

ANANDA®
— IN THE HIMALAYAS —
A DESTINATION SPA

As humanity paused,
NATURE REJOICED.

It recovered,
it bloomed,
it prospered.



IT'S TIME
YOU DO THE SAME.

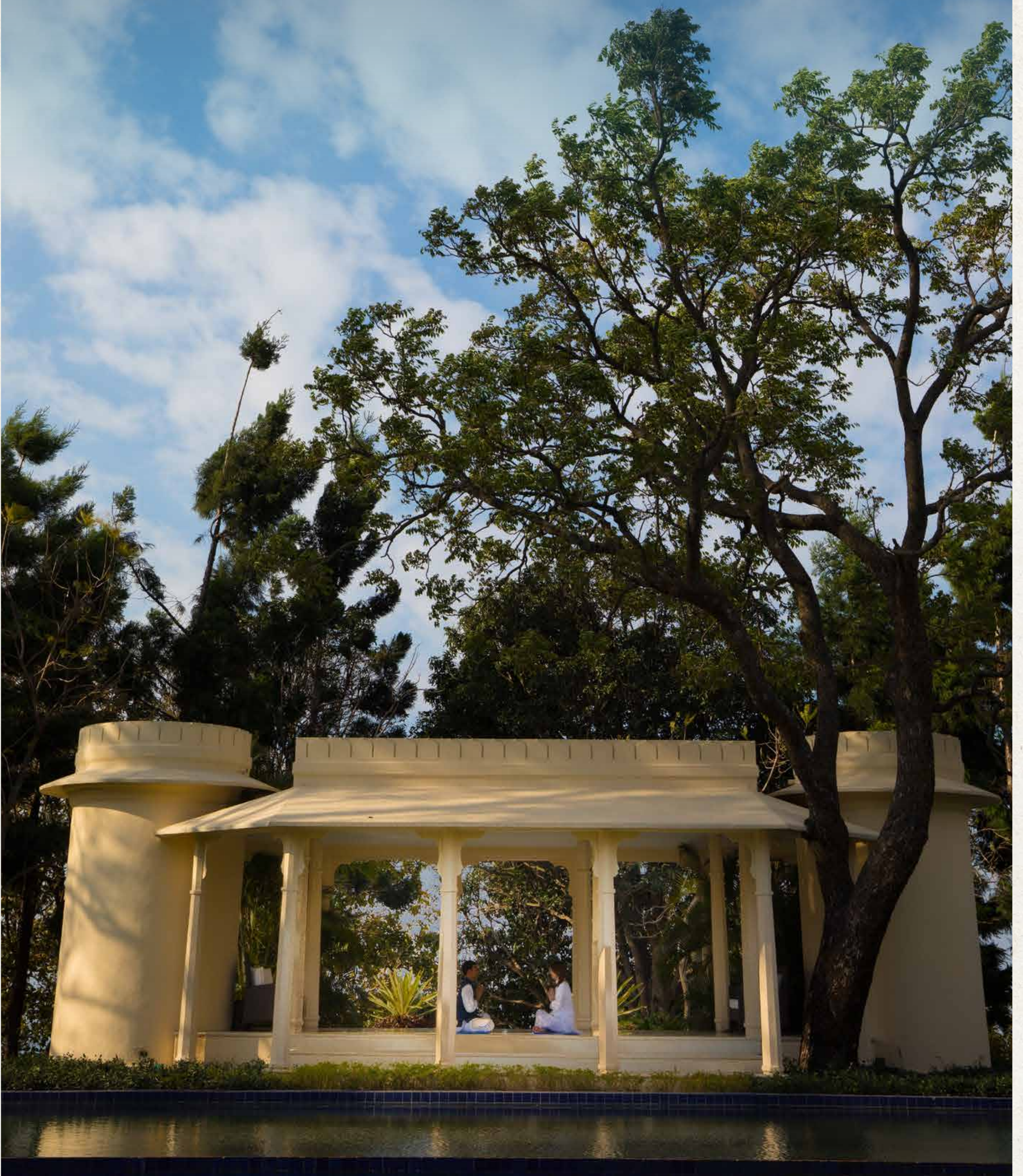
Bask in the sunny hills,
recuperate from the anxiety,
be cocooned in the lap of nature.

Let the *healing* Sal forests,
the *nurturing* Ganges and
the crisp Himalayan air revive you.



