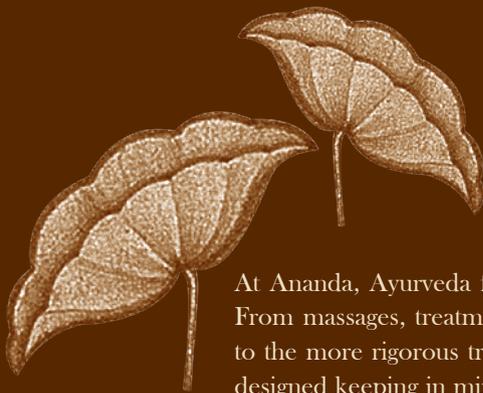


*Swirled in the sacred mists of time, nestled in the Himalayas is Ananda, a world class Destination Spa. Once the residence of the Maharaja of Tehri-Garhwal, it is dedicated to those searching for peace, harmony and wellbeing. Grounded in Ayurveda, Yoga and Vedanta and combined with contemporary international experiences which enhance and augment the original, Ananda is the ultimate escape from the mundane to the spiritual, where every corner spells harmony and every colour soothes the senses. Breathe in the colours of Spirituality and feel the vibrations that enhance every nuance of the 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.*





At Ananda, Ayurveda forms an intrinsic part of the wellness regime for the guests. From massages, treatments and specialized diet programme to fulfill personal goals 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 for the ancient Hindus was that there is no dividing line in human personality between the mind and the body. The mind is body and the body is 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 ( 30 minutes )

The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (the three dynamic living forces) that determines your body type and your current imbalances. The Ayurvedic physician then prepares a sequence of experiences and a programme of diet and exercise according to your body type that will help bring more balance, energy and peace to your entire being.

### AYURVEDIC LIFESTYLE RECOMMENDATION ( 30 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 the tips and take-home information on your lifestyle and dietary changes that will bring balance into your daily life so that your continuing commitment to your wellbeing can bring you back to a state of vibrant health and radiance.



## **ABHYANGA** ( 55 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.

## **PIZHICHIL** ( 75 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.

## **CHOORNASWEDANA** ( 55 minutes )

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

## **SHIRODHARA** ( 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, and normalizes sleep patterns and blood pressure.

## **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, scalp psychological and stress related conditions.

## **UDWARTHANA** ( 45 minutes )

A deep, dry massage using herbal powders which stimulate the hair follicles assisting to break down the body's excess subcutaneous fat. This massage aims to address obesity and mobilizes toxins. Beneficial for firming and toning.

## **MUKH LEPA** ( 55 minutes )

For centuries Mukhlepa 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 beauty within.

## **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, replenishing the body with essential minerals.

## **TARPANA** ( 30 minutes )

Medicated ghee is retained in the eye with the help of a besan powder reservoir. This experience has a cooling effect on irritated and stressed eyes. Tarpana will relieve eyestrain; improve eyesight, and other eye disorders.

## **GANDUSA** ( 30 minutes )

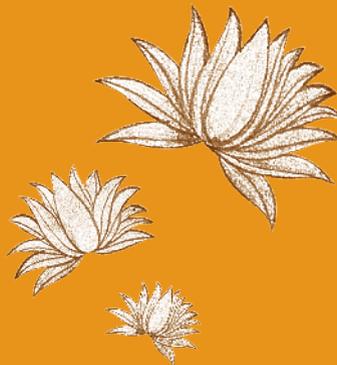
This experience involves the retention of medicated oil or decoction in the mouth for a few minutes. Gandusa is good for cleansing, detoxifying and aids in mouth, voice, gum and tooth disorders. Gandusa addresses bad breath, whilst improving the flexibility of facial muscles.

## **KAVALA** ( 30 minutes )

Requires the retention, movement and gargling of medicated oil or decoction in the mouth for few minutes. This simple and soothing treatment is highly beneficial for disorders of throat and mouth whilst improving the voice.

## **KATI VASTI** ( 30 minutes )

Practiced to ease pain in the spinal area. A small circle of paste made from black gram or wheat flour is placed strategically on the spinal area. Warmed oil is then poured into the depression created by the ring of paste. This soothes muscular tissue, alleviates pain and lubricates the discs and nerves.



