

NIRA SPA

AT SHANTI MAURICE

In harmony with the richness of the tapestry of this unspoilt part of the island, "Shanti Maurice" promises true physical and mental wellbeing through its unique combination of the ancient regimes of Ayurveda, Yoga and Vedanta, combined with the latest international trends, that include Thalassotherapy, Aromatherapy and Watsu.

By encompassing the essential elements of holistic and stress free living, a balance is achieved between inner and outer self to transport your experience beyond the mere momentary to the permanent. Your pathway to this is to be found in our Nira Spa.

Unashamedly indulgent, the Spa comprises 75,000 square feet of unsurpassed, restorative, soothing, invigorating and rejuvenating perfection. Ever mindful of the presence of Mother Nature in her abundant glory, every element of wellness is harnessed here from personal mental health to enhanced spirituality, from positive dietary changes to re-energising exercise, all orchestrated to help you lead a more holistic lifestyle.

Ayurveda is a Sanskrit word derived from two roots, "Ayus" and "Veda", meaning life and knowledge respectively. It is an ancient healing system that has been practiced for more than 5,000 years. Ayurveda not only focuses on the healing of illness, but, more so the prevention thereof and preservation of life. In essence, the science of Ayurveda aims at treating the body, mind and soul. In order to reach this goal and create a harmonious sense of wellbeing, our Spa therapists work alongside with our nutritionists, personal trainers, Yoga Masters and Ayurvedic Doctors.

With Africa on our doorstep, what better marriage than to combine age old regimes with contemporary treatments by introducing Africology, an ethical and natural skin care range from South Africa, which prides itself on its roots, taking inspiration from traditional wisdom and land. By using local and active ingredients, including Rooibos, Aloe Vera, Marula and African Potato, these unique products combat the signs of ageing and repair damage caused by harsh environments.

AYURVEDA TREATMENTS

AYURVEDIC AND WELLNESS CONSULTATION 30 mins

The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (the three dynamic living forces) that determines your body type and your current imbalances. The Ayurvedic physician continues to design your unique programme of diet and exercise according to your body type that will help stimulate energy, balance and bring a sense of calm to your being.

AYURVEDIC LIFESTYLE RECOMMENDATION 30 mins

Ayurveda promotes a lifestyle that is in harmony with nature. Your consultation evaluates your unique dosha needs during your stay as well as take-home lifestyle guidance given.

ABHYANGA 55 mins

A traditional synchronized full body massage given by two Ayurveda therapists in synergy with your dosha type. Abhyanga improves blood pressure and assists with the elimination of impurities.

PIZHICHIL 75 mins (including steam and shower)

An indulgent, rejuvenation experience, in which lukewarm herbal oils anoint the entire body. Slow and rhythmic movements are applied. Pizhichil strengthens immunity and joint mobilisation.

CHOORNASWEDANA 55 mins

Your massage based dosha specific needs are enhanced with the use of warmed herbal poultices which induce therapeutic sweating. Known also as "the bundle massage", it increases circulation, relieves muscle pain and stiffness, rheumatism, arthritis and sports injuries.

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SHIRODHARA 55 mins

Luke warm herbal oil is poured in an even stream onto the forehead to pacify and revitalize the mind and the body. A rejuvenating and anti-aging ritual, Shirodhara improves memory, regulates sleep patterns and addresses other neurological disorders.

TAKRADHARA 45 mins

A calming experience where cool medicated buttermilk is poured onto the forehead to bring relief to those who suffer from insomnia, depression, gynaecological, psychological and stress related conditions.

UDWARTHANA 45 mins

A deep, dry massage using herbal powders which stimulate the hair follicles assisting to break down the body's excess subcutaneous fat. This massage aims to address obesity and mobilizes toxins. Beneficial for firming and toning.

MUKHA LEPA 55 mins

For centuries Mukha Lepa has been used as a beauty ritual for Indian women. Traditional herbs are used to cleanse, exfoliate, tone and finally hydrate. A specialised dosha specific herbal lepa or mask is applied to the face to bring out the beauty within.

