



IN THE  
INFINITY OF LIFE  
TAKE TIME OUT  
FOR THE  
SOUL

[www.anandaspa.com](http://www.anandaspa.com)

**ANĀNDA<sup>®</sup>**  
— IN THE HIMALAYAS —  
A DESTINATION SPA



EXPERIENCE  
THE SYMPHONY  
OF BALANCE





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## FOUNDER SPEAK



**ASHOK KHANNA**  
Founder & Managing Director

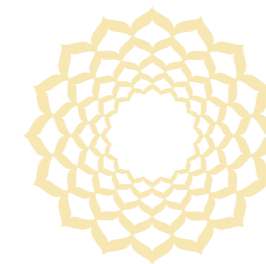
It's been more than two decades since we first started out, with only a Palace at the edge of time, surrounded by acres of wild lantana and natural beauty. Back then, all I had was a dream.

A picture of what I wanted to achieve and where I wanted to be. I had been taught to chase my dreams, so I kept my vision alive and walked on the path that would eventually lead me to Ananda.

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

It was understood that if they achieved harmony within, they would be at peace with their surroundings. As the world changed, so did we; but deep within us we have always upheld those beliefs and principles. That was the philosophy which brought Ananda in the Himalayas into being. My idea was to bring together the ancient remedies, and the deep rooted wisdom of Indian culture and blend them all with the best of international practices. The idea was to offer a cohesive programme for everyone who would visit the retreat. This location served as an inspiration to bring alive the wellness destination that I had in mind.

The hard work and passion of the people working at Ananda has won us many accolades. The idea is not to rest on our laurels. We take nothing for granted. Ananda is more than just the best wellness retreat in the world. It is a philosophy, a lifestyle and a tradition.





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## ABOUT ANANDA

An award winning luxury wellness retreat in the Himalayan foothills, Ananda is located on a 100 acre Maharaja's Palace Estate. Surrounded by graceful Sal forests, overlooking the spiritual town of Rishikesh and the Ganges river valley, Ananda integrates traditional Ayurveda, Yoga Meditation, Vedanta with Oriental and International wellness therapies and healthy cuisine to restore balance and harmony.



Ananda is a 40 minute picturesque drive from the Dehradun airport which is connected via daily 45 minute flights from Delhi International Airport, along with easy connectivity from many major Indian metros.

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## AWARDS

**Worlds' No. 1 Destination Spa, 2019 and 2020**

Condé Nast Traveller USA and UK, in Readers' Travel Awards

**Favourite Destination Spa, 2015 - 2021**

Condé Nast Traveller, India





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## WELLNESS PILLARS OF ANANDA



### Ayurveda & Holistic Wellness

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



### Healthy Cuisine

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



### Yoga & Meditation

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



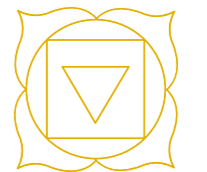
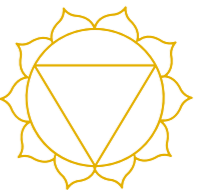
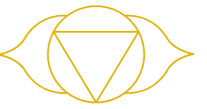
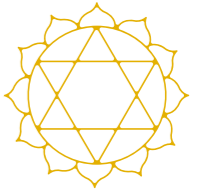
### Emotional Healing

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



### Spiritual Awareness

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



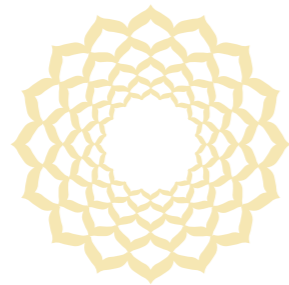


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## HOLISTIC HEALING AT ANANDA

These signature all-inclusive programs are tailor-made for individual health goals. Ananda's wellness programmes follow a holistic approach towards achieving the best results in a safe and nurturing atmosphere guided by **our team of expert Ayurvedic doctors, skilled therapists, yogis and chefs.**

Years of research by our Ayurvedic, Yogic and international wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the maximum impact on an individual's wellbeing. The results are award winning programmes which work to **create a sustainable journey towards a healthier and more enriched lifestyle.**







## REJUVENATION & IMMUNITY

Boost vitality and stimulate the flow of energy with our wellness programmes focusing on complete rejuvenation. A holistic preventive care platform to renew and balance health systems, reduce inflammation, improve digestion, look and feel young and energetic, and enhance longevity.



