

SHANTI SPA

MAURICE

#MySport program

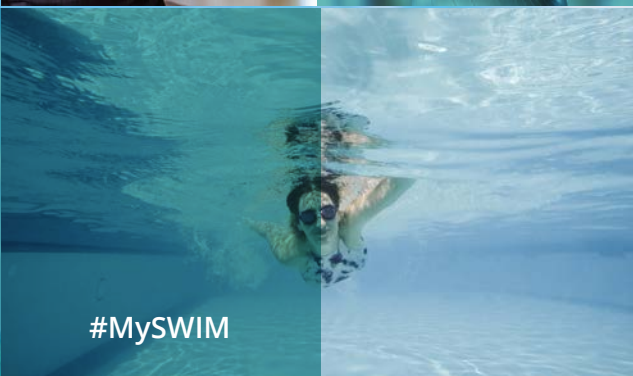
100%

Private | Personalized | Safe

The highest level of safety and COVID-19 health precautions in Mauritius for your personal and private sport & wellness program.



#MyGYM



#MySWIM



#MySAUNA



#MyYOGA



#MySPA



#MyRUN



#MyJACUZZI

Experience our ultimate and exclusive wellness options specially designed for you. Choose from an entire private gym to a private lap-pool for a safe and private personal wellness experience.

Shanti Maurice Resort & Spa is fully prepared with appropriate cleanliness protocols and sanitizing standards as per licensed bodies to ensure a clean exercising place before each session.

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We invite you to choose and combine your preferred and favourite workout and/or wellness elements from following options:



#MyGYM

Experience an entire air-conditioned and spacious gym covering 150 sqm; fully equipped with State of the Art TECHNOGYM equipment's including TV screen to view your weight, boxing, aerobic or cardio work out.

Access to the above facility is complimentary for resident guests and bookable



#MySWIM

Swimming exercise at its best in our heated 25m lap-pool. It is an excellent form of exercise that deliver a full body work-out.

Access to the above facility is complimentary for resident guests and bookable



#MyYOGA

Your personal leading yoga paradise in the Indian Ocean. Enjoy holistic wellbeing and discover the world of yoga and its elements in authentic pureness offered in a unique diversity from beginner to professional level with our large international team of Yoga masters, visiting masters and meditation specialists.

Service payable as per selected choice on the menu
Explore more on: [yoga at shanti spa](#)



#MyRUN

Choose between our 500m floodlight rock-sand surface jogging track for controlled exercise or discover the entire estate and beach for your running training.

Access to the above facility is complimentary for resident guests and bookable

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We invite you to choose and combine your preferred and favourite workout and/or wellness elements from following options:



#MySAUNA

Re-energize with our exclusive usage of our complimentary sauna & steambaths, tailored for you. (2 units available each, separated in male & female areas). Mixed usage available in the male section only at set times and during private bookings.

Access to the above facility is complimentary for resident guests and bookable



#MySPA*

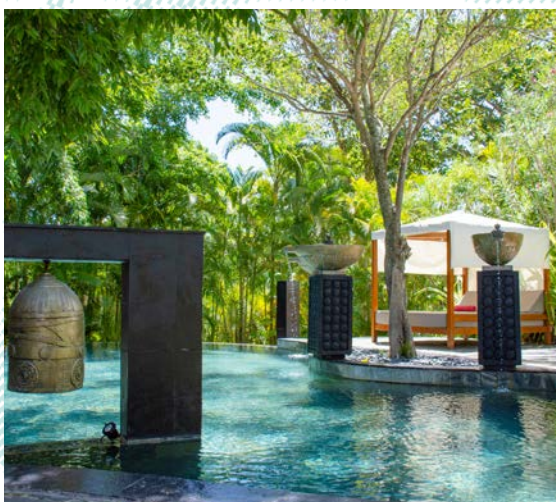
We are offering exclusive selected cosmetic hand and facial treatments and a selection of massage and wellness treatments with enhanced health & safety precautions. Please contact our Spa team.

Service payable as per selected choice on the menu

#MyHairSalon*

Enjoy a selection of hair dressing & Barber services.

Service payable as per selected choice on the menu



#MyJACUZZI

Pamper all your senses by relaxing in our heated jacuzzi and influence your overall well-being.

Access to the above facility is complimentary for resident guests and bookable

Terms & Conditions:

- Please book your service available from Monday to Sunday from 08:00 am to 08:00 pm
- Reservation 24 hours prior compulsory and on first come and first serve basis. Please contact our Spa team for your booking
- Bookings is based on exclusivity for each zone
- Maximum reservation is 1 sport or wellness option for 1 hour
- Complimentary chilled water is provided in gym and entire Spa area
- Access to the above facilities are complimentary and reservations required
- Items marked in stars (*) are payable
- Enhanced Beverage & wellness food service in Spa relaxing area available
- For each reservation of any sport and wellness option booked, take advantage of complimentary usage of the changing rooms, shower area and lockers
- All bookable for 1 person on exclusivity or 1 couple maximum. If a personal trainer is booked, please note that wearing of mask during entire stay in Resort and workout is compulsory for our trainers and all participating guests.
- Please bring your own personal face mask

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