


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.



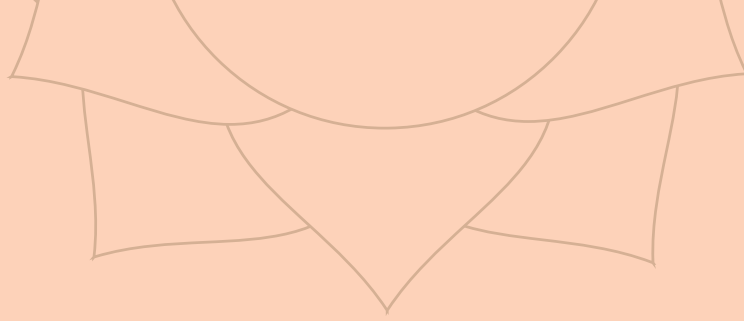
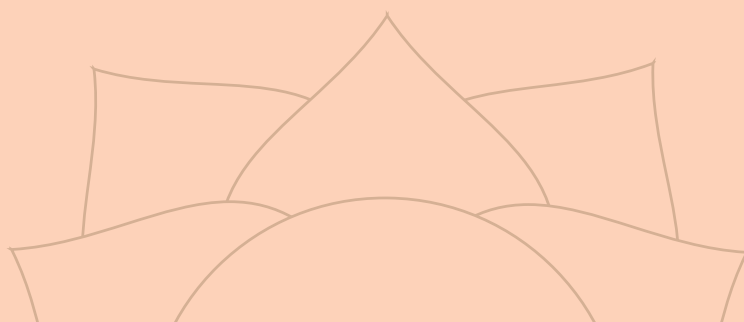


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SPA ETIQUETTE

Our programmes incorporate a combination of Ayurvedic, Yogic and International spa therapies. We suggest that you contact the spa to discuss and plan your schedule. Our spa consultant will guide you and recommend the treatment most suited to you. Your spa consultation will also include the duration and number of treatments you can have and the sequence in which to have them in order to get maximum benefit.

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.

Health Considerations

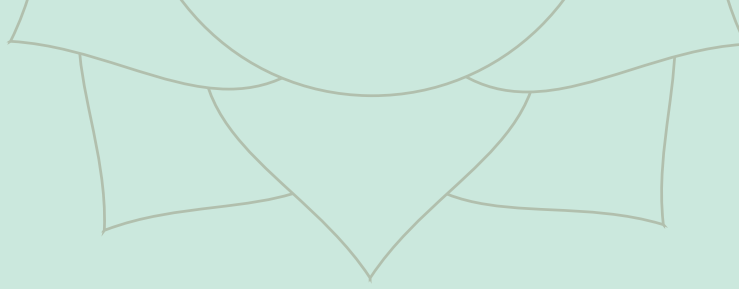
A medical questionnaire will have to be filled by you prior to all spa treatments. Please be sure to notify the spa consultant if you suffer from any physical ailments, or if you are pregnant. No treatment can be offered to pregnant ladies within the first 16 weeks of pregnancy and thereafter only selective treatments after consultation. Minimum age for spa therapies is 18 years.

Appointments & 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.



Other Suggestions

- Schedule your treatments in advance, as the spa gets busy.
- 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. Post 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.
- Our ultimate aim to is to provide you with an unforgettable and totally stress-free experience. We hope you will maximize your visit to the spa and enjoy the services on offer.





AYURVEDA EXPERIENCES

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 to help you understand your unique energetic constitution or combination of Doshas (Vata, Pitta and Kapha) that determines your body type and your current imbalances. 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 (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.





AYURVEDIC THERAPIES

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.

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.

Naranga Kizhi (also known as 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.

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.





AYURVEDIC THERAPIES

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, 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 loss, 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 mobilizes toxins and is beneficial for firming and toning.

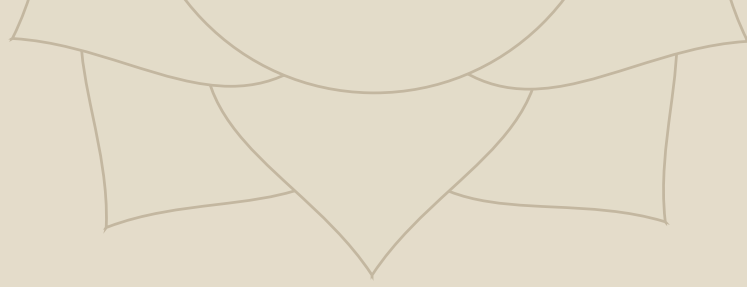
Janu Vasti (30 minutes)

The Janu Vasti Ayurvedic treatment involves the use of warm herbal oils over the affected area using black gram flour, followed by a gentle massage. The medicated oil used in the treatment 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 knee joints as well as promotes blood circulation in the knee area.