### Ayurvedic Rejuvenation and Immunity Booster

This programme is designed to improve vitality through intensive Ayurvedic treatments, nourishing diet, immunity boosting rasayanas and yoga practices. These therapeutic and cleansing therapies which enhance microcirculation are known for their immuno-enhancing, neuro-nutrient building, and cellular-stress reduction effects. This results in improved immunity and energy, better metabolism and healthy, refreshed skin.

**PROGRAMME DURATION** Available for 7, 14 or 21 nights.



## Renew

Unlock your youthful essence and revive your mind and body through holistic processes. The Renew programme using Ayurvedic, Oriental and International therapies works on building skin health through skin cleansing and skin nourishment and promotes healthy ageing through lifestyle modification. This programme also improves musculo-skeletal health and provides relief from muscle stiffness, rheumatism and arthritis.

**PROGRAMME DURATION** Available for 5, 7 or 14 nights.



## Yoga

Rediscover yourself and enable heightened balance and rejuvenation through the classical approaches of Hatha Yoga and Kriya Yoga where individual sessions are specifically tailored for ones' needs. The programme includes personalized Asanas (Hatha Yogic postures), Pranayama (breathing techniques), Mudras (channelling of energy) and Bandhas (energy locks) in order to experience the holistic approach of Yogic traditions.

**PROGRAMME DURATION** Available for 5, 7 or 14 nights.





## DETOX & CLEANSING

Toxins constantly build up in the body due to lifestyle and environmental factors leading to lack of energy, weight gain, inflammation and related issues in the body. Periodic efforts like undergoing a detox help in going deep to eliminate excess toxins, allowing the body to self-heal over time. At Ananda, choose from a holistic integrated detox programme, a Yogic shatkarmas based cleanse or a comprehensive traditional Auyurvedic Panchakarma programme.



### Detox

Ananda's signature programme uses Ayurvedic and international detoxifying therapies along with yoga, meditation and a customised cleansing diet to filter toxins from the body, improve circulation of blood and lymphatic systems, and nourish the body with essential nutrients. Ananda's detox programme helps achieve an increase in energy levels, improved focus and concentration, better digestion and absorption of nutrients, better immunity and stamina, glowing skin and toned body.

**PROGRAMME DURATION** Available for 5, 7, 14 or 21 nights.



## Yogic Detox

Ananda's Yogic Detox programme uses different Hatha Yogic cleansing techniques or Shatkarmas to detox in a natural and effective way. In Yogic detoxification, elements of Asana (Hatha Yogic postures), Pranayama (Yogic breathing techniques), meditation and Yogic diet are incorporated along with Shatkarmas to give profound experiences of vitalization and harmony and to promote balance in energetic patterns of the body.

**PROGRAMME DURATION** Available for 7, 14 or 21 nights.



## Panchakarma

Ananda offers the traditional science of Ayurvedic Panchakarma as the most comprehensive method of detoxifying and rejuvenating the body and mind and healing from within.

The first stage is Purvakarma or pre-purification measures, through dipana (digestive juice stimulants) and pachana (digestants) followed by Snehapana (consumption of medicated ghee). The second stage consists of cleansing Panchakarma processes which includes Vamana (emesis), Virechana (purgation), Basti (enema) and Nasyam (nasal cleansing). The third stage is Paschatkarma which focusses on special diets to rest and rejuvenate the cleansed system, along with natural herbal remedies to replenish the digestive enzymes and immune system.

**PROGRAMME DURATION** Available for 21 nights.





## MENTAL HEALTH & SPIRITUAL BALANCE

Mental health includes our emotional, psychological, and social wellbeing. When factors like stress becomes overwhelming and prolonged, it becomes the root cause of serious lifestyle diseases if left untreated. Ananda offers meditative and emotional healing practices to keep in check the physical, emotional and psychological issues arising due to stress, trauma, and grief. Deep work at the conscious and subconscious level allows to bring you back the natural rhythm of the psychosomatic system. This is combined with offering guidance for spiritual awareness, to define your sense of purpose and meaning.



