SHANTI MAURICE

RESORT & SPA



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WFI COME

A tropical paradise haunted by nature lovers - where white pristine sand stretches down to a calm turquoise lagoon blended with a wonderful diversity of ponds and indigenous blooms... Welcome to the epitome of peace and relaxation.



SHANTI MAURICE RESORT & SPA

Located on the untouched south part of the island, Shanti Maurice Resort & Spa, is the natural escape for those seeking relief from the high octane daily living. Shanti Maurice, spread out over 36 acres of tropical lush beachfront gardens and offering only 61 Suites and Villas, boasts uninterrupted views across the calm waters of the Indian Ocean. Surrounded by fragrant private gardens, spacious terraces, and offering their own refreshing private pools, our contemporary-styled villas offer everything you need for a luxurious Mauritius getaway.







HISTORY OF MAURITIUS

Mauritius is part of the Mascarene group of islands formed by volcanic eruptions from the depths of the Indian Ocean. During the 10th century, Arab sailors travelling between India and the east coast of Africa, first discovered the island and named it Dina Harobi or Abandoned Island.

The island remained in isolation for the next 500 years until the Portuguese landed on its shores in 1507 and named it Cirné or the Swan. They did not settle on the island but used it as a stop on their way to Goa and Mallaca.

The first settlers on the island were the Dutch, who arrive in 1598, and named it Mauritius, after Prince Maurice Van Nassau. The Dutch introduced sugarcane, a crop that was to become the island's lifeblood, along with a herd of Javanese deer that was to provide food and sport for generations of Mauritians. Unfortunately, the Dutch razed the black ebony forest and hunted the Dodo to extinction before abandoning their settlement in 1710.



The island became the haunt of marauding pirates until the French took possession in 1715 and named it Isle de France. When the British captured the island in 1810, it was already a prosperous agricultural, commercial and military centre. The island was renamed Mauritius.

With the abolition of slavery in 1835, a large number of Indian labourers were brought over to work on the sugarcane plantations. Many of them eventually settled on the island and descendants today constitute the majority of the population. Some Chinese also came and set up shops and small businesses.

Mauritius achieve its independence on the 12th March 1968, with Sir Seewoosagur Ramgoolam as its first Prime Minister. It was proclaimed a Republic on 12 March 1992. Until the late 1960s, Mauritius was primarily an agricultural economy with sugar representing 90% of total exports. The Mauritian economy today is based on sugar, tourism, textiles and financial services with information technology fast developing.





HERB GARDEN

Alongside the lush landscape gardens of Shanti Maurice lies a bountiful herb and vegetable garden, providing the Chef with fresh and organic ingredients for the day's dishes.

The garden plays home to over thirty varieties of herbs and vegetables, and depending on the season, lemongrass, parsley, rosemary, basil, mint, and coriander are grown, along with vegetables such as beetroot, aubergine, broccoli and onion.

We will gladly give you a personal tour of the herb garden and discuss the philosophy behind the resort's menu.





BIO-AGRICULTURE AT SHANTI MAURICE

With more than 30 years of experience of passion and devotion, Eddy Poule is one of our experts in organic farming at Shanti Maurice Resort & Spa. "We have been using bio-products for pest control in our gardens more than three years; today, the results are amazing!" says the gardener who joined the Estate since 2011. The bio-qualified gardener explains that the bio-products are completely safe on our plants and vegetables which can be eaten raw or cooked. For instance, Neem oil is widely used in our gardens to eliminate worms and caterpillars while it is well known for its medicinal purposes.



LAVENDER (CASSIA)

Cassia is considered as one of the 50 fundamental herbs in traditional Chinese medicine. Cassia is similar to true cinnamon and mimics some cinnamon benefits and uses. They're from the same botanical family, and they both have a spicy, warm aroma.



CURRY TREE (CARRI POULÉ)

In Mauritian cooking, the key to that authenticity comes in the form of the carri poulé leaf, an essential ingredient which adds a fundamental flavour not only to local Indian cuisine but also to fricassees, fish soups and our spicy, homegrown tomato-based Creole Rougaille.