Join us as we begin our
wellbeing journey after this hiatus,
to revive our physical, mental and
spiritual selves...

RETREAT TO WELLNESS



A woman with long dark hair, wearing a long, flowing white dress and yellow shoes, stands on a set of stone steps. She is looking slightly to her left. The steps are illuminated from below, and the background shows a building with a white facade and a dark roof, surrounded by lush green trees and foliage. The scene is set at night, with a soft, ambient light.

ENTER A SAFE COCOON

Our entire guest services and wellness team will be located on premises and will be tested regularly providing our guests with a safe cocoon on this 100 acre palace estate.

Daily assessments of guests and staff will be conducted to establish Ananda as a completely safe destination for everyone.



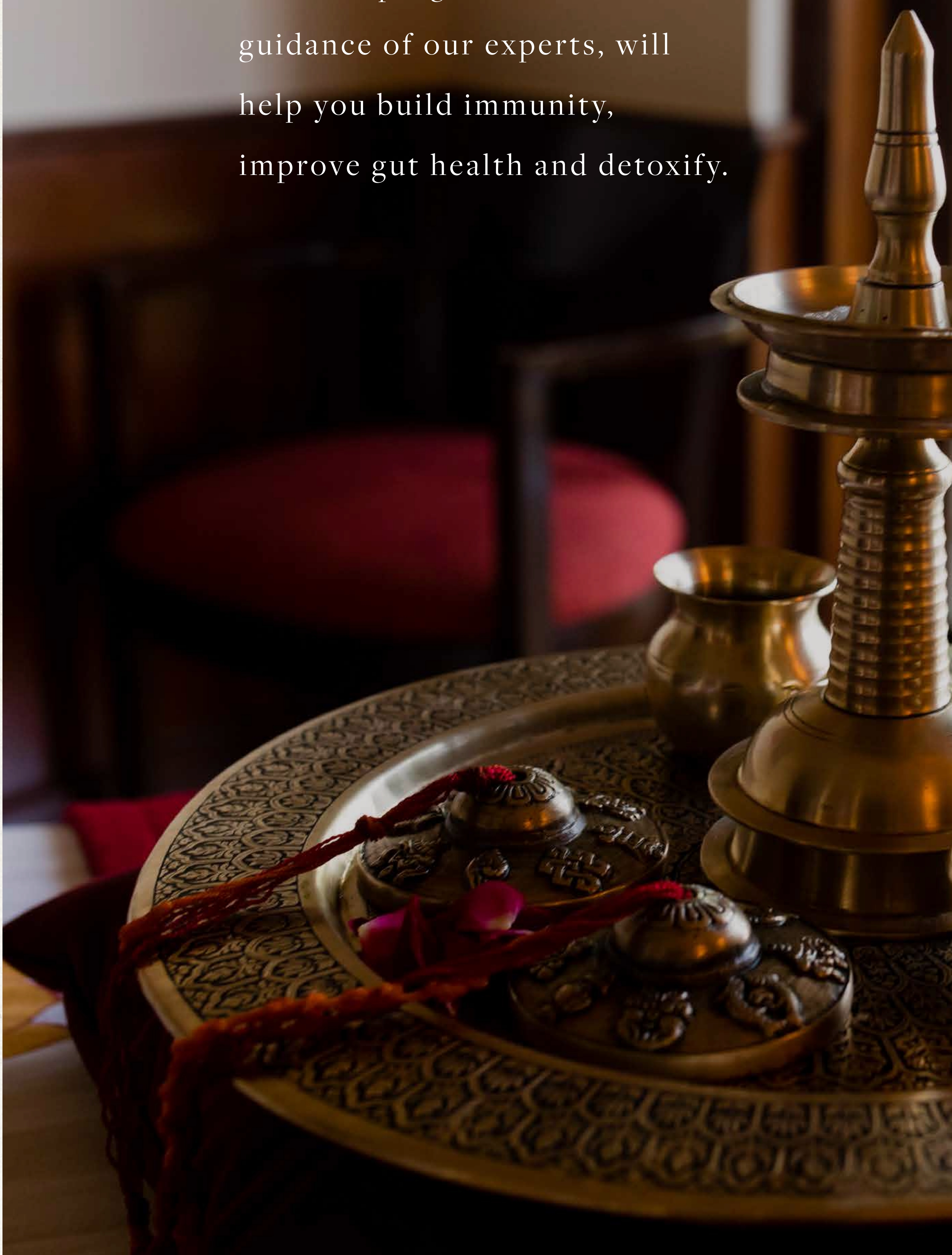
EMPOWER YOUR
INNER SELF WITH
YOGA & MEDITATION

Our daily schedule of Yoga and
Meditation will continue in small groups
with adequate physical distancing.