### Dhyana Self-Realization Programme

A process of self-realization, meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Ananda's Dhyana programme guides through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and awareness of the journey towards experience of Dhyana (continued meditative awareness).

**PROGRAMME DURATION** Available for 7, 14 or 21 nights.



## Stress Management

A holistic approach integrating Ayurveda, Yoga, Meditation and Emotional Healing to tackle the root causes of stress. The programme is designed to provide tranquillity to the stressed body and mind and to bring back the natural rhythm of the psychosomatic system. Healing treatments provide deep relaxation by removing tensions from physical, mental and emotional levels.

**PROGRAMME DURATION** Available for 5, 7 or 14 nights.



## WEIGHT MANAGEMENT & FITNESS

Managing weight on a sustained basis, improving overall body toning, fitness and flexibility needs consistent efforts. Besides detox, exercise and diet, Ananda's programmes incorporate the often neglected mind work, working on emotional blockages and repressed emotions linked to weight fluctuations. Keeping fit is to maintain optimal metabolism, strength, and core stability at all ages. Optimised nutrition, customised fitness plans and expert guidance create a sustainable approach.





## Weight Management

Ananda is the perfect haven to gain control over your body through Ayurvedic and International treatments, detox therapies, exercise, yoga, diet and meditation. A safe and effective way to lose weight, this programme improves your metabolism and leaves you with a toned body and renewed vigor. It is also one of the few programmes in the world where release of emotional blockages is such a key component.

**PROGRAMME DURATION** Available for 14 or 21 nights.



## Activ-Fitness

The Activ-Fitness programme integrates the best of indoor and outdoor personal fitness training, guided outdoor treks, yoga, aqua fitness and therapeutic spa experiences to enhance muscle tone and cardiovascular fitness. Physiotherapy addresses musculoskeletal and neuromuscular problems, muscular imbalances and realignment, elasticity of the muscles, range of motion of the joints and overall blood circulation.

**PROGRAMME DURATION** Available for 5, 7 or 14 nights.





## HORMONAL BALANCE

Hormones play a critical role in your overall health, controlling many key processes, including metabolism and reproduction. Even small hormonal imbalances, can have significant effects throughout your body. In women of reproductive age, the most common hormonal imbalance is polycystic ovary syndrome (PCOS). Starting from the 40's and 50's, the onset of Menopause can have effects on moods, hot flashes, insomnia, weight gain and bone density. Reduction in Testosterone in men can cause a variety of symptoms. Ananda offers multiple programmes through Ayurvedic and Oriental therapies to address hormonal health and to ensure a return to the body's natural circadian rhythms and balance.



### Rebalance

The Ananda Rebalance programme applies traditional oriental therapies to address hormonal balance, specifically for menopause in women and also to address changes in testosterone and other hormones in men. This healing approach focusses on the blockage of energy flowing through the fourteen meridians. Intensive therapies are then used to balance its flow, relieve pain, improve energy flow and vitalise systems intrinsically.

**PROGRAMME DURATION** Available for 7 or 14 nights.



## PCOS Management

PCOS is a complex endocrinal and metabolic disorder that affects menstrual cycle, fertility, insulin production, circulatory system and appearance. Ananda uses a traditional Ayurvedic process to balance the body from within, and treat the imbalances causing the above symptoms. This is fortified with customized yogic postures and meditative practices that work on the reproductive system. Healing emotional issues like anxiety, depression, and low self-esteem are a critical aspect of the treatment plan.

**PROGRAMME DURATION** Available for 14 or 21 nights.







## CHRONIC AILMENTS

Chronic ailments need to treat the root cause of the issue to create sustainable results. Experts customise the programme with holistic treatments that bring about mind-body harmony and balance. These programmes are designed with a long term management approach both at Ananda and on an ongoing basis with consultation and guidance from our wellness experts.



