



ANANDA®
— IN THE HIMALAYAS —

Contents

~ Introduction	03
~ Founder's Speak	05
~ History	06
~ Wellness Philosophy	07
~ Ayurveda	09
~ Ayurvedic Rejuvenation Cuisine	10
~ Yoga and Meditation	11
~ Oriental Therapies	12
~ Emotional Healing	13
~ Vedanta Philosophies	14
~ Ananda Wellness Programmes	15
~ Overview	16
~ Facilities	18
- Accommodation	
- Dining	
- Spa	
- Yoga	
- Recreational Activities	
~ Awards	24

Introduction

Ananda in the Himalayas is a multi-award winning luxury wellness retreat in the Himalayan foothills, surrounded by the majestic Himalayan Mountains, the birthplace of India's ancient practices of yoga, meditation and Ayurveda.

Overlooking the spiritual town of Rishikesh and the Ganges river valley in Northern India, Ananda is a retreat dedicated to restoring balance and harmonizing energy through a holistic approach to wellbeing. It integrates traditional Indian wellness practices of Ayurveda, Yoga and Vedanta philosophy with the best of international wellness experiences and healthy organic cuisine to bring about the union of mind, body and soul.

Ananda's signature wellness programmes such as Ayurvedic Rejuvenation, Detox, Yogic Detox, Dhyana Meditation, Weight Management, and Stress Management are world renowned. All programmes begin with personal wellness consultations and follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere guided by our team of expert Ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs. The expansive spa is spread across 25000 sq.ft. with 24 treatment rooms, a state of the art gymnasium, outdoor temperature - controlled swimming pool and luxurious hydrotherapy facilities.

Ananda is acclaimed for its gourmet wellness cuisine. The daily changing wellness menu is based on Ayurvedic principles and is customized based on individual dosha or body type of each guest with a focus on natural, balanced and fresh foods.

Ananda is located on a 100 acre Maharaja's Palace Estate and features exquisitely landscaped gardens, 64 elegant rooms with panoramic views of the valley or of the palace from private balconies, 6 Suites with secluded private gardens, a historical Viceregal Suite with its own private terrace and 3 private luxury villas with 40 sq. meters private villa pools in the midst of Sal trees.

Guests at Ananda can experience the grandeur of the Himalayas with outdoor adventure options including trekking, nature walks, white water rafting and jungle drives in the Rajaji National Park. A special highlight of this destination is a tour of the ancient Temples and Monasteries surrounding Rishikesh and ending with an unforgettable spiritual experience of the Ganga Aarti ceremony performed each evening on the banks of the holy river Ganges.

Founder Speak

ASHOK KHANNA
Founder & Managing Director

It's more than two decades since we first started out, with only a Palace at the edge of time, surrounded by acres of wild lantana and natural beauty. Back then, all I had was a dream - A picture of what I wanted to achieve and where I wanted to be.

I had been taught to chase my dreams, so I kept my vision alive and walked on the path that would eventually lead me to Ananda.

In ancient India, holistic living was a way of life. People inherently understood the balance of nature, the ways of the universe and how the elements affected not just their physical health, but also their mental wellbeing.

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 programme 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.

History

The small hamlet town of Narendra Nagar came into existence in 1895, when Maharajah Narendra Shah of the region decided to move his capital from Tehri to a more picturesque locale. The small town nestled in the Shivalik foothills was chosen not only for its extraordinary scenic beauty, but also for its proximity to the plains below.

'The Palace', home now to 'Ananda in the Himalayas' was built in the same year and has looked down into the Doon valley from its majestic height of 3500 feet for over 100 years. Crowning a picturesque ridge of the mighty Himalayan ranges, the palace is a symbol of the grandeur and splendour of an era gone by. Original relief work still adorns the palace walls and two magnificent World War I cannons flank the royal gateway. In the early 1900's, Narendra Nagar became a popular destination with the British Viceroy of the time.

