



**ANANDA, THE HIMALAYAS
SPA SERVICES AND THERAPIES
DIRECTORY**

**“Your Quest For Eternal Bliss.....
.....Ends At The Foothills of The Majestic Himalayas”**

Rediscover happiness and self-contentment at Ananda. The 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 our 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 the spirit.

We recommend you begin your spa experience at Ananda by receiving a consultation with one of our experts. This will allow us to assist you in creating a personalized therapy and activities program designed to meet your individual needs and expectations to achieve your health goals along with guidance in the areas of: nutrition, exercise, stress management, detoxification, deep relaxation and anti-aging.

Rediscover tranquility through the nurturing touch of our relaxing therapies and feel total renewal.

ANANDA SPIRITUAL SERVICES

❖ **Personalized Yoga Session**

Our resident Yoga instructor will customize this one-hour session according to your needs. Learn how to make friends with your inner and outer being through this ancient science and use this time to get to know the asanas (postures) in depth and deepen your breathing practice.
(up to 2 persons)

❖ **Personalized Pranayama /Meditation Session**

This session has been designed to let your mind release tension and stress through the skillful art of breathing techniques and quiet guided meditation. Your guide will assist you at all times and rest assured, you will feel alert; yet, completely relaxed by the time you have finished.
(up to 2 persons)

❖ **Jalneti**

Allow our Yoga experts to teach and guide you through this self-administered yogic practice of nasal cleansing. Jal Neti helps to relieve sinus problems, moderates allergies and counters environmental pollutants.

❖ **Reiki**

Reiki is an ancient healing art which has its origins in the Himalayas. Working with life force energy Reiki aims to address the causes of disease and imbalance and restore wholeness. A truly wonderful experience and complements all of the Ananda Spa treatments.

❖ **Kunjai**



A commonly used yogic practice to cleanse the digestive tract between the stomach and the mouth. Kunjal helps to expel impurities and reduce acidity. Learn the process of Kunjal and its benefits with the support and guidance of our Yoga experts.

ANANDA AYURVEDA THERAPIES

Ayurveda is the traditional, ancient and scientific Indian system of holistic medicine and has been handed down through the centuries by ancient physicians who greatly valued health and fitness of the human body. With deep insight into the structure of the universe and life, these scholarly sages have formulated norms for preserving health and curing diseases. They have evolved a system of complete health care, theory and practice for eliminative and palliative therapy for the healthy and the sick, so that mankind can enjoy life in full spirit. True to its name, Ayurveda is your means to vibrant good health, particularly in today's fast paced world.

The **Ananda Ayurvedic Therapies** promotes positive health in many ways:

- ❖ Revitalizes the nervous system
- ❖ Relieves fatigue
- ❖ Promotes sound sleep
- ❖ Improves the complexion
- ❖ Retards the aging process
- ❖ Nourishes the whole body
- ❖ Enhances immunity
- ❖ Pacifies and relaxes the mind
- ❖ Protects you from stress and strain
- ❖ The **Ananda Ayurvedic Therapies** are performed by expertly trained and experienced therapists, under the supervision of a highly qualified Ayurvedic physician.

Your individual **Ananda Ayurvedic Therapy Program** will be prescribed for you, by the physician, after a detailed consultation. Specific daily routines, a regulating and nutritious diet, and wellness activities will be prescribed for the individual creating a holistic approach to the entire program.

❖ **Abhyanga**

A synchronized whole body massage performed by two therapists using a specific herbal oil selected according to the body type. The massage is followed by a steam bath and a hot shower. The treatment brings about improved physical consistency, induces deep relaxation and is very beneficial for vigor and vitality. In Ayurvedic classical texts, massage is mentioned as a preparatory measure; which stimulates various body systems thus increasing the efficacy of any other treatment undertaken as part of an overall program. It has been known to greatly assist in improving the symptoms of rheumatism, improving eyesight, promoting sleep and creating a glowing appearance to the skin. Abhyanga has a rejuvenating effect on the whole body.

❖ **Udwarthana**

This is a typical deep and dry massage using herbal powders. This massage is done in a proper manner so as to stimulate hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. The dry powder massage reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body.



❖ **Choorna Swedan**

This therapy begins with the application of a Dosha specific massage oil to the entire body. The entire body is then subjected to exude profusely after a thorough massage of herbal powders made into a bundle. This relieves neurological disorders, rheumatism, arthritis and sports injuries.

