

# INDIA

## Ananda in the Himalayas

### SPA Packages



Swirled in the sacred mists of time, nestled in the Himalayas is **Ananda, World 's Number 1 Destination Spa as per Conde Nast Traveller for year 2005, 2006 and 2007.** Once the residence of Maharaja of Tehri-Garhwal, it is dedicated to the today's traveler, who is looking for innovative ways to restore and rejuvenate his energies. The 21,000 square foot spa offers an extensive menu of over 79 body and beauty treatments, integrating the traditional Indian systems of Ayurveda with the more contemporary Western spa approach. The spa experience strives to achieve the ultimate harmony between the physical and the mental realms of the individual.



**WELLNESS BLISS PACKAGE:** Guests benefit from this by a private consultation from a Lifestyle Assistant offering professional guidance and individual attention. Options are available from an innovative Spa menu of treatments and services that integrate ancient & contemporary therapies and treatments from various disciplines to suit individual needs and requirements.

**AYURVEDIC REJUVENATION PACKAGE:** This is a personalized programme that includes stimulating and purifying therapies, daily Yoga and Meditation and Dosha-specific Ayurvedic diet to help reduce stress, improve health and address common ailments or simply delay the aging process.

ROOM	3NIGHTS		5NIGHTS	
	Single	Double	Single	Double
Palace View	\$ 1370	\$ 1821	\$ 2145	\$ 2867
Valley View	\$ 1502	\$ 1951	\$ 2350	\$ 3069

ROOM	7NIGHTS		14NIGHTS		21NIGHTS	
	Single	Double	Single	Double	Single	Double
Palace View	\$ 3148	\$ 4299	\$ 5699	\$ 7816	\$ 7514	\$ 10317
Valley View	\$ 3446	\$ 4599	\$ 6287	\$ 8377	\$ 8257	\$ 11060

**STRESS MANAGEMENT PACKAGE:** Programme focuses primarily on assisting you to experience and implement various mind and body techniques based on the concepts and philosophies of Yoga, Meditation, Pranayama and Ayurveda, for creating positive changes, reducing and managing stress and enhancing synergy in your life through a balanced approach.

**WEIGHT MANAGEMENT PACKAGE:** It addresses the physical and emotional challenges associated with weight loss and weight maintenance. Based on the best of both Western and Ayurvedic Treatments, the program is a safe and effective way in which to lose those extra inches. The ideal atmosphere and complete privacy in which you can learn how to gain control and balance in your lives, are the basic ingredients for healthy weight management.

ROOM	5NIGHTS	
	Single	Double
Palace View	\$ 2113	\$ 2820
Valley View	\$ 2305	\$ 3016

ROOM	7NIGHTS		21NIGHTS	
	Single	Double	Single	Double
Palace View	\$ 6032	\$ 8528	\$ 7869	\$ 11124
Valley View	\$ 6538	\$ 9032	\$ 8538	\$ 11787

**INCLUSIONS FOR ALL PACKAGES:**

- Accommodation in well appointed room.
- Two way transfer to local train station at Haridwar or Dehradun Jolly Grant airport (New Delhi transfer at extra cost).
- Morning Wake Up signature tea. Daily fresh fruit bowl, Ananda Rejuvenation Spa Cuisine meals (breakfast/lunch/dinner), per night of stay, per person.
- Spa treatments as per the package programme.
- Introductory Spa and Fitness orientation sessions with an Initial Spa Consultation.
- Daily use of the Hydrotherapy facilities: Indoor and Outdoor Jacuzzi, Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath and Heated Lap Pool.
- Opportunity to participate in scheduled Spa Lifestyle & Wellness activities Yoga, Pranayama, Meditation, Fitness, Cooking *demonstrations Lectures & Workshops/ Excursions.*

**EXCLUSIONS:**

- International/ Domestic airfares and airport tax.
- Any items of personal nature viz laundry, telephone bills, etc.
- Any item that is not mentioned under Includes header.
- Any Festive season supplements.

**IMPORTANT NOTES:**

- Children below the age of 14 years are not permitted at the resort.
- Triple Occupancy is not allowed at Ananda in the Himalayas.
- Package rates for Ananda Himalayan romance, Detox, Yoga, Tranquility, Fitness & Anti - Ageing programme package are available on request.
- Package rates for higher room categories available on request.
- Use of the spa facilities like Sauna, Steam and Jacuzzi and the spa therapies are available to guests who are of the age of 18 years and above.