## ANANDA RASAYANA

The Rasayana group of Ayurvedic experiences is designed to improve the immune system through a series of individualised routines crafted in combinations that strengthen the body's defense system. Rasayana nourishes the mind, body and soul with the ultimate goal of overall wellbeing.



### SNEHA VASTI ( 30 minutes )

The main seat of Vata dosha is Pakwashaya (Large intestine). Oil enemas are used to access this area and relieve Vata related disorders such as constipation, neurological ailments, flatulence, lower back ache, gout and rheumatism. Sneha Vasti nourishes and rebuilds the body tissue.

### KASHYA VASTI ( 55 minutes )

An enema normally administered after a course of Sneha Vasti. Kashaya Vasti nourishes and rebuilds the Dhatus (body tissue), strengthens their function and restores the body's immunity. Whilst being highly nutritive, this enema helps to remove accumulated malas (toxins) from the colon.

### NASYAM ( 30 minutes )

Instillation of medicated oil into the nostrils after massaging and inducing sweating to the upper portion of the body from the shoulders. During this process the areas around the nose, neck and shoulders are massaged continuously. This treatment is highly effective for cleansing of sinuses and treating migraines, chronic colds, headaches and chest congestion.

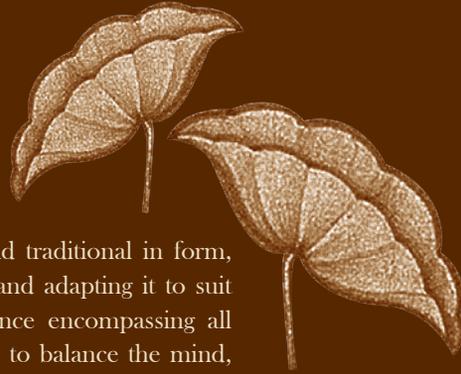
## TALAPODHICHIL ( 45 minutes )

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

## UROVASTHI ( 30 minutes )

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





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 in different ways and levels to balance 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.

## YOGA CONSULTATION ( 30 minutes )

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

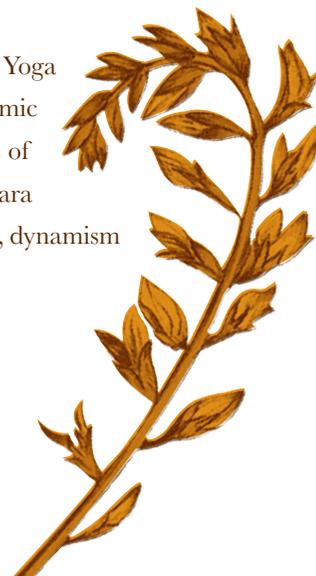
## HATHA YOGA ( 60 minutes )

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.

## GATYATMAK YOGA ( 60 minutes )

*( A process to experience the vibrant self )*

Gatyatmak Yoga offers a challenge to intermediate and advanced levels of Yoga practitioners. The traditional Hatha Yogic postures chosen in the session are dynamic in nature. The entire session revolves around two traditional dynamic sequences of postures known as Surya Namaskara (Sun Salutation) and Chandra Namaskara (Moon salutation). These two highly effective practices focus primarily on rhythm, dynamism and vitality of the body-mind system.





## **KRIYA YOGA** ( 75 minutes )

*( A process of unleashing psychic energy )*

The very word Kriya means activity or movement, and in this context activity or movement of awareness or consciousness. Kriya Yoga in relation to the Hatha Yogic techniques such as asana (posture), Pranayama (breath-control), Mudras (yogic gestures), Bandhas (yogic energy locks) and various other yogic Shatkriyas (cleansing practices), unleashes and channelises the physical and more subtle psychic energies to attain the state of optimum health and spiritual awakening.

## **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 very intense practice. It activates and regulates the 'life force' or prana and helps one to attain and experience higher state of vibratory energy.

## **PRANAYAMA** ( 30 minutes )

A stressful life-style 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 enhances the level of vitality and relaxation.



MEDITATION offerings at Ananda include guided meditation and relaxation techniques, which are grounded in ancient Indian Traditions and yet practical for modern needs.

Enabling you to relax and rejuvenate the entire body-mind system, and establish harmony at the physical, mental and spiritual levels.

