

KIPLING INDIA'S SPA & WELLNESS PACKAGE

ANANDA IN THE HIMALAYAS

VALID - 16 OCT'2010 - 30 APRIL 2011

Located in the tranquil Himalayan foothills, close to the mythological cities of Haridwar and Rishikesh, surrounded by graceful Sal forests, overlooking the peaceful Ganga as it meanders into the distance, Ananda is the spiritual pathway to the ultimate, discovered through the union of body, mind and soul. It is not just a retreat that will leave you breathless with the enchantment of its surroundings, but assists in redefining lifestyles to include the well-known traditional Indian wellness regimes of Ayurveda, Yoga and Vedanta combined with best of International Wellness Experiences to bring about the union of mind, body and soul.



STANDARD INCLUSIONS FOR ALL SPA PACKAGES MENTIONED BELOW:

- Two way transfer from Haridwar Railways station or the Dehradun Jolly Grant airport to Ananda – In The Himalayas.
- Accommodation.
- Morning wake up signature tea.
- Fresh fruit bowl provided every day.
- 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/lunch/dinner) per night of stay, per person.
- Introductory Spa and Fitness orientation sessions with an Initial Spa consultation.
- Daily use of the Hydrotherapy facilities:
(Indoor and Outdoor Jacuzzi, Steam, Sauna, Chilli Plunge Pool, Kneipp Hydrotherapy Foot Bat and Heated Lap Pool).
- Opportunity to participate in scheduled Spa Lifestyle and Wellness activities.
(Yoga, Pranayama, Meditation, Fitness, Cooking demonstrations, Lectures, workshops and Excursions.)

Please note the following:

- In order to preserve the tranquility of the Destination Spa, Children below the age of 14 years are not permitted at Ananda – in the Himalayas.
- Use of the spa facilities like Sauna, Steam and Jacuzzi and the Spa therapies are available to guests who are of the age of 18 years and above.
- However, those under 18 years can take part in other scheduled activities like yoga, meditation, treks and use of the swimming pool.
- There will be Mandatory supplement charges of USD 105 for the Christmas Eve dinner and USD 130 for the New Year Eve dinner for all guests booked on spa packages. These prices are per person and inclusive of applicable taxes.
- For guests booked on a per night room only basis, a minimum of 3 nights stay would be required over the New Year Period. The mandatory supplement charges for the Christmas Eve and New Year's Eve dinner would be USD 130 & USD 180 respectively. These prices are per person and inclusive of applicable taxes.

PER NIGHT TARIFF

Room Category	Single (USD)	Double (USD)
Deluxe Palace View Room	516	566
Deluxe Valley View Room	593	670
Deluxe Suite	907	907
The Ananda Suite	1181	1181
Vice Regal Suite	1412	1412
One bedroom villa with pool	1593	1593
Two bedroom villa with pool	2143	2143

The above rate includes:

- Morning wake up signature tea.
- Scheduled Yoga and Meditation charges.
- Scheduled Hiking Trips in the Himalayan foothills.
- Use of Wet Spa areas like Sauna, Steam Bath, Jacuzzi.
- Complimentary use of the Gymnasium.
- Complimentary use of the Swimming Pool.

Additional Suite & Villa Tariff inclusions:

- Ananda Breakfast for two – served in the room or restaurant.
- Complimentary two – way transfers from the Haridwar Railway Station or Dehradun airport to Ananda in The Himalayas.
- Choice of two Aromatic Baths in the Suite and Villa.

PACKAGE # 01 : ANANDA WELLNESS BLISS

The uniqueness of the Ananda Spa approach is contained in the saying “Swastha Jeevan Sandhya” meaning “healthy lifestyle approach with assistance”. Guests benefit from this by a private consultation from a Lifestyle Assistance offering professional guidance and individual attention. Options are available from an innovative Sap menu of treatments and services that integrate ancient & contemporary therapies and treatments from various disciplines to suite individual needs and requirements.

Room Type	3 Nights (USD)		5 Nights (USD)	
	Single	Double	Single	Double
Palace View	2111	2811	3303	4434
Valley View	2312	3001	3639	4748
Deluxe Suite	2984	3684	4709	5817
The Ananda Suite	3740	4445	5907	7015
Vice Regal Suite	4339	5039	6853	7962
One Bedroom Villa with Pool	4809	5509	7637	8745

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	03 Nights	05 Nights
Ayurvedic and Wellness Consultation	30	1 session	1 session
Wild Rose Salt Scrub	45	1 session	1 session
Aromatherapy Massage with the choice of grounding, detoxifying or invigorating blended oils	85	1 session	1 session
Swedish Massage	55	-	1 session
Reflexology	55	1 session	1 session
Anada Royal Facial	85	-	1 session
Stress Release through Hot & Cold Stone Therapy	75	1 session	1 session
Ananda Touch – our signature treatment for the back	25	-	1 session
Personalised Yoga Session per room	60	1 session	2 session
Personalised Meditation Session per room	30	1 session	2 session

PACKAGE # 02 : ANANDA AYURVEDIC REJUVENATION

This is a personalized programme that includes stimulating and purifying therapies, daily Yoga and Meditation and Dosha-Specific Ayurvedic diet to help reduce stress, improve health and address common ailments or simply delay the aging process.