### Chronic Pain Management

Chronic and debilitating pain is growing exponentially affecting a large number of people globally. Ananda Pain Management includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes.

**PROGRAMME DURATION** Available for 7 or 14 nights.

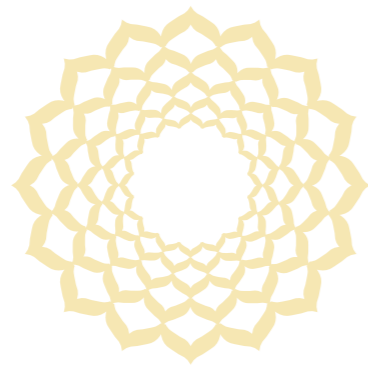


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## ANANDA SPA EXPERIENCE

Ananda Spa is a cocoon for the union of physical balance and mental harmony. Indulge in the luxury of traditional Ayurveda and international wellness therapies with over 90 select body and beauty treatment programmes to choose from. Ananda's spa reflects the spiritual energy of the Himalayan foothills and is spread over 24000 sq. ft. with 25 treatment rooms

- Ayurvedic, Oriental & International healing therapies
- Gourmet healthy cuisine
- Yoga and meditation sessions
- Aqua fitness and hydrotherapy
- Personalized fitness training
- Physiotherapy sessions
- Emotional Healing therapies

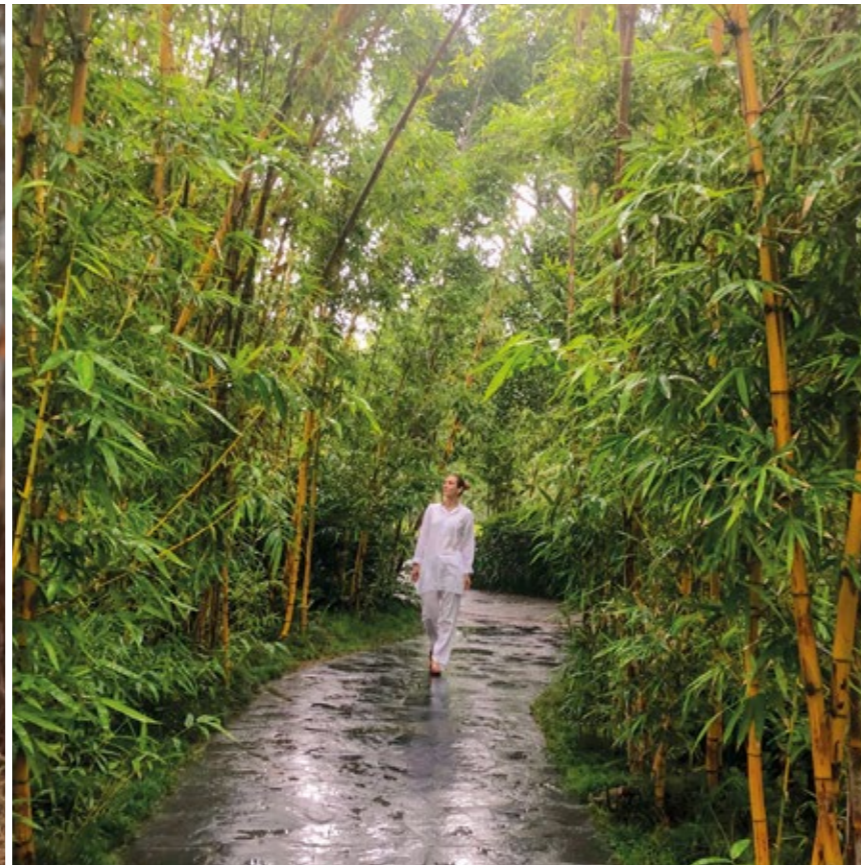




## DAILY ACTIVITIES

Ananda offers a range of immersive daily and weekly scheduled activities so guests can expand their knowledge of holistic wellbeing practices, and experience the unique local surroundings.