LEMONGRASS (CYMBOPOGON)

An aromatic healer. It is utilized for its distinct lemon flavor and citrusy aroma. The health benefits of lemongrass include relief from stomach disorders, insomnia, respiratory disorders, fever, aches, infections, rheumatism, and edema.



CORIANDER (CORIANDRUM SATIVUM)

Coriander, commonly known as Dhaniya in the Indian Subcontinent and Cilantro in the America and some parts of Europe, is an herb that is extensively used around the world as a condiment, garnish, or decoration on culinary dishes.



BASIL (OCIMUM BASILICUM)

Basil is a warm-weather, fragrant herb that tastes great in Italian dishes—and let's not forget homemade pesto! When growing basil, be sure to keep harvesting the leaves to keep the plant going strong.



ROSEMARY (ROSMARINUS OFFICINALIS)

Rosemary is one of the most commonly found herbs in a spice rack, for its wonderful taste and aroma. It has a warmer, bitter, and more astringent taste that gives a wonderful flavour to soups, sauces, stews, roasts, and stuffing. It provides a wealth of beneficial health effects if regularly added to our diet.



THYME (THYMUS VULGARIS)

Thyme is an aromatic perennial evergreen herb with culinary, medicinal, and ornamental uses. Most varieties of thyme prefer full sun and well-drained soil. They are sought for cooking and used classically in "bouquet garni" in stews, soups, meat, fish, compound butter, eggs, dressings, and vegetable dishes.



MINT (MENTHA)

Mint is a fast-growing, aromatic herb plant in the Mentha genus. There are literally hundreds of mint plant varieties. However, a number of these mint types are commonly grown in the garden. Most types of mint require the same, or similar growing conditions. They like full sun to partial shade and most prefer moist, but well-draining, soil.



PANDAN (PANDANUS AMARYLLIFOLIUS)

Commonly known as pandan leaves, it is used widely in South Asian and Southeast Asian cooking as a flavouring. It is an upright, green plant with fan-shaped sprays of long, narrow, bladelike leaves and woody aerial roots. The plant is rare in Mauritius and is cultivated in our herb garden.

Origin: South Asia



TROCHETIA (TROCHETIA BOUTONIANA)

Known by its native Creole name Boucle d'Oreille the trochetia is endemic to Mauritius. They are bell-shaped and the coloring is dark red with a white background. The capsule is globular and contains up to 10 black seeds.

Origin: Mauritius



CRANESBILLS (GERANIUM)

With long, palmate cleft leaves broadly circular in form, the flower has five petals and are coloured white, pink, purple or blue, often with distinctive veining. Geraniums will grow in any soil as long as it is not waterlogged.

Origin: United States



NAYANTARA (CATHARANTHUS ROSEUS)

Catharanthus roseus, known as the Madagascar periwinkle, is a species of flowering plant in the dogbane family Apocynaceae. Grown as an ornamental and medicinal plant, a source of the drugs vincristine and vinblastine, used to treat cancer.

Origin: Madagascar



LAURIER (NERIUM OLEANDER)

A shrub or small tree in the dogbane family Apocynaceae, toxic in all its parts. It is the only species currently classified in the genus Nerium. Oleander is one of the most poisonous commonly grown garden plants.

Origin: South Asia





CHAMOMILE (MATRICARIA CHAMOMILLA)

Chamomile is both useful and visually pleasing. It is often recommended as a companion plant to plant in the vegetable garden as its strong scent often keeps pests away.

Origin: Western Europe



FRANGIPANI (PLUMERIA)

Few tropical flowers are as delicate and pure looking as the Frangipani. You can appreciate the rich scent and inspiring meaning of this bloom. Commonly known as the plumeria, the latter is used in various special occasions.

