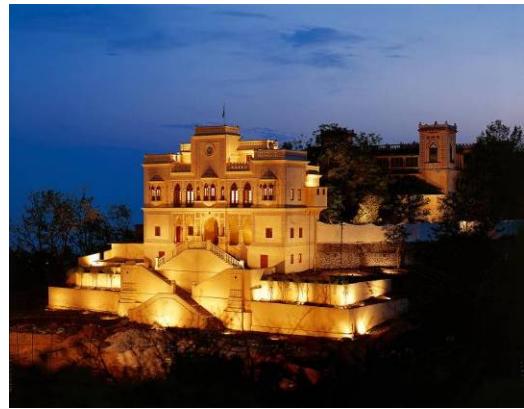




ANĀANDA
IN THE HIMALAYAS™
A destination Spa



Nestled in the foothills of the majestic Himalayas, close to the spiritual town of Rishikesh, and surrounded by 100 acres of Sal forests lies India's finest Luxury Destination Spa, Ananda – In The Himalayas. Located 170 miles north of India's capital, New Delhi and easily accessible by rail and air, Ananda features a restored Viceroy's Palace, world-class Spa, 75 deluxe rooms and suites and 3 villas. With the highest standards of service, luxurious accommodations, innovative dining and breathtaking mountain views, Ananda is an internationally recognized oasis offering an enriching experience designed to restore, renew and revitalize.



It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but assists in redefining lifestyles and looking beyond the mere requirements of a tired and strained body, to include all the elements for holistic and stress-free living—Optimum Health, Mental Well-Being, Spiritual Awakening, Sensory Perceptions, and Cuisine to complement the entire experience.

The Ananda experience consists of a delicate blend of the mind, body and spirit experience involving all the five senses. From diet and exercise to beauty, health and cuisine, each aspect of ones being is taken into complete consideration while working out a personalized Spa program which is designed to meet individual needs and health goals in order to enable one to experience both physical and mental relaxation and realize the importance of a moment of calm and personal space in every day life.

The Sanskrit word Ananda means bliss and that is what is offered through its unique combination of therapies, recreating the synergy of body, mind and intellect, not just through the natural Himalayan locales and the proximity to the mountains and the river, but through the rejuvenating and ancient regimes and philosophies of Ayurveda, Yoga and Vedanta combined with contemporary international therapies which enhance and augment the original. In absolute terms, Ananda is the ultimate escape from the mundane to the spiritual, where every corner spells harmony and every color soothes the senses.

Location

Ananda is located close to the holy town of Rishikesh in the precincts of the Palace Estate of the Maharaja of Tehri-Garhwal in the small town of Narendra Nagar. Ananda is in the state of Uttarakhand and can be reached via a 60-minute flight from New Delhi to Dehradun, followed by a 45 minute drive. Helicopter and rail options from New Delhi are also available.



Accommodations

There are several room categories at Ananda, all offering private balconies and magnificent views of the Ganges River and the Rishikesh Valley, or of the Maharajas Palace. Facilities in all accommodations include terraces, sunken bathtubs with picture window view and a separate shower, walk-in closet, two line telephones, private bar, in-room safe, tea and coffee maker, temperature AC and heat control, and television.

Deluxe Palace or Valley View Room

Palace rooms are nearly 500 square feet and enjoy views of the Palace and the grounds, or the Valley below. Rooms feature walk in closets and perfectly appointed bathrooms with picture windows and large balconies ideal for ensuite breakfasts or a private meal.



Premium Valley View Room

Palace rooms are nearly 500 square feet and enjoy amazing views of the Rishikesh Valley below. Rooms feature walk in closets and perfectly appointed bathrooms with picture windows and large balconies ideal for ensuite breakfasts or a private meal.

Garden Suite

Three Garden Suites are named after the exotic hamlets of the area they are located on the first and third floor of the guest residence area. These two-bay suites are over 900 square feet and feature tastefully appointed bedrooms with attached sitting rooms, spacious and well-appointed living rooms and large bathrooms. There is a patio balcony and private garden that offer views of the Rishikesh Valley or the landscaped gardens and Maharajas Palace.



