



Something divine has come to Mauritius from the Himalayas: the Shanti Ananda Destination Spa. Its name meaning "peace" and "bliss", the Shanti Ananda offers a wonderful blend of leisure, fitness, meditation and spa therapies.

Mauritian and International cuisine are served in the Pebbles Restaurant, which offers a relaxed setting with ocean view. During the entire stay at the Shanti Ananda, the guest can thus enjoy a wholesome diet, which strengthens the immune system, provides energy and helps balance whatever physical problems the guest may have.

WEATHER & BEACH: Very hot and warm summers with cool and breezy winters. The natural white sandy beach perfectly blends into a backdrop of century old vegetation. This is the ideal place for your daily meditations or to face the southern tides so that tranquility and serenity may set in again.

ACCOMMODATION



All 55 rooms are sea facing and overlook the spectacular waves of the southern seas. All rooms are equipped with broad band internet access. The Villas offer a higher, more spacious and secluded comfort to the guests. The interiors are classy and very "Art Deco" in their style with the tranquil blend of stone, wood and thatch.

FACILITIES



For those seeking to balance their inner self or gain spiritual insights, the Shanti Ananda offers, in its 17 treatment rooms, Ayurveda, Reiki, Vedanta, Hatha-Yoga, traditional meditation, classical spa treatments (ESPA), reflexology, various massages, body wraps and scrubs, hydrotherapy, wellness consultations, watsu and thalasso therapy.

Meditations offered by Shanti Ananda originate from ancient Indian traditions, but have been moderated to suit contemporary living, and simplified for daily practice.

The hotel additionally provides a 167 m² conference room, equipped with the latest technology. The attendants provide an efficient and professional back up to the conference organizers.



Lotus: Belonging to the family of nelumbonaceae, it is known to grow out of rivers and ponds. It is considered sacred in many cultures and represents spiritual growth.