



➤ *Ananda Pain Management*

Chronic and debilitating pain is *growing* exponentially affecting a large number of people globally. Ananda Pain Management includes *comprehensive* physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to *reduce* the intensity of pain, *improve* mobility and flexibility of joints, enhance physical functioning, and gradually *remove* pain entirely through addressing the root causes.

Ananda Pain Management starts with a detailed assessment by our Physiotherapy and Ayurvedic experts. The treatment plan is highly customized basis the root cause of pain, and includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes through ongoing management.

The programme is effective for symptomatic pain relief in non-chronic conditions where muscular or musculoskeletal pain onset is less than 2 to 4 years. Specific Physiotherapy sessions, and Ayurvedic therapies allow for reduction of pain and improving range of movement with guidelines for ongoing management. This is effective for pain reduction and mobility enhancement treatment of select non-degenerative conditions to achieve where muscular or musculoskeletal pain onset is less than 5 to 6 years. In addition, comprehensive Ayurvedic pain care therapies and localized therapies helps to reduce the inflammation.

Both Physiotherapy and Ayurvedic therapies involve manipulation of soft tissue structures of the body to prevent or alleviate pain, spasm, tension or stress and to promote musculo-skeletal health. Personalised yoga asanas work on gently unlocking stiff joints and reducing pain.

The **14-night Programme** is required when muscular or musculoskeletal pain onset is more than 5 to 6 years, or for Neuro-Muscular or Neurological Pain or other degenerative conditions. Physiotherapy sessions are designed to increase range of motion of the joint complex; mobilize or manipulate soft tissues and joints; induce relaxation; change muscle function; modulate pain; and reduce soft tissue swelling, inflammation or movement restriction. Based on the assessments including chronic neck pain, chronic low back pain, fibromyalgia, osteoarthritis or similar other chronic pain syndromes, a set of customized exercises are practiced under expert guidance and a home exercise regime is prescribed to ensure pain alleviation.

Pain Management	COMPREHENSIVE	
<i>Inclusions</i>	7 nights	14 nights
THERAPIES		
Ayurveda	10	19
PERSONAL SESSIONS		
Physiotherapy	6	12
Yoga (or) Fitness	2	4
CONSULTATIONS		
Ayurveda	1	1
Physiotherapy	1	1
Emotional Healing	1	1





Standard Inclusions

For All Wellness Programmes

- **A** — Pre-arrival wellness questionnaire to be filled and submitted online by the guest (mandatory for confirmation of wellness programme)
- **B** — Pre-arrival lifestyle and diet guidelines (recommended to be followed for 7 days for optimal results)
- **C** — Consultations
 - Individual Wellness Consultation
 - Where required, fitness /physiotherapy consultation and tests
 - Ongoing consultations for progress checks and programme optimisation
 - Detailed debrief and lifestyle consultation

- **D** — Morning Wake Up signature tea and fresh fruit bowl provided every day.

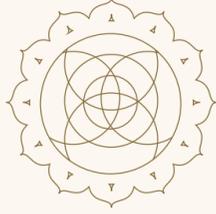
- **E** — 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person.

Our specially curated menus are tailor-made to each individual incorporating seasonal variations in cuisine as well as recommended styles of cooking. The six fundamental food categories of sweet, sour, salty, pungent, bitter and astringent are combined with three macronutrients of protein, fat and carbohydrates, all of which provide certain nutritional factors key to good health. Our cuisine comprises fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavours, or preservatives.

- **F** — Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath

- **G** — Scheduled Spa Lifestyle and Wellness activities: (group sessions)
 - Yoga - daily
 - Pranayama, Meditation and Mantra Chanting - daily
 - Vedanta lectures and interaction - daily
 - Fitness - daily
 - Cooking demonstrations - weekly
 - Wellness Lectures - weekly
 - Trek to Kunjapuri mountain top and temple - weekly

- **H** — PROGRAMME INCLUSIONS
 - Programmes include individual wellness therapy and personal sessions as listed below, however are all subject to change based on assessment/consultation with Ananda's wellness consultant.
 - All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.



Terms & Conditions

For *Wellness* Programmes

Wellness programmes are goal oriented programmes which include specific spa treatments, mandatory consultations with doctors and a custom diet as prescribed by the experts. Please note that all our wellness programmes, including Foundation & Comprehensive Wellness programmes have the following programme components, which must be adhered to:

- Pre-arrival wellness questionnaire is to be completed and submitted online for prior review and in order to prepare the wellness programme itinerary. This is a confidential questionnaire received directly by our wellness team.
- Lifestyle and diet guidelines will be sent along with programme itinerary. We recommend that these be followed for at least 7 days prior to arrival for optimal results.
- Mandatory wellness consultation with a Wellness Expert on arrival to assess your health and to personalise a plan to achieve your wellness goals. (Consultation will be done by Ayurvedic Physician or Yoga consultant, or Physiotherapist or Oriental Physician as per the chosen programme)
- Ayurvedic and/or international wellness therapies, personal yoga, meditation and/or fitness sessions are included in each programme based on the wellness goals to be achieved. Post initial consultation and based on the assessment by the Wellness expert, some modifications may be made as required.
- Daily changing wellness menus are curated with gourmet international and Indian cuisine incorporating traditional cuisine principle, customised to each individual and their health goal. The wellness menu is mandatory for those following a wellness programme.
- Wellness cuisine menus and final spa programme as decided by the Wellness Experts are mandatory. Any additional orders from the a-la-carte cuisine or spa menus will be charged additionally.