Urovasthi (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 strategically over the chest area. This soothes muscular tissue, alleviates discomfort and balances the mind-body connection.





Kati Vasti (30 minutes)

Practiced to ease pain in the spinal area. A reservoir made of black gram or wheat flour is placed strategically on 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 Vasti (30 minutes)

Pristha Vasti 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 region after a soothing, gentle massage.

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.

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 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 glow from within.





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)

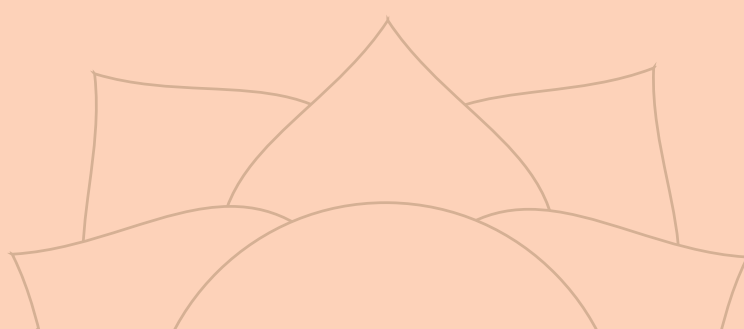
The main seat of Vata dosha is Pakwashaya (Large intestine). Oil enemas are used to access this area and relieve Vata related disorders such as constipation, neurological ailments, flatulence, lower back ache, gout and rheumatism. Sneha Vasti nourishes and rebuilds the body tissue.

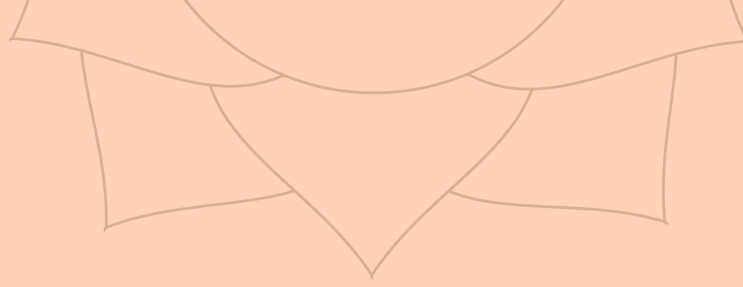
Kashya Vasti (55 minutes)

In this detoxifying treatment, Kashaya Vasti is carried out after a course of Sneha Vasti. In Kashaya Vasti, otherwise known as herbal decoction enema, therapists use medicated oil, honey, rock-salt as well as a herbal paste to prepare a homogenous mixture that is introduced in the body through the rectum. This Ayurvedic therapy provides relief in conditions of vata imbalance like sciatica, neurological ailments and rheumatism. Harmful toxins and impure doshas are flushed out through the intestinal tract to purify the system through this treatment. It relieves the body from tension, pain and swelling.

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.





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.

Gandusa (30 minutes)

This experience involves the retention of medicated oil in the mouth for a few minutes. Gandusa is good for cleansing, detoxifying and aids in mouth, voice, gum and tooth disorders. It 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.







YOGA & MEDITATION EXPERIENCES

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.