The Palace 'Annexe' was added to the original palace building in 1910 to house the Viceroy and his entourage who visited Narendra Nagar fairly often. Over the years, through the regal corridors of the Palace echoed the footsteps of many distinguished guests - Late Lal Bahadur Shastri and Late Mrs. Indira Gandhi - Prime Ministers of India and spiritual leaders like Ma Anandmayi and Swami Shivananda as well as the last British Viceroy of India - Lord Louis Mountbatten.

Wellness Philosophy

Rediscover happiness and self-contentment at Ananda. Ananda Spa is dedicated to restoring balance and harmonising energies through a holistic approach blending the healing principles of the East and West with a specific focus on Ayurveda along with contemporary spa technology. Ananda's offerings are based on the following 5 wellness pillars:

Ayurveda & Holistic Wellness

Ayurveda, a healing science dating back 5000 years, emphasises the need to cleanse, rejuvenate, and revitalise the entire body and mind. At Ananda, the Ayurvedic experience is transformational, from massages and detoxifying therapies to specialized diet programmes. Our commitment to this ancient life system is evident in the use of authentic ingredients, herbal supplements, and treatment rituals, with therapists trained in traditional Ayurvedic schools and expert guidance from leading Ayurvedic Doctors.

Healthy Cuisine

In ancient Indian wisdom, healing comes from within as much as it does from outside and we definitely are what we eat. At Ananda, our specially curated menus are tailor-made for each individual based on their specific wellness programmes and needs. From Ayurvedic menus for each body type or dosha, to detox and weight management diets, to fitness regimes and balancing yogic menus, the culinary offering at Ananda is a nutritious, balancing, and healthy journey incorporating fresh, locally sourced, seasonal ingredients.

Yoga & Meditation

Yoga and Meditation at Ananda is a completely traditional practice which offers a means of balancing and harmonising the body, mind and spirit. This is achieved through the Hatha Yoga and Raja Yoga systems comprising asana, pranayama, mudra, bandha, shatkarma and meditation, all of which are a pathway to a higher level of consciousness. The aim of such guidance at Ananda is to curate a personalised yoga and meditation practice for each individual which can be incorporated into everyday life.

Emotional Healing

On the path to a balanced self, release of emotional blockages is critical to come to terms with circumstances that have shaped us, and to grow and develop emotionally. At Ananda, Spiritual Psychology is used to help understand oneself, assess challenges and patterns from a deeper level of awareness. Hypnosis, Regression, Inner Child Healing and Energy therapies are just some of the techniques used to heal stress, release blockages and create a life in alignment with one's greatest potential.

Spiritual Awareness

The need for spiritual awareness and living a spiritual life arises from a sincere desire to change from the material and superficial and to live an authentic life. With the preparedness of Ayurveda, Yoga and Emotional Healing, one is prepared to awaken the inner self. Ananda offers different paths to enlighten oneself, from exploring the ancient philosophies of Vedanta, to higher states of meditation and mantra chanting, to self-study or swadhyaya and conscious spiritual practice or sadhana.

Ayurveda

Ayurveda is the traditional, ancient and scientific Indian system of holistic medicine and has been handed down through the centuries by physicians who greatly value health and fitness of the human body. With deep insight into the structure of the universe and life, these scholarly sages have formulated norms for preserving health and curing diseases.

Ayurveda is a system of complete health care, theory and practice for eliminative and palliative therapy for the healthy and the sick, so that mankind can enjoy life in full spirit. True to its name, Ayurveda is your means to vibrant good health, particularly in today's fast paced world.

Ananda Ayurvedic therapies promote positive health in many ways:

- Revitalises the nervous system
- Relieves fatigue
- Promotes sound sleep
- Improves the complexion
- Delays the aging process
- Nourishes the whole body
- Enhances immunity
- Pacifies and relaxes the mind
- Protects from stress and strain

An individual Ananda Ayurvedic therapy programme will be prescribed to the guest after a detailed consultation with the physician. Specific daily routines, a regulating and nutritious diet, and wellness activities will be prescribed for the individual creating a holistic approach to the entire programme. The physicians also plan an aftercare programme for the guest that helps them to get full benefits of the Ayurvedic treatments received at Ananda.

