



In the foothills of the Himalayas, 260 kms north of Delhi, the river Ganges slowly breaks into the great Indian plain at Rishikesh, carrying with it the essence of the land, since time immemorial. In these environs, is the Palace and estate of the Maharaja of Tehri-Garhwal, housing the luxury Destination Spa, Ananda in the Himalayas.

Ananda is the ideal place for exploring the innerscapes of the mind, body and soul to revitalise, reshape and renew through the ancient sciences of Ayurveda and Yoga, augmented with a delicate blend of International Spa Therapies.

From diet and exercise to beauty, health and cuisine, each aspect including the intellect is taken into consideration while working out your personalised Spa programme, which is designed to meet individual needs and health goals through complete guidance in all areas.

Experience Ananda and rediscover the magic of a moment of calm and personal space in your every day life.







# accessibility

## train

A 4 1/2 hour journey from Delhi to Haridwar followed by a one hour's drive.

DEHRADUN SHATABDI  
Delhi-Haridwar  
Departure : 0655 hrs  
Arrival : 1122 hrs  
Haridwar-Delhi  
Departure : 1810 hrs  
Arrival : 2230 hrs

JAN SHATABDI  
Delhi-Haridwar  
Departure : 1530 hrs  
Arrival : 1950 hrs  
Haridwar-Delhi  
Departure : 0623 hrs  
Arrival : 1125 hrs

MUSSOORIE EXPRESS  
Delhi-Haridwar  
Departure : 1015 hrs  
Arrival : 0535 hrs  
Haridwar-Delhi  
Departure : 2300 hrs  
Arrival : 0700 hrs

## by air

2 daily flights (Kingfisher Red) from Delhi Domestic Airport to Jolly Grant Airport, Dehradun.  
Please check [www.flykingfisher.com](http://www.flykingfisher.com) for flight details

## charters

Ananda has its own private helipad and private charters are available. The short flight from Delhi to Ananda and the personal flight experience, transport you to the realm of the exclusive.

## airplane

SUPER KING AIR B 200  
- 7 seater  
- twin engine turbo prop  
INR 1,75,000

PREMIER 1A  
- 6 seater  
INR 2,75,000

## helicopter

BELL 407  
- 5 seater  
INR 2,50,000

## hawker 800 xp

- 8 seater  
INR 3,75,000

please contact reservations for information.

# tips

## clothing

Please bring clothing appropriate for the season and the activities you intend to pursue. Fresh cotton Kurta Pyjamas are provided in your room for your convenience on a daily basis and can be worn on the premises or for traveling to Rishikesh for the Ganga Aarati. However, you will need suitable walking/ trekking shoes and appropriate clothing for outdoor activities and rafting. As a rule the weather from November to February is cold and woollens are recommended. March to September is warm and cotton clothing will suffice. September to November is pleasant and a light shawl or sweater will be adequate as additional clothing.

## treatments and therapies

Our programmes incorporate a combination of Ayurveda, Yoga and International Spa therapies. We suggest that you contact the Spa to discuss and plan your schedule. Our Spa consultant will guide you and recommend the treatment most suited to you. Your Spa consultation will also include the number of treatments you can have and the sequence in which to have them in order to get maximum benefit.

## adjustments

All our treatments are designed to relax you. If you experience any discomfort or prefer a stronger or lighter touch, please let your therapist know.

## health considerations

A medical questionnaire will have to be filled by you prior to all Spa treatments. Please be sure to notify the Spa Consultant if you suffer from any physical ailments, or if you are pregnant. No treatment can be offered to pregnant ladies within the first 16 weeks of pregnancy and thereafter only selective treatments after consultation. Adolescents below 18 years of age will not be accepted for any Spa therapies.

## appointments and cancellations

Please adhere to appointments in order to take advantage of the full treatment. We suggest that you arrive at the Spa 20 minutes prior to your scheduled treatment time in order to maximise your enjoyment and use of the Hydrotherapy Relaxation Area, from where you will be escorted for your treatment. Should you arrive late your appointment will end at the appointed time. Ideally 24 hours notice is required to cancel an appointment in order to facilitate other guests. The treatments you select are designed specially for you; therefore any change in time or cancellation of an appointment requires adequate notice.

