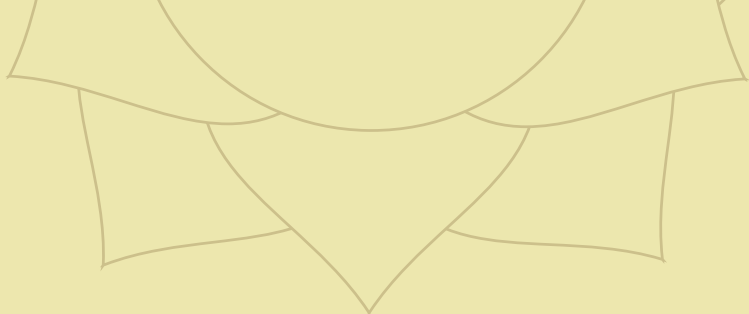




Swirled in the sacred mists of time, nestled in the Himalayas is Ananda, one of the world's leading holistic wellness retreats.

Once the residence of the Maharaja of Tehri-Garhwal, it is dedicated to those searching for peace, harmony, and wellbeing. Ananda is grounded in Ayurveda, Yoga and Vedanta and combined with contemporary international experiences which enhance and augment the self. The ultimate escape from the mundane to the spiritual, every corner spells harmony and every colour soothes the senses. Breathe in the essence of spirituality and feel the vibrations that enhance every part of your being.

Ananda uses its own signature range of spa products, made in the region from the purest sources. Indigenous essential oils, muds, clays, gels, and vegetable oils, all lovingly blended for their therapeutic energy, imparting wellness that begins from deep within.



TABLE OF CONTENTS

Spa Introduction	4
Ayurveda	5
Yoga & Meditation	11
Emotional Healing	14
Oriental Therapies	15
International Experiences	19
Physiotherapy	26
Special Experiences	27
Fitness	28
Cleansing Practices	29
Online Wellness Experiences	31
Experiences Around Ananda	32
Spa Prices	33





SPA INTRODUCTION

Health Considerations

A medical questionnaire is required 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, allergies, 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. The minimum age requirement for spa therapies is 18 years.

Appointments, Amendments and Cancellations

We suggest that you arrive at the spa 20 minutes prior to your scheduled treatment time in order to maximize your enjoyment and use of the Hydrotherapy relaxation area, from where you will be escorted for your treatment.

- Please adhere to appointments in order to take advantage of the full treatment. Should you arrive late, your appointment will end at the originally appointed time.
- Any cancellation within 4 hrs of scheduled appointment will incur a 50% cancellation fee. Full charges will be imposed for a no – show.

Please note that all the treatments in the spa menu have been specially designed by Ananda practitioners and doctors with its therapeutic effects in mind and any deviations from the standard offerings (composition or duration) would need the prior consult of the spa manager or doctor.

Wellness Programmes

Besides the range of wellness experiences listed here, Ananda also offers Foundation and Comprehensive and Intensive Wellness Programmes. Please contact the spa and book an appointment with the respective physician or consultant if you would like to explore a wellness programme suitable to you.

Spa Etiquette

- You will be provided with a private locker in the spa area which will be equipped with robe and slippers to wear while in the spa. Feel free to wear your own loose, comfortable clothing if you prefer.
- Disposable underwear will also be provided and can be used as per your discretion. Jewellery, watch etc must be removed and kept in the locker, your therapist will meet you and guide you to your treatment room. Feel free to enjoy the relaxation area at the spa after your treatment. After certain treatments it is recommended to stay away from the sun, so please plan accordingly.
- Once in your treatment room, your therapist will step out while you remove your robe and climb under the towel for your treatment. You'll be draped for privacy at all times.
- For your own relaxation and that of our other guests, the spa is a laptop and cell phone-free zone.



AYURVEDA

At Ananda, Ayurveda forms an intrinsic part of the wellness regime. From massages, treatments and specialized diet programmes to the more rigorous transformations in lifestyle, the Ayurveda experience has been designed keeping in mind the individual's desire to heal, cleanse, relax and revitalize.

A cardinal principle in the Vedas was that there is no dividing line in the human personality between the mind and the body. The mind is body and the body is the mind. Also, that if beautifying the mind is to beautify the body, the converse is equally true. Beautifying the body is to beautify the soul. The authenticity and our commitment to this ancient life system are evident in the use of age-old herbal powders; herbal oils, brass vessels, wooden beds, treatment rituals and qualified therapists trained in traditional Ayurvedic schools. Be it a carefully monitored Ayurveda meal or a traditional massage, your body and spirit undergo a holistic metamorphosis, in the most pristine Himalayan environment, traditionally believed to be the origin of Ayurveda.

According to Ayurveda, the universe is made of five primordial elements, namely ether, air, fire, water and earth. These elements themselves are inanimate, but in combination, give rise to three main biological forces or basic principles in the human body, called doshas - and, as every human being has a different balance of elements, one Dosha is typically predominant in our constitution and ascertains our personality.



CONSULTATIONS

Ayurvedic and Wellness Consultation (60 minutes)

The Ayurvedic consultation explores your physical, mental and emotional health by assessing your unique energetic constitution which determines your Dosha or body type. The Ayurvedic physician then prepares a sequence of experiences and a programme of diet and activity according to your body type that will help bring more balance, energy and peace to your entire being.