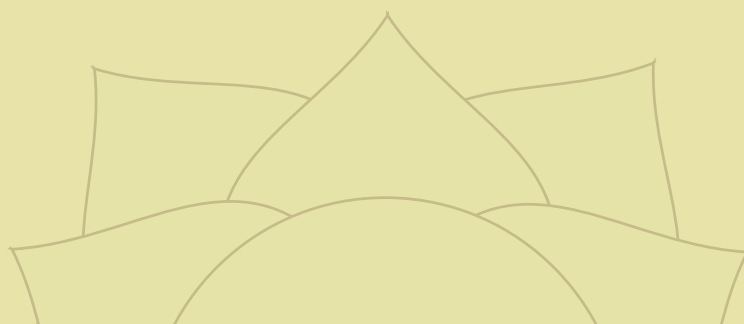
YOGA EXPERIENCES

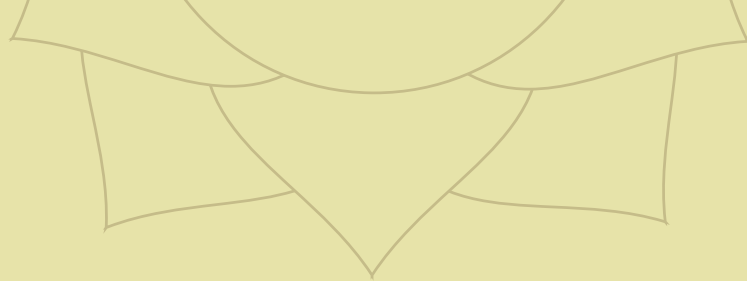
Yoga Consultation (30 minutes)

Our experienced Yoga teachers are trained to adapt the modalities to your personal objectives and goals. They will then 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.





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 a 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 a very intense practice. It activates and regulates the 'life force' or prana and helps attain a 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 promotes relaxation.



MEDITATION EXPERIENCES

Meditation at Ananda includes a 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 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)

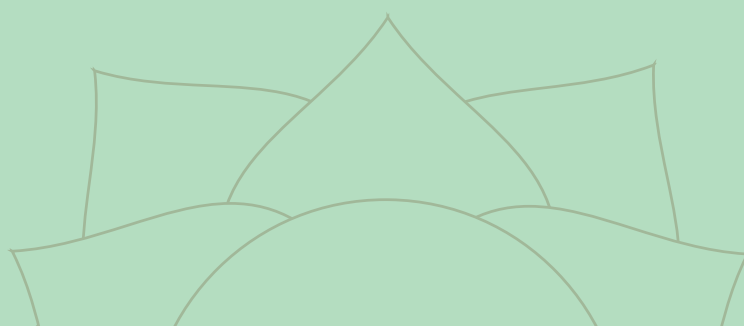
A Chakra cleansing technique

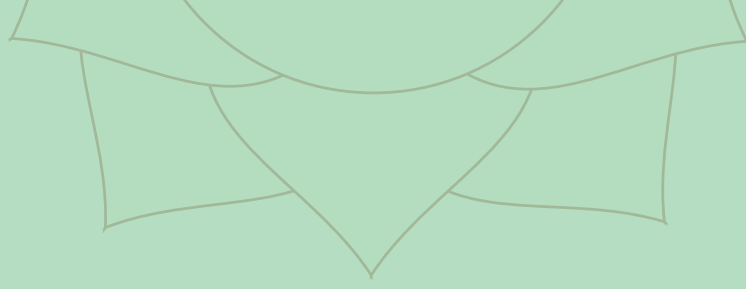
Chakra Shuddhi means ‘purification of the energy/psychic centres’. It is one of the most important techniques of Kundalini Yoga. Chakras are the subtle energy centres present in the psychic body. Chakra Shuddhi cleanses the entire chakra system through guided awareness and psychic mantras. It brings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

Hridayakasha 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 mind/emotions and hence attain a state of emotional stability through inner exploration of feelings.

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.



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.

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, allergies and improves eye-sight.

Kunjla 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.

Laghoo Shankha Prakshalana (90 minutes)

Laghoo Shankha Prakshalana (yogic intestinal cleansing) is one of the Hatha Yogic Cleansing Techniques called Shatkriyas. This is a non-invasive technique of complete intestinal wash or cleansing. LSP is a very simple, natural and effective procedure to encourage a good bowel movement. It encourages natural peristaltic movement of the intestine, sphincter muscle and nerves of the digestive tract in order to enhance the cleansing process. It alleviates digestive problems like indigestion, gas, acidity and constipation, obesity, high blood cholesterol, and high lipid levels. It is a complete detox program in itself, after which any treatment or activity can be undertaken, providing there is no over exertion.





HEALING EXPERIENCES

When the mind is at peace and at one with the body, healing is accelerated.

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 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, mind, emotions and spirit into balance. For many, Reiki opens the door to positive change and can offer 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, 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.





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)

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.

Swedish Massage (55 / 85 minutes)

Unlike conventional Swedish massages, we use stimulating and invigorating pure essential oils of orange, peppermint and eucalyptus in the manipulation of the superficial layers of the muscles against the bone. This full-body massage relaxes the body, increases circulation, removes metabolic waste products, opens up the respiratory tract and helps the recipient obtain a feeling of 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. In deep tissue massages, there is less emphasis on pleasure and more focus on altering structure and muscle restriction that are the primary goals. The alleviation of pain, bringing about better posture, more flexibility and fluid movements are potential goals that are possible to achieve with deep tissue massages. Deep tissue massage is especially recommended for most forms of chronic muscle tension, regardless of its source. It is generally effective with persons who complain of overall body tension due to stress or over exertion. It can also produce significant relief in other specific areas of chronic tension in the body.