❖ **Pizhichil**

This therapy is a beautiful combination of two classical Ayurvedic treatments, Snehana (oleation) and Swedana (sudation). In this highly sought after rejuvenation treatment, lukewarm herbal oils are applied all over the body by two Ayurvedic therapists in a special rhythmic movement. The massage is very slow and light without exerting much pressure. Pizhichil is considered as the most natural way to purify different body systems. This massage will protect you from illnesses and build up your immunity for a healthy life. It is very useful for rheumatic diseases, sexual weakness, blood pressure, nervous weakness and helps to arrest the aging process.

❖ **Shirodhara**

Luke warm herbal oil is poured in a continuous stream onto the forehead while receiving a gentle massage on the forehead. Shirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the aging process, improves memory, and is known to have a curative effect for paralysis and other neurological mal functions. Shirodhara ultimately strengthens the physical constitution of the individual.

❖ **Takradhara**

Takra means buttermilk and Dhara means pouring. This therapy calms the individual down by using medicated buttermilk, which is poured onto the forehead to relieve insomnia, depression and other stress related problems. It prevents graying of the hair, reduces headaches, increases digestive power and alleviates anorexia. In cases of psoriasis, Dhara is performed on the affected area to have a curative effect.

❖ **Chakradhara**

This sensuous and calming treatment uses the flow of herbal oils over the charkas whilst incorporating a specific marma point massage to restore vital energy flow and awaken the functions of each chakra.

❖ **Mukh Lepa**

Used for centuries as a beauty ritual for Indian women this traditional facial uses unique techniques and herbal ingredients to cleanse, tone exfoliate and hydrate. A specialised dosha specific herbal lepa or plaster is applied to the face to bring out the beauty within.

❖ **Kasthabhyanga**

Kasthya or wood like other natural elements is used as part of the healing process. Using friction with kasthya and herbal powders this treatment provides a unique feeling of wellness, relaxes the body, improves strength, circulation and metabolism.

❖ **Tan Lepa**

A specialised treatment which stimulates the natural cleansing and healing abilities of the body. Following a medicated herbal oil massage a full body mask chosen for dosha specific effects and made from herbal root powders soaked in pure Himalayan spring water or floral water is applied to the whole body and assists in adjusting to seasonal changes.



❖ **Tarpana**

Medicated ghee is retained in a reservoir made over the eyes with Black gram powder. This therapy will have a cooling effect on irritated and stressed eyes. This relieves eyestrain, improves eyesight and other eye related problems.

❖ **Gandusa**

This therapy involves the retention of medicated oil or decoction in the mouth for several minutes. The benefits of this therapy will bring about a glow to the face, improving lines and wrinkles, tone the skin and assist with any kind of mouth, voice or teeth disorders while cleansing the ear, nose and throat pathways.

❖ **Kaval**

This therapy requires the retention, movement and gargling of medicated oil or decoction in the mouth. This process is highly beneficial for ear, nose, throat disorders and improving the voice while bringing a glow to the face.

❖ **Vamana**

This is Ananda's gentle version of Vamana and is performed by administering a saline lukewarm water solution. This process will induce therapeutic vomiting. This therapy is very beneficial for Kapha predominating disorders such as: asthma, cough, psoriasis and skin disorders.

❖ **Virechana**

This therapy alleviates excess Pitta from the body. Ananda's gentle version of Virechana is performed by administering Virechak Aushdhi (purgative medicine) in a milk or warm water preparation. This therapy is extremely beneficial in Pitta disorders such as: dermatitis & heartburn and jaundice.

❖ **Sneha Vasti**

The main seat of the Vata Dosha is Pakwashaya (large intestine); therefore Vasti, an oil enema, is the main therapy for all Vata disorders such as: constipation, neurological ailments, paralysis, flatulence, lower backache, gout and rheumatism.

❖ **Kashaya Vasti**

This therapy is normally done after a course of Sneha Vasti. This is a cleansing enema where honey, oil and an herbal decoction are administered. The results nourish and rebuild the Dhatus (body tissues), strengthen their activities, restore and strengthen the body's immunity. This is very nutritive while removing accumulated Malas (toxins) from the colon.

❖ **Nasya**

The face, shoulders and chest are massaged with specific herbal oil and made to perspire. The medicine in exact doze is measured and poured into the nostrils; while inhaling. After this process, the area around the nose, chest, palms, and foot are massaged vigorously. This treatment is highly effective for headaches, sinusitis, migraine, and rhinitis.