Ayurvedic Lifestyle Recommendation (60 minutes)

Ayurveda promotes a lifestyle that is in harmony with mother nature. In this consultation, the benefits of the experiences, diet and exercise programme during your stay are evaluated. The Ayurvedic physician then gives you tips, take-home information and advice so that your continued commitment to your wellbeing can bring you back to a state of vibrant health and radiance.

AYURVEDIC THERAPIES

Abhyanga (55 / 75 minutes)

A traditional synchronized full body massage given by two experienced Ayurveda therapists using herbal infused sesame oil; this experience is also known as the ‘four-handed-massage’. Abhyanga improves physical consistency, sleep patterns and eye sight. It helps to liquefy toxins and induces relaxation, whilst eliminating impurities. Often referred to as an anti ageing therapy.

Marma Abhyanga (85 minutes)

The Marmas (vital points) are a very important part of Ayurvedic anatomy and surgery. A marma point is an anatomical spot where flesh, veins, arteries, tendons, bones and joints meet up and prana (life force) is situated. There are 107 marma points throughout the body. Each point has its own intelligence and consciousness, which co-ordinates between the mind and body. This ancient form of treatment uses the fingers to stimulate the marma points, thereby promoting physical and mental recuperation. This therapy strengthens the organ systems and tissues, relieves physical and mental blockages of energy, improves lymph drainage, relaxes muscles and improves quality of sleep.





Pada Abhyanga: Ayurveda Foot Massage (55 minutes)

Pada Abhyanga is regarded as a highly specialised therapy in Ayurveda. It is a holistic therapy that works towards effective psychosomatic healing by using medicated oil and focusing on nerve points on the entire foot. This treatment helps in relaxation, improves blood circulation, promotes better sleep and reduces anxiety.

Podi Kizhi Sathailam (Choornaswedana)(55 minutes)

Following a full body massage with dosha specific oils, therapeutic sweating is induced by the application of warmed herbal poultices. This 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.

Ela Kizhi (Patrapindaswedana) (55 minutes)

This treatment is also known as elakizhi or leaf bundle massage. Here the leaves of medicinal plants are mixed with a herbal powder, tied in a muslin cloth and made into bundles. Light massage is followed by fomentation of the body, by frequently dipping the bundles in warm medicated oil and applying on the body with varying pressure. This helps in relieving pain due to arthritis, spondylosis, musculoskeletal issues, and neuro-muscular diseases.

Shirodhara Tailam (55 minutes)

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, addresses other neurological disorders, normalizes sleep patterns and blood pressure.

Janu Vasti (55 minutes)

Medicated warm herbal oil is retained over the affected knee joint in a reservoir of flour. This localised therapy for the knees helps reduce pain and inflammation, slows down the degenerative process, lubricates the joints as well as promotes blood circulation in the knee area.





Uro Pichu (30 minutes)

An experience that balances the heart chakra and helps reduce stress to prevent problems of the thoracic region. Warmed, medicated oil is gently poured into a reservoir made of gram flour, placed over the chest area. This soothes muscular tissue, alleviates discomfort and balances the mind-body connection.

Kati Vasti (55 minutes)

Practiced to ease pain in the spinal area. A reservoir made of black gram or wheat flour is created along the spinal area. Warmed oil is then poured into this depression. The treatment soothes muscular tissue, alleviates pain and lubricates the discs and nerves.

Pristha Pichu (30 minutes)

Pristha Pichu is a specialized Ayurvedic treatment specially performed to relieve pain and inflammation in the back region and for diseases related to the whole spine. Warm to hot medicated oil padding is performed on the affected area after a soothing, gentle massage.

Greeva Pichu (30 minutes)

This is a highly specialized therapy for the cervical or neck area. A reservoir made of black gram or wheat flour is placed strategically on the cervical region and warm medicated oil is poured. This helps in releasing tension and stiffness from the neck and shoulder region, thereby reducing pain.

Tan Lepa (55 minutes)

This stimulates the natural cleansing and healing abilities of the body. Following a medicated herbal oil massage, an herbal mask is applied to the entire body, which aids in drawing out toxins and replenishing the body with essential minerals.





Mukh Lepa (55 minutes)

For centuries this Ayurvedic facial 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 glow from within.

Udwarthana (55 minutes)

A deep, dry massage using herbal powders which stimulates the hair follicles assisting to break down the body's excess subcutaneous fat. This massage mobilizes toxins and is beneficial for firming and toning.

Prista Vamsha Therapy: Complete Spine care and Back therapy (55 minutes)

Prista Vamsha is a complete spine therapy. It starts with the process of oil pooling, in which the warm medicated oil is retained inside a reservoir on the spinal area; followed by a deep massage on the entire back ending with rhythmic tapping and then a massage using warm poultices over the spine and back. This intensive treatment strengthens back muscles by releasing the stiffness, lubricating the joints. This is a deeply therapeutic treatment that helps lower back conditions like lumbar spondylitis, inter vertebral disc prolapses, lumbago and sciatica.

Pizhichil (55 minutes)

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, liquefies toxins and increases flexibility.

Traditional Ayurvedic Head Massage (30 minutes)

A powerful, calming and relaxing massage over the head, neck, shoulder & upper back, conducted in a sitting posture using Ayurvedic medicated oil. Traditionally known as 'shiroabhyanga', this treatment is ideal for anyone who has stiff neck and shoulders. It helps to improve quality of sleep, nourishes the hair roots and is also helpful in managing recurrent headaches.