TARPANA 30 mins

Treating the eyes by applying ghee is known as 'Akshi Tarpana' or "Netra Vasthi" in Ayurveda. Whilst laying on the droni table a 'ring' of flour paste is made around the eyes. Medicated ghee is then poured gently into the ring over the eyes. After sufficient unction has been poured, the eyes are intermittently opened and closed for a period not exceeding five minutes. This experience is good for treating tired eyes as well as other eye disorders.

KATI VASTI 45 mins

Practiced to ease lower back pain. A small circle of paste made from black gram or wheat flour is placed strategically on the lower back. Warmed oil is then poured into the depression created by the ring of paste. This soothes muscular tissue, alleviates pain and lubricates the discs and nerves.

GANDUSA 30 mins

This experience involves the retention of medicated oil or decoction in the mouth for a few minutes. Gandusa is good for cleansing, detoxifying and aids in mouth, voice, gum and tooth disorders. Gandusa addresses bad breath, whilst improving the flexibility of facial muscles.

SNEHA VASTI 30 mins

The main seat of vata dosha is pakwashaya (large intestine). Oil enemas are used to access this area and relieve Vata related disorders such as constipation, neurological ailments, flatulence, lower back ache, gout and rheumatism.

KASHAYA VASTI 55 mins

An enema normally administered after a course of sneha vasti. A herbal decoction of salt, honey, medicated oil and herbal paste is administered. Kashaya Vasti nourishes and rebuilds the Dhatus (body tissue), strengthens their function and restores the body's immunity. Whilst being highly nutritive, this enema helps to remove accumulated malas (toxins) from the colon.

NASYAM 30 mins

Instillation of medicated oil into the nostrils after massaging and inducing sweating to the upper portion of the body from the shoulders. During this process the areas around the nose, neck and shoulders are massaged continuously. This treatment is highly effective for cleansing of sinuses and treating migraines, chronic colds, headaches and chest congestion.

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YOGA AND SPIRITUAL FITNESS

YOGA CONSULTATION 30 mins

Our experienced Yoga Masters are sensitive to your needs during your stay at Shanti Maurice and beyond. A specific yoga and meditation program is designed to assist you through your yoga journey.

HATHA YOGA 60 mins

Hatha yoga helps to regulate breathing by exercises consisting of postures and stretches intended to sustain healthy bodily functions and induce emotional calmness. In order to develop a deeper understanding of how your body engages in each posture, the instructor will apply gentle pressure to specific areas, enhancing the body's ability to connect.

PRANAYAMA 30 mins

In Pranayama sessions the attention is focused on breath work that enhances your life force and vitality.

PERSONALISED MEDITATION 30 mins

Personalized meditation sessions include guided meditation and relaxation techniques. These techniques equip you with the ability to relax and rejuvenate the entire body-mind system, establishing harmony at the physical, mental and spiritual level.

JAL NETI 30 mins

'Neti' simply means the practice of cleansing the nasal passages with salted lukewarm water. Neti helps to relieve sinus problems, improve eyesight and counters environmental pollutants.

KUNJAL AND SHAKAPINA up to 90 mins

A commonly used yogic practice to cleanse the digestive tract between the stomach and the mouth. Kunjal is helpful in expelling impurities, relieve indigestion, acidity, coughs, colds, bronchitis, asthma and other respiratory ailments.

SHANKHAPRAXALANA 120 mins

This detoxifying procedure from the ancient Yogic practices cleanses the digestive system naturally. Our Ayurvedic Doctor and the Yoga Master will ask you to drink a lot of warm, saline water followed by a series of Yogic postures resulting in the water "running through" your body giving you a complete cleansing for the digestive system and balances the endocrine and respiratory systems. The procedure will be performed only after a consultation. A specific diet is then to be adhered to for the following 24 hours.

FITNESS

FITNESS CONSULTATION AND ASSESSMENT 45 mins

Holistically designed to assess your current fitness level and to recommend an exercise programme that suits your needs. We will assess your weaknesses, strengths and advice you on a complete fitness programme during your stay and beyond.

PERSONAL TRAINING 60 mins

Participate in personal training with our fitness expert, who will guide and support you through your personalised program.

