IN THE INFINITY OF LIFE
TAKE TIME OUT FOR THE SOUL

www.anandaspa.com
EXPERIENCE
THE SYMPHONY
OF BALANCE
It was understood that if they achieved harmony within, they would be at peace with their surroundings. As the world changed, so did we, but deep within us we have always upheld those beliefs and principles. That was the philosophy which brought Ananda in the Himalayas into being. My idea was to bring together the ancient remedies, practices, and the deep rooted wisdom of Indian culture and blend them all with the best of international practices. The idea was to offer a cohesive program for everyone who would visit the retreat. This location served as an inspiration to bring alive the wellness destination that I had in mind.

The hard work and passion of the people working at Ananda has won us many accolades. The idea is not to rest on our laurels. We take nothing for granted. The vision I have grows with our expansion. Ananda is more than just the best destination spa in the world. It is a philosophy, a lifestyle and a tradition.
Breathe in the fresh mountain air and let nature, beauty and stillness work their magic to create an unforgettable wellness experience.

Ananda is a 40 minute picturesque drive from the Dehradun airport which is connected via daily 45 minute flights from Delhi International Airport.

Ananda was voted World’s Best Destination Spa by Condé Nast Traveller, UK in 2005, 2006, 2007 and 2012 and by Condé Nast Traveler, India in 2013, 2014 and 2015. Ananda was also voted the Best Spa for Mind, Body and Spirit, Yoga and Healthy Cuisine by Spa Finder Wellness Travel Awards 2015.

ABOUT ANANDA

An award winning luxury destination spa in the Himalayan foothills, Ananda is located on a 100 acre Maharaja’s Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmony.
Ananda Spa is a cocoon for the union of physical balance and mental harmony. Indulge in the luxury of traditional Ayurveda and international wellness therapies with over 80 select body and beauty treatment programs to choose from.

**ANANDA SPA**

- Spread over 24,000 square feet
- 24 treatment rooms
- Ayurvedic and international healing
- Specialized ayurvedic cuisine
- Yoga and meditation programs
- Aqua fitness and hydrotherapy
- Consultative personalized fitness programs
These signature all-inclusive programs are tailor-made for individual health goals. Ananda’s wellness programs follow a holistic approach towards achieving the best results in a safe and nurturing atmosphere guided by our team of expert Ayurvedic doctors, skilled therapists, nutritionists, yogis and chefs trained in preparing healthy cuisine.

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 maximum impact on an individual’s wellbeing. The results are award winning programs which work to create a sustainable journey towards a healthier and more enriched lifestyle.

**WELLNESS PROGRAMS**

**Ayurvedic Rejuvenation**

Ananda’s Ayurvedic Rejuvenation Program is designed to suit every individual’s personal needs. The program aims at improving vitality of one’s body through Panchakarma treatments along with complementing Ayurvedic treatments, controlled diet and yoga. The program results in improved immunity and energy, better metabolism and healthy, glowing refreshed skin.

**PACKAGE DURATION** Available for 7, 14 or 21 nights.
Weight Management

The Weight Management Program is a safe and effective way to lose weight. Ananda is the perfect haven to gain control over your body through Ayurvedic and Western treatments, detox therapies, exercise, yoga, diet and meditation. This program aims to improve your metabolism and leaves you with a toned body and renewed vigor.

PACKAGE DURATION Available for 14 or 21 nights.

Detox

Ananda’s signature Detox Program rests the digestive system through controlled eating of whole organic foods, improves the circulation of the blood and lymphatic systems, filters toxins from the body and finally nourishes it with essential nutrients. The program includes personalized experiences of Aromatherapy, Hydrotherapy, Ayurvedic Panchakarma treatments, Yoga, Meditation and a Dosha (body type) specific diet.

PACKAGE DURATION Available for 7, 14 or 21 nights.
Ananda’s Yogic Detox Program uses Asana (Posture) and Pranayama (Yogic breathing) to activate the organs and prepare them for the process of cleansing. Traditional Hatha Yogic cleansing techniques (Shatkriya) are used to detox in a natural and effective way.