YOGA AND 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 encompassing all aspects of life and balances the mind, body and spirit. This helps us to restore perfect health and leads us from gross awareness to super consciousness, resulting ultimately in eternal bliss or Sat-Chit - Ananda which is the aim of Yoga.

Meditation at Ananda includes guided meditation and relaxation techniques, which are grounded in ancient Indian traditions and yet practical for modern needs. It enables you to relax and rejuvenate the entire body-mind system, and establish harmony at the physical, mental and spiritual levels.



YOGA EXPERIENCES

Yoga Consultation (30 minutes)

Our experienced Yoga teachers are trained to adapt the modalities to your personal objectives and goals. They will design a bespoke yoga and meditation program to assist you in the journey of life for a balanced and a harmonized self.

Hatha Yoga (60 minutes)

In this individualised Hatha Yoga session you will receive attention with dialogue and adjustments specifically tailored for your needs. Each posture has manual adjustments which will help you to understand the relationships between the muscle groups and body parts being engaged. To develop a deeper understanding of how your body engages in each posture, the instructor guides your awareness to specific areas to enhance your body's natural intuition.

Pranayama (30 minutes)

A stressful lifestyle has a profound effect on our breathing. 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 promotes relaxation.

Advanced Pranayama with Bandhas (45 minutes)

Energy Locks: This is an advanced form of Pranayama which is done with the energy locks to vitalize the system of body and mind. Pranayama with Bandha becomes a very intense practice. It activates and regulates the 'life force' or prana and helps attain a higher state of vibratory energy.

MEDITATION

Yoga Nidra (45 minutes)

A technique of deep yogic relaxation

Yoga Nidra means 'Psychic sleep'; a state of conscious sleep where one is on the borderline between wakefulness and sleep. It is a guided process of relaxation to quieten the agitations of the conscious mind and awaken the awareness and immense healing potential of the subconscious. In Yoga Nidra, the practitioner is on the threshold of the subconscious plane from where one can release the hidden psychic tensions of consciousness.





Chakra Shuddhi (45 minutes)

A Chakra cleansing technique

Chakra Shuddhi means ‘purification of the energy/psychic centres’. It is one of the most important techniques of Kundalini Yoga. Chakras are the subtle energy centres present in the psychic body. Chakra Shuddhi cleanses the entire chakra system through guided awareness and psychic mantras. It brings about a deep transformation or wholeness in personality.

Antar Mouna (45 minutes)

An art of witnessing the Thoughts

Antar Mouna or ‘Inner Silence’ is a very systematic technique which deepens the insight into the processes of the mind and develops skills to manage it. This meditation technique provides a deep insight into mental tensions and emotional turbulence and helps to take a step towards inner understanding and attaining emotional and mental harmony within.

Ajapa Japa (45 minutes)

A meditative awareness of spontaneous mantra

Ajapa Japa is the spontaneous awareness of the mantra which is chanted psychically during the process of meditation. ‘Japa’ means repetition, ‘Ajapa’ means spontaneous repetition. The basis of Ajapa Japa is the repetition of the mantra with the movement of breath and awareness in psychic passages. This is an effective process to arrest the unnecessary flow of thoughts.

Chidakasha Dharana (45 minutes)

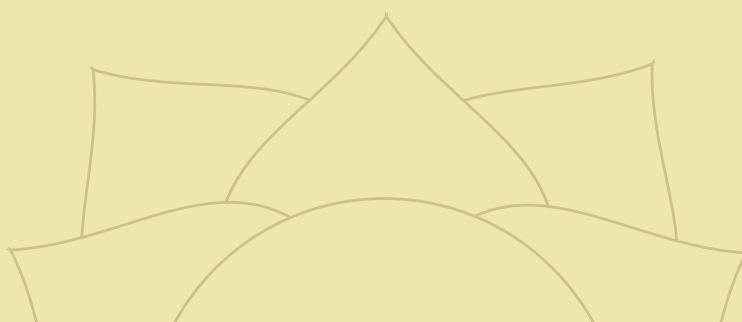
Inner visualization

Chidakasha comes from two roots; ‘Chit’ and ‘Akasha’. Chit means consciousness and akasha means ‘space/field’. Chidakasha refers to space where all gross and subtle activities of the consciousness take place. Chidakasha Meditation uses the faculty of visualization to gradually deepen awareness from the gross sensorial plane to subtle psychic and pranic dimensions.

Trataka (30 minutes)

Candle meditation

Means ‘Steady gazing’. It acts as a stepping-stone between physically oriented cleansing and meditation practices. It improves memory and helps to develop concentration and will power.



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.

Emotional Healing sessions are available for **90 minutes** duration. 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



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.





TCM Consultation (60 minutes)

A Traditional Chinese Medicine consultation involves an in-depth analysis of the patient's health, incorporating aspects of pulse reading, tongue examination, and discussion of symptoms to determine the underlying imbalances and prescribe personalized holistic treatments such as acupuncture, herbal remedies, and lifestyle adjustments.

Acupuncture (55 minutes)

An ancient healing practice of traditional Chinese medicine in which specific points on the meridians in the body are stimulated by inserting very thin needles to various depths. This technique is used to re-balance the flow of energy through these meridians or pathways in your body. The technique releases endorphins which act as anti-inflammatory pain relievers and boosts blood flow and circulation.