## **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, practitioner is on the threshold of 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 very 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 helps to solve the different issues related with the chakras, which bring 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 mind and develops skills to manage it. This meditation technique gives a deep insight into the area of mental tensions and emotional turbulence and helps one to take a step towards inner understanding and henceforth 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. 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 the 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 the awareness from the gross sensorial plane to subtle psychic and pranic dimensions.

## **HRIDYAKASHA DHARANA** ( 45 minutes )

*( Refinement of emotional energy )*

In Sanskrit hridaya means 'heart'. Here heart represents the centre of subtle feelings and emotions. This highly psychotherapeutic technique of meditation allows releasing the suppressed impressions. This helps us to transcend the limitations of the limited mind and emotions and hence attain a state of emotional stability through inner exploration of the feelings.

## **TRATAKA** ( 30 minutes )

*( Candle Meditation )*

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





## SHUDDHI KRIYAS “CLEANSING PRACTICES”

From time immemorial, purity of mind and body has played an important part in the journey towards perfect health. Hatha Yoga is based on the premise that ‘purity of body, brings about purity of the mind’. Towards this end we bring you some well known Yogic cleansing experiences.

## **KUNJAL KRIYA** ( 30 minutes )

A commonly used yogic practice to cleanse the digestive tract between the stomach and mouth. Kunjal helps expel excess mucus, helping to remedy cough and cold, bronchitis, asthma and other respiratory disorders.

## **JAL NETI** ( 30 minutes )

Jal Neti means the practice of cleansing the nasal passages by irrigation with salted lukewarm water. Neti helps to relieve sinus problems, improve eye-sight and relieves the condition of allergies.





No spa programme is complete without the fascinating global combine of complete wellness offered by blending the best-known experiences garnered from every corner of the world.

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 Spas from the practices of Europe, the spiritual teachings from the Masters of Japan, have all been brought together new ways in the form of revitalising experiences such as the sensuous Aromatherapy, the deeply relaxing Earth Stone massage, the gentle healing touch of Reiki, the pressure points and tension release work of Reflexology. These are but a few of the experiences that help to revitalize and rejuvenate.



## MASSAGE EXPERIENCES

Forgotten senses come gently back to life through the healing touch of hands that impart wellbeing.

## **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.

## **REFLEXOLOGY** ( 55 minutes )

Reflexology is performed 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, the slightest touch can have a marked effect on a persons overall well being, stimulating reflex points to restore energy flow to the body as a whole.

## **SWEDISH MASSAGE** ( 55-85 minutes )

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body, increases circulation, removes metabolic waste products, and can help the recipient obtain a feeling of connectedness.

## **AROMATHERAPY MASSAGE** ( 85 minutes )

A holistic experience based on the application of carefully blended essential oils in a nourishing vegetable base using lymphatic and pressure point massage techniques to maintain and promote physical, psychological, and spiritual well-being. Choose from grounding, invigorating, detoxifying, Ananda spice, wild rose or stimulating oils, to intensify the therapeutic effects of this age-old treatment.





## DEEP TISSUE MASSAGE

( 55-85 minutes )

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax chronic tension.

## ANANDA FUSION ( 55-85 minutes )

The signature massage from Ananda in the Himalayas - this has been crafted by our specialists to cater to an individual's personal needs. A fusion of Thai, Reflexology, Aromatherapy, Deep tissue, Tibetan and Swedish massage techniques are applied to create a massage with a powerful therapeutic effect specific to and individual's personal requirements. Blended essential oils, Hot Tibetan Poultices, Ayurvedic dosha specific oils, peppermint foot lotions and sea salts infused with indigenous essential oils are selected by the therapist to match the requirements of the guest.