Room Type	7 Nights (USD)		14 Nights (USD)		21 Nights (USD)	
	Single	Double	Single	Double	Single	Double
Palace View	4860	6629	8813	12060	11595	15929
Valley View	5319	7111	9697	12928	12743	17076
Deluxe Suite	6730	8510	12340	15582	16455	20772
The Ananda Suite	8292	1008	15274	18504	20559	24887
Vice Regal Suite	9540	11332	17625	20856	23851	28173
One Bedroom Villa with Pool	10638	12429	19820	23050	27143	31465

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	7 Nights	14 Nights	21 Nights
Ayurvedic and Wellness Consultation	30	1 session	1 session	1 session
Personalised Yoga Session per room	60	3 sessions	4 sessions	5 sessions
Personalised Meditation Session per room	30	1 session	2 sessions	3 sessions
Personalised Ayurvedic Therapies	30-55	13 sessions	26 sessions	38 sessions
Swedish Massage	55	1 session	1 session	2 sessions
Aromatherapy Massage	85		1 session	1 session
Ayurvedic Lifestyle Recommendation	30	1 Session	1 session	1 session

PACKAGE # 03 : ANANDA STRESS MANAGEMENT

Ananda Stress Management Programme focuses primarily on assisting you to experience and implement various mind and body techniques based on the concepts and philosophies of Yoga, Meditation, Pranayama and Ayurveda, for creating positive changes, reducing and managing stress and enhancing synergy in your life through a balanced approach.

Room Type	5 Nights (USD)	
	Single	Double
Palace View	3259	4361
Valley View	3555	4658
Deluxe Suite	4625	5722
The Ananda Suite	5812	6920
Vice Regal Suite	6763	7866
One Bedroom Villa with Pool	7547	8650

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	05 Nights
Ayurvedic and Wellness Consultation	30	1 session
Personalised Fitness Consultation	30	1 session
Personalised Fitness Training Session	60	1 session
Grounding Salt Scrub	45	1 session
Grounding Aromatherapy Massage using Essential Oils of Rose, Sandalwood and Vetiver know as India's oils of Tranquility	85	1 session
Thai Massage	85	1 session
Reflexology	55	1 session
For Her - Himalayan Honey & Rose Facial For Him - Himalayan Honey & Sandalwood Facial	55	1 session
Stress Release Treatment Hot & Cold Stone Massage	75	1 session
Grounding Aroma Cocoon	85	1 session
Personalised Yoga Session per room	60	3 sessions
Personalised Pranayama and Meditation session/room	30	3 sessions

PACKAGE # 04 : ANANDA HIMALAYAN ROMANCE

An idyllic retreat in which to pamper yourself and your loved one with exotic therapies designed from the mystique of the past to refresh and rekindle the sparks that revitalize your mind, body and soul. Discover luxury, indulgence and intimacy in the Kama Suite at Ananda.

Room Type	Occupancy	03 Nights (USD)	05 Nights (USD)
Palace View	Double	2766	3936
Valley View	Double	2962	4261
Deluxe Suite	Double	3639	5330
The Ananda Suite	Double	4395	6517
Vice Regal Suite	Double	5005	7469
One Bedroom Villa with Pool	Double	5476	8253

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	03 Nights	05 Nights
For Her : Wild Rose Salt Glow Scrub For Him : Ancient Indian Honey and Sandalwood Srub	45	1 session	1 session
Grounding Aromatherapy Massage using Aphrodisiac Quality Blended Essential Oils of Rose, Sandalwood and Vetiver known as India's Oil of Tranquility	85	1 session	1 session
For Her : Himalayan Honey and Rose Facial For Him : Himalayan Honey and Sandalwood Facial	55	1 session	1 session
Aroma Cocoon using Aphrodisiac Quality Blended Essential Oils which include Lymphatic Drainage Massage, Wrap, Face and Scalp Massage	85	1 session	1 session
Personalised Couples Yoga per room	60	1 session	2 session
Reflexology	55		1 session
Rose Petal Bath in Room		1 session	1 session

PACKAGE # 05 : ANANDA DETOX

The Ananda Detox programme has been carefully designed not only to Detox the body but also the mind. We at Ananda believe that if the mind is clear of negative thoughts and barriers, detoxifying the body come more naturally and become less of a stress upon one's over all well being.