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 a powerful therapeutic effect specific to the recipient's personal requirements. Hot poultices are applied to balance the body. Our signature body oil, 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.

Traditional Thai Massage (85 / 115 minutes)

Traditional Thai Massage, also known as passive yoga, combines gentle rocking and rhythmic compressions with targeted pressure points 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. Kindly opt for light clothing, such as kurta pajamas, to wear during this treatment.

Earth Stone Massage (75 minutes)

Earth stone is a deep powerful form of 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 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.

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 has a strong reputation for reducing stress improving circulation and boosting the immune system. It also appears to have sedative effects and may alleviate insomnia. In a broader sense, Shiatsu is believed to enhance physical vitality and emotional well being.



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)

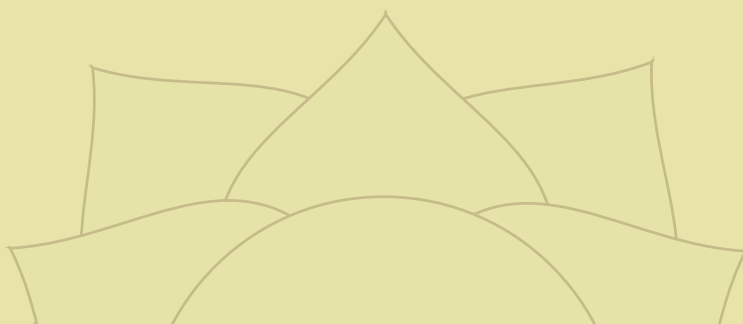
Essential oils of grapefruit, cypress and juniper are infused into natural sea salt, which is especially good for cleansing and fighting cellulite.

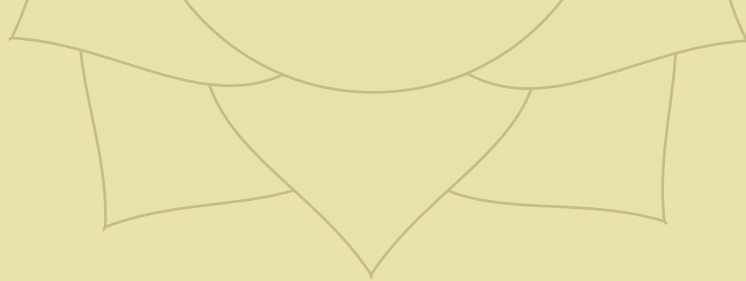
Spice Salt Scrub (45 minutes)

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.





Mogra Salt Scrub (45 minutes)

Essential oil of mogra (Indian jasmine) infused into natural sea salt assists in toning dry, greasy, irritated and sensitive skin.

Ancient Indian Body Mask (55 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 lymphatic drainage movements are induced using a blend of grounding, invigorating, detoxifying, spice, wild rose, or stimulating essential oils. The recipient 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.



HYDROTHERAPY

At Ananda we use pure Himalayan spring water for all our hydrotherapy treatments harvested from the mountains which surround Ananda in the Himalayas. Hydrotherapy in combination with pure essential oils relaxes, detoxifies, 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 invigorating, detoxifying or spice bath 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.







FACIAL EXPERIENCES

Crystals, stones, pure essential oils, organic creams, ancient Tibetan oils, organic seabuckthorn, honey, aloe gels, rose distillate and vegetable oils, 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 (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.

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.





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.

Himalayan Honey And Rose Facial (55 minutes)

This stimulating and refreshing facial uses a blend of sandalwood and rose essential oils. Pure organic 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 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.

The Eye Rejuvenator (25 minutes)

A blissful firming and hydrating experience using rejuvenating products such as wheatgerm and grapeseed organic 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.



FINISHING TOUCH

Express Manicure (30 minutes)

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

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.

Nail Polish Application (20 mins)





FITNESS & ACTIVITIES

Fitness Consultation and Assessment (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.