Ayurvedic Rejuvenation Cuisine

The cuisine at Ananda is customized to suit the body type of every individual. There is no one type of diet that is suited for everyone. According to Ayurveda everything is made out of the five elements of air, space, fire, water and earth, including our bodies.

Each individual is categorized into body types depending on activity level, medical condition and lifestyle. Special care menus are provided in consultation with the in house Ayurvedic doctor, to align the specific imbalances of the various body types, while maintaining emphasis on serving a balanced diet.

Ananda in the Himalayas' cuisine concept is 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 artificial salt, colors, flavors, or preservatives. The chef use herbs that are grown at Ananda itself, and use organic produce grown locally at farms situated near Dehradun, which makes the whole process of 'Farm to Table' a reality for the guests.

The objective at Ananda is to provide gourmet health cuisine for guests, who, whilst relaxing, desire to re-vitalize their body and soul through a healthy approach to diet and lifestyle. There is also a show kitchen at Ananda where the chefs instruct guests on how to make these dishes at home so that one may continue eating healthy.



Yoga & Meditation

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 teaching the techniques of the renowned Bihar School of Yoga encompassing all aspects of life in different ways and levels to balance the mind, body and spirit. Our experienced Yoga teachers are trained to understand the personal objectives and goals of guests during their stay at Ananda and beyond.

Breathwork practices/Pranayama are also practiced. In Pranayama the attention is on the breath. Pranayama literally means expansion of prana (Vitality). Various techniques of Pranayama rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and enhances the level of vitality and relaxation.

The focus of yoga is to balance the mind by practicing meditation. The body is prepared for meditative practices using yoga asanas. Techniques that enhance focus and concentration to quieten the agitations of the conscious mind, and awaken the awareness and immense healing potential of the subconscious are practiced daily.

Oriental Therapies

Oriental wellness practices are some of the oldest systems of preventive healing in the world. This system believes poor health to be due to the result of blocked energy that flows through the fourteen meridians of the body. Treatments like Acupuncture, Moxibustion, Cupping and Herbal Application along with other Oriental experiences and Energy work like Reiki address a wide variety of issues including chronic pain and migraines, immune enhancement, disease prevention, dependence on medicines, anxiety, depression, health maintenance and rehabilitation. The treatment modality includes use of five basic methods of diagnosis in the initial assessments: inspection (looking), auscultation (listening), olfaction (smelling), inquiry (asking), and palpation (touching).

A unique aspect of Ananda's oriental experiences are healing Tibetan therapies. The higher energy or vibration central to healing, is brought together with traditional Tibetan rituals, products, incenses, chants and massage techniques to provide grounding and balancing to the body and soul.

Emotional Healing

Many physical, emotional or mental challenges stem from something specific in the mind. For healing to be complete and permanent we need to deal with our mind and emotions. Ananda's Emotional Healing techniques combine traditional coaching and psychology with deeper processes that work with the subconscious mind to help clients experience emotional release.

These healing practices can address chronic conditions like insomnia, autoimmune conditions, pain management, weight loss. Anxiety, stress and recurring emotional patterns like guilt, anger, jealousy, rejection or past childhood traumas can cause deep seated or subconscious unrest. Using established techniques we can assist in managing physical health, emotional wellbeing, work and relationships. Guiding you towards purpose and autonomy, we can help you connect with yourself at a deeper level.

Based on an initial assessment a combination of any of the following techniques may be used in the session • Hypnotherapy, a guided state of subconscious awareness to understand and process emotional energies • Regression, exploring your past to understand origins of challenges and how to resolve them • Inner Child Work, resolution of adult challenges related to specific instances during formative years • Spiritual Psychology, understanding your life and journey from a wider spiritual perspective to integrate these learnings them into your daily life • Energy Healing, healing energy to help identify and release energy blocks.