Moxibustion (55 minutes)

This therapy is applied along with acupuncture to enhance healing effects on the entire system. Leaves of Mugwort herb are burnt and brought close to the skin's surface applying heat. The practice derived from traditional Chinese medicine, strengthens blood, stimulates the flow of energy, and has a positive impact on a range of health issues, from chronic pain to digestive troubles.

Cupping (55 minutes)

Cupping therapy dates back to ancient times and was used around the world including in traditional Chinese medicine as well as other cultures. Dry cupping therapy involves cups placed over the skin to create negative pressure through suction. As the air inside the cup cools, it creates a vacuum increasing blood circulation to the area and promoting cellular repair.





Tibetan Ku Nye Massage (85 minutes)

A Tibetan body massage to balance the five elements and restore a harmonious flow of energy and vitality in the body. A blend of five essential oils chosen to balance the five elements combined beautifully with Tibetan techniques of kneading, acupressure with hot Himalayan Crystal salt poultices and stones blessed by the energies of Tibetan monks. The aim of this treatment is to restore the nervous system and stimulate a free flow of energy within the body.

Kundalini Back Massage (85 minutes)

Kundalini – a female goddess of awareness in the form of a coiled snake – is the dormant energy present at the base of the spine, which when awakened, travels up the spine to the third eye leading to increased energy and spiritual enlightenment. This treatment starts with a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system and also cleanse the energy body. This is followed by a back massage, which is deeply soothing, relaxing and balances the whole nervous system owing to the synergistic use of an essential oil blend used in combination with ancient techniques of massage and chakra healing.

Manipura Massage (85 minutes)

Manipura means beautiful, shining jewel in Sanskrit. It refers to the solar plexus (naval) chakra, our centre of fire and sun energy that ignites our health and vitality. This treatment works by stimulating and balancing the solar ‘sun’ vitality within us through reflexology and Marma massage, lymphatic drainage and application of Himalayan crystal salt poultices applied to the 10 petals of the solar plexus. This is a unique body treatment combining a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system with various techniques to harness and restore the energy of the body.

Reflexology (55 minutes)

Reflexologists apply pressure on the soles of the feet with their fingers 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; reflex points are stimulated to restore energy flow to the body as a whole, wherein the slightest touch can have a marked effect on a person’s overall well being.





Shiatsu (55 / 85 minutes)

Ananda Shiatsu is a full body pressure point experience involving the application of pressure with the thumbs, palms, elbows and knees to certain pressure points or areas on the body in order to maintain physical and mental well being. Shiatsu is known for reducing stress improving circulation and boosting the immune system. It is also known to have sedative effects and may alleviate insomnia. In a broader sense, Shiatsu is believed to enhance physical vitality and emotional well being.

Reiki Healing (55 minutes)

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 blockages with 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 and spirit into balance. For many, Reiki opens the door to positive change and offers support for many types of illnesses.



INTERNATIONAL EXPERIENCES

Going back in time, researching ancient texts, the knowledge gleaned from the secrets of Egyptian princesses, the practices of ancient Rome, the rituals of the pagan Greeks, the origins of the first European spas, have all been brought together in the form of these revitalising experiences. Sensuous aromatherapy, the deeply relaxing earth stone massage, and signature curated Ananda experiences are on offer to help nourish and rejuvenate.





Ananda Touch (30 minutes)

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, neck, shoulders 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

Stress Release Massage (55 / 85 minutes)

Unlike conventional stress-release massages, this gentle yet effective therapy starts with the manipulation of the muscles and works with the superficial layers. The full-body treatment encourages deep relaxation, improves circulation, supports the natural elimination of metabolic waste, eases the breath by opening the respiratory pathways, and leaves the recipient with a comforting sense of balance and connectedness.

Aromatherapy Massage (85 minutes)

Carefully blended essential oils are applied on the lymphatic pressure points of the body to maintain and promote physical, psychological, and spiritual well-being, resulting in a holistic experience. Choose from grounding, invigorating, detoxifying, stimulating, wild rose or Ananda spice oils for the full-body massage to intensify the therapeutic effects of this age-old treatment.

Deep Tissue Massage (55 / 85 minutes)

Deep tissue massages involve the understanding of the different layers of the body and the ability to work with the tissues in these layers to relax, lengthen, and release holding patterns in the most effective and energy-efficient way possible. It is especially recommended for most forms of chronic muscle tension. It is generally effective with persons who complain of overall body tension due to stress or over exertion.

Ananda Fusion (55 / 85 minutes)

The signature massage has been crafted by our specialists to cater to individual personal needs. This full-body massage makes use of a fusion of different ayurvedic and international massage techniques resulting in powerful therapeutic effects. Hot poultices are applied to balance the body. Our signature, Ananda spice body oil is used for this massage. The oil has been developed by our experts and consists of pure essential oils of ginger, cardamom & black pepper, which are good for muscles, aches and pains, joints, digestive system and arthritis.

Earth Stone Massage (75 minutes)

Earth stone is a deep powerful massage that improves posture and circulation. The warmth of hot basalt stones creates 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.





Indian Head Massage (55 minutes)

This ancient experience relaxes, tones and eases muscle tension in the neck, head scalp and shoulders, it also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras and leaving you in a state of tranquility and peace.