The Ananda Suite

The three-bay Ananda Suite spells luxury and enchantment. The luxuriously fitted bathrooms feature large windows with beautiful views. The suite also has a large private garden overlooking the Ganges River and the Rishikesh Valley, a perfect location for intimate dinners and leisurely breakfasts. Located on the ground floor of the guest residence area, the Suite occupies over 1,100 square feet and features a separate living and dining area. Two modern four-fixture bathrooms with large bathtubs, separate shower cubicles and walk-in closet complete the luxurious feel of this suite.

The Vice Regal Suite with a Private Terrace

The spacious Viceregal Suite is over 2,300 square feet and is located in the Palace. Dressed in warm hues, the suite comprises of a spacious sitting and dining area and a plush, decorated bedroom featuring a period four poster bed. The attached dressing room and bathroom are beautifully appointed with Antique fittings and furniture. With its own steam room and private terrace with a rooftop Jacuzzi overlooking the sloping landscaped gardens and the distant Ganges valley, staying at the Viceregal Suite takes you back into India's Regal past.



Villas with Private Pool

Three brand new villas, two of which are two-bedroom and 3200 square feet, and one a single bedroom villa at 2100 square feet, offer breathtaking views of the Ganges River and the mountainside. Each villa has a living room, a pantry for the butler, a dressing room and a huge bathroom featuring a private sauna with an unhampered view of the swimming pool. The large temperature controlled private pools are surrounded with a deck area equipped with comfortable lounge beds.



Dining

Ananda's food concept is based on this belief and through incorporating key principles from Ayurveda. Ananda in the Himalayas should not be looked at just as a place to diet and lose weight, but should instead be "a way of life". Our cuisine is fresh natural foods low in fat and calories with an emphasis on whole grains, fresh fruits and vegetables, lean proteins, low-fat dairy products, and the avoidance of added or artificial salts, colors, flavors, or preservatives.

The objective is to provide a rejuvenation cuisine for guests who desire to re-vitalize their body and soul through a healthy approach to diet and lifestyle. This is reemphasized by the show kitchen at Ananda where our chefs instruct in how to make these dishes at home so that one may continue that 'way of life'. Special care menus are provided in consultation with the in house Ayurvedic doctor, to align the specific imbalances of the various body types.



The Restaurant - Features the finest of Ayurvedic, Asian and Western cuisine based on the values of traditional cooking.



Tree Tops - An outer deck of The Restaurant set within the natural environs of the Himalayas.



The Pavilion - A casual and cozy setting for drinks and light snacks, located adjacent to The Restaurant and pool.

The Poolside - Set on the ridge of the Himalayan mountain hills, a perfect place to relax with healthy snacks and fresh juices.

Hill Theatre - In pleasant weather, dinner shows are scheduled here. The Hill Theatre offers spectacular views of the Himalayas and the Palace.

Palace Tea Lounge - Located in the Viceregal Palace and serves high tea and soft beverages.

Spa

Guests can immerse themselves in a complete rejuvenation experience in the 23,000 square foot spa, with an extensive selection of therapies in the 21 treatment rooms and 4 consultation rooms. The Spa also features luxurious hydrotherapy facilities, a Beauty Institute, outdoor temperature controlled swimming pool, sauna, steam rooms, and a fully equipped gymnasium.

Treatments Ananda offers a unique blend of therapeutic treatments based on traditional Indian practices of Ayurveda, yoga and meditation. The spa also offers the latest European and Thai treatments to purify the body and soothe the senses.



SPA PHILOSOPHY

Rediscover happiness and self-contentment at Ananda. Ananda Spa is dedicated to restoring balance and harmonizing energies through a holistic approach blending the healing principles of the East and West with a specific focus on Ayurveda along with contemporary spa technology.



The Ananda Spa is dedicated to providing guests with a total immersion in discovering a well-being oriented lifestyle and a holistic therapy approach. At the heart of the wellness focus is the integration of yoga, meditation and Ayurvedic philosophies along with purifying whole body therapies incorporating the five elements of nature thus creating harmony between the mind, body and spirit.

On arrival guests will begin their spa experience at Ananda by receiving a consultation with one of the spa experts. This will allow Ananda to assist in creating a personalized therapy and activity program designed to meet guests' individual needs and expectations to achieve their health goals along with guidance in the areas of: nutrition, exercise, stress management, detoxification, deep relaxation and anti-aging.