# accommodation

## living

The elegantly appointed rooms are built on a mountain ridge and offer guests breathtaking views of the valley and the city of Rishikesh or the Maharaja's Palace.

The Viceregal Suite

The Ananda Suite

70 Deluxe Rooms

3 Deluxe Suites

The Ananda Suite

The Viceregal Suite

1 Private Villa (One bedroom) with pool

2 Private Villas (Two bedroom) with pool

## deluxe rooms

The 70 deluxe rooms feature walk in closets and perfectly appointed bathrooms with windows overlooking panoramic views of the valley or of the Palace and the grounds. Each room opens out onto large balconies with picture-perfect views - ideal for ensuite breakfasts or a private meal.

## the deluxe suites

2 on the ground floor and 1 on the third floor, the Deluxe Suites face either the Valley or the Maharaja's palace. These 2 - bay suites feature tastefully appointed bedrooms with attached sitting rooms and large bathrooms with tranquil garden views. Private gardens add to the enchantment.

## the ananda suite

Housed on the ground floor and overlooking the valley, the 3-bay Ananda Suite spells luxury and enchantment. Beautifully fitted bathrooms overlook the garden and private sitting and dining areas add to the sense of privacy. The suite also has a large private garden, which is perfect for intimate dinners and leisurely breakfasts.

## the vice regal suite

In the precincts of the Maharaja's Palace, the Vice Regal suite is a perfect retreat for the connoisseur. It comprises of a spacious sitting and dining area and a plush, decorated bedroom featuring a period four-poster bed. The attached dressing room and bathroom are beautifully appointed with antique fittings and furniture. With its own private terrace and a roof top Jacuzzi overlooking the sloping landscaped gardens and the distant Ganges Valley, staying at the Vice Regal suite takes you back into India's regal past.

## the ananda villas

Villas Himalay, Shivalik and Ganga... named after the scenic Himalyan ranges and the sacred river, these two 2-bedroom villas and one 1-bedroom villa, are elegantly appointed with a living room, a pantry for the butler, a dressing room and a huge bathroom featuring a private sauna with an unhampered view of the swimming pool.

The private pools are surrounded with a deck area equipped with comfortable lounge beds. Ideal for a quiet retreat into a tranquil environment.

# facts

## dining

### THE RESTAURANT

Ananda Rejuvenation Cuisine: light and healthy, macrobiotic, dosha (body type) specific Ayurvedic, European, Oriental and Indian delicacies to suit individual palates.

### TREE TOP DECK

Enjoy the refreshing breeze, the view of sun kissed mountains and your choice of food and drink, in the natural shade of trees around which the deck is built.

### THE PAVILION

Adjacent to the pool and The Restaurant, a comfortable setting for light snacks and beverages.

### THE POOLSIDE

Perched on a mountain ridge, with views of the surrounding hills and the sal forest, an idyllic atmosphere for fresh juices and healthy snacks.

### PALACE TEA LOUNGE

Located in the Viceregal Palace, bask in the old world charm with the Ananda signature ginger honey lemon tea.

### WINTER GARDEN

An ancient mango tree, mountain flowers, and the peaceful Ma Anandamayi Abode make a tranquil setting for afternoon tea.

## ananda spa

The Spa focuses on India's ancient sciences of Yoga Ayurveda and Vedanta and integrates the best of International Wellness Treatments.

21 Luxurious Therapy Rooms

2 Relaxation Rooms

4 Consultation Rooms

5 Yoga Venues

Ayurvedic Therapy Rooms

Oriental Therapy Rooms

Hydrotherapy Areas

International Therapy Rooms

Fitness Centre with a 16 Station Life-fitness Gym for Cardio, Strength Training and Aerobics

Kama Suite for Couples Therapy

Heated Lap Pool

## viceregal palace

The Palace of the former Maharaja of Tehri-Garhwal covers a large area, to which the Viceregal Palace was added in 1910, to host the stay of the visiting British Viceroy.

The Viceregal Palace, now home to 2 Yoga Venues, the abode of the spiritual leader Ma Anandamayi, the Maharaja's Library, Tea Lounge, Billiard Room, 3 Conference Venues and the Viceregal Suite, has hosted some of the most extravagant occasions for the royalty in its regal days.