## **TRADITIONAL THAI MASSAGE** ( 85-115 minutes )

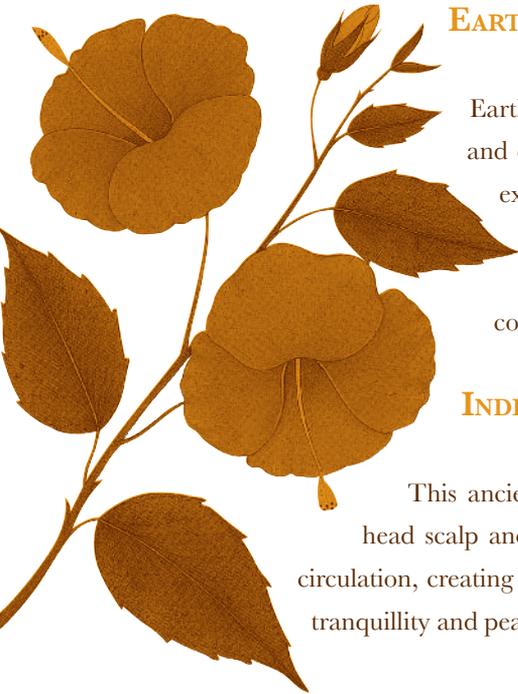
Traditional Thai Massage, also known as Passive Yoga, combines gentle rocking and rhythmic compressions with targeted point pressure and assisted yoga stretches. Thai massage revitalizes both body and mind and balances the energy flow within. The therapist will tailor each treatment to meet your individual needs.

## **EARTH STONE MASSAGE** ( 75 minutes )

Earth Stone is a deep powerful form of massage, improving posture and circulation. Allow the warmth of hot basalt stones to give a deeper experience creating 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 leaving you in a state of tranquillity 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, improving the hydration and elasticity of the hair. This treatment is excellent for dry, dehydrated and sensitive scalp as well as improving the condition of your hair.

## **\*TIBETAN KU NYE MASSAGE** ( 75 minutes )

Tibetan massage focuses on lymphatic drainage; acupressure and meridian work using Hot Himalayan salt poultices infused with cardamom, lavender and jatamansi over the back, legs, chest, finishing with a wonderful head massage not forgetting the body's meridian energy channels. The aim of this treatment is to restore the nervous system and stimulate a free flow of energy within the body.

## **\*TIBETAN RITUAL** ( 115 minutes )

A Tibetan massage to balance the 5 elements and restore a harmonious flow of energy and vitality. A blend of 5 essential oils, chosen to balance the 5 elements combines beautifully with Tibetan techniques of cupping, kneading and acupressure with hot herb poultices.

## **\*KUNDALINI BACK MASSAGE** ( 85 minutes )

Kundalini – a female goddess of awareness in the form of a coiled snake – is the dormant energy in 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 is deeply soothing, relaxing and balancing to the whole nervous system thanks to 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 applying Himalayan herb poultices applied to the 10 petals of the solar plexus. This is a unique body massage combining various techniques to harness and restore the energy of the body.

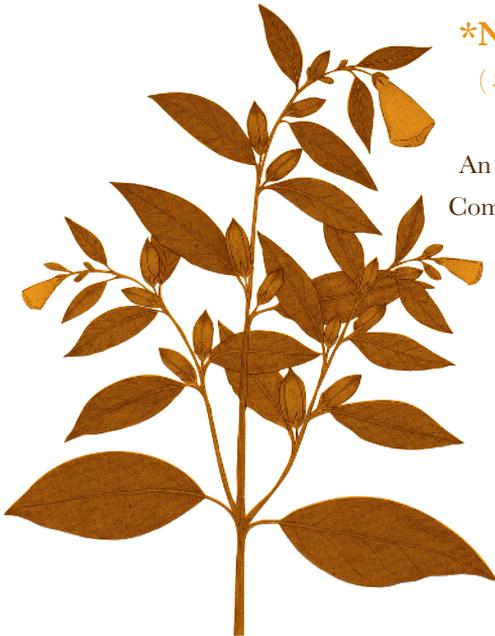
### **\*COUPLES CONNECT** ( 115 minutes )

This experience for two uses the most exquisite oils of Rose (the oil of love), Orange Blossom (for bliss), and Jasmine (for stimulating the flow of love) which, when combined, result in a beautiful connection of mind, body and spirit. Experience the ambience of the mystique of the Kama Suite and escape from the mundane to the spiritual.

### **\*NURTURING EXPECTANT MOTHERS EXPERIENCE**

( 55-85 minutes )

An experience with herbal extracts of Lavender, Chamomile and Comfrey in Rosehip Seed, Pomegranate and Argan oil, bringing peace, balance stillness, nurturing and harmony. Warm Himalayan and herbal poultices with lavender are gently massaged in to marma and meridian points for deeper relaxation and wellbeing.





