDHARA 4 HANDED	85	0 SESSION	1 SESSION	2 SESSIONS
INDIAN HEAD MASSAGE	25	0 SESSION	1 SESSION	2 SESSIONS
LIFESTYLE RECOMMENDATION	30	1 SESSION	1 SESSION	1 SESSION

PUBLIC RATE PER PERSON

7 NIGHTS	EUROS 1,415
14 NIGHTS	EUROS 2,930
21 NIGHTS	EUROS 4,290

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NIRA BODY BEAUTIFUL

NIRA BODY BEAUTIFUL IS THE NIRA SPA'S SOLUTION TO DETOX. ALL THE THERAPIES IN THIS PACKAGE ARE CLEVERLY COMBINED TO RID THE BODY OF IMPURITIES THAT ACCUMULATE OVER A PERIOD OF TIME USING CENTURIES OLD REMEDIES AND TECHNIQUES. AS DETOXIFICATION IS A PROCESS, THE TREATMENT INCLUSIONS OF BODY BEAUTIFUL ARE FLANKED BY WELLNESS AND LIFESTYLE CONSULTATIONS THAT HELPS ALL ON THIS JOURNEY, EVEN AFTER LEAVING THE SERENITY OF THE SPA

NAME OF TREATMENT	LENGTH (MINUTES)	7 NIGHTS	14 NIGHTS	21 NIGHTS
WELLNESS CONSULTATION	30	1 SESSION	2 SESSIONS	3 SESSIONS
FITNESS CONSULTATION	30	1 SESSION	1 SESSION	1 SESSION
FITNESS TRAINING /HATHA YOGA/ PILATES	55	4 SESSIONS	7 SESSIONS	9 SESSIONS
JALNETI/PRANAYAMA	30	2 SESSION	3 SESSIONS	5 SESSIONS
NATURAL BODY SCRUB (BROWN SUGAR & JASMINE, FRESH COCONUT, SEA SALT & SPIRULINA AND MORE)	45	1 SESSION	2 SESSIONS	3 SESSIONS
SHANTI FUSION	85	0 SESSION	2 SESSIONS	3 SESSIONS
SWEDISH MASSAGE	55	0 SESSION	1 SESSIONS	2 SESSIONS
SLIMMING DETOX BODY WRAP	120	2 SESSION	3 SESSIONS	4 SESSIONS
REFLEXOLOGY	55	1 SESSION	2 SESSIONS	2 SESSIONS
NATURAL BODY WRAP (BALINESE BOREH WRAP, GROTTA GIUSTI, BODY STRATEGIST)	120	1 SESSION	1 SESSION	2 SESSIONS
SHANTI TOUCH MASSAGE	30	1 SESSION	2 SESSIONS	3 SESSIONS
THAI MASSAGE	85	1 SESSION	2 SESSIONS	2 SESSIONS
ANTI-OXIDANT FACIAL	60	1 SESSION	1 SESSIONS	2 SESSIONS
LIFESTYLE RECOMMENDATION	30	1 SESSION	1 SESSION	1 SESSION

PUBLIC RATE PER PERSON

7 NIGHTS	EUROS 1,485
14 NIGHTS	EUROS 2,475
21 NIGHTS	EUROS 3,570

➤ RATES MENTIONED ABOVE ARE FOR THE TREATMENT PACKAGE ONLY