## conference facilities

### BOARD ROOM

For groups of 14-16 people, a majestic 15 feet high ceiling and a fireplace: an impressive room for business meetings.

### ADHYATMA DHAM PAVILION

A venue for high powered meetings of 14-16 people. Inspires creativity with its ceiling high windows looking out into the mountains.

### VICE REGAL HALL

The largest room at Ananda, accommodating upto 150 people: great for meetings, presentations, exhibitions and other events.

## ananda activities & adventure

Feel one with nature as you raft down the rapids of river Ganga; trek the Himalayan terrain, go on nature walks or ride elephant safaris into Rajaji and Chilla National Park.

## climate

Moderate through-out the year. Located at an altitude of 3000 feet (1000 meters) the invigorating ozone rich air is perfumed by wild flower blossoms.

### WINTER (NOV-JAN)

centigrade 6-20  
fahrenheit 43-64

### SPRING (FEB-APR)

centigrade 11-26  
fahrenheit 52-79

### SUMMER (MAY-AUG)

centigrade 17-32  
fahrenheit 63-90

### AUTUMN (SEPT-OCT)

centigrade 11-26  
fahrenheit 52-79

# ayurveda at ananda spa

## A Holistic and Luxurious Experience

Ananda - In the Himalayas is located in the region that gave birth to Ayurveda, a scientific process of identifying and correcting the balance in the main bio energies (3 Doshas, called Vata, Pitta and Kapha) of the body to achieve health and harmony. For centuries most of the herbs used in Ayurvedic therapies have been sourced from the natural wealth of these forested foothills.

The healing process involves following the principles of diet, yoga, herbal medication, massage, periodic liberation of toxins by Panchkarma and meditation. This helps to correct the balance of energy from within and in relation to the environment.

At Ananda, the Ayurvedic physician prescribes personalized Ayurvedic Therapy Programs, after a detailed consultation. These healing programs performed by expert therapists, constitute specific daily routines, regulated nutritious diet, and wellness activities.

## 7-days santvanam (calming)

Geared to revitalising the individual by releasing weariness and fatigue through daily therapy sessions, Yoga classes, activities and Ananda Ayurvedic cuisine.

## 14-days sodhanam (liberation)

An intensive course of prescribed therapy by detoxification through yoga, meditation and advanced asanas (postures).

## 21-days rasayanam (rejuvenation)

Intensive treatment, therapy and internalization through a routine based on the above three-phase processes.

## abhyanga

A traditional synchronized full body massage given by two experienced Ayurveda therapists using Sesame oil; this experience is also known as the “four-handed-massage.” Abhyanga improves physical consistency, helps to liquefy toxins and induces relaxation, whilst normalizing blood pressure and eliminating impurities.

## pizhichil

An indulgent, rejuvenating experience, during which lukewarm herbal oils anoint the entire body. The anointment is very slow and rhythmic with light pressure. Pizhichil strengthens immunity, lubricates the joints, liquifies toxins, increases flexibility and strengthens immunity.

## choornaswedana

Following a full body massage with dosha specific oils, therapeutic sweating is induced by the application of warmed herbal poultices. Choornaswedana is commonly known as “the bundle massage”. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness, rheumatism, arthritis and sports injuries.

## shirodhara

Luke warm herbal oil is poured in an even stream on to the forehead to pacify and revitalize the mind and the body. As well as its intense rejuvenating and anti-aging effects, Shirodhara improves memory, normalizes sleep patterns and addresses other neurological disorders.

## takradhara

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

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.

## mukh lepa

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.

## tan lepa

This stimulates the natural cleansing and healing abilities of the body. Following a medicated herbal oil massage a dosha specific full body mask is applied to the entire body that aids in drawing out toxins and relieving aches and pains, leaving your entire body refreshed and calm.

## tarpana

Treating the eyes by applying ghee is known as “Akshi Tarpana” or “Netra Vasthi” in Ayurveda. Whilst lying 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.

## gandusa

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.

## kaval

Requires the retention, movement and gargling of medicated oil or decoction in the mouth for few minutes. This simple and soothing treatment is highly beneficial for disorders of ear, nose, throat and mouth whilst improving the voice.