- Ayurveda talks
- Ayurveda healthy cuisine masterclass
- Mindful walking meditation
- Mantra chanting
- Mountain treks and nature walks





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## LIVING AT ANANDA

Amidst the mystical beauty of the Himalayas, living at Ananda is an experience which is soul stirring and enchanting. A blend of elegance with serenity, Ananda's guest rooms, suites and villas are an abode of spirituality, solace and opulence.

A haven for those seeking bliss, a peaceful retreat for the tired and weary, a refreshing break for those escaping the daily city chaos, Ananda is where living is an extension of the self. The vast expanse of the palatial estate becomes your personal space where tranquility surrounds your spirit. Tucked away in the foothills of the Himalayas, overlooking the stunning landscape of the Rishikesh valley, you have no choice but to feel inspired. With the clean crisp mountain air and the symphony of silence, your sense of being is heightened, enveloped in luxury and wellness.





## Living Arrangements

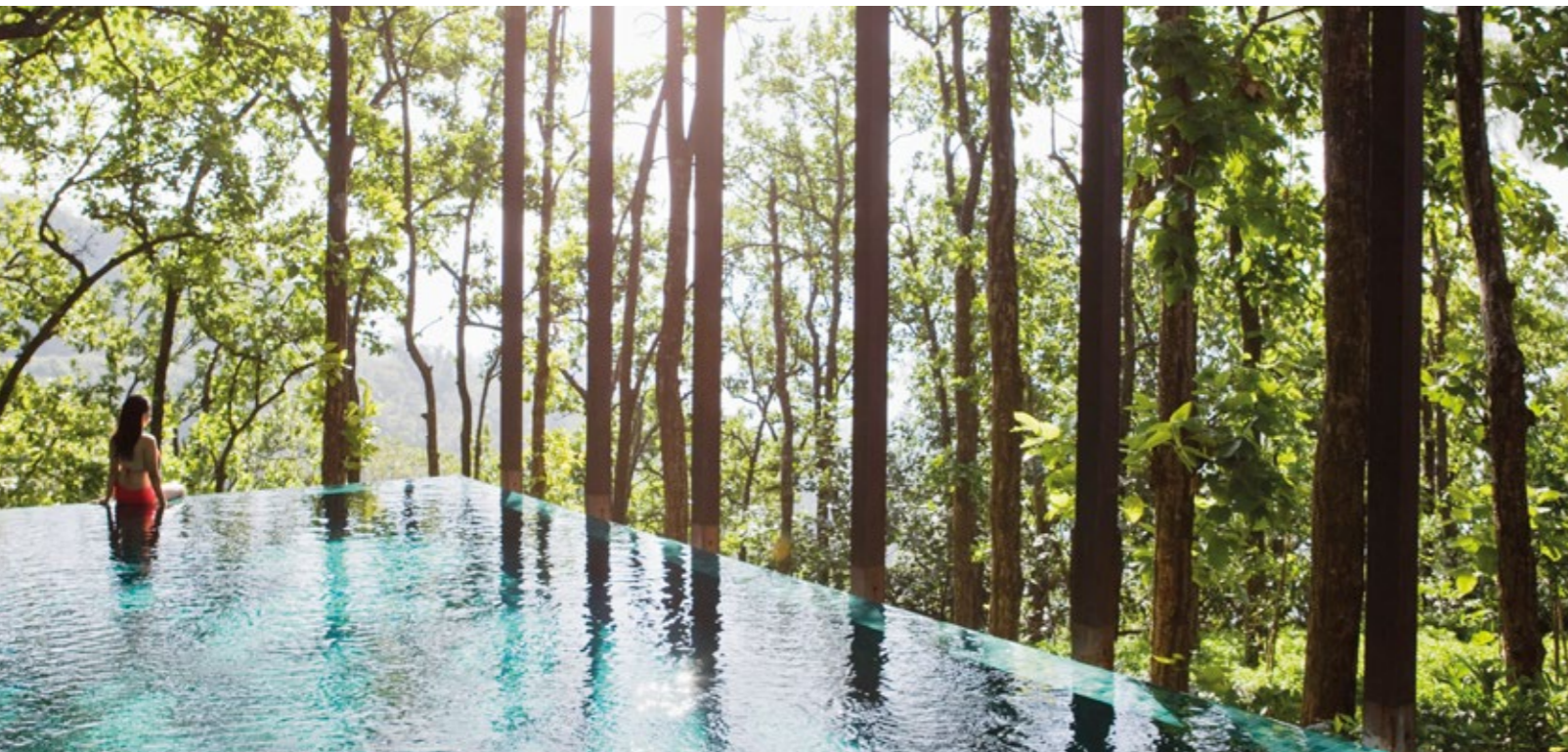
70 beautifully appointed **Rooms** (45 sq.m) with private balconies and scenic views of the Palace or the Ganges river valley.

