



SHANTI ANANDA MAURICE

A haven for the Body and Soul

Your search for serenity and indulgence will lead you to Shanti Ananda Maurice.

In Sanskrit this translates to “peace and bliss” and here, on the southern shore of Mauritius is a self-styled destination spa; a haven for the body and soul!

Shanti Ananda has 55 suites and villas, all with ocean views. Choose either a ground or first floor junior suite: the upper level has large terraces, while the lower level has direct beach access and spacious courtyards with rain showers.

Luxury villas and suite villas have their own private pools, extensive living areas and huge outdoor areas with raised dining pavilions know as ‘salas’. The Presidential Villa has two bedrooms, swimming pool with a built-in Jacuzzi and adjoining steam room.

Guests can dine at ‘Pebbles’, the all-day restaurant, savour fine Italian cuisine at ‘Da Maurizio’ speciality restaurant or enjoy casual fare at the Red Ginger lounge bar. Those who want delicious lighter meals will find a wide choice on the spa menu.

The Spa is enveloped in water features and lush gardens with an enchanting tea pavilion as its focal point. Here unwind with a refreshing and cleansing vanilla or citrus tea after a relaxing massage or yoga class.

Spa programs blend the practices of East and West, with a special focus on Ayurveda, yoga, meditation and Vedanta, a Hindu philosophy. Specially tailored holistic wellness programs are available from five to twenty one days. Pure Romance programmes for two are also on offer with tempting spa offerings including sea salt scrubs, honey-infused facials followed by a wild rose infused bath.

More active pursuits include aqua yoga, tennis, nature walks, mountain treks and golf nearby. Even learn how to spice up your meals at cooking classes and take home new culinary skills.

 40 mins

main pic The Tranquil Reception; *right from top* Spa Pavilion; Enjoying an Ayurveda treatment; Yoga classes by the sea.