Our customised wellness programmes
includes personalised guided sessions
with our yoga & meditation teachers.

BOOST YOUR IMMUNITY
WITH AYURVEDA & THE
BEST OF INTERNATIONAL
THERAPIES

Our new programmes, under the
guidance of our experts, will
help you build immunity,
improve gut health and detoxify.



IMMERSIVE SPA EXPERIENCES

Rejuvenate with a choice of more than 80 therapeutic treatments best experienced with our signature all-inclusive wellness programmes



Complete spa room and equipment sanitisation prior to and post every treatment.



Spa therapists perform all treatments while wearing adequate protective equipment.



Daily scheduled group Yoga, Meditation, and Fitness Sessions will be conducted in small groups with adequate distancing.

TRANQUIL DINING EXPERIENCE

Experience the best of farm
to table gourmet cuisine served
under clear blue skies or from
your private balconies
overlooking the Ganges Valley



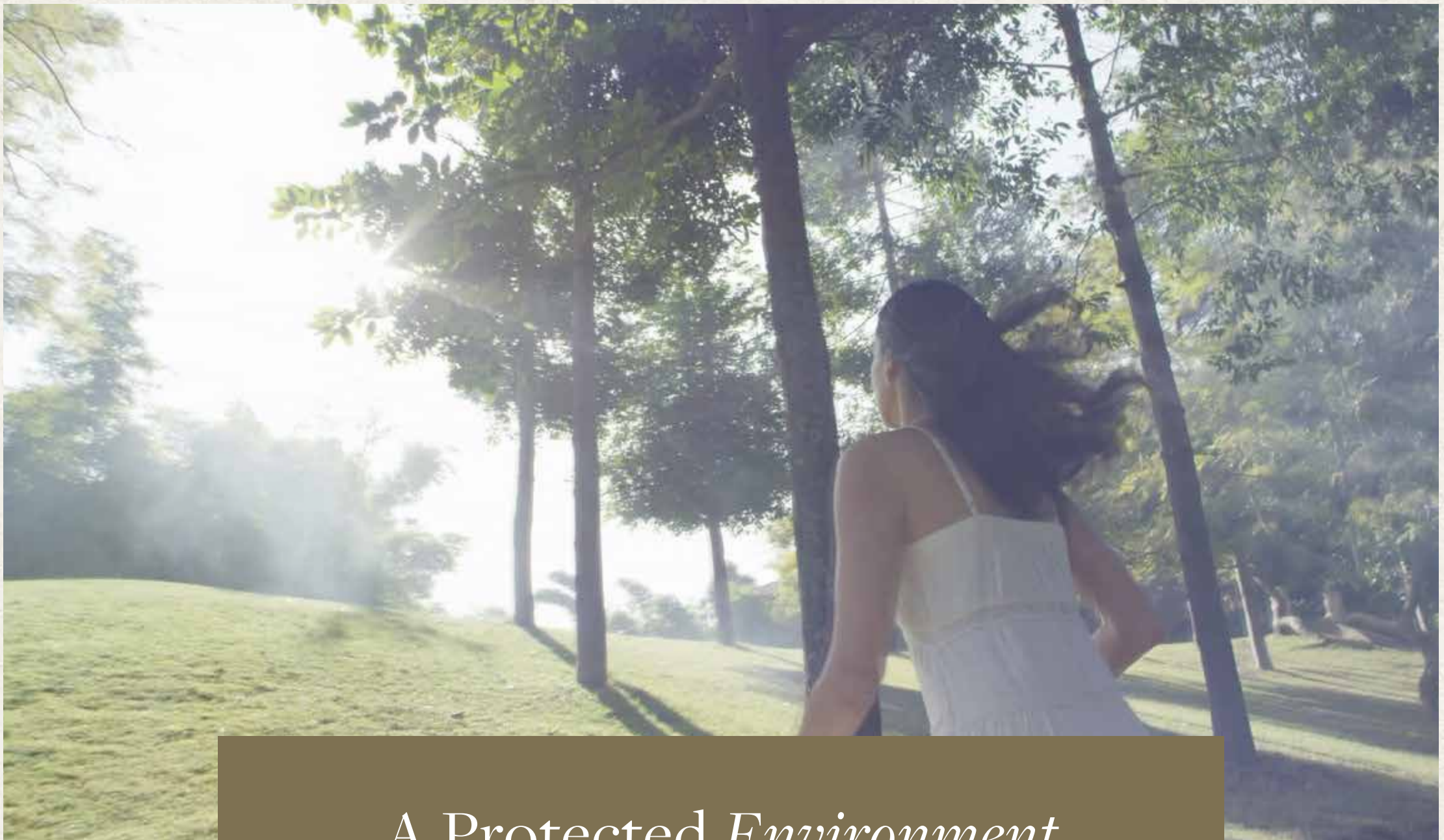
Thorough cleaning and sanitisation
of restaurant