**PACKAGE DURATION** Available for 7, 14 or 21 nights.

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The Yoga Program helps you cultivate the ancient discipline of yogic practices to recharge yourself by enhancing clarity of thought. Every aspect of your mind, body and soul achieves a heightened sense of balance.

**PACKAGE DURATION** Available for 5, 7 or 14 nights.
**Dhyana Self-Realization Program**

A process of self-realization, the practice of meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Ananda’s Dhyana Program guides each guest through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and towards experience of Dhyana (continued meditative awareness).

**PACKAGE DURATION** Available for 7, 14 or 21 nights.

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**Renew**

The Ananda Renew Program effectively unlocks your youthful fervor. It cleanses your body from within and revives your mind and body through holistic anti-ageing processes and beauty remedies. This program also provides relief from muscle stiffness, rheumatism and arthritis.

**PACKAGE DURATION** Available for 7, 14 or 21 nights.
Stress Management

The Ananda Stress Management Program focuses on a healthy lifestyle which aims at minimizing stress, creating positive changes and promoting synergy in your life with the help of the grounding Aromatherapy, Tibetan Ku Nye massages, Reiki and other comprehensive healing experiences that results in the balance of mind, body and soul.

PACKAGE DURATION Available for 5 or 7 nights.

Active

The Ananda Active Program integrates the best of indoor fitness workouts along with outdoor activities such as personal fitness training, guided outdoor treks, yoga, aqua fitness and therapeutic spa experiences to enhance muscle tone and cardiovascular fitness. In partnership with Sumaya, a pioneer in the fitness industry, the program provides a fitness experience that is individualized, consultative and follows a goal orientated fitness approach.

PACKAGE DURATION Available for 5 or 7 nights.
Yoga

Hatha Yoga, pure and traditional in form, is adapted to suit individuals needs of guests at Ananda. Teaching the techniques of the renowned Bihar School of Yoga, it is a disciplined way of living, encompassing all aspects of life and working on different levels to balance the mind, body and spirit.

Meditation

At Ananda, our experts provide guided meditation techniques to attain emotional and mental harmony from within. Some of the meditation techniques include Yoga Nidra (a deep relaxation for the body to restore itself), Ajapa Japa (the repetitive chanting of a mantra with the movement of breath and awareness in psychic passages) and Antar Mouna (a systematic meditation technique which deepens insight into the processes of the mind).

Vedanta

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. At Ananda, complimentary lectures are conducted twice daily by senior disciples of Swami Parthasarathy, an internationally acclaimed exponent of Vedanta.
Amidst the mystical beauty of the Himalayas, living at Ananda is an experience which is soul stirring and enchanting. A blend of elegance with serenity, Ananda’s guest rooms, suites and villas are an abode of spirituality, solace and opulence.

A haven for those seeking bliss, a peaceful retreat for the tired and weary, a refreshing break for those escaping the daily city chaos, Ananda is where living is an extension of the self. The vast expanse of the palatial estate becomes your personal space where tranquility surrounds your spirit. Tucked away in the foothills of the Himalayas, overlooking the stunning landscape of the Rishikesh valley, you have no choice but to feel inspired. With the clean crisp mountain air and the symphony of silence, your sense of being is heightened, enveloped in luxury and wellness.
Living Arrangements

70 beautifully appointed Rooms (45 sq m) with private balconies and scenic views of the Palace or the Ganges river valley.

3 Garden Suites with attached sitting rooms and secluded private gardens.

The Ananda Suite with luxurious private sitting and dining areas that open out to a large private garden overlooking the valley.

The Viceregal Suite with antique furniture and fittings includes a royal bedroom with a four-poster bed, large dining area and an expansive private terrace overlooking the landscaped estate gardens and the valley.

3 luxurious Villas have spacious bedrooms, bathrooms featuring a private sauna, butler and pantry service and a 40 sq m private pool surrounded by a deck area and equipped with comfortable lounge beds.
A healthy lifestyle requires a customized diet. A nutritious and balanced diet according to an individual’s body type incorporating the principles of Ayurveda is the core to every meal at Ananda. According to Ayurveda, there are three body types. The first is Vata, which consists of air and space, the second is Pitta consisting of fire and water and the third is Kapha, which consists of water and earth. At Ananda, our food is not created only for taste but designed to fulfill the needs of these specific body types.