Vedanta Philosophies

Vedanta is derived from two words, veda – knowledge and anta – end. Vedanta therefore means the culmination of knowledge. It is the ancient Indian philosophy which answers the fundamental questions of life.

Vedanta designs the pursuit of happiness through logical and systematic exposition of eternal truths. Founded on no individual, it is a system of knowledge discovered by pre-eminent seekers of Truth. The knowledge promotes material and spiritual well-being. Combines dynamic action with mental peace. It instills the higher values of service to provide prosperity and peace to the community. Above all, its philosophy leads one to the ultimate goal of self-realization. At Ananda, daily interactive talks are conducted by senior disciples of Swami Parthasarthy, internationally acclaimed exponent of Vedanta.

Ananda Wellness Programmes

Our signature all-inclusive packages are wellness programmes tailor-made for individual health goals.

These programmes 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 wellness cuisine chefs. Years of research 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 Intensive & Comprehensive programmes which work to create a sustainable journey towards a healthier, enriched lifestyle.

Intensive Wellness Programmes are deeply committed journeys designed for transformative result, averaging 3 hours of wellness sessions daily. **Comprehensive Wellness Programmes** are immersive journeys addressing proactive health goals, lifestyle issues, and moderate disorders, averaging 2 hours of wellness sessions daily. Ananda also offers **Foundation Wellness Experiences** which introduce guests to a holistic understanding of body and mind, averaging 1 hour of wellness sessions daily.

All programmes encourage participation in daily group sessions like yoga, meditation, and Vedanta classes. The programmes enlisted below have a duration of 7, 14 or 21 nights.

DETOX & CLEANSING

Holistic Detox
Yogic Detox
Panchakarma

IMMUNITY & VITALITY

Ayurvedic Rejuvenation
Renew
Yoga

CHRONIC AILMENTS

Pain Management

MENTAL HEALTH & SPIRITUAL BALANCE

Stress Management
Dhyana Meditation
Sleep Enhancement

FITNESS & WEIGHT MANAGEMENT

Weight Management
Activ-Fitness

HORMONAL BALANCE

Rebalance
PCOS Management
Fertility Enhancement

Overview

Ananda in the
Himalayas Address:

The Palace Estate
Narendra Nagar
Dist. Tehri-Garhwal
Uttarakhand - 249175
India

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Ananda Global
Reservations

Tel: +91 80697 50000
E-mail: reservations@anandaspa.com

Location & Accessibility

Located close to the holy town of Rishikesh in the precincts of the Palace Estate of the Maharaja of Tehri-Garhwal in the small town of Narendra Nagar.

Ananda is situated 260 kms north of New Delhi in the state of Uttarakhand.

Air: A 45-minute flight from New Delhi to Dehradun Jolly Grant airport followed by a 40 minute drive.

Helicopter: Ananda has a private helipad that is available for chartered flights from New Delhi.

Train: A four-hour journey from New Delhi to Haridwar railway station followed by a 90 minute drive.

Road: The driving time between New Delhi and Ananda is approximately four to five hours.

Owning & Management Company

IHHR Hospitality Ananda Pvt. Ltd.,
India

Designer & Architect

Chhada, Siembieda & Associates

Facilities

Accommodation

3 Villas | 8 Suites | 64 Rooms

Ananda's 75 rooms, suites and villas are designed with classic elegance in the colonial hill architectural style and blend seamlessly with the lush surrounding landscapes. The 64 elegant rooms feature panoramic views of the valley or of the Palace. With a serene and natural feel, each room is a haven in itself with luxurious beds, perfectly appointed bathrooms with bathtubs overlooking landscaped gardens or the valley, and private balconies with picture perfect views.

8 Suites facing either the Valley or the Maharaja's palace have secluded private gardens. The historic Viceregal Suite with its own private terrace offers spectacular views of surrounding valleys. Each of the 3 private luxury villas has 40 sq. meters private villa pools which are surrounded by Sal trees and a deck area with comfortable lounge beds.

