



ANANDA[®]

IN THE HIMALAYAS
A DESTINATION SPA

Located in the tranquil Himalayan foothills, close to the mythological cities of Haridwar and Rishikesh, surrounded by graceful Sal forests, overlooking the peaceful Ganga as it meanders into the distance, Ananda is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul. It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but it also assists in redefining lifestyles to include the well-known traditional Indian wellness regimes of Ayurveda, Yoga and Vedanta combined with best of International Wellness Experiences.



ANANDA WELLNESS

Ananda's wellness programs follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of expert ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs.

Years of research by our ayurvedic, yogic and international wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the most impact. The results are award winning programs which work to create a sustainable journey towards a healthier, enriched lifestyle.

In order to be successful, each program requires a minimum length of stay.

ANANDA WEIGHT MANAGEMENT

The Ananda Weight Management Program addresses the physical and emotional challenges associated with weight loss and weight maintenance. Based on the best of both Western and Ayurvedic Treatments, the program is a safe and effective way in which to lose those extra inches.

The Spa provides the ideal atmosphere and complete privacy in which you can learn how to gain control and balance in your lives, which are the basic ingredients for healthy weight management.

There are a variety of Spa Experiences included with specific time limits outlined for each, depending on the duration of your stay. You can decide between the 14 Nights and the 21 Nights package for the duration of the entire experience.

ANANDA AYURVEDIC REJUVENATION

This is a personalized programme that includes stimulating and purifying therapies, daily Yoga and Meditation and Dosha-specific Ayurvedic diet to help reduce stress, improve health and address common ailments or simply delay the aging process.

- 7-day Ananda Ayurvedic Santvanam Program for detoxifying, de-stressing and revitalizing
- 14-day Ananda Ayurvedic Sodhanam Program for deep therapeutic effect and relief from specific medical and health conditions
- 21-day Ananda Ayurvedic Rasayanam Program for all encompassing healing



ANANDA DETOX

The Ananda Detox programme has been carefully designed not only to Detox the body but also the mind. This personalized program includes stimulating and purifying dosha specific ayurvedic therapies, yoga, meditation and Dosha-Specific Ayurvedic diet to help to detox, reduce stress and improve health. The healing process involves herbal medication, massage, periodic liberation of toxins through two Sneha Vastis (enemas with medicated oils).

The detox diet would include 2 salt free, non-spicy diet days to enable the body to remove water retention. A cleansing diet, with light fruit, vegetable and juice inclusions will help clean the body of toxins. After a few days digestion will feel lighter, with an increase of energy levels and improved mental attention.

Various spa experiences are included in this package and you can choose between 7 Nights, 14 Nights and 21 Nights for the duration of your package.

ANANDA YOGIC DETOX

Ananda's new Yogic Detox package uses the different Hatha yogic cleansing techniques (Shatkriya) to detox in a natural and effective way. Shatkriyas like Ayurveda are also used to balance the three doshas in the body. In Yogic detoxification, aspects of asana (Hatha yogic postures), pranayama (yogic breathing techniques), and meditation and Yogic Ayurvedic diet are incorporated along with Shatkriya to give profound experiences of vitalization and harmony.

The intensity of the package increases with the duration of stay of the guest.

The Yogic Detox package is not suitable for those with High blood pressure, hernia, peptic ulcer, recent heart surgeries and pregnancy. Package durations to choose from are 7 Nights, 14 Nights and 21 Nights.



ANANDA RENEW

Renew provides a safe and effective way to revive and rejuvenate the body and mind combined with holistic anti-aging processes and is an ideal program for senior spa goers.

Gentle scrubs are used to help bring elasticity back to the skin and to sooth sensitive skin. Carefully blended essential oils in nourishing vegetable base are applied using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being. Massages focused on lymphatic drainage, acupressure and meridian work restore the nervous system and stimulate a free flow of energy within the body. Ayurvedic and other facials work to remove blockages and stimulate the flow of energy along the pathways of the face while restoring beautiful and glowing skin.

Ayurvedic therapies in this package are carefully chosen to increase circulation, especially at nerve endings, tone muscles, create lubrication between vertebrae to provide relief to the lower back, improve sleep, and reduce tiredness and dryness.

Healthy and nutritious diet revives the body's immune system.

Special yoga postures and exercises help relieve joint stiffness and improve mental clarity. Package durations available are 7 Nights, 14 Nights and 21 Nights.



ANANDA STRESS MANAGEMENT

Ananda Stress Management Program focuses primarily on assisting you to experience and implement various mind and body techniques based on the concepts and philosophies of Yoga, Meditation, Pranayama and Ayurveda, for creating positive changes, reducing and managing stress and enhancing synergy in your life through a balanced approach.

Package durations available are 5 Nights and 7 Nights.

ANANDA YOGA

Rediscover yourself through the ancient discipline of Yoga, which encompasses all aspects of life in order to balance the mind, body and spirit. Ananda Yoga enhances the physical, mental, emotional and spiritual qualities in a simple, effective and practical manner.

Package durations available are 5 Nights, 7 Nights and 14 Nights.

ANANDA ACTIVE

The Ananda Active package offers a combination of beautiful treks (Ranichouri, Kashmouli, and Rishikesh to Kunjapuri) in the area surrounding Ananda in the foothills of the Himalayas and thrilling white water river rafting on Ganges. Our guide will personally identify the trek best suited to your requirements.

Spa experiences have been carefully chosen to support and rejuvenate post your active outdoor schedules. Package durations available are 5 Nights and 7 Nights.

STANDARD INCLUSIONS FOR ALL WELLNESS PACKAGES:

Consultations

- Individual wellness consultation, Ayurvedic consultation (where required)
- Personal fitness consultation, fitness test and body composition analysis where required
- Ongoing progress checks with doctor and spa consultants
- Detailed debrief session and lifestyle consultation and counseling session

Morning wake up signature tea and fresh fruit bowl provided every day

3 Ananda Rejuvenation Spa cuisine meals (breakfast lunch dinner), per night per person

Transfers from the Haridwar Railway Station or Dehradun Airport

Daily use of the hydrotherapy facilities - steam, sauna, chill plung pool, kneipp hydrotherapy foot bath and heated lap pool

Scheduled spa lifestyle and wellness activities - Yoga, Pranayama, Meditation, Vedanta, Fitness, Cooking demonstrations, Lectures, Workshops and Excursions

*All the above information is correct at time of uploading on the website, and is subject to change without notice