ANANDA MASSAGE THERAPIES

❖ **Ananda Touch**

This Ananda signature massage therapy focuses on the upper back, shoulders, neck and the head. This unique approach deeply relaxes these areas where tension and stress accumulates. Through the activation of various reflex points, the entire body is affected by this relaxing technique.



❖ **Foot Reflexology**

Ananda's gentle, yet effective approach to this healing art uses a specialized massage technique, concentrating on reflex areas in the feet, which correspond to particular areas of the body, stimulating and improving physical, mental and emotional well-being.

❖ **Aromatherapy Massage**

This full body aromatic energy therapy consists of a light lymphatic drainage and pressure point massage. Special attention is given to the face and back as pathways to relieving tension and stress through the entire body thus encouraging a deep sense of overall relaxation. This gentle, nurturing treatment combines the sense of touch and smell with pure essential oils while promoting superb physical and mental well-being..

❖ **Swedish Massage**

One of the most popular methods of customized massage to loosen and soothe tight and sore muscles, increase blood circulation and improve over-all skin and muscle tone.

❖ **Thai Massage**

Traditional Thai massage also known as "Yogic Massage" is performed on a mat on the floor. No oil is used and a two piece comfortable cotton Kurta pajama is worn. It combines assisted Yoga postures, gentle rocking and rhythmic compressions with targeted pressure point release work and a wide variety of stretching movements. This full body therapy is a unique experience we invite you to try which will revitalize and invigorate you from head to toe.

❖ **Couples Massage**

This wonderful experience begins with a soothing foot bath while drinking an herbal elixir. A private Jacuzzi session follows by a customized massage for both of you. Another private steam and shower session follows the massage in our luxurious couples suite with two therapists. The experience is completed with refreshing towel compresses and a customized lemon cocktail. Share a wonderful relaxing experience with a friend or a loved one. (24 hours notice is recommended)

❖ **Lithos Therapy**

Lithos is a Greek word meaning rock. Lithos therapy draws on a rich tradition of employing rocks of contrasting temperatures for therapeutic purposes dating back to Ancient Greece and beyond. Lithos therapy uses heated igneous basalt rock and chilled marble instruments along with oil massage. The rock instruments are placed in different positions on the body and also used for massage. This unique therapy assists with circulation, alleviates sore muscles and injuries at the same time providing a sensuous and nurturing experience. As your therapist works intuitively, each Lithos experience may be different but assuredly.....all wonderful.

ANANDA BEAUTY THERAPIES

❖ **Ananda Royal Facial**

Delight the senses and let your skin be revived with this unique relaxing facial treatment which starts with a soothing foot bath followed by a back massage. The focus of this facial is a deeply relaxing facial and foot massage. Your skin will feel refreshed and rejuvenated. This treatment is performed in our Spa suites using the Ananda skin care range.

❖ **Himalayan Honey & Rose Facial**



This is Ananda's most nourishing and hydrating facial. A mixture of indigenous raw honey and pure Himalayan Rose Water is massaged on the face. The face and neck are then covered with unpeeled cooling cucumber slices. This therapeutic blend is left on the face for 15 minutes while your hands and feet are massaged. Hot and cool facial compresses complete this therapy revitalizing and invigorating the appearance of the skin. Pure luxury!

❖ **Customised Facial Treatment**

This deeply relaxing facial is an essential treatment for all to experience enlightening ways to relax, renew and restore the look and feel of healthy radiant skin. Each individual treatment is customized to improve the following skin conditions.

Sensitive/irritated – a comforting facial designed to soothe and calm stressed skin. Dry/dehydrated – an intensive treatment that replenishes lost moisture. Oily/problematic – a deep cleansing facial to eliminate impurities and congestion.

❖ **The Ananda Manicure**

This luxurious treatment makes hands beautiful and younger looking by incorporating cuticle minimizing, exfoliation and a reflex hand and arm pressure point massage using Aveda's exclusive flower and plant essences. Hands are visibly softer and smoother.

❖ **The Ananda Pedicure**

Indulge yourself in this tension releasing treatment. The feet are thoroughly pampered and groomed followed by a foot and leg pressure point massage utilizing Aveda's unique pure flower and plant formulations.

❖ **Essential Back Treatment**

A unique deep cleansing skin treatment for those hard to reach areas on the back, neck and shoulders. The skin is cleansed and refined followed by a deeply relaxing pressure point massage and customized herbal mask. This treatment removes impurities, relaxes tension and leaves the skin soft and smooth.