Facilities in all accommodation types include:

- Panoramic view balcony
- Sunken bathtub with picture window view
- Separate shower
- Walk-in closet
- Two line telephones
- Private bar
- In-room safe
- Tea and coffee maker
- Temperature AC and Heat control
- LCD Television



Dining

The Restaurant & Tree Top Deck

The Restaurant features the finest of Ayurvedic, Asian and Western cuisine based on the values of traditional cooking.

The Pavilion

A casual and cosy setting for drinks and light snacks, located adjacent to The Restaurant and pool. High tea is served here.

The Poolside

Set on the ridge of the Himalayan mountain hills, a perfect place to relax with healthy snacks and fresh juices.

Spa Facilities


The journey from the palace to the spa snakes through woods and manicured lawns. The reception of the spa is an airy atrium hall, where natural breeze flows through ancient pines and wild flowers. The 24000 sq feet spa consists of three levels including a state-of-the-art gymnasium overlooking the gardens of the Palace and the valley of Rishikesh. The gymnasium has its own experts and a hall for aerobics.

Separate wet spas for men and women offer the following facilities:

- A Finnish sauna overlooking the valley and the forest
- Turkish steam bath
- Chilled plunge pool
- A footbath area, with natural rounded Ganga pebbles of different grades, in which, the water temperatures change from one segment to the other segment of the footbath
- A built in hydro-massage system

A walkway leads to the therapy rooms offering treatments like ayurvedic massages, detoxification, hydro body exfoliating/scrub rub, water jet, cellular massage, Swedish and Thai massage. The massage rooms are equipped with private aromatic baths, and rest rooms. Each of these rooms has individual showers.

Treatments Ananda offers a unique blend of therapeutic treatments based on traditional Indian practices of Ayurveda, yoga and meditation. The spa also offers the latest European and Thai treatments to purify the body and soothe the senses.



We also offer **Holistic physiotherapy** that includes a comprehensive assessment. Our State of art services arena is well equipped with the latest therapeutic tools like Class IV LASERS, ZRT Matrix therapy, Joint alignment adjusting tools, Interferential therapy, Ultrasound therapy and more.

Spa Boutique The spa complex also houses a boutique where arts, crafts and accessories specially designed and developed for the resort are available. It also sells a fine collection of silk, wide variety of music, books, Ananda wears, art objects, herbal teas & powders, Ananda spa range, natural skincare and cosmetics.

Spa Facilities

- 24 treatment rooms
- 2 relaxation rooms,
- 4 consultation rooms
- Separate beauty treatment salon
- Kama Suite for a couple with sauna and massage
- Hydrotherapy facilities: steam, sauna, Kneipp foot bath, cold plunge, showers, locker and changing rooms
- Outdoor heated lap pool
- Gym: 16 station life fitness gym with cardio, strength training and aerobics facility

Venues For Yoga & Meditation

Yoga and meditation at Ananda helps to achieve a state of passive alertness that transcends the daily day level of thought and distraction.

Yoga Pavilion A majestic open-air marbled floor shelter with gold leaf ceiling fresco, surrounded by a still and peaceful water pool at the south end of expansive palace lawn. The intimate setting is an excellent location to view the sunset and is ideal for individual instruction or private meditation.

Viceregal Hall The Hall is ideal for more active forms of yoga. A tranquil hillside garden is tucked just outside the valley's ridge - a perfect refuge for Himalayan tea after an invigorating yoga session or peaceful meditation.

Winter Garden Adjacent to the Ma Anandamayi Abode, this outdoors area overlooks a dense grove of sal trees. The tranquillity of the spiritual leader's former presence enhances the yoga session.

Ma Anandamayi Abode Renowned spiritual figure, Ma Anandamayi was respected for her propagation of universal love and brother/sisterhood. The Maharaja of Garhwal, a highly spiritual person, invited her to bless his Palace. The Maharajah made a very special abode for Ma Anandamayi, overlooking the Ganges valley, where she worked to set up her Ashram. Outside her abode, parishioners regularly congregated to receive her presence, discourses on spirituality and darshan.