With a specially curated menu courtesy our in-house Ayurvedic doctors and Chefs, we serve food that is rejuvenating and soulful while being delectable and sumptuous. Our cuisines use fresh produce from local organic farms and are low on fat and calories with a special emphasis on whole grains, fresh fruits and vegetables, lean proteins and low-fat dairy products. At Ananda, we avoid added or artificial salts, colors, flavors or preservatives.
The Restaurant offers a pleasant dining experience complete with a yantric decor and light strains of classical music. It specializes in the finest of Indian, Asian and European cuisines. The food is organic and fresh which helps in revitalizing your body. Our expert chefs also assist in helping each resident attain their specific dietary requirements which makes the Ananda dining experience truly special. The restaurant also includes a tree top deck and a pavilion for outdoor and intimate dining experiences.

The Tea Lounge in the Viceregal Palace is an ideal spot to spend a regal afternoon with tea and light snacks.

The Pool offers a cool, relaxed setting in which one can enjoy light healthy snacks that refresh and hydrate the body while offering a splendid view.

Private Dining allows you to relish an intimate custom prepared meal at a private venue to complement the occasion.
ACTIVITIES AT ANANDA

Ananda in the Himalayas plays host to your recreational, spiritual and wellness needs. A typical day at Ananda is filled with myriad activities. Besides the scheduled activities of group yoga, meditation, cuisine demonstrations, vedanta and weekly treks, there are many other activities which our guests can choose from in addition to their spa and wellness programs.

The Himalayan Adventure

Go on a wildlife safari at the Rajaji National Park which is also a haven for bird watching enthusiasts with more than 460 species of Himalayan birds waiting to be spotted by you. Spot herds of Asiatic wild elephants or explore the Himalayan foothills on foot. Your personal guide will customize the trek for you according to the terrain or experience you seek, be it at Ranichauni, Kashmouli or from Rishikesh to Kunjapuri. Experience the thrill of white water rafting on the Ganges river with a range of rapids suitable for beginners as well as experienced adventure enthusiasts. You can also choose to just walk through the nature trails and explore the abundant flora and fauna around Ananda. A deep meditative experience “in the wild” is highly recommended.
If leisure is what you are looking for, be prepared to be spoilt for choice. Within the Palace Estate, lies the 6-hole golf course along the hillside. Designed to be fun and challenging, the course has bunkers at each hole and a few tricky water hazards. You can also spend your time playing snooker on an antique table or taking a few laps in the outdoor pool. For those looking for an exceptional culinary experience, we have plenty to suit your mood with themed dinners, curated with an eclectic fusion of Indian and continental cuisines. Learn to cook exotic international favorites based on Ayurvedic principles from Ananda’s Executive Chef at the Spa Cuisine classes.

Ancient Temples, Ashrams and Monasteries

At the home of Indian spirituality, immerse yourself with temple tours and experience devotional rituals, starting with the charming Ganga Arti at Parmarth Ashram on the banks of the holy river. Virabhadra Temple, Gita Bhawan, Bharat Temple, Kailash Niketan Temple, Lakshman Temple, Neelkanth Mahadev Temple, Teramanzil Temple (Trimbakeshwar View) and the Mindrolling Monastery (Dehradun) are just a few of the other centres of Hindu mythology around us.

Take a trip down memory lane with the tour of the Beatles Ashram near Rishikesh which reopened recently after 40 years.
SPA PRODUCTS

Ananda in the Himalayas also offers signature body, skin and hair care products that reflect the essence of pristine Himalayan freshness while taking you on an enriching journey of wellbeing. The results of painstaking research of over 15 years, these products use the power of essential oils to recreate the synergy between body, mind and soul. Each product has been carefully prepared using natural ingredients free of harsh chemicals.

Embrace the wonderful tranquility of the Himalayas by opening up one of our products and experience a sensory journey which will nourish the skin and rejuvenate the soul. Each of our products are steeped in the goodness of essential oils and extracts from nature like wild rose, wheatgerm, sunflower, grapefruit, juniper, aloe vera, sandalwood and a host of other stimulating ingredients to leave you invigorated.
CONTACT US

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