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INTERNATIONAL EXPERIENCES

By looking to nature with all its benefits and beauty, we can take advantage of the valuable wisdom of the ages from our ancestors and benefit from this very precious gift of natural ingredients, textures and aromas.

SHANTI TOUCH 30 mins

Rhythmic flowing movements treating the back, shoulders, neck and scalp release deep seated tension and stress.

SHANTI FUSION 85 mins

Your bespoke massage. Does your back and neck need more attention than your legs? Would you prefer a deep tissue with a touch of reflexology, or maybe an experience that ends with some holistic energy work? Our therapists will be glad to tailor a massage suited just for you, utilizing their individual areas of expertise.

SWEDISH MASSAGE 55 mins

Swedish massage is the manipulation of the superficial layers of the muscles against the bone, it relaxes the body, increases circulation, removes metabolic waste products, and can help you obtain a feeling of connectedness.

DEEP TISSUE MASSAGE 55 mins

An experience deeply focusing on tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist works within your pleasure/pain threshold to release and relax chronic tension.

REFLEXOLOGY 55 mins

Restoring and maintaining the body's natural equilibrium, this gentle therapy encourages the body to work naturally to restore its own healthy balance through stimulating reflex points to restore energy flow to the body as a whole.

TRADITIONAL THAI MASSAGE 55 and 85 mins

Traditional Thai Massage, also known as passive yoga, combines gentle rocking and rhythmic compressions with targeted point pressure and assisted yoga stretches. Thai massage revitalizes both body and mind and balances the energy flow within. The therapist will tailor each treatment to meet your individual needs.

REIKI HEALING 55 mins

Reiki is a gentle hands-on healing technique that promotes a deep level of relaxation and healing on a physical, mental, emotional and spiritual level. Reiki uses the universal life force energy to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself.

WATSU 45 mins

Watsu is a form of warm, salt water bodywork, which combines elements of massage, shiatsu, and movement therapy, where the body is floated, stretched, and massaged whilst the mind is in a state of equilibrium, renewing the body's flexibility.

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THE AFRICOLOGY AND AYURVEDA FUSION

Two ancient worlds meet to create a unique body-mind experience through innovative and natural treatments

BOTANICAL BODY RITUAL 120 mins

A beautiful experience in which the energetic essence of plants is captured in order to work in harmony with the body's own energy field. Our botanical treatments help combat damage to living cells and they are free of chemicals or perfumes that can disrupt your hormonal rhythm. Using the intelligence of Nature, your Wellbeing ritual starts with a renewal scrub; gently exfoliating lifeless skin cells while nourishing. This is followed by a warm compress and a nourishing, anti-oxidant body cocktail massaged into the skin. The aroma of South African Snow Bush transforms a stressful mindset to one of enduring tranquillity. We further enhance your sense of wellbeing with a Rose Botanical Facial which works towards rebalancing the skin's natural oil secretions.

INKOMFI RENEWAL 45 mins

The Inkomfi Sloughing process reveals a bright, new skin underneath the damage caused by stress and a harsh environment. Traditionally, before any ceremony takes place, a preparatory process is de rigueur. Our sloughing process gently exfoliates lifeless skin cells whilst nourishing the skin. This is followed by a warm compress and a nourishing, hydrating body oil. The aromas of South African Geranium, Lemon and Neroli essential oils, brings calmness to the mind.

AFRICA'S SLIMMING DETOX MUD 120 mins

An invigorating treatment that stimulates fatty cell activity. Valuable when the body is in need of a detox. Combinations of holistic African herbs are blended into our all natural earth clay which improves circulation, lymph drainage and the body's ability to balance again.

ROOIBOS AND LAVENDER ANTI-OXIDANT CLAY WRAP 120 mins

African maidens have captured the spirit of river mud for centuries. In today's world we acknowledge the purifying effect it has on the skin. Its soothing nature makes it an effective treatment for eczema, rashes and sunburn. It is then completed with a deep hydrating massage infused with pure essential oils of Lavender.