All restaurant staff will wear
protective equipment



Adequate distance between tables



A Protected *Environment*

100 acres of lush area to soak in the pristine nature.

No external guests are allowed into the premises.



- Rigorous deep cleaning and application of disinfectants in guest rooms, fitness centres and restaurants.
- Regular cleaning round the clock of all high-touch points like door handles, elevator buttons, counter tops, table-tops & railings with disinfectant at periodic intervals.



- Personal kits with masks and sanitisers would be extended to each guest.
- Usage of public swimming pool and gymnasium will be restricted as per government directives. Private villa pools will be operational for Villa guests.



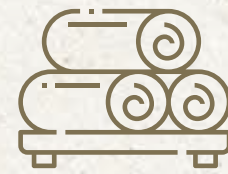


In-Room Comfort

We will be opening Ananda only for a limited number of guests. Besides the exclusivity of enjoying the expansive palace estate, your room will also have adequate physical distancing from others.

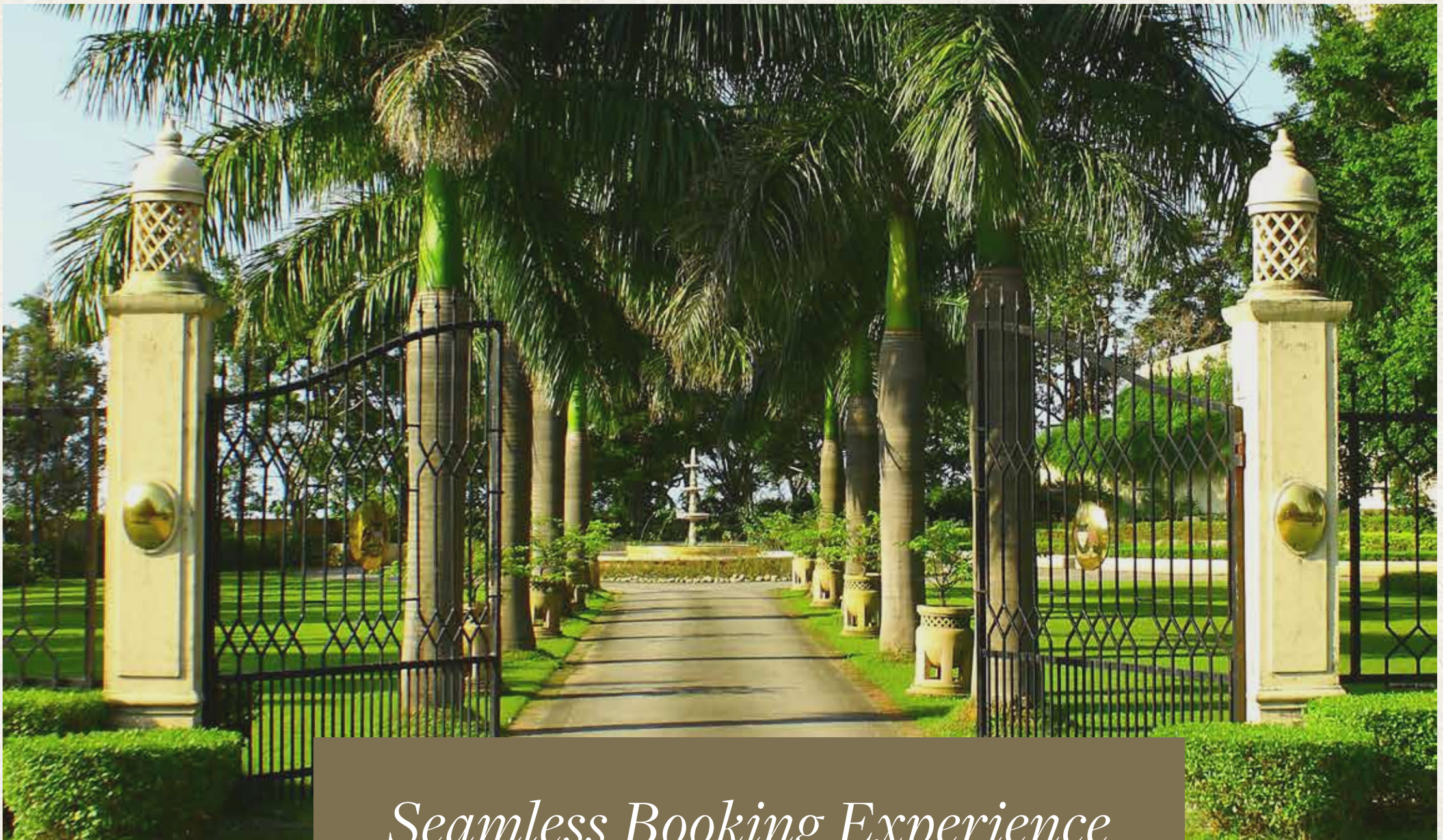


- Rooms will be completely sanitised each day with certified safe chemicals and UV sanitisation.
- Thorough and deep cleaning by housekeeping staff in complete protective equipment.



- Fresh and sanitized supplies and amenities placed daily.
- Highest quality fresh linen laundered at high temperatures with safe chemical sanitisation.





Seamless Booking Experience

The entire booking process will be handled online, with a secure payment process through credit card 48 hours prior to arrival will ensure no waiting time on arrival at the resort.