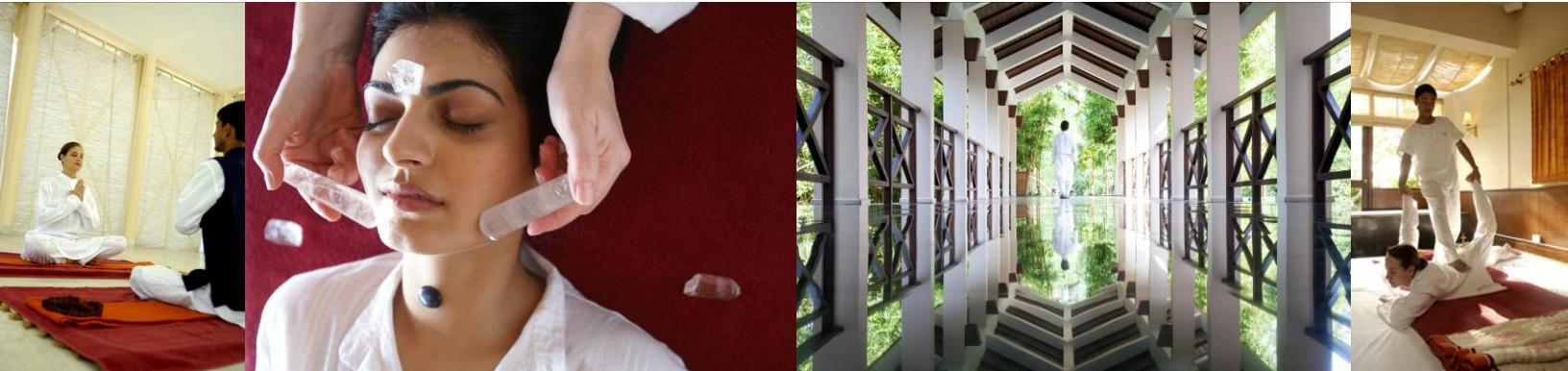
SPA FACILITIES

The journey from the palace to the spa snakes through woods and manicured lawns. The reception of the spa is an airy atrium hall, where natural breeze flows through ancient pines and wild flowers. The spa consists of three levels including a state-of-the-art gymnasium overlooking the gardens of the Palace and the valley of Rishikesh. The gymnasium has its own training master and a hall for aerobics.



Separate wet spas for men and women offer the following facilities:

- A Finnish sauna overlooking the valley and the forest
- Turkish steam bath
- Chilled plunge pool
- Jacuzzi with spectacular view
- A footbath area, with natural rounded Ganga pebbles of different grades, in which the water temperatures change from one segment to the other
- A built in hydro-massage system



A walkway leads to the therapy rooms offering treatments like Ayurvedic massages, detoxification, hydro body exfoliating / scrub rub, water jet, cellular massage, Swedish, and Thai massage. The massage rooms are equipped with private aromatic baths, and rest rooms. Each of these rooms has individual showers.



A unique feature of the spa is the large Couples' Suite, with its double Jacuzzi, steam, resting areas and treatments where guests can have a private facial or body wrap. One of the highlights of Ananda is the Beauty Institute, offering a variety of beauty treatments including facials, skin care, body wraps and aromatherapy.

The spa complex also houses a boutique where arts, crafts and accessories specially designed and developed for the resort are available. Adjoining the spa complex is an outdoor heated swimming pool and another Jacuzzi.

Amenities

Lifestyle and Wellness Activities: Yoga, Meditation, Fitness, Cooking demonstration, Mountain Trekking including bird watching, Golf, Traditional Indian Music Classes, Traditional Indian Dance Performances, Ananda Rejuvenation Cuisine & Spa Orientation

Discourse on Vedanta: Vedanta presents the eternal principles of life and living. It equips us with the clarity of intellect to deal with the challenges of life leading us to the ultimate goal of Self-Realization. These lectures are designed to explain the practical application to the various facets of life.

Use of specially tailored Ananda Kurta Pyjamas during the stay.



Activities

An amphitheatre, yoga pavilions in natural surroundings and landscaped gardens complete the palatial Ananda experience, but for the more adventurous, Ananda offers several outdoor adventure options including trekking, white water rafting, nature walks, visiting the wild elephants of Rajaji National Park, and elephant photo safaris at nearby Chilla National Park.



Ananda's six-hole, par-three course incorporates an independent driving range, perfect for private lessons. Small but perfectly formed, with golf turf imported from the United States for the greens and tees, the golf course on its Himalayan axle is nonetheless challenging.

Contact

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