Aroma Hot Oil Treatment (45 minutes)

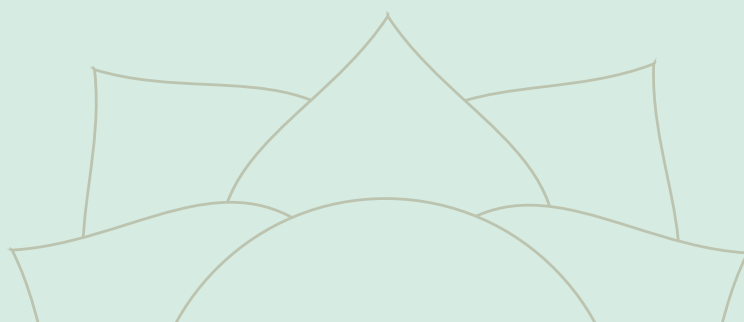
The essential oils of geranium, lavender and rosemary are massaged into the scalp for hydration, regenerative and calming effects. To help the absorption of the oils your hair is steamed with a warm towel. This treatment is excellent for dry, dehydrated and sensitive scalp.

Hydrotherapy Aromatic Bath (30 minutes)

High pressure water jets are used to massage the skin and stimulate circulation. This therapy soothes, relaxes and provides pain relief for joints and sore muscles. Blends of invigorating, detoxifying or spice bath oils are added to the bath to suit your specific needs.

Infra Red Sauna (30 minutes)

Known for its many benefits, an Infra-red sauna with a Himalayan salt brick wall is the must-try at the Ananda Spa. As the heat from infrared saunas increases your core body temperature, your circulation increases along with it, while the salt brick wall helps to facilitate detoxification through sweating.





EXFOLIATION AND WRAP EXPERIENCES

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

Grounding Salt Scrub (45 minutes)

Essential oils of rose, vetiver and sandalwood infused into natural sea salt helps stimulate and strengthen the skin, while calming and soothing the mind.

Invigorating Salt Scrub (45 minutes)

Essential oils of orange, eucalyptus and peppermint are infused into natural sea salt that is mentally and physically stimulating.

Detoxifying Salt Scrub (45 minutes)

Essential oils of grapefruit, cypress and juniper are infused into natural sea salt, which is especially good for cleansing and fighting cellulite.

Spice Salt Scrub (45 minutes)

Essential oils of black pepper, cardamom and ginger are infused into natural sea salt. It is both warming and soothing and especially good for relieving muscular tension, joint pains and relaxation.

Wild Rose Salt Scrub (45 minutes)

Essential oil of rose infused into natural sea salt helps to balance mind, body and soul.





Ancient Indian Body Mask (85 minutes)

The clay mask is made using ancient herbs and spices. The warming and soothing effects of ginger and cardamom present in the mask enhance the natural healing abilities of the body. You'll feel revived, nurtured and rejuvenated after this treatment.

Aroma Cocoon (85 minutes)

The ultimate in relaxation! Feather light movements are used to induce lymphatic drainage using a blend of grounding, invigorating, detoxifying, spice, wild rose or stimulating essential oils. The body is cocooned in a warm blanket to enhance the absorption of the chosen blend into the skin. The treatment is complete with an application of warm cream to seal the moisture into the skin.

Energising Earth Wrap (85 minutes)

The earth is laden with healing minerals that have been celebrated for thousands of years. Enjoy a complete revitalizing and detoxifying treatment in the form of a clay mask that uses energising, pure elements of mother earth. This experience also consists of a full body detox scrub.

Towards the end, calming wild rose moisturiser is applied and the recipient is enveloped in a heated blanket.





FACIAL EXPERIENCES

Crystals, stones, pure essential oils, creams, ancient Tibetan oils, seabuckthorn, honey, aloe gels, rose distillate and other natural herbs, combine with chakra balancing and ancient Indian beauty rituals to make facials at Ananda, the ultimate in rejuvenation, skin-care and overall well being.

Ananda Royal Facial (85 minutes)

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.

Amethyst Rejuvenation (85 minutes)

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.

Rose Quartz Glow (85 minutes)

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.

Mountain Dew Skin Freshener (75 minutes)

Designed to awake the body's innate healing ability, which is suppressed due to stress and environmental factors leading to dry, dehydrated, sun damaged and sensitive skins. This is a deep cleansing facial, using pure essential oils of juniper and Indian holy basil which help to eliminate impurities and congestion.



Himalayan Honey And Rose Facial (75 minutes)

This stimulating and refreshing facial uses a blend of sandalwood and rose essential oils. Pure honey harvested locally from the Himalayan ranges is massaged into the skin and a mask of cooling cucumber is applied. While the mask hydrates your skin enjoy a soothing hand or foot massage.

The Eye Rejuvenator (30 minutes)

A blissful firming and hydrating experience using rejuvenating products such as wheatgerm and grapeseed vegetables oils, patchouli, chamomile, frankincense essential oils and Vitamin C which combine to assist in reducing the appearance of fine lines and protecting the skin against the environment. The eye rejuvenator is a welcome treat for contact lens wearers and those suffering from eyestrain.

MAULI AT ANANDA

Speciality facials curated by Mauli Rituals exclusively for Ananda in the Himalayas

Age Defy Lymphatic Drain & Sculpt Facial (90 minutes)

This age-defying collagen-stimulating 'Kansa' Marma point (acupressure) facial combines the transformative synergy of Mauli's face-sculpting and drain method and LED light therapy. Using Mauli's all-natural formulas containing jasmine, rose, and saffron, this treatment helps diminish puffiness, hyperpigmentation, jaw tightness, and fine lines for noticeably healthier skin.