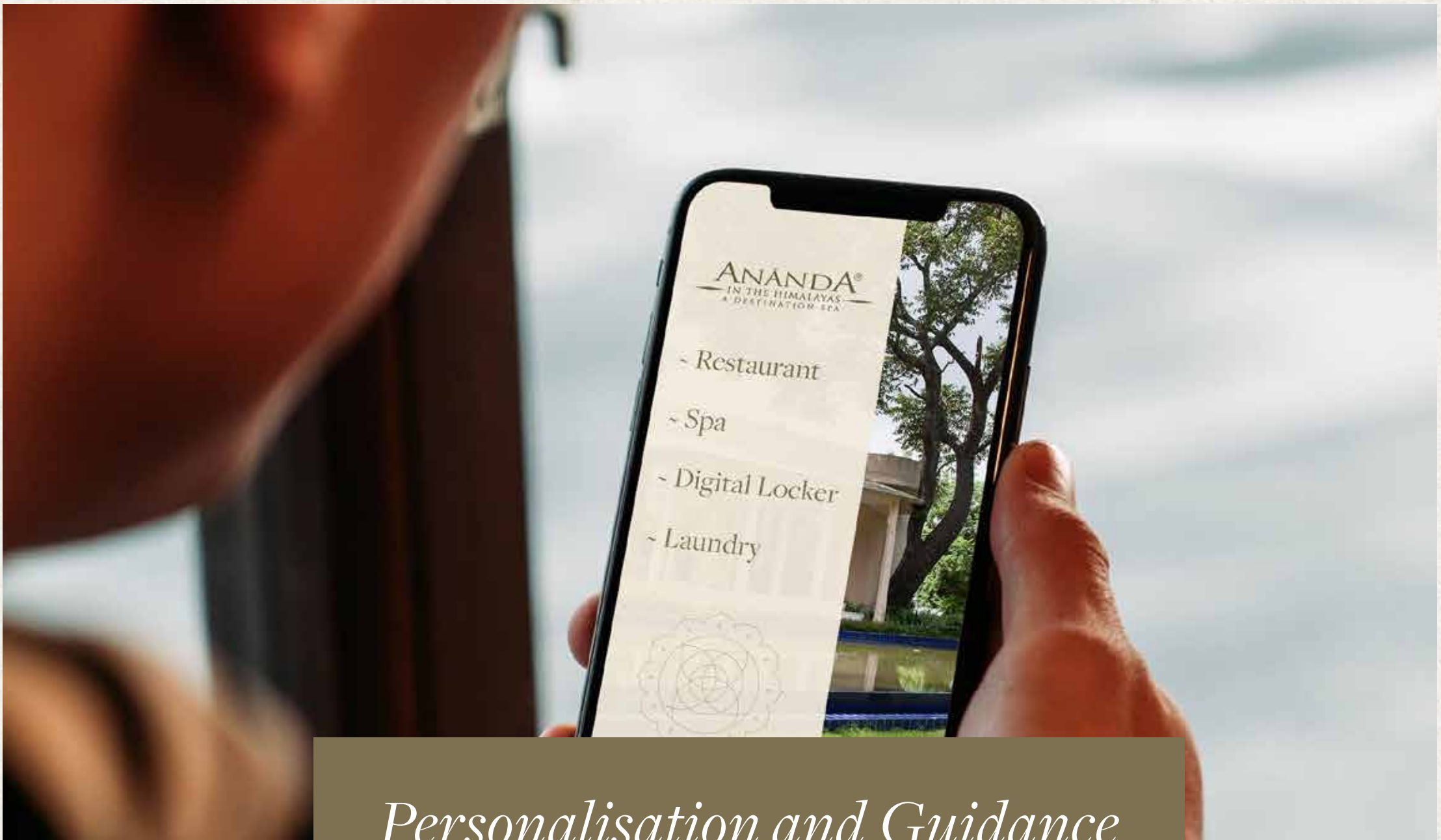


- Should you have specific enquiries about any of our wellness programmes or have a specific health issue to focus on, our Ayurvedic Doctor is available for consultation.
- Guests are required to comply with all medical and stay requirements as per Central and State government regulations applicable at the time of the stay.



- Ananda provides completely sanitised cars and drivers trained in sanitisation procedures for transfers from the Dehradun airport.
- Experience an express Check-in straight to the comfort of your room, suite or villa.





Personalisation and Guidance

- Every guest will receive personal access through Ananda Guest Services®, a QR code based app to access all content and services offered by the hotel and place all orders (food & beverage, spa, housekeeping, and other requests)
- Every aspect of your stay which needs to be customised or any service that requires our personal attention is now available at the touch of a button.
- Ananda's wellness concierge is available through the app or on phone to create a rejuvenating transformational experience.





Wellness Programmes

We now offer all Ananda's *signature Wellness Programmes* with important new additions