## Kati vasti

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.

## sneha vasti

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

An enema normally administered after a course of sneha vasti. A herbal decoction is mixed with 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.

## nasya

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.

# yoga and meditation at ananda

Yoga at Ananda is completely pure and traditional in form, stemming from the roots of HATHA YOGA and adapting it to suit individual needs. It is a disciplined science encompassing all aspects of life in different ways and levels to balance the mind, body and spirit. This helps us to restore perfect health and leads us from consciousness to super consciousness, resulting ultimately in eternal bliss or Sat-Chitt-Ananda which is the aim of Yoga. Our experienced Yoga teachers are trained to understand your personal objectives and goals during your stay at Ananda and beyond. They will then design a specific yoga and meditation programme for you to assist you through your journey of life, balancing your being and assisting you to achieve health and well being.

## ananda sadhana

This is a meditation and deep relaxation session that consists of pranayama (breathing practices), mantra chanting and Yoga Nidra. Discover inner peace and overall well-being.

## aqua yoga

Aqua Yoga uses the healing power and support of water to enhance basic yoga moves. Aqua Yoga is designed for those with limited mobility and employs the basic principles of yoga which when performed in water allows ease of movement. Water resistance increases the effectiveness of the postures allowing a gentle strengthening of joints and muscles.\*

## ananda yoga (all levels)

A routine that is suitable for all age groups and levels of fitness with a focus on Hatha Yoga postures combined with specific ways of breathing.

## private yoga session

In private sessions, you will receive individual attention with dialogue and adjustments specifically tailored for your needs.

## special traditional meditation

Meditation is our speciality and is the central component in nearly everything we do at Ananda. The techniques we offer are grounded in ancient Indian traditions, yet immediately practical for modern needs.

\* Swimming skills not required for Aqua Yoga. Session open March to December only.

## shuddhikriyas

“Cleaning Practices”

Purity of body helps to bring purity in thought, action and deeds...

## kunjal kriya

A commonly used yoga practice to cleanse the digestive tract. Kunjal helps to expel impurities and reduce acidity.

## neti

‘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.

## kapalbhati

This breathing practice is a good cleanser for the respiratory system, and purifies and vitalises the frontal lobes.



# international experiences - massage therapies

## ananda touch

A nourishing blend of sunflower and wheat germ oil with a hint of rose is warmed and applied to the skin. Rhythmic flowing movements over the back, shoulders, neck and scalp release deep seated tension and stress, relieve aches and pains, encourage deep breathing, calm the mind and make you feel at one with your body.

## reflexology

Reflexology is performed to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is a myth that reflexology should be painful to be effective, the slightest touch can have a marked effect on a persons overall well being, stimulating reflex points to restore energy flow to the body as a whole.

## aromatherapy

An holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being. Choose from grounding, invigorating or detoxifying oils, to intensify the therapeutic effects of this age-old treatment.

## tibetan massage

Tibetan massage focuses on lymphatic drainage, acupressure and meridian work using Hot Himalayan salt poultices infused with cardamom, lavender finishing with a wonderful head massage not forgetting the body's meridian energy channels. The aim of this treatment is to restore the nervous system and stimulate a free flow of energy within the body.

## manipura treatment

Manipura means 'beautiful jewel' in Sanskrit. The essence of this treatment is to open this chakra allowing the inner glowing radiance and vitality to shine. An energising scrub with Himalayan salt crystals stimulates the lymphatic system.

## kundalini back massage

Kundalini is said to be the sleeping Goddess of Awareness in the base of the spine. This treatment is deeply healing and revitalising to the nervous system. It includes cupping the hands and focusing awareness (and so encouraging prana!) on each of the energy centres along the spine. Those with stress and exhaustion, as well as muscular back tension, will greatly benefit from its balancing effects.

## swedish massage

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 the recipient obtain a feeling of connectedness. The strokes and manipulations of Swedish massage are each conceived as having a specific therapeutic benefit.

## thai massage

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.

## couples massage

Enjoy your partner's or Friend's Company in our Kama Suite designed for two. Your therapists administer a grounding Aromatherapy massage, which uses a blend of rose, Vetiver and sandalwood to enhance this sensual experience. This is completed with an Ananda herbal infusion.