Aug Sep Oct Nov Dec

Origin: Central America

Mar Apr May Jun Jul



LOTUS FLOWER (NELUMBO NUCIFERA)

Found at our Shanti Spa, the Lotus is considered as a sacred flower which symbolizes purity. The flower which lives in shallow ponds and lakes, opens in the morning and closes at night. Lotus can survive thousands of year and even to revive after long period of dormancy.

Origin: South Asia





SPIDER LILY (CRINUM ASIATICUM)

The Crinum Asiaticum commonly known as the Spider Lily, is widely cultivated in many warm regions as ornamental plants. It is used as an Ayurvedic herb for severe treatments.

Origin: Asia





HIBISCUS (ROSA-SINENSIS)

A tropical flair to our garden. Hibiscus is a very hardy, versatile plant and in tropical conditions it can enhance the beauty of any garden. It is a perennial and flowers through the year.

Origin: Mauritius (Endemic)



BIRD OF PARADISE (STRELITZIA REGINAE)

Bird of Paradise also known as crane flowers, is one of the most beautiful of all exotic flowers. This native of South Africa derives its name from the unusual flowers, which resemble brightly coloured birds in flight. Birds of Paradise flowers are produced in a horizontal inflorescence emerging from a stout spathe.

Origin: South Africa





VANILLA (VANILLA PLANIFOLIA)

The vanilla is the only orchid widely used for industrial purposes in flavouring such products as foods, beverages and cosmetics, and is recognized as the most popular aroma and flavour. Each flower opens up in the morning and closes late in the afternoon on the same day, never to reopen.

Origin: Mexico

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



JUNGLE GERANIUM (IXORA COCCINEA)

May Jun

The Crinum Asiaticum commonly known as the Spider Lily, is widely cultivated in many warm regions as ornamental plants. It is used as an Ayurvedic herb for severe treatments.

Jul Aug Sep Oct

Origin: Asia



LUCKY NUT (CASCABELA THEVETIA)

Cultivated widely as an ornamental, the Lucky Nut commonly known as Cascabela Thevetia, is a beautiful evergreen tree that attracts butterflies and hummingbirds. It is a great addition to our numerous blooms with its attractive fragrant flowers.

Origin: Tropical America

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



GOLDEN TRUMPET (ALLAMANDA CATHARTICA)

Allamanda cathartica is a strong vine plant/climber, large yellow blooms with shiny deep green, leathery, 2-4 inch evergreen leaves, with large clear yellow bell-like flowers. They are popularly used as ornamental plants and can be grown in sheltered areas as well as indoors.

Origin: America



ALOE VERA (AGAVE SISALANA)

Aloe Vera is plant with purpose. Whilst it brings a nice touch to your home, the plant boasts a wide range of health benefits. Served for medicinal purposes around the Globe, Aloe is also used for decorative purposes.

Origin: North Africa





MANGO (MANGIFERA INDICA)

The juicy, ripe mango fruit has a rich, tropical aroma and flavour that summons thoughts of sunny climates and sultry breezes. Mango trees are deep-rooted plants that may become large specimens in the landscape. They are evergreen and generally produced off rootstocks that increase the hardiness of the plants.

Origin: South Asia





BANANA (MUSA)

Bananas are one of the most widely consumed fruits in the world. While banana trees are decorative and often grown for their tropical leaves and bright flowers, most varieties also produce fruits. Bananas provide a variety of vitamins and minerals.

Origin: Southeast Asia Habitat: Lowlands

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



PAPAYA (CARICA PAPAYA)

An easy tree to grow and a tasty fruit to eat. Eat them out of your hand, or puree them and add them to a smoothie, ice cream, or pie. The papaya is a tropical fruit high in vitamins C and A, along with fiber and healthy plant compounds. It also contains an enzyme called papain, used to tenderize meat.

Origin: North America Habitat: Lowlands



BILIMBI (AVERRHOA BILIMBI)

Commonly known as Bilimbi, the tree is cultivated in various areas for its fruits. A multipurpose plant providing food, medicines and a range of commodities. Bilimbi tree is attractive and at the same time is a long-lived tree.