3 **Garden Suites** with attached living rooms and secluded private gardens.

The **Ananda Suite** with luxurious private living and dining areas that open out to a large private garden overlooking the valley.

The **Viceregal Suite**, located in the Viceregal Palace, with antique furniture and fittings includes a royal bedroom with a four-poster bed, large dining area and an expansive private terrace overlooking the landscaped estate gardens and the valley.

3 luxurious **Villas** have spacious living rooms and bedrooms, bathrooms featuring a sauna, butler and pantry service and a 40 sq.m private pool surrounded by a deck area and equipped with comfortable lounge beds.





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## DINING AT ANANDA

Retaining values of traditional cooking, Ananda's culinary experts explore new vistas in modern gastronomy, with emphasis on light and healthy meals. At Ananda, our specially curated menus are tailor-made for each individual based on their specific wellness programmes and needs. For guests on an Ayurvedic or integrated wellness programmes, menus are prepared as per Ayurvedic principles with customised daily preparations for each dosha or body type.

From Ayurvedic menus, to detox and weight management diets, to fitness regimes and balancing yogic menus, the culinary offering at Ananda is a nutritious, balancing, and healthy journey. Each day brings a new set of personalized meals that showcase signature traditional and new world cuisine using farm fresh ingredients sourced locally, herbs that are grown in the Ananda's garden, and prepared without any artificial salts, colours, flavours or preservatives.





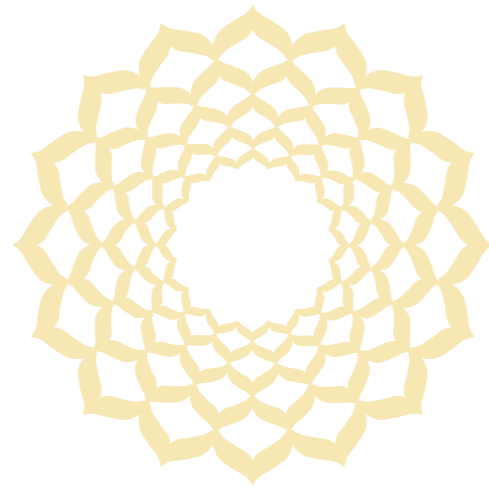
## The Dining Experience

Ananda's signature restaurant built in a grove of ancient Sal trees, with a yantric decor, features the finest Indian, Asian and other international cuisines. The restaurant also includes a tree top deck for outdoor and intimate dining experiences.

**The Tea Lounge** at the Restuarnt Pavilion is an ideal spot to spend a regal afternoon with tea and light snacks.

**The Pool** offers a cool, relaxed setting in which one can enjoy light healthy snacks that refresh and hydrate while offering a splendid view.

**Private Dining** in beautiful, secluded venues on the palace estate are available on request to celebrate special occasions.





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## EXPERIENCES AROUND ANANDA

### The Himalayan Adventure

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

Explore the Himalayan foothills on foot. Your personal guide will customize the trek for you according to the terrain or experience you seek, be it at Ranichauri, Kashmouli or Kunjapuri. Experience the thrill of white water rafting on the Ganges river with a range of rapids suitable for beginners as well as experienced adventure enthusiasts. You can also choose to just walk through the nature trails and explore the abundant flora and fauna around Ananda. A deep meditative experience in the wild is highly recommended.