### EXFOLIATION AND WRAP EXPERIENCES

Scrubs are the ideal way to begin any 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; improve blood circulation vitality and elasticity of the skin.

## ANCIENT INDIAN BODY MASK ( 55 minutes )

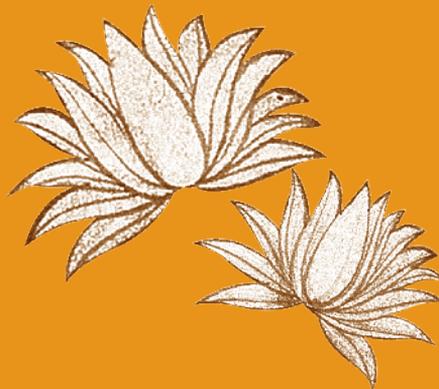
Enjoy the benefits of a clay mask especially formulated for the Spa at Ananda, using ancient herbs and spices. The warming and soothing effects of Ginger and Cardamom enhance the natural healing abilities of the body. Feel revived, nurtured and rejuvenated.

## AROMA COCOON ( 85 minutes )

The ultimate in relaxation! Feather light lymphatic drainage movements using a blend of grounding, invigorating, detoxifying, Ananda Spice, Wild Rose, or stimulating essential oils, cocooned in a warm blanket to enhance the absorption of the chosen blend into the skin. We complete with an application of warmed cream to seal the moisture into your skin. The ultimate in relaxation.

## 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 using the pure elements of the energising qualities of mother earth.



### **GROUNDING SALT SCRUB** ( 45 minutes )

Essential oils of Rose, Vetiver and Sandalwood infused into natural sea salt help to 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, mentally and physically stimulating.

### **DETOXIFYING SALT SCRUB** ( 45 minutes )

Essential oils of Grapefruit, Cypress and Juniper are infused into natural sea salt, 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. Warming and soothing, 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 help to balance mind, body and soul.



## **MOGRA SALT SCRUB** ( 45 minutes )

Essential oil of Mogra (Indian jasmine) infused into natural sea salt assists to tone dry, greasy, irritated and sensitive skins.

## **LEMON GRASS AND GINGER SALT SCRUB** ( 45 minutes )

Essential oils of Lemon Grass and Ginger infused into natural sea salt help to cleanse and warm the skin, uplift the mind and nurture the soul.

## **\*NURTURING EXPECTANT MOTHERS SCRUB** ( 45 minutes )

A delicious scrub made with fresh Honey, Rosehip Seeds and Rose Water that gently exfoliates the skin and restores balance and energy.





## HYDROTHERAPY

At Ananda we use pure Himalayan Spring Water for all our Hydrotherapy treatments harvested from the mountains which surround and over look Ananda in the Himalayas. Hydrotherapy in combination with pure essential oils relaxes, detoxifies or invigorates the body, improves strength while boosting immunity, circulation, metabolism and aiding in the body's healing process.

## **HYDRO AROMATIC BATH** ( 25 minutes )

Blends of tranquillity, invigorating, detoxifying or spice essential oils are added to the bath to suit your specific needs.

## **STIMULATING JET BLITZ** ( 20 minutes )

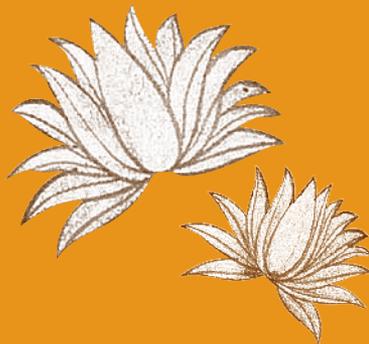
A high-pressure shower jet is directed at the body to activate circulation and re-contour the body. Recommended for mobilising fat stores and reducing cellulite.

## **JET LAG HYDRO MASSAGE** ( 25 minutes )

A 20 minute programme is selected as part of this deeply relaxing Himalayan spring water bath. A 10 minute under water lymphatic massage is performed to assist in easing muscle tension and relaxing stiff joints along with improving the body's overall elimination of toxins. This experience includes a relaxing scalp massage.

## **GANGES BLITZ** ( 55 minutes )

A deluxe Himalayan spring water jet treatment begins with a salt scrub, followed by an energizing, high-pressured water jet massage. You will feel totally revitalized and rejuvenated.