ANANDA HYDROTHERAPY

❖ **Stimulating Shower Blitz**

A high-pressure shower jet is directed at the body to activate circulation and re-contour the body. Recommended for combating overweight areas and stubborn cellulite. A deep massage after exercise and an effective anti-stress treatment increases the blood and lymphatic flow.

❖ **Hydro Jet Body Blitz**

This deluxe Himalayan Spring Water Jet treatment begins by preparing the skin with a full body exfoliation; which, will soften and smooth your skin. This procedure is followed by an energizing high-pressured water jet massage. You will feel totally revitalized and rejuvenated.

❖ **Hydrotherapy Aromatic Bath**

This relaxing aromatic bath and underwater lymphatic massage treatment releases tension and tones the body. Individual selected therapeutic essential oils are added to the bath to customize your experience. This therapy will relax the body, mind and spirit. Boost the immune system while increasing circulation and metabolism.

❖ **Jet Lag Hydro Massage Bath**

A 20 minute customized program is selected as part of this deeply relaxing Himalayan Spring Water Bath. A 10 minute underwater lymphatic massage is performed to assist in easing muscle tension and relaxing stiff



joints along with improving the bodies overall elimination of toxins. This therapy concludes with a relaxing scalp massage.

❖ **Seaweed Hydrotherapy Bath**

A 20 minute customized program is selected to address individual specific needs in this intensive hydro bath. Micronized marine algae and other herbal extracts rich in minerals, trace elements and vitamins are added to the bath to re-mineralize and detoxify the body's lymphatic system. A 10 minute relaxing underwater massage is performed further enhancing the detoxifying effects. Excellent for relieving tension and stress.

ANANDA BODY THERAPIES

Body Wraps

❖ **Ancient Indian Body Mask**

This therapy begins with a unique experience of a full body dry exfoliation using therapeutic healing herbal roots soaked in Himalayan Spring Water. This process will assist in opening the pores and prepares the skin for the therapeutic clay application. A specially formulated herbal clay mask is prepared with ancient herbs and spices and applied to entire body. This blend will stimulate the natural deep cleansing and healing abilities of the body. The body is then covered in a dry wrap while receiving a facial pressure point massage. This process is completed with a Himalayan Spring Water shower and an application of a very nourishing and hydrating body moisturizer.

❖ **Dead Sea Mud Wrap**

The rich and powerful quality of Dead Sea Mud laden with healing minerals has been celebrated for thousands of years. Enjoy a complete revitalizing and detoxifying treatment using pure Dead Sea products. The skin is prepared with a Dead Sea Salt exfoliation before being cocooned in the rich Dead Sea Black Mud whilst the body is gently warmed. Total relaxation is reached as the scalp and face are massaged. To continue the treatment's effects a light application of Dead Sea Body Lotion restores lost moisture and leaves you with fresh and gentle skin.

❖ **Aroma Cocoon**

This treatment has been specifically designed to give the guest a sense of warmth, sensuality and love. It has been created not only by the nurturing touch of the therapist but also by the therapeutic effect of Indian pure essential oils of Rose Sandalwood and Vetiver.

After each part of the body has been massaged, fresh rose petals will be dropped onto the skin and the body will be wrapped in a heated blanket "COCOONED" followed by a wonderful head and scalp pressure point massage, which will send you deeper into relaxation. Essential oils from the petals will work along side those in the massage oil to not only produce a hypnotic smell but to ignite the passions.

Exfoliation

❖ **Detox Papaya Body Polish**

Using local ingredients such as, orange peel, almond meal, globe thistle, barley meal & husk together with fresh papaya dissolve dulling surface skin cells, leaving your skin feeling soft and silky smooth. This unique dissolving mixture is made fresh before each treatment to allow for the active ingredients to slowly penetrate



and soften your skin. The body is covered with a dry wrap while receiving a scalp massage. This is followed by a Himalayan spring water shower.

❖ **Ancient Indian Honey & Sandalwood Rub**

A gentle natural herbal moisturizing rub with local indigenous Honey, Sandalwood, Valerian, Globe Thistle and Khus Khus (vetiver) to exfoliate and remove dulling surface skin cells. The body is covered with a dry wrap while receiving a scalp massage. This treatment is complete with a Himalayan spring water shower resulting in a softer, smoother skin.

❖ **Wild Rose Salt Glow**

Enjoy this vigorous rose oil and dead sea salt scrub, which deeply cleanses and exfoliates the skin leaving a warm tingling glow. A refreshing Himalayan Spring Water shower rinse is followed by a soothing application of rose flower lotion