## Earth Stone Massage

Earth Stone therapy creates a deep structural, powerful form of massage, improving posture and circulation. Allow the warmth of the hot basalt stones to give a deeper massage creating sensations of comfort and warmth, relaxing and releasing tension. In contrast the cold marble stones help the body to detoxify and heal. Helping to strengthen the mind- body connections, leaving you feeling refreshed, energised and rebalanced.

## tibetan ritual

5 blends of wild grown organic oils are used to balance the earth, water, fire, air and ether element. The treatment begins by energising the meridians with head, hand and foot reflexology. The body is then massaged with hot Himalayan salt.

## deep tissue massage

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension.

## ananda fusion

Create your own massage. Does your back and neck need more attention than your legs? Would you prefer a deep tissue with a touch of reflexology, aromatherapy, 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.

## dead sea mud wrap

The rich and powerful qualities of Dead Sea mud laden with healing minerals have been celebrated for thousands of years. Enjoy a complete revitalising and detoxifying treatment using pure Dead Sea mud.

## ancient indian body mask

Enjoy the benefits of the Clay and Yoghurt mask especially formulated for the Ananda Spa using ancient herbs and spices. The warming and soothing effects of Ginger and Cardamom enhance the natural healing abilities of the body. Feel revived and regenerative while your therapist gives you a soothing scalp massage as you are wrapped in the warmth of the heated blanket.

## aroma cocoon

The ultimate in relaxation! Feather light lymphatic drainage movements using a blend of grounding, invigorating or detoxifying essential oils, cocooned in a warm blanket to enhance the absorption of the chosen blend into the skin. We complete with an application of warmed cream to seal the moisture into your skin.

# body therapies

# international experiences - hydrotherapy

At Ananda we use pure Himalayan Spring Water for all our Hydrotherapy treatments. Hydrotherapy relaxes the body and improves strength while boosting immunity, circulation, metabolism and aiding in the body's healing process.

## stimulating jet blitz

A high-pressure shower jet is directed at the body to activate circulation and re-contour the body. Recommended for fighting weight and stubborn cellulite.

## aromatic hydro bath

Blends of tranquility, invigorating, detoxifying or spice essential oils added to the bath to suit your needs.

## ganges blitz

A deluxe Himalayan spring water jet treatment begins by preparing the skin with a full body exfoliation to soften and smooth your skin. This procedure is followed by an energising, high pressured water jet massage. You will feel totally revitalised and rejuvenated.

## jet lag hydro massage

A 20 minute program is selected as part of this deeply relaxing Himalayan spring water bath. A 10 minute under water lymphatic massage is performed to assist in easing muscle tension and relaxing stiff joints along with improving the body's overall elimination of toxins. This therapy includes a relaxing scalp massage.

# international experiences - exfoliation therapy

## exfoliation

Scrubs are the ideal way to begin any stay at Ananda. If taken before any other treatment, products will penetrate further into the skin for deeper longer lasting effects. Scrubs assist in the removal of impurities, dull surface cells and rough textured skin, improve blood circulation vitality and elasticity of the skin.

## wild rose salt glow

Contains natural sea salt infused with 100% pure rose essential oil.

Helps reduce stress and is good for menopausal skin.

## jasmine salt scrub

Contains natural sea salt infused with 100% pure jasmine essential oil.

Livens and balances maturing skins.

## lemon grass & ginger salt scrub

Contains natural sea salt infused with 100% pure essential oils of lemon grass and ginger.

Good to uplift the spirits and warm to the body.

## detoxifying salt scrub

Contains natural sea salt infused with 100% pure essential oils of grapefruit, cypress and juniper.

Good for cleansing and fighting cellulite.

## grounding salt scrub

Contains natural sea salt infused with 100% pure essential oils of rose, vetiver and sandalwood.

Good for stimulating and strengthening the skin. Calms and soothes the mind.

## invigorating salt scrub

Contains natural sea salt infused with 100% pure essential oils of orange eucalyptus and peppermint.

Mentally and physically stimulating.