Body Composition Analysis (30 minutes)

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

Personal Training (55 minutes)

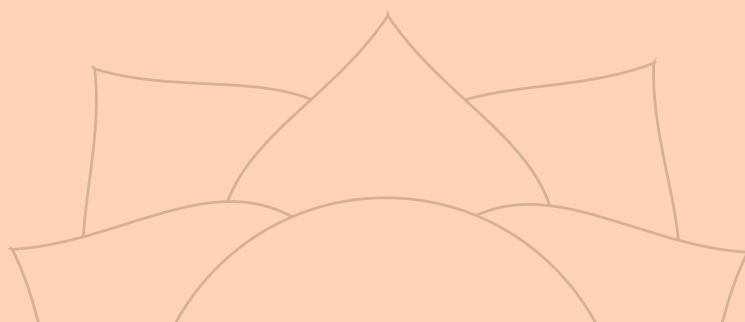
Participate in personal training with our fitness expert who will design a unique programme for your needs and objectives no matter what your fitness level. This programme is designed to complement your home routine and to improve fitness levels.

Boot Camp (55 minutes)

Work out in the Himalayan foothills to improve cardiovascular outputs and overall body tonality.

Aqua Fitness (45 minutes)

Low impact cardio workout in the temperature controlled swimming pool.







An ancient Sanskrit word for Mother Earth, ILA is an organic skin and heart care brand which aims to do something very simple, but also completely revolutionary.

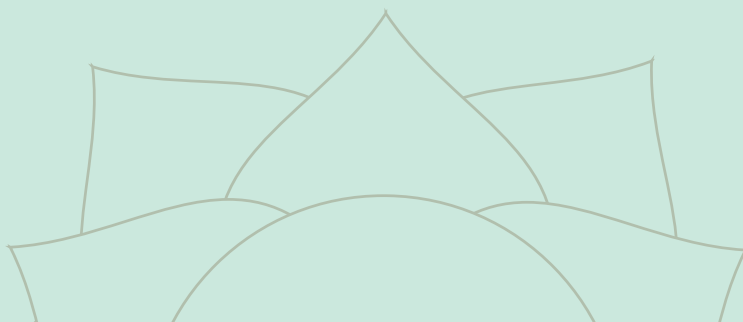
Founder Denise Leicester's vision was to create a range of highly potent and sacred products, which channelled the raw remedial power of Nature, using her most ancient and purest sources of energy – plants, flowers, and herbs - and proving that result-driven products and spa treatments can go hand-in-hand with the highest standards of natural and ethical integrity.

It took two years to find the right type of Roses to use, sourced from India and wild harvested at dawn for the highest vibration by artisan producers; the petals of 38 flowers are used to produce just one drop of oil.

But what makes ILA different is not just that the products are created in a meditative environment by hand in the Cotswolds using unsurpassed natural ingredients and minimal processing, nor the fact that the company supports tribal communities, villages and farmers all over the world.

“What I hope is that those who use ILA products at home start to feel a real sense of daily healing and fulfilment, and that those who try our spa treatments experience true transformation. Throughout the world, millions of pounds are spent on beauty and cosmetics, but I believe much of this is due to an inadequacy – a lack of deeper nourishment. ILA really strives to provide this – to deliver soul sustenance, heart nurturing and a tender relaxation of the central nervous system. Never has the need been greater for this sort of gentle care.”

ILA Founder, Denise Leicester



There's no place on earth quite like Ananda in the Himalayas. It's a place where Ayurveda and Yoga have originated for thousands of years; where some of the most sacred and healing trees of life thrive; where an abundance of ozone melts fatigue in mere minutes; where yoga and Ayurveda flow effortlessly; and where the beautiful Himalayan Mountains and Holy River Ganges flows.

Here at Ananda in the Himalayas, we've partnered with leading 'beyond organic' wellness brand, ILA, to showcase the magical lure of Ananda at its blissful abode.

Our bespoke range of treatments, rituals and soul connections, skilled healing hands of our expert therapists provide a powerful connection to the life force that abounds on this spiritual place of Ananda that is beyond luxury and beyond Organic.





