



Ananda in the Himalayas (www.anandaspa.com) is a multi-award winning luxury destination spa in the Himalayan foothills, surrounded by the majestic Himalayan Mountains. Overlooking the spiritual town of Rishikesh and the Ganges river valley in Northern India, Ananda is a retreat dedicated to restoring balance and harmonizing energy through a holistic approach to wellbeing. It integrates traditional Indian wellness practices of Ayurveda, Yoga and Vedanta with the best of international wellness experiences and healthy organic cuisine to bring about the union of mind, body and soul. Ananda's signature wellness programmes such as Ayurvedic Rejuvenation, Detox, Yogic Detox, Dhyana Meditation, Weight Management, and Stress Management are world renowned.

Ananda's wellness programmes include accommodation, airport transfer, all meals, spa treatments, yoga and meditation sessions and personal consultations. The wellness programmes include Introduction to Wellness programmes starting 3 nights and Comprehensive Wellness programmes starting 7 nights. All wellness programmes are tailor made for individual health goals. All programmes begin with personal wellness consultations and follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere guided by our team of expert Ayurvedic doctors, skilled therapists, nutritionists, yogis and spa cuisine chefs. The expansive spa is spread across 25000 sq. ft. with 24 treatment rooms, a state of the art gymnasium, outdoor temperature-controlled swimming pool and luxurious hydrotherapy facilities.

Ananda is acclaimed for its gourmet wellness cuisine. The daily changing wellness menu is based on Ayurvedic principles and is customized based on individual *dosha* or body type of each guest with a focus on natural, balanced and fresh foods.

The resort features exquisitely landscaped gardens, 70 elegant rooms with panoramic views of the valley or of the palace from private balconies, 4 Suites with secluded private gardens, a historical Presidential Viceregal Suite with its own private terrace and a roof top Jacuzzi and 3 private luxury villas with 40 sq. meters private villa pools in the midst of Sal trees.

Highlights

- Located on a 100 acre Maharaja's Palace Estate
- Expansive 24,000 sq. ft spa with 25 treatment rooms offer Ayurveda and International experiences
- State of the art gym and outdoor temperature controlled swimming pool
- 6 hole golf course
- Gourmet wellness cuisine based on Ayurvedic principles
- Guided treks and white water rafting
- Excursions to ancient temples

Accommodation

- 70 spacious rooms overlooking either the Maharaja's Palace & Hills (or) Ganges Valley
- 5 Suites including 4 suites with private gardens and 1 historical Viceregal Suite
- 3 Luxury Villas with private pools

Getting There

- 45 minute flight from Delhi International Airport to Dehradun (DED) airport
- 35 minute scenic drive from Dehradun Airport to Ananda
- Private helicopters from Delhi to Ananda are available