AFRICAN POTATO ANTI-AGING BODY EXPERIENCE 120 mins

This is a multi-layered treatment that ensures repair and balancing. It softens, soothes and improves skin hydration, whilst fighting free radicals. This velvety treatment leaves a special protective coating on the skin due to the high Marula Oil content. This supports the production of collagen and elastin.

COFFEE AND MINT BODY WRAP 120 mins

Once the body has been prepared with our Walnut and Marula shell exfoliator, our invigorating combination of coffee extract combined with mint is applied as a mud wrap, which sets on the body to stimulate lymph and blood flow together with toxin elimination. Suitable for pregnant women, as well as clients with high blood pressure. A great treatment to combat water retention.

AFRICOLOGY SHEA AROMATHERAPEUTICS 90 mins

Skin softening shea butter from Ghana is blended with healing African potato, Rooibos and natural essential oils to create the most beautiful body experience. Shea, normally as hard as rock, warms and melts when applied to the skin, soaking into the upper layers of the dermis to hydrate, soothe and condition. You can choose from a sensory selection of exotic Jasmine, Neroli and Geranium, or Black Pepper and Rosemary for a deep tissue treatment, or calming Camomile to relax. The treatment begins with the selection of your mood enhancing shea and the cleansing of your energy field with natural crystal mist, followed by the comfort of a warm aromatic compress before the therapeutic massage begins. The treatment is brought to a gentle closure with sound therapy, our chimes working to rejuvenate the mind and balance your energy.

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SOUL OF AFRICA BODY CONDITIONING 90 mins

A ceremonial process that uses Africa's miracle oil Marula, blended with Neroli to soften signs of ageing through its anti-stress action. Benzoin, an ingredient in the mud, further acts as an anti-inflammatory and aids chapped, inflamed and irritated skin. Traditionally, Marula was used in anointment ceremonies to bless and bring abundance. In Africa, Marula is also known to treat sun-damaged skin as it improves skin hydration while fighting free radicals. The Rooibos extract blended into our oil is a special way of helping the skin to rejuvenate itself. This treatment starts with the application of warm, soothing mud to the whole body, releasing negativity stored in the muscles. This is gently removed with a warm aromatic compress followed by the application of Marula oil in preparation for your intuitive body and scalp massage.

INTONGA AMASATCHI 90 mins

Wooden massage sticks are used during your treatment, to release tension in stiff muscles. Wood symbolically in Ancient traditions represents the wisdom of the earth and the guidance of the healer. Deeply stress relieving, Intonga Amasatchi incorporates a facial massage to encourage circulation and improve skin hydration.

AFRICOLOGY BESPOKE FACIAL 60 mins

We look at the skin from a holistic perspective and always keep in mind that the hormonal flow in the effective treatment of skin and wellbeing. We choose to stay away from ingredients that can mimic estrogens in the body, like the phases of the moon we would like to keep the hormonal phases of the body in natural rhythm. Our Ayurvedic integration delivers a truly well being experience.

Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings – the image which you present to the world. No two faces are the same, and so here at Africology, we acknowledge the need for skin treatments that are designed with your skin's needs in mind. Your skin needs a balancing rose treatment, a Vitamin C boost after stressful times, a balancing and refining treatment when too much oil is produced in the skin, or a beautiful anti-aging treatment. Whatever your skin needs may be, your therapist will use the appropriate serums to bring harmony and balance to your skin.

AFRICAN GODDESS ANTI-AGE FACIAL 90 mins

Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. A combination of Q10, Frankincense, Geranium and Rose Otto forms the basis of this sensory treatment. Most certainly a sacred way to celebrate the Goddess within you.

HANDS AND FEET

COPPER AND HOT STONE PEDICURE 60 mins

Add 20 minutes for file and colour application

A luxurious African pedicure that uses an energy-balancing copper bath, hot stones and a warm Neroli massage on the legs to reduce water retention which improves circulation and grounds energy.

DETOX INTONGA PEDICURE 60 mins

Add 20 minutes for file and colour application

In order to diminish the possibility of toxic effects to the immune system, this advanced pedicure assists in relieving the symptoms of accumulated toxins in the body through the feet. The use of wooden sticks further assists to stimulate blood circulation and lymphatic flow.