## Ancient Temples, Ashrams and Monasteries

In the cradle of Indian spirituality, immerse yourself with temple tours and experience devotional rituals, starting with the charming Ganga Arti on the banks of the holy river. Other must visit sites are the Virabhadra Temple, Gita Bhawan, Bharat Temple, Kailash Niketan Temple, Lakshman Temple, Neelkanth Mahadev Temple, Teramanzil Temple and the Mindrolling Monastery (Dehradun).

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





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## ANANDA SUSTAINABILITY

Surrounded by a 100-acre forest, overlooking an ancient river valley, nestled in the foothills of one of the worlds' most famous mountain ranges, Ananda in the Himalayas is nurtured by the nature that surrounds it, and it becomes our primary duty to not just maintain it, but also ensure that the nature thrives around us.

We actively request our guests, fellow travellers, patrons, suppliers and vendors to travel and work with a similar conscience and responsibility. We must remember that it is a shared responsibility we have towards not just our immediate surroundings, but the entire planet.

Here are some highlights of Ananda's sustainability practices:

### Waste & Recycling

- Garbage segregation is done to facilitate proper disposal and recycling
- Used oil from the spa is sent to bio diesel manufacturers for reuse
- All E-waste is recycled

### Electricity

- Use of Micro switches and Key slots to manage electricity consumption
- Use of heat pumps in place of hot water generators that helps in reducing carbon dioxide emission
- LED bulbs and lights are used in all guest rooms and public areas
- Only Battery operated golf carts are used for transportation of guests, staff and material within the property premises to reduce vehicle emission

### Water Management

- All the recycled water from the sewage treatment plant is used for gardening, without usage of harsh chemicals
- On-site water bottling plant to produce clean drinking water, served in reusable glass bottles.
- Synthetic grass (turf) at the Golf course which does not need watering
- Drip irrigation and sprinklers installed for all the gardens and lawns
- Opt in bath / bed linen reuse programme

### Food

- Ananda grows ayurvedic herbs and kitchen spices in its on-site garden
- Food waste is sent to the local municipal corporation
- Used cooking oil is sent to bio diesel manufacturers for reuse
- We work with local farmers and organic farms to grow a large part of our vegetable and fruit produce





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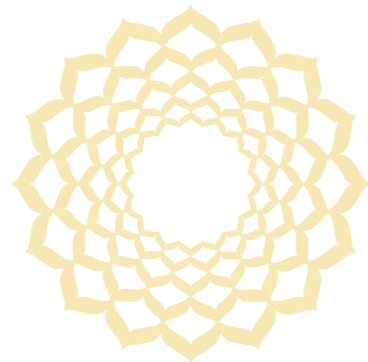
## ANANDA SPA FOUNDATION

The ASF is a Non-Profit foundation by IHHR Hospitality Ananda that aims to develop and serve the local community.

ASF intends to do so by imparting free education, vocational training, affordable healthcare, cleanliness drives, supporting local farmers and sustainable farming practices.

The foundation aims to implement practices that are more sustainable, socially responsible, and help in the thriving of the local community and its treasures.

- Ananda Spa Foundation:
  - ~ Imparts vocational training to youth from socially, educationally and economically backward areas.
  - ~ Periodically carries out cleanliness drives in the local area in order to improve cleanliness
  - ~ Adopts local schools in Narendra Nagar and provides for the maintenance and upkeep of these schools for underprivileged children.





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## SPA PRODUCTS



Ananda in the Himalayas offers signature body, skin and hair care products that reflect the essence of pristine Himalayan freshness while taking you on an enriching journey of wellbeing.

Developed over 20 years of research, the award winning wellness retreat brings to you a range of restorative skincare. Ananda's handmade products are blended in small batches. All our products are Paraben free, Non-toxic, 100% safe and are designed for better absorption and hydration. The rejuvenating effects of aromatherapy and natural plant extracts will leave your skin refreshed and renewed.

Each of our products are steeped in the goodness of essential oils and extracts from nature like wild rose, wheatgerm, sunflower, grapefruit, juniper, aloe vera, sandalwood and a host of other stimulating ingredients to leave you invigorated.

To check the entire range of products, visit [store.anandaspa.com](http://store.anandaspa.com)







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## CONTACT US

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