Detox and Cleansing
of Body & Mind



Rejuvenation/
Building Immunity

Holistic Detox

Ayurvedic Rejuvenation &
Immunity Booster **NEW**

Yogic Detox

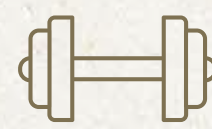
Rebalance

Panchakarma

Renew



Mental Wellbeing/
Stress Relief/
Spiritual Harmony



Weight Loss,
Physical Fitness,
Pain Management

Stress Management

Weight Management

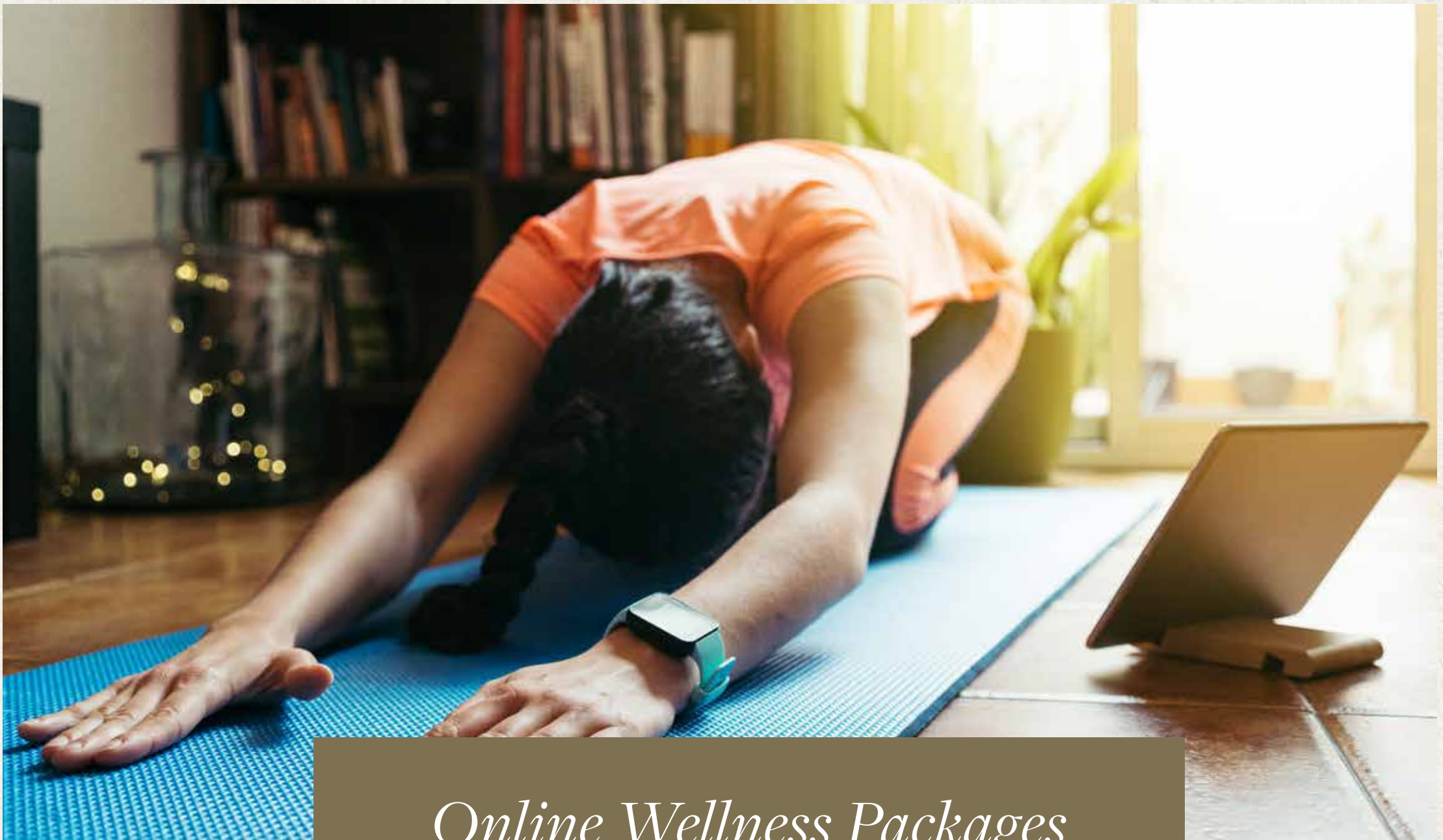
Ananda Yoga

Activ-Fitness

Dhyana Meditation

Chronic pain
Management **NEW**

*All wellness programmes start from a minimum of 5/7 nights. Programmes can also be customised as per requirement and based on a prior consultation with Ananda's wellness experts.



Online Wellness Packages

Start your wellness journey well before your arrival at Ananda

- Daily Group Yoga - monthly package
- Online Ayurvedic Consultation and Wellness Assessment
- Signature Ananda dishes from our Chef customised to your body type
- Personal Yoga Consultation and Assessment
- Individual online yoga guidance

These preparations before your stay at Ananda will enable you to break existing habits and routine and start your wellness journey so that the time you spend at Ananda can be dedicated to achieving comprehensive rejuvenation and optimal wellbeing.

[Click here](#) for more details





Our wellness retreat awaits you

We know that you, our patrons and wellness enthusiasts from all over have been waiting for Ananda to open our gates again. We also appreciate that you must make many arrangements to travel and you would like to have flexibility to manage any eventuality in these challenging circumstances.

We have therefore made our booking policy as flexible as possible:

- Book your stay at Ananda and confirm your booking with a secure credit card payment upto 48 hours before arrival.
- Enjoy cancellations or amendments without penalty up to 48 hours prior to arrival for bookings till 31st December 2020.



For complete details on all COVID related operational processes follow, please [click here](#)

Our Ananda Global Reservations Team is available at your service from 8am to 8pm India time (reservations@anandaspa.com, +91 11 61210000)

We look forward to welcoming you back!



www.anandaspa.com