Supreme Skin Brightening Facial (90 minutes)

Harnessing ancient facial techniques and award-winning botanicals, this non-invasive facial soothes and softens even the most sensitive, dry skin. Impurities are drawn out using a mineral-rich mask, while a Kansa dome massage with Mauli's special serum releases facial tensions and stimulates cell renewal. Set against a backdrop of dosha-based guided meditations, the Supreme Skin facial leaves the skin feeling petal soft and glowing with vitality.





PHYSIOTHERAPY

Physiotherapy Consultation (30 minutes)

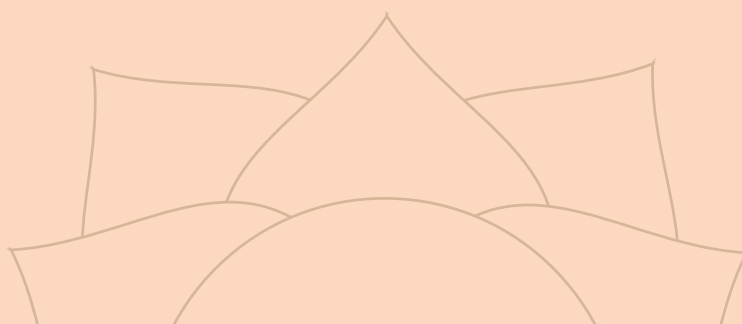
Ananda's Physiotherapy team are highly skilled to diagnose and treat a spectrum of physical health issues. A comprehensive assessment powered by knowledge in anatomy, physiology, biomechanics and exercise science helps in a veracious diagnosis of physical health. The approach is to identify the underlying causes of the problems, rather than addressing only the symptoms, thereby providing lasting solutions.

Physiotherapy Session (55 minutes)

Following range of issues are addressed through Physiotherapy:

- Back and Neck pains
- Joint pains and injuries like shoulder, knee, ankle and similar dysfunctions
- Sports injuries
- Posture and alignment problems
- Overuse injuries, ligament sprains, muscle strains and tendon injury
- Chronic conditions like Arthritis, Fibromyalgia and muscle spasms
- Stress-related concerns including headaches or decreased energy levels

Our State of art services are well equipped with the latest therapeutic tools like Class IV Lasers, ZRT Matrix therapy, Joint alignment adjusting tools, gait analysers, localised cryotherapy machines, Interferential therapy and more.





FITNESS

Fitness Evaluation (30 minutes)

This programme is designed to assess your current fitness level and to recommend an exercise programme that suites your lifestyle. Our fitness specialist will test your aerobic capacity, heart rate and overall strength. We will assess your weaknesses, strengths and advise you on a complete fitness programme during your stay and beyond.

Personal Training (55 minutes)

Participate in personal training with our fitness expert who will design a unique programme for your needs and objectives no matter what your fitness level. This programme is designed to complement your home routine and to improve fitness levels.

Boot Camp (55 minutes)

Work out in the Himalayan foothills to improve cardiovascular outputs and overall body tonality. These are typically full-body workouts with a focus on both strength and cardio endurance. The sessions include Interval or circuit training for high calory burn. They are challenging but customised to suit individual levels

Aqua Fitness (45 minutes)

Low impact cardio workout in the temperature controlled swimming pool. The aqua sessions help improve your heart health, strengthens and tones muscles with the natural resistance of water, improves flexibility, while reducing the risk of muscle and joint injuries.





THERAPEUTIC & CLEANSING PRACTICES

Ayurvedic or Yogic therapeutic and cleansing practices at Ananda are offered as a part of comprehensive or intensive wellness programmes and can only be undertaken with prior consultation and advice of a Ayurvedic physician or Yoga Consultant.

Narangakizhi (Jambeera Pinda Sweda) (55 minutes)

In this Ayurvedic treatment, bolus (potali) containing a mixture of lemon, fenugreek seeds, turmeric, rock salt and other medicinal herbs is heated with medicated oil and applied on the body. This specialty treatment is anti-inflammatory in nature and it does wonders for vata-kapha disorders, such as musculoskeletal pains and stiffness in the joints.

Njvara Kizhi (Shastika Shali Pinda Sweda) (55 minutes)

Njvara Khizi is a deep invigorating massage with bolus of cooked rice. Black or red Njvara, is a particular kind of rice known for its nutritional and therapeutic value. Njvara has antioxidants, anti-inflammatory and rejuvenating effects. It is cooked with milk and herbs, and the end application helps in removing stiffness, reducing stress, boosting immunity and circulation.

Takradhara (55 minutes)

A calming experience where cool medicated buttermilk is poured onto the forehead to bring relief to those who suffer from insomnia, depression, hair loss, psychological and stress related conditions.

Kashayadhara (55 minutes)

This is a process in which warm medicated decoction is poured over the whole body in a rhythmic way. This improves circulation and skin health, reduces inflammation, and is also beneficial as an antibacterial therapy.





Ksheeradhara (55 minutes)

Ksheera Dhara is a process in which warm medicated milk is poured over the whole body in a rhythmic way. This has a cooling effect on the body, hence it's best done during the summer months. It relaxes the central nervous system and helps to reduce stress.

Talapodhichil (45 minutes)

A herbal headpack is applied to relax the mind, which in turn brings peace to the body and soul. It is a cooling application that helps relieve insomnia, stress, migraines and brings overall balance to the being.

Tarpana (30 minutes)

Medicated ghee is retained in the eye with the help of a chickpea powder reservoir. This experience has a cooling effect on irritated and stressed eyes and improves eyesight.