## FACIAL EXPERIENCES

Crystals, stones, pure essential oils, organic creams, Ancient Tibetan oils, Organic Sea Buckthorn, Honey, Aloe Gels, Rose distillate and vegetable oils, combined with chakra balancing and ancient Indian beauty rituals make facials at Ananda, the ultimate in rejuvenation.

## ROSE QUARTZ GLOW ( 75 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.

## AMETHYST REJUVENATION ( 75 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.

## \*TIBETAN KU NYE FACIAL ( 75 minutes )

Ancient Tibetan oil and Organic Sea Buckthorn bestow cellular rejuvenation, improving microcirculation to the skin aiding in the anti-ageing process. The Tibetan Ku Nye facial balances our core energy. Beginning with a Rose Hip Scrub to exfoliate and prepare the skin for the sea buckthorn elixir. Deep lymphatic drainage and acupressure with hot stones restores a glowing radiance to the skin. A Lavender and Honey mask completes the experience.



### **\*VISHUDDHA HARMONISING FACIAL** ( 55 minutes )

Vishuddhameans ‘extremely pure’ .The 16 petals of the throat chakra are reflected on the face. Rose oil is the medium for healing and combined with ancient marma massage and light nurturing stokes this facial purifies and opens up the energy field of the face and neck. It works to remove blockages and stimulate the flow of energy along the pathways of the face and so prepare them to receive the prana and light. This facial awakens the blissful higher energy in the body as well as restoring beautiful and glowing skin.

### **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.

### **HIMALAYAN HONEY AND ROSE FACIAL** ( 55 minutes )

This This stimulating and refreshing facial uses a blend of Sandalwood and Rose essential oils. Pure honey 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.

### **MOUNTAIN DEW SKIN FRESHENER** ( 70 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.

### **THE HIMALAYAN EXPRESS** ( 25 minutes )

The Himalayan express is a quick confidence booster and skin brightener. A gentle yet firm massage tones tired face muscles while special uplifting blended creams/oils and distillates cleanse, tone and moisturise, leaving you looking your absolute best.



### HEALING EXPEREINCES

When the mind is at peace and at one with the body, healing is accelerated. Crystals energised in the Himalayan moon light and cleansed in the waters that flow from the source of the Ganges river, surrender their energy and healing powers to the being, calming the mind, balancing the chakras and cleansing the being of negative thoughts and energy, thus assisting an individual on the road to total well being.



### **CRYSTAL THERAPY** ( 45 minutes )

Feel your senses come alive when the crystal energy washes over your chakras like a river of colours, filling your whole being with renewed vibrancy and pure energy. Stimulating your mind, yet relaxing your body. Breathe in the vibrant red, orange, and yellow of the crystals. Feel comforted and embraced whilst the Rose Quartz works on your emotions.

### **REFLEXOLOGY WITH CRYSTAL ENERGY** ( 75 minutes )

As your reflex points relax to the external stimulation of pressure point work, allow the pure energy of the crystals to float into your chakras, releasing negative energy thus allowing your being to begin the healing process. Embrace yellow Citrine to bring enlightenment, or take into your being the pink energy of loving Rose quartz to bring about total equilibrium.

### **REIKI HEALING WITH CRYSTALS** ( 75 minutes )

A powerful and cleansing experience, using crystals that are a gift from the earth and as such work in unison with all living things. They help to awaken the mind, body and spirit. This is a wonderful experience for you, where two great energies work in harmony together.

## **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 energy blockages within 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, mind, emotions and spirit into balance. For many, Reiki opens the door to positive change and can offer support for many types of illnesses.

## **CHAKRADHARA** ( 75 Minutes)

This balancing and calming experience uses the flow of luke warm herbal oils over the chakras whilst incorporating a specific Marma point massage to restore vital energy flow and balance the fluctuation of each chakra.

## **HOPi EAR CANDLING** ( 45 minutes )

Hopi Ear Candling is a wonderfully cleansing and relaxing experience. Enjoy the subtle scents of spicy American Indian herbs and the soft crackle of the ear candle flame as it clears blockages within the ear canal. An intensely pleasant experience, bringing peace of mind and harmony to the body as a whole. This experience incorporates a reflex point facial massage which assists to clear congestion, wax build up, tinnitus, sinus problems, and migraine. An excellent post-flight remedy to help balance the ears.