Origin: Indonesia Habitat: Lowlands

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



GUAVA (PSIDIUM GUAJAVA)

Guavas are those tropical fruits cultivated and enjoyed in many tropical regions. The Guava is low in calories and fats but carry several vital vitamins and minerals. Fresh ripe guava is best enjoyed with its skin.

Origin: Central America Habitat: Lowlands & Gardens



SOURSOP (ANNONA MURICATA)

A fruit with impressive health benefits. Soursop, sometimes known as graviola, is widely promoted as alternative cancer treatment. The flesh of the fruit consists of an edible, white pulp, some fiber, and a core of indigestible black seeds.

Origin: America Habitat: Lowlands

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



POMEGRANATE (PUNICA GRANATUM)

Apart from being healthy, pomegranates are delicious too. This amazing fruit consists of three times as many antioxidants as both wine or green tea. Pomegranates can be consumed in the form of a juice or you can eat the seeds, syrup, paste, nectar or concentrate.

Origin: Iran





PASSION FRUIT (PASSIFI ORA FDUI IS)

Passion fruits looks a little strange growing on its creeper vine, which can wrap itself around almost any surface and cling on, seeking the sunlight. This fruit is widely eaten around the World and it has been for hundreds of years.

Origin: South America





LEMON TREE (CITRUS LIMON)

The tree's ellipsoidal yellow fruit is used for culinary and non-culinary purposes throughout the world, primarily for its juice, which has both culinary and cleaning uses. Lemon juice, especially, has several health benefits including reducing strokes, and lowering body temperature. As a refreshing drink, lemonade helps you to stay calm and cool.

Origin: Asia



BADAMIER (TERMINALIA CATAPPA)

The Terminalia Catappa is a tall deciduous canopy tree, with large lateral branches, which gives shade during summer period. The big leaves turn yellow-red before dropping off. The plant produces a good wood for furniture and its almonds are comestible.

Origin: Tropical Asia



BANYAN TREE (FICUS BENGHALENSIS)

A big tree to provide travellers the perfect shade. The bark is smooth and gray, with an irregular trunk which divides into many branches. Its aerial roots reach the ground and grow in groups. Leaves are large and leathery, ovate and slightly heart-shaped. It produces fig fruits.

Origin: South and West India Habitat: Gardens





FLAMBOYANT (DEYONIX REGIA)

The flamboyant flame tree provides welcome shade and spectacular color in the warm climates. It can be spotted from a distance due to the flowers in a riot of colors like red, orange, and yellow. It is rightly known as the flame tree due to its splashy display of clustered red colored flowers.

Origin: Madagascar



COCONUT TREE (COCOS NUCIFERA)

The coconut tree is a member of the family palm familyand the only species of the genus Cocos. The term coconut can refer to the whole coconut palm or the seed, or the fruit, which, botanically, is a drupe, not a nut.

Origin: South Asia





ROYAL PALM (ROYSTONEA REGIA)

The fast-growing royal palm features a long, smooth trunk that tapers as it reaches upward. Mature palm attain heights of about 50 to 100 feet, with canopies that spread up to 25 feet. It enjoys a rich botanical history, securing its status as a go-to symbol for tropical climates.

Origin: America





DATE PALM (PHOENIX DACTYLIFERA)

Commonly known as the date palm, the Phoenix Dactylifera is a flowering plant species cultivated for its edible sweet fruit. It is widely cultivated in the World and naturalised in many tropical regions.

Origin: Iraq



BUTTERFLY PALM (CHRYSALIDOCARPUS LUTESCENS)

Commonly known as Palmier Multipliant, they are widely planted throughout sub-tropical and tropical climates and make wonderful wind, sound and privacy screens. This plant acts as a supplier of fruit to some bird species which feed on it opportunistically

Origin: Indian Ocean Islands

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



BOTTLE PALM (HYOPHORBE LAGENICAULIS)

Native to Round Island, Mauritius, Bottle palm has a large swollen (sometimes bizarrely so) trunk. It is a myth that the trunk is a means by which the palm stores water. Bottle palm has only four to six leaves open at any time. The flowers of the palm arise from under the crownshaft.