AYURVEDIC THERAPEUTIC PRACTICES

Sneha Vasti (30 minutes)

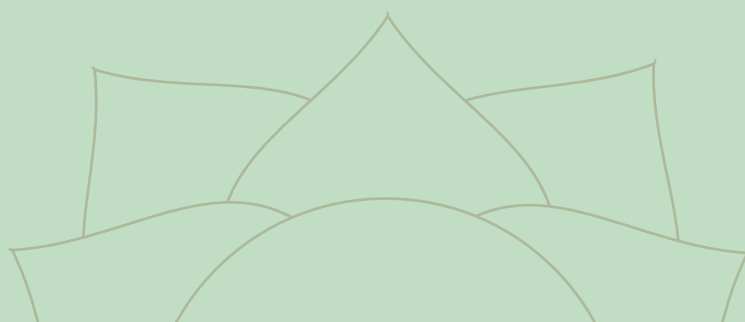
Oil enemas are used to access the large intestine area to nourish and rebuild the body tissue and also as a preparatory procedure for Kashaya Vasti.

Kashaya Vasti (55 minutes)

Kashaya Vasti or decoction enema, carried out after a course of Sneha Vasti, is a herbal decoction enema using medicated oil, honey, rock-salt as well as a herbal paste. Harmful toxins and impurities are flushed out through the intestinal tract to purify the system.

Nasyam (30 minutes)

Instillation of medicated oil into the nostrils while the areas around the nose, neck and shoulders are massaged continuously, followed by herbal fume inhalation. This treatment is highly effective for cleansing of sinuses and treating migraines, chronic colds, headaches and chest congestion.





Virechanam (30 minutes)

This is a purgative Panchakarma therapy induced by herbal medicated laxatives and is specifically aimed at the elimination of excessive Pitta Dosha from the body. This treatment concentrates on the elimination of Ama/toxins collected in the GI tract.

Snehapana

Snehapana is a Panchakarma process to bring toxins from all parts of the body into the alimentary canal to flush out from the body through detox therapies. Snehapana is a short term escalating administration of large amount of medicated ghee for three to seven days.

Gandusa or Kavala (30 minutes)

Gandusa (retention of medicated oil in the mouth) and Kavala (retention, movement and gargling of medicated oil or decoction in the mouth) are very effective for detoxifying mouth, gum and teeth.

YOGIC CLEANSING PRACTICES

Jal Neti (30 minutes)

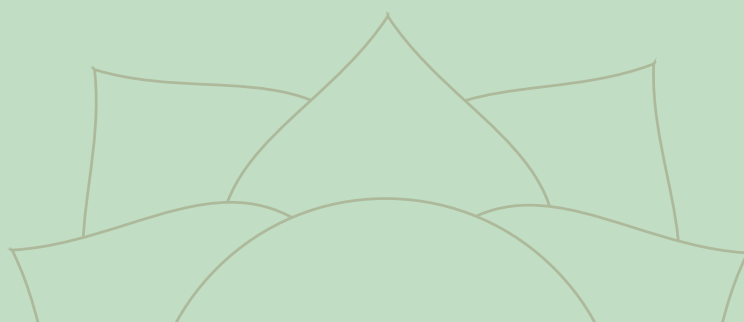
Cleansing of the nasal passages by irrigation with salted lukewarm water

Kunjla Kriya (30 minutes)

A technique for cleaning the digestive system by drinking lukewarm, salty water until the stomach gets full, and then intentionally vomiting it under guidance. It is an effective remedy for respiratory issues.

Laghu Shankha Prakshalana (120 minutes)

A complete intestinal wash by consumption of salt water which passes through the alimentary canal aided by specific yoga asanas.





ONLINE WELLNESS EXPERIENCES

Ananda offers a range of online sessions to continue your wellness journey while at home.

Ayurvedic Consultation

The process starts with filling out a detailed Wellbeing Assessment Questionnaire which is reviewed by our Ayurvedic Physician prior to the online consultation. The Ayurvedic consultation explores your physical, mental and emotional health to assess your unique prakriti of Doshas (Vata, Pitta and Kapha) that determines your body type and your current imbalances. The Ayurvedic physician then prepares a personalised programme of diet and; activity that will help bring about more balance, energy and peace to your mind and body

Yoga and Meditation

Individual online Hatha Yoga sessions specifically tailored for your needs. The instructor guides your awareness to specific areas to enhance your body's natural intuition with manual adjustments for correct practice of each asana. Guided Pranayama (yogic breathing) removes blockages from the subtle energy channels and enhances vitality and relaxation. Meditation classes teach various techniques like Yoga Nidra, Antar Mouna, Ajapa Japa and others to harmonize the mind and spirit.

Physiotherapy

Guided physiotherapy sessions, designed to help with chronic pain, postural and injury related issues. Starts with assessment of specific issues and followed by guided exercises for targeted resolution. Exercise charts are provided for ongoing management.

Emotional Healing

Comprehensive assessments, personalised therapy, counselling, and coaching leading to ongoing engagement for tangible results. These emotional healing sessions can be applied to benefit physical health, emotional and mental wellbeing, work and relationships. Reiki and Chakra Cleansing clear the energetic body removing blockages. Hypnotherapy, Inner child healing and Regression are used to delve into deep recesses of the mind to trace early formations for negative behaviours and address chronic ailments.