FINISHING  
TOUCHES

### **HONEY AND ROSE MANICURE** ( 55 minutes )

This indulgent manicure is designed to leave your hands looking polished and pristine. With all the benefits of the express manicure including a delightful wrap of honey, sunflower oil and rose, which exfoliates and hydrates the skin and includes a deeply therapeutic hand massage.

### **EXPRESS MANICURE** ( 30 minutes )

Let your hands be cared for the nurtured, giving them a new lease of life. This treatment includes nail shaping, cuticle work and an optional application of nail polish complete the experience.

### **PEPPERMINT, ORANGE AND EUCALYPTUS PEDICURE** ( 75 minutes )

This indulgent pedicure is designed to leave your feet looking pristine and feeling invigorated.

### **EXPRESS PEDICURE** ( 45 minutes )

Let your feet and legs be invigorated with a sea salt scrub giving them a new lease of life. This treatment includes cuticle work, light removal of calluses, relaxing foot and leg massage and the optional application of nail polish.

### **WAXING**

Half legs or arms, Full legs or arms, Underarms or Bikini line.

### **EYEBROW THREADING** ( 20 minutes )

Tidy up your eyebrows, with a special threading technique from India. It will frame your face and leave your brows looking well groomed.



### **FITNESS CONSULTATION AND ASSESSMENT** ( 30 minutes )

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

### **BODY COMPOSITION ANALYSIS** ( 30 minutes )

A useful, scientifically based tool used to assess the composition of your body tissue and recommend your target weight and lean body mass percentage.

### **PERSONAL TRAINING** ( 55 minutes )

Participate in personal training with the fitness expert whom 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 maximise your use of the Ananda facilities.

### **PRIVATE SESSION ABS, LEGS AND BUMS** ( 30 minutes )

Work out concentrates on your abs, legs and bums.

### **PRIVATE SESSION ON THE FIT BALL** (45 minutes)

All exercises using the fitness ball.



\*These experiences have been created as signature treatments for Ananda in the Himalayas by **Ila**

**Ila** is the Sanskrit word for earth, and the name of the Hindu goddess associated with earth, flow, refreshment, and the source of well-being.

**Ila's** philosophy is encapsulated in three words: "Purity, Energy and Balance". Their skincare range is 100% natural and free of man-made chemicals and contains a rare level of energy, which is achieved by sourcing the finest ingredients directly from local producers who farm and harvest the raw ingredients in harmony with nature.

**Ila's** artisan skincare products are hand blended in a consciously created peaceful and loving environment. This ensures that the finished holistic products hold all of the pure energy from nature, which nurtures our spiritual well being.



Surrounded by nature, Ananda offers all the chance to combine age old traditional forms of treatments in an amazing environment filled with, natural sunlight, mountain bamboo, bird song and running water, racing and caressing rocks and boulders, as it finds its way towards its final destination, the Holy Ganges River.

Walk amongst the trees, amble up the foot hills, gaze across the snow capped Himalayan mountains, step into the cool waters of pristine rivers having their source in the historic Himalayan glaciers...Nature at its purest, this is Ananda!

This reservoir of experiences has been brought together to compliment each other in every conceivable way, each sensitively selected for its direct effect on the mind, body and spirit; experiences that we, at Ananda, wish all to imbibe and understand and which will continue with you on the journey to total well being and health.

May all take back what Ananda represents...

*“ Walking barefoot through grass, feeling the coolness and moisture of the morning Himalayan mountain dew; stopping by a clear fresh stream, flowing over smooth rocks; dipping your toes in fresh water and listening to the voice of the mountains speaking to you in silence.*

*Allow the light and warmth of the sun to permeate you. Breathe in the pure clean Himalayan air. Imagine nightfall and the full moon and gaze up at the myriad stars, allowing yourself to drift off into the solar system; floating back to earth once again, to walk barefoot through the grass and feel the morning Himalayan dew between your toes...*

*Refreshing, revitalising, rejuvenating ...”*

Colin Hall,  
Corporate Head of Spa Operations  
IHHR Hospitality Pvt. Ltd.