Hill Amphitheatre Terraced Hill Theatre offers a view of the foothills and Palace

Ananda Fitness Centre Provides a world-class high-energy balance to the tranquillity of encompassing spa experience.

Outdoor Recreational Activities

An exhilarating extension to the spa at Ananda, we offer an array of outdoor adventures and thrilling explorations into the Himalayas, Ganges and surrounding National parks.

- Trekking
- White water rafting
- Kayaking
- Angling
- Visit to Rajaji and Chilla National Park
- Morning energisers - nature walks and jogging
- Fitness orientation - one-to-one training, stretch and tone, abdominal workout
- Swimming
- Golf

Other Facilities

Billiards Room

Ananda houses one of the oldest billiard tables (100 years old) in India.

The charming room includes a spectator's gallery and fireplace.

The Library

The library houses the Maharaja's superb collection of literary & historical books on the Imperial era and is being augmented by contemporary topics, including Ayurveda, wellness, lifestyle, natural history, yoga, meditation and more.

Awards

2024

Condé Nast Traveller, - Readers' Choice Awards (UK)

#1 Destination Spa in the Rest of the World

Tatler Spa Guide

Mindful Escapes Award

The Luxury Spa Edit Awards

Ranked #3 in category Best Global Yoga Retreat

Destination Deluxe Awards

Winner - Category "Wellness Program of the Year": Sleep Enhancement Program

2023

Condé Nast Traveller, - Readers' Choice Awards (USA & UK)

Ranked #1 in category Best Destination Spas in the rest of the world

Ranked #3 in category Top 20 Destination Spa Resorts in the World

Destination Deluxe Awards

Ranked #3 in category Wellness Retreat of the Year

Travel & Leisure Worlds Best Awards

World No.3, Best Destination Spa

2022

Condé Nast Traveller, India - Readers' Travel Awards

Favourite Destination Spa

Condé Nast Traveller, (UK & USA) - Readers' Choice Awards

Ranked world No.7 in the Destination Spa category

Global Spa Awards

Best Holistic Wellness Retreat

Travel & Leisure (India)

Best Eco Retreat, India's Best Awards

2021

Condé Nast Traveller, India - Readers' Travel Awards

Favourite Destination Spa

2020

Condé Nast Traveler (UK & USA) - Readers' Travel Awards

Best Destination Spa in the World

Condé Nast Traveller, India - Readers' Travel Awards

Favourite Destination Spa

2019

Condé Nast Traveler (UK & USA) - Readers' Travel Awards

Best Destination Spa in the World

Condé Nast Traveller, India - Readers' Travel Awards

Favourite Destination Spa

2018

Condé Nast Traveller, India - Readers' Travel Awards

Favourite Destination Spa

Haute Grandeur Global Excellence Awards 2018

Best Destination Spa on a Global Level

Best Spa Design in India

Best Health & Wellness Spa in India

Best Ayurveda Spa in India

Today's Traveller Awards

Best Luxury Wellness Spa

CNBC TV18 India Healthcare & Wellness Awards

Excellence in Wellness Care

ZEE Business Awards 2018 (India)

Best Resort

2017

Condé Nast Traveller, India - Readers' Travel Awards

Best Destination Spa **Travel & Leisure, India**

Best Destination Spa

Condé Nast Traveller, USA - Readers' Travel Awards 2017

Part of the top 100 Hotels in the World

2016

Condé Nast Traveller, USA

Gold List

SpaFinder Wellness Travel Awards

Best for Mind & Spirit

Best for Yoga

Best for wow factor

Best for going solo

Best in India

Condé Nast Traveller, India - Readers Travel Awards

Favourite Destination Spa

2015

Condé Nast Traveller, India - Readers Travel Awards

Favourite Destination Spa

SpaFinder Wellness Travel Awards

Best for Mind & Spirit

Best Spa for Yoga

Best Spa for Healthy Cuisine

Elle Beauty Awards (India)

Best Spa

Zanadu, Travel Experience Awards (China)

Best Spa & Wellness Program

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