## ananda spice

Contains natural sea salt infused with a 100% pure cardamom, ginger and black pepper essential oils. Helps warm and nurture mind, body and soul.

# healing experiences

Energy imbalance can be triggered by poor diet, erratic lifestyle, pollution, as well as emotional upsets. When this energy is rebalanced, one invariably feels more alive, energised, relaxed and able to cope better with life's pressures.

## reiki healing

Be empowered with Reiki healing. 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. It reduces stress and anxiety and brings the body, mind, emotions and spirit into balance. For many, Reiki opens the door to positive change and can offer support for many types of illnesses.

## crystal healing

Feel your senses come alive when the crystal energy washes over your chakras like a river of colours, filling your whole being with renewed vibrancy and pure energy. Stimulating your mind, yet relaxing your body. Breathe in the vibrant red, orange and yellow of the crystals. Feel comforted and embraced whilst the Rose Quartz works on your emotions.

## reiki healing with crystals

A powerful and cleansing experience, using crystals that are a gift from the earth and as such work in unison with all living things. They help to awaken the mind, body and spirit. This is a wonderful experience for you, where two great energies work in harmony together.

## reflexology with crystal energy

As your reflex points relax to the external stimulation of pressure point work, allow the pure energy of the crystals to float into your chakras, releasing negative energy thus allowing your being to begin the healing process. Embrace yellow Citrine to bring enlightenment, or take into your being the pink energy of loving Rose quartz to bring about total equilibrium.

# ananda balancing & wellness rituals

## ananda shanti

Attain balance in mind body and soul with this truly holistic ritual.

This experience includes:

Foot Bath Ritual  
Reflexology

Grounding Aromatherapy Massage using the balancing oils of rose, vetiver and sandalwood

Mountain Dew Skin Freshner, Ananda Infusion.

## himalayan experience

Our signature ritual to delight and rejuvenate.

This experience includes:

Ancient Indian Honey and Sandalwood Rub

Ancient Indian Body Mask using the warming oils of Ginger and Cardamom

Grounding Aromatherapy Massage

## himalayan spring water ritual

Inspired by ancient wisdom and tradition.

This experience includes:

Ananda Foot Ritual  
Lemon Grass and Ginger Body Scrub  
Invigorating Aromatic Hydro Bath

Aromatherapy Massage using a blend of orange, eucalyptus and peppermint essential oils

Ananda Infusion

## doon valley intensive body blitz

An invigorating, anti-cellulite treatment.

This experience includes:

Stimulating Blitz Shower

Detoxifying Body Scrub containing pure sea salts infused with a blend of grapefruit, cypress and juniper

Warming Ginger and Cardamom Body Mask

Swedish Massage

Ananda Infusion

## ananda spice

The ultimate experience of the senses.

This experience includes:

Ananda Foot Ritual

Private Jacuzzi

Grounding Body Scrub using aphrodisiac quality essential oils of rose, vetiver and sandalwood

Private Steam Bath

Aromatherapy Massage using a blend of sensual indian oils

Ananda Infusion

## indian rose ritual for face and body

soothe your spirit, calm your mind and allow your body to relax.

This experience includes:

Wild Rose Salt Glow

Grounding Aromatherapy Massage using a blend of rose, vetiver and sandalwood essential oils

Himalayan Honey and Rose Facial

Ananda Infusion



# beauty experiences

## skin care

### mountain dew skin freshener

Designed to awaken the body's innate healing ability which is suppressed due to stress and environmental pollution. For Dry/Dehydrated/Sun damaged and sensitive skins-an intensive treatment focuses on replenishing lost moisture using the power of pure essential oils of Sandalwood and Rose combined with Aloe gel, Rose distillate and sandalwood dust. Oily/Combination and problematic skins- A deep cleansing facial using pure essential oils of Juniper and Indian Holy Basil eliminate impurities and congestion.

### himalayan honey and rose facial

This stimulating and refreshing facial uses a blend of Sandalwood and Rose essential oils. Pure honey is massaged into the skin and a mask of cooling cucumber is applied. While the mask hydrates your skin, enjoy a soothing hand and foot massage.