Origin: Mauritius



LATANIER BLEU (LATANIA LODDIGESII)

Latania loddigesii is a species of palm tree. It is endemic to Mauritius, where the only remaining populations are located on the offshore islands. It is also grown as an ornamental plant. Its common names include Latanier de l'Ile Ronde and Latanier de Maurice.

Origin: Mauritius

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec



RAVENALA (RAVENALA MADAGASCARIENSI)

Commonly known as traveller's tree or traveller's palm, since the sheaths of the stems hold rainwater, which was supposedly used for drinking supply for needy travellers; the Ravenala requires a sunny spot. It responds well to fertiliser, especially if it is high in nitrogen during the growing season.

Origin: Madagascar





SAMY LAKE

Nestled in the heart of Shanti Maurice, our natural pond, is the home of aquatic plants and animals. By nature, it is inhabited by eels, fish and ducks making it a beautiful scenery and natural attraction for our guests.

Known as the Samy Lake, the level of the water rises in period of high tide due to its free connection to open sea. Containing brackish water, which has more salinity dosage than fresh water, the pond adds to the rich diversity that the Resort offers. The pond environment proves a relaxing environment for those seeking relief and peace with benches in its vicinity for your own comfort

Please check out our daily kids programme for "fishing for fun" activities dedicated to our younger quests.







CORAL GARDEN & AQUATIC LIFE

A unique site in the South of Mauritius at the Shanti Maurice Lagoon. Set in its turquoise sea, our coral species of the Shanti Maurice Coral Garden display their colours and complex architecture in a clear pure water; a hideaway for a multitude of tropical fish and other marine life.

Snorkelling sessions, free snorkelling equipment and jelly shoes are provided to our esteemed guests. The snorkelling area is accessible directly from the beach, making it safe and exciting for those less experienced who are wanting to experience the marine life.

We recommend you to check out our Shanti Times calendar for our snorkelling, zayak and other daily water activities offered. A unique aquatic experience awaits!





CROWN SQUIRRELFISH

Commonly known as Lion Parasol, it Inhabits caves and under ledges of corals. Sometimes found on sandy bottoms. Feeds normally at night.



STARFISH

The starfish is not a fish but an echinoderm, closely related to sea urchins and sand dollars. The five-arm varieties are the most common, hence their name, but species with 10, 20, and even 40 arms exist.



BLUE GREEN CHROMIS

The Blue Green Chromis is apple-green and light blue, can reach about 8 cm. They live in large aggregations above corals.



BLUESTRIP SNAPPER

Commonly known as Madras - Yellow on upper part with four lateral blue stripes and white on ventral side. The young fish dwell on sea-grass beds around reefs.



YELLOWSTRIPE GOATFISH (ROUGET FAYAN)

They are found on sandy bottoms of lagoons and around reefs and sometimes swims in large schools. With one or two horizontal yellow bands, they are most distinctive with two barbs under the lower jaw.



TABLE CORAL

Most types of table coral can be observed growing upwards from the seabed. Table Corals are known to pulsate.



GREEN SEA TURTLE (CHELONIA MYDAS)

In Mauritius and Rodrigues, marine turtles are very rare especially in the marine parks, sometimes are seen during migration and may perish due to boat mishaps.



OCYPODE (GHOST CRAB)

Ocypode is a genus of ghost crabs found in the sandy shores of Mauritius. Their common name is due to the way these carnivorous crabs disappear from sight instantly. They live in large burrows in the sand up to more than one meter deep.



SPINNY LOBSTER

Spiny lobsters are distinguished by their very long, thick, spiny antennae, and by their complete lack of claws. They tend to live in crevices of rocks and coral reefs, only occasionally venturing out at night to seek snails, clams, crabs or sea urchins to eat.