To purchase online session vouchers, please visit Ananda Live – Ananda Online Wellbeing Services on www.anandaspa.com





EXPERIENCES AROUND ANANDA

Treks

Explore the majestic Himalayan foothills through fascinating trekking routes. Your personal guide will customize the trek for you according to the terrain or experience you seek, be it at *Ranichauri*, *Kashmouli* or *Kunjapuri*.

Rafting

Experience the thrill of white-water rafting on the river *Ganga* with a range of rapids suitable for beginners as well as experienced adventure enthusiasts.

Wildlife Safari

Go on a wildlife safari at the *Rajaji National Park* to view Asiatic wild elephants, wild boar, deer and leopards. This park is also a haven for bird watching enthusiasts with more than 400 species of indigenous Himalayan birds.

Ancient Temples, Ashrams and Monasteries

In the cradle of Indian spirituality, immerse yourself with temple tours and experience devotional rituals, starting with the charming *Ganga Aarti* on the banks of the holy river at Rishikesh.

Other must visit sites are the *Virabhadra Temple*, *Gita Bhawan*, *Bharat Temple*, *Kailash Niketan Temple*, *Lakshman Temple*, *Neelkanth Mahadev Temple*, *Teramanzil Temple* and the *Mindrolling Monastery (Dehradun)*.

Take a trip down memory lane with the tour of the Beatles Ashram near Rishikesh, called *Chaurasi Kutiya*.



SPA PRICE LIST



TREATMENT	MINUTES	PRICE
<i>Ayurveda Consultations</i>		
Ayurvedic and Wellness Consultation	60	7000
Ayurvedic Lifestyle Recommendation	60	7000
<i>Ayurvedic Therapies</i>		
Abhyanga	55	9500
Abhyanga	75	11000
Marma Abhyanga	85	12000
Padabhyanga	55	9500
Podi Kizhi Sathailam (Choornaswedana)	55	9500
Ela Kizhi (Patrapindaswedana)	55	9500
Shirodhara	55	9500
Janu Vasti	55	9500
Uro Pichu	30	5000
Kati Vasti	30	5000
Pristha Pichu	30	5000
Greeva Pichu	30	5000
Tan Lepa	55	9500
Mukh Lepa (Ayurvedic Facial)	55	9500
Udwarthana	55	9500
Prishta Vamsha Therapy	55	9500
Pizhichil	55	11000
Traditional Ayurvedic Head Massage	30	5000





TREATMENT

MINUTES

PRICE

Yoga Consultation	30	4500
Hatha Yoga	60	6500
Pranayama	30	5000
Advanced Pranayama With Bandhas	45	5500

Meditation

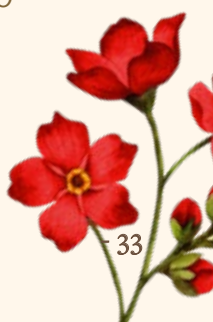
Yoga Nidra	45	5500
Chakra Shudhhi	45	5500
Antar Mauna	45	5500
Ajapa Japa	45	5500
Chidakasha Dharana	45	5500
Trataka	30	5000

Emotional Healing

Emotional Healing Consultation/Therapy	90	11500
--	----	-------

Oriental Therapies

TCM Consultation	60	7000
Acupuncture	55	11000
Moxibustion	55	11000
Reflexology	55	11000
Cupping	55	11000
Tibetan Ku Nye Massage	85	11000
Kundalini Back Massage	85	11000
Manipura Massage	85	11000
Traditional Thai Massage	85	11000
Shiatsu	55	8500
Shiatsu	85	11000
Reiki Healing	55	8500





TREATMENT	MINUTES	PRICE
<i>International Experiences</i>		
Ananda Touch	30	5000
Stress Release	55	8500
Stress Release	85	11000
Aromatherapy	85	11000
Deep Tissue Massage	55	8500
Deep Tissue Massage	85	11000
Ananda Fusion	55	8500
Ananda Fusion	85	11000
Earth Stone Massage	75	10000
Indian Head Massage	55	8500
Aromatherapy Hot Oil Treatment	45	7500
Hydrotherapy Aromatic Bath	30	5000
Infra Red Sauna	30	3500

Exfoliation and Wrap Experiences

Grounding Salt Scrub	45	7500
Invigorating Salt Scrub	45	7500
Detoxifying Salt Scrub	45	7500
Spice Salt Scrub	45	7500
Wild Rose Salt Scrub	45	7500
Ancient Indian Body Mask	85	11000
Aroma Cocoon	85	11000
Energising Earth Wrap	85	11000

Facial Experiences

Ananda Royal Facial	85	11000
Amethyst Rejuvenation	85	11000
Rose Quartz Glow	85	11000
Mountain Dew Skin Refreshner	75	10000
Himalayan Honey & Rose Facial	75	10000
Eye Rejuvenator	30	5000
Age Defy Lymphatic Drain & Sculpt Facial	90	12000
Supreme Skin Brightening Facial	90	12000



TREATMENT	MINUTES	PRICE
<i>Physiotherapy</i>		
Physiotherapy Consultation	30	4500
Physiotherapy Session	60	9000
<i>Fitness</i>		
Fitness Evaluation	30	4500
Personal Training	55	6500
Boot Camp	55	6500
Aqua Fitness	45	6500
<i>Activities</i>		
Golf Round (6 holes)	60	4000
Sound Healing	60	10000

Prices and services are subject to change without prior notice.
Taxes are not included on the above prices. Taxes as applicable.