### ananda royal facial

Delight the senses and let your skin be renewed with this unique facial treatment, which begins with a relaxing back massage and concludes with a foot massage. Your skin will feel soft, refreshed and detoxified.

### rose quartz glow

Rose quartz crystals energised in the Holy Ganges River, surrender their soothing, nurturing vibrations, calming the most sensitive of skins. Feel the warm pink energy of the crystals as the face is gently cleansed, exfoliated and hydrated using pure blended essential oils of Rose, Aloe Vera and Sandalwood dust. Feel embraced and at peace as Rose crystal wands glide across your skin. For extra nurturing you are embraced by a web of Rose Quartz crystals to protect your aura.

### amethyst rejuvenation

Feel nurtured, cocooned and protected whilst lying within an Amethyst crystal web. Experience the ultimate healing facial as Amethyst crystals release their cleansing vibrations, assisting to purify and give life back to congested skin. Feel an aura of healing energy whilst the combination of the Amethyst crystal wands, Rose and Vetiver pure essential oils hydrate, cool, balance and decongest.

## hair care

### aromatherapy hot oil

The pure essential oils of lavender, geranium and rosemary are massaged into the scalp for hydrating, regenerative and calming effects. The hair is towel steamed to help better absorb the essential oils to improve hydration and elasticity of the hair. This treatment is excellent for dry, dehydrated and sensitive scalp and hair.

# ananda consultations

## ayurvedic & wellness consultation

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 then prepares a sequence of experiences and a programme of diet and exercise according to your body type that will help bring more balance, energy and peace to your entire being.

## fitness consultation & assessment

Meet with our fitness expert to assess and plan a complete fitness and exercise program during your stay at Ananda. This personalised approach will greatly benefit you and complement all of the other therapies and activities that you will be experiencing.

## lifestyle consultation

Ayurveda promotes a lifestyle that is in harmony with Mother Nature. In this Consultation, the benefits of the experiences, diet and exercise programmes during your stay are evaluated. The Ayurvedic physician then gives you the tips and take-home information on your lifestyle and dietary changes that will bring balance into your daily life so that your continuing commitment to your wellbeing can bring you back to a state of vibrant health and radiance.

# visiting master sessions

Ananda offers special private sessions and workshops with our visiting specialists.

These teachers, therapists, healers, ayurvedic doctors and guides come to us from around the world. They share their talent and gifts for those of you who choose to explore the deeper realms of holistic well being for the body mind and spirit.

# typical day at ananda

To fully experience the benefits of the lifestyle promoted by Ananda you are encouraged to participate in our daily activities programme.

07.15	-	08.00	am	ananda yoga: beginner & intermediate level
08.15	-	09.00	am	ananda yoga: the individual mechanism
09.00	-	09.30	am	full moon stretches
09.30	-	10.00	am	spa orientation
09.30	-	10.30	am	golf basic skills
10.30	-	11.30	am	vedanta
02.45	-	03.30	pm	gym activities
04.00	-	04.45	pm	fitness class
04.30	-	05.00	pm	spa orientation
05.00	-	05.30	pm	ananda sadhana
05.00	-	05.45	pm	meditation
06.00	-	07.00	pm	vedanta
07.00 pm	-	onwards		cultural entertainment at the amphitheatre (saturday)

- a weekly activity schedule is available in the rooms

# activities at ananda

At Ananda we explore our innermost selves and go beyond the simple aspect of just pampering the body and the senses. The emphasis on the body, mind and spirit connection is considered seriously here and we offer you not just therapies for the body, but take you on a journey that involves the intellect and the inner being, thus truly making your experience a holistic one.

trek

golf

fitness session's

dance performance

ayurveda lecture

vedanta\*

river rafting

wild life sanctuary visit

aarati on river ganges

bird watching

\* Vedanta literally means the culmination of knowledge. It is a scientific presentation of the Eternal Principles of life and living, enabling one to attain the rare combination of material prosperity and mental peace. The knowledge helps achieve physical dynamism, mental equilibrium and intellectual clarity and directs one to the goal of ultimate liberation - Spiritual Enlightenment.

Lectures are conducted by senior disciples of Swami Parthasarathy, an internationally acclaimed exponent of Vedanta.

[www.anandaspa.com](http://www.anandaspa.com)