**Kundalini Back Massage (85 minutes)*

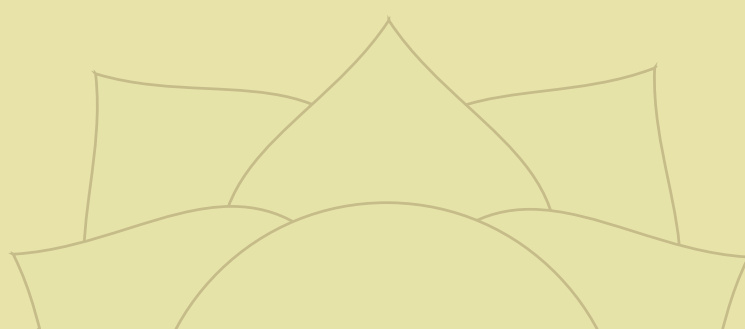
Kundalini – a female goddess of awareness in the form of a coiled snake – is the dormant energy present at the base of the spine, which when awakened, travels up the spine to the third eye leading to increased energy and spiritual enlightenment. This treatment starts with a Himalayan crystal scrub to 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.

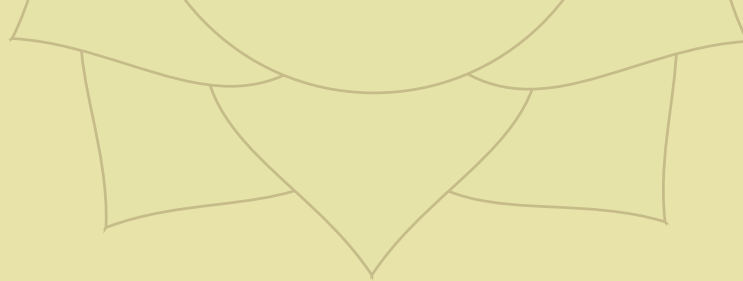
**Manipura Massage (85 minutes)*

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 herb 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 a various techniques to harness and restore the energy of the body.

**Couples Connect (115 minutes)*

Designed for couples to experience together, this journey draws on a ritual of scrub, massage and journey of love. It focuses on the three chakras: heart, water and crown. 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.





**Tibetan Ritual (115 minute)*

A Tibetan Ritual starts with a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system and also cleanse the energy body. Followed by 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.

**Tibetan Ku Nye Massage (75 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 cupping, 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.

**Nurturing Expectant Mothers Experience (55-85 minutes)*

Pregnancy is a time of receiving love and of nurturing peace and stillness. This pregnancy experience helps to balance for the developing baby to feel secure and happy. During pregnancy the energy and bio-magnetic fields are doubled in size. No Marma stimulation is given but the light technique is applied to each point to bring in deep peace and bliss.

The oil blend has been created to nourish and nurture safely. Herbal extracts have been added to the Argan and Rosehip base oil that include lavender, rose and geranium that are known for their gentle healing energy.





ILA SCRUBS AND FACIALS

**Nurturing Expectant Mothers Scrub (45 minutes)*

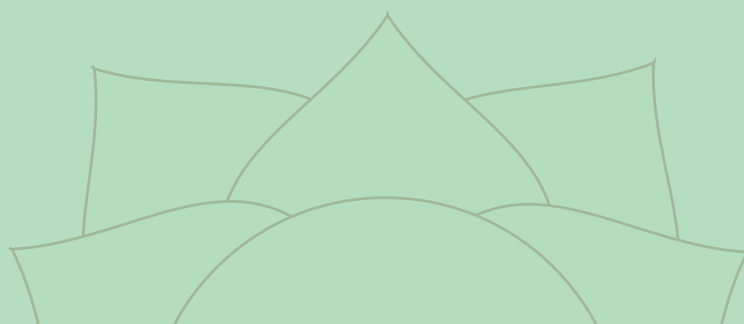
A delicious scrub made with fresh Honey, Rosehip Seeds and Rose Water that gently exfoliates the skin and restores balance and energy.

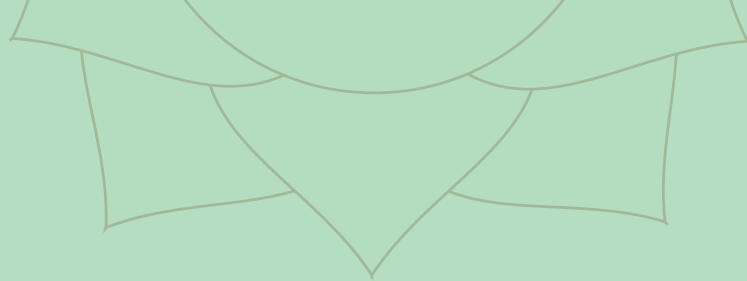
**Vishuddha Harmonising Facial (55 minutes)*

Vishuddha means '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 strokes, 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 prepare them to receive the prana and light. This facial awakens the blissful higher energy in the body as well as results in beautiful and glowing skin.

**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. The treatment begins 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.





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.