AFRICAN POTATO MANICURE 45 mins

Add 20 minutes for file and colour application

This relaxing manicure is about treating the skin and nails naturally to keep them hydrated and strong. Anti-aging in its action, it further minimises pigmentation, wrinkles and fine lines.

FOOT AND SCALP RITUAL 30 mins

A balancing massage treatment designed to relax the body and relieve tension in the scalp and feet. Calming and relaxing pressure points are manipulated in order to restore the body to its correct energy balance.

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WATER CEREMONIES 30 mins

Our lives begin in water, our bodies suspended in protective, nourishing fluid. Water remains a source of comfort when the spirit is in need of rejuvenation and the body needs nourishment. The healing and soothing properties of water to rejuvenate and release tension while encouraging the body to heal itself has been recognised by African healers for centuries. Warm water is relaxing and opens up blood vessels, assists with toxin elimination, improves circulation and increases oxygen levels in the cells. Africology's Water Ceremonies are a celebration of life and well-being. Your choices are herbal blend, Marula and milk or essential oils.

FINISHING TOUCHES

FILE AND POLISH 20 mins

For hands or feet

WAXING

Half legs or arms, full legs or arms, underarms or bikini line

EYEBROW THREADING 20 mins

Tidy up your eyebrows, with a special threading technique from India.

HAIR EXPERIENCES

Shampoo and style

Men's cut and style

Ladies's cut and style

SPA ETIQUETTE

As our guest, we kindly request the following:

- Allow the therapist to perform a service as reserved and timed.
- Give the therapist feedback as to your comfort and any troubled areas.
- Speaking softly is highly appreciated.
- Your feedback is treasured and as such, kindly share your valued comments with our Spa Management.
- Kindly refrain from making use of your mobile phone in the Spa.
- The Spa is a non-smoking area.

APPOINTMENTS

Please ensure you arrive up to 15 minutes prior to your scheduled treatment. As a courtesy to all our guests, all appointments are completed as scheduled. It is recommended to enjoy our steam, sauna and Jacuzzi facilities prior to your treatment beginning.

CANCELLATION

So we may accommodate all of our guests, we ask that you provide a 3 hour cancellation notice if you wish to change or cancel an appointment. All 'no shows' will incur a full treatment charged.

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HEALTH CONSIDERATIONS

Whilst in your Doctor's consultation, we do ask that your discussion be open to ensure we are able to prepare your specific treatment schedule to reach your personal result expectations in the most effective and safe manner.

FITNESS

We ask that appropriate attire, such as athletic sports clothing and foot ware be worn at all times whilst utilising this area. As a matter of etiquette and hygiene, removal of shirts is not permissible.

OPERATING HOURS

The Spa and Fitness are open from 8am to 9pm, 7 days a week.
Children over 18 years may enjoy the Spa facilities, treatment menu and Fitness.

PERSONAL ITEMS

It is best to remove jewellery and store it in your room safe prior to your Spa visit. We regret that we cannot be responsible for loss or damage of personal belongings brought into the Spa.

POOLS, DRY SAUNA, HAMMAN

We ask that prior to using the swimming pool and jacuzzi, a shower is taken.
We recommend 15 minute intervals in the dry sauna and hamman, with a 5 minute break in between where a cool shower and rest is taken to cool the body down prior to repeating another 15 minutes. Persons with low or high blood pressure, pregnancy and other contraindicated medical conditions should consult their practitioner prior to use.

PRIVACY

Treatments are performed in private rooms and your sense of privacy and comfort is extremely important to us and is respected at all times. We provide robes, slippers and disposable underwear for your use whilst receiving your treatment.

SPA ATTIRE

Yoga classes may be enjoyed in the Kurta Pyjamas provided in your room.
Each guest will be asked to change into their robe and disposable underwear when relevant for the individual treatment.

TREATMENTS DURING PREGNANCY

We do not offer any spa experiences in the first trimester of pregnancy, as this is contra indicative. Post the first three months a few select treatments are available at the discretion of the Ayurvedic Physician and the Spa Manager.

"We look forward to treating you soon"