BLUEFIN TREVALLY

Bluefin trevally is a silver-brassy colour, fading to silvery white on the underside of the fish, with blue hues. The bluefin trevally is a popular target for commercial and recreational fishermen.



MOORISH IDOL (ZANCLUS CORNUTUS)

White to pale yellow body with two broad vertical black bands. Found in lagoons over coral, and rocky areas (often very close to the shore).



FOLIOSE CORAL

One of the most recognizable corals and is characterized by broad plate-like flaps that stick out from the underlying coral substrate. it resembles a giant lettuce head or other leafy structures.



BROADBARRED FIREFISH (LAFFE VOLANT)

There are white and orange stripes on the reddish body. Found in shallow and unexposed waters around reefs. The venomous dorsal fins are pointed towards anything seen as an aggressor.



SEA URCHIN

Sea urchins are easy to see in or near corals. The name "urchin" is an old word for hedgehog, which sea urchins resemble. They move slowly, feeding primarily on algae.



STONE FISH (LAF LABOUE)

The stone fish can be found in the coastal regions of the Indian Ocean. While it often lives close to coral reefs and underwater rocks, the stone fish easily blends with its environment.



*For safety measures, we recommend our guests to wear water shoes when swimming or walking on the beach.



PEACOCK (PAVO CRISTATUS)

An omnivorous bird which feeds on insects, plants, seeds, and flower heads. The male peacock attracts a female to mate with by showing off his array of colourful feathers.



MALLARD DUCK

The mallard is a medium-sized waterfowl species that is often slightly heavier than most other dabbling ducks. Found in our Samy Lake, the mallards are omnivorous and very flexible in their choice of food.



NORMAL GECKOS

Native of south eastern Asia, they can be seen climbing walls of houses in search of insects attracted to porch lights. It is a very common housemate of every Mauritian.



DAY GECKO (PHELSUMA ORNATA)

This brightly coloured endemic day gecko searches for insects on trees. It also eats pollen and nectar from native flowers. Can be seen in our gardens, Round Island and Ile aux Aigrettes.



BATS

This endemic bat of the Mascarenes, known as the Mauritian Flying Fox, feeds on fruits and flower nectar by night. It can reach a wingspan of 1m. It is an endangered species.



KOL

Koi make excellent pets, and will put their head out of the water to collect food from their owners. Grown in our ponds at the reception of Shanti Maurice, coloured varieties of Koi can be seen swimming on the surface of the water, approaching guests.



PAILLE-EN-OUEUE

Typically solitary feeders though sometimes seen in pairs. With folded wings, white-tails hit the water and completely submerge to seize and swallow prey before flight.



VILLAGE WEAVER (PLOCEUS CUCULLATUS)

A colonial bird native to sub-Saharan Africa. It has been introduced to Mauritius, Reunion and other Carribean islands. The males, which have a yellow plumage when in breeding condition, weave impressive nests at the end of branches.



MADAGASCAR FODY (FOUDIA MADAGASCARIENSIS)

Native to the islands of the Indian Ocean where they occur on Madagascar and Mascarene Islands. The male of this species may be seen with a full red head, neck and underparts during the breeding season.



HOUSE SPARROW (PASSER DOMESTICUS)

Commonly known as "Moineau" - it feeds mostly on the seeds of grains and weeds, but it is an opportunistic eater and commonly eats insects and many other foods.



INDIAN MYNA (ACRIDOTHERES TRISTIS)

The "Martin" is closely associated with human habitation. It was introduced to Mauritius in the 1760s to control locusts which were damaging sugar cane fields. It has adapted extremely well to urban environments, and is a threat to native biodiversity.



RED WHISKERED BULBUL

The red-whiskered bulbul, or crested bulbul, is a passerine bird native to Asia. It is a member of the bulbul family. It is very common in urban gardens, feeding on fruits and insects.





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Traveller Made