Room Type	7 Nights (USD)		14 Nights (USD)		21 Nights (USD)	
	Single	Double	Single	Double	Single	Double
Palace View	4580	6014	8432	11142	11864	15716
Valley View	5011	6439	9227	11931	12973	16830
Deluxe Suite	6422	7855	11864	14579	16690	20531
The Ananda Suite	7984	9417	14792	17508	20788	24646
Vice Regal Suite	9238	10671	17144	19859	24081	27927
One Bedroom Villa with Pool	1034	11769	19338	22054	27373	31219

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	7 Nights	14 Nights	21 Nights
Personalised Consultation with Ayurvedic doctor and the Fitness instructor	45	1 session	2 sessions	3 sessions
Fitness Test & Body Composition Analysis	60	1 session	1 session	1 session
Personalised Fitness Training session/room	60	3 sessions	10 sessions	17 sessions
Personalised Yoga session per room	60	5 sessions	8 sessions	12 sessions
Pranayama/Meditation session per room	30	5 sessions	8 sessions	12 sessions
Ananda Detox Salt Scrub	45	1 session	2 sessions	3 sessions

Dead Sea Mud Wrap	75	2 sessions	4 sessions	6 sessions
Ananda Detox Aromatherapy Massage	85	1 session	2 sessions	3 sessions
Tibetan Massage	75	1 session	2 sessions	3 sessions
Detox Jet Blitz	15	2 sessions	4 sessions	6 sessions
Detox Hydrobath	20	1 session	2 sessions	3 sessions
Crystal Facial	75	1 sessions	1 sessions	1 sessions
Himalayan Honey & Rose Facial	55		1 session	1 session
Abhyanga	55		1 session	1 session
Debrief with doctor	30	1 session	1 session	1 session
Debrief with Fitness Consultant	30	1 session	1 session	1 session

PACKAGE # 06: ANANDA WEIGHT MANAGEMENT

The Ananda Weight Management Programme addresses the physical and emotional challenges associated with weight loss and weight maintenance. Based on the best of both Western and Ayurvedic Treatments, the program is a safe and effective way in which to lost those extra inches. The Spa provides the ideal atmosphere and complete privacy in which you can learn how to gain control and balance in your lives, which are the basic ingredients for healthy weight management.

Room Type	14 Nights (USD)		21 Nights (USD)	
	Single	Double	Single	Double
Palace View	9311	13157	12149	17166
Valley View	10100	13964	13180	18196
Deluxe Suite	12737	16601	16886	21897
The Ananda Suite	15682	19529	20996	26007
Vice Regal Suite	18034	21875	24282	29293
One Bedroom Villa with Pool	20229	24069	27574	32585

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	14 Nights	21 Nights
Consultation with the Ayurvedic Doctor	30	2 sessions	3 sessions
Fitness Consultation & Body Composition Analysis	45	1 sessions	1 sessions
Personalised Consultation with Chef	30	1 session	1 session
Personal Fitness Training session per room	60	6 sessions	9 sessions
Personalised Yoga Session per room	60	6 sessions	10 sessions
Dosha Specific Abhyanga Massage	55	7 sessions	10 sessions
Choorna Swedana	55	7 sessions	10 sessions
Udwarthana	55	7 sessions	10 sessions
Personalised Ayurvedic Detoxification treatments	30	7 sessions	10 sessions
Dosha Specific Ayurvedic Head Massage	15	7 sessions	10 sessions
Mukhalepa Facial	55	2 sessions	3 sessions
Dosha Specific Sea Salt Scrub	45	2 sessions	3 sessions
Dosha Specific Hydrotherapy Bath	20	3 sessions	5 sessions
Detox Aromatherapy Massage	55	2 sessions	3 sessions
Pranayama/Meditation per room	30	6 sessions	10 sessions
Post Body Composition Analysis	45	1 session	1 session
Debrief and recommendations from the doctor	30	1 session	1 session
Lifestyle Recommendation	30	1 session	1 session

PACKAGE # 07: ANANDA YOGA

Rediscover yourself through the ancient discipline of Yoga, which encompasses all aspects of life in order to balance the mind, body and spirit. Ananda Yoga enhances the physical, mental, emotional and spiritual qualities in a simple, effective and practical manner.

Room Type	5 Nights (USD)		7 Nights (USD)		14 Nights (USD)	
	Single	Double	Single	Double	Single	Double
Palace View	3231	4171	4210	5347	8241	10643
Valley View	3555	4496	4630	5767	9031	11450
Deluxe Suite	4625	5565	6041	7178	11679	14087
The Ananda Suite	5812	6758	7614	8745	14607	17020
Vice Regal Suite	6763	7704	8863	9988	16959	19372
One Bedroom Villa with Pool	7547	8488	9960	11086	19154	21567

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	7 Nights	14 Nights	21 Nights
Personalised Yoga Consultation	30	1 session	1 session	1 session
Body Scrub	45	1 session	1 session	2 sessions
Thai Massage	85	1 session	1 session	2 sessions
Reflexology	55	1 session	1 session	2 sessions
Aromatherapy Massage using a Blend of Spiritually Calming Indian Essential Oils comprising of Sandalwood and Rose	85	1 session	1 session	2 sessions
Aroma Cocoon using Aphrodisiac quality blended essential oils which includes lymphatic drainage massage, wrap, face and scalp massage	85	-	-	1 sessions
Ananda Touch – Our Signature Treatment for the Back	30	-	1 session	1 session
For Her – Himalayan Honey & Rose Facial For Him – Himalayan Honey & Sandalwood Facial	55	1 session	1 session	1 session
Personalised Yoga Session per room	30	3 sessions	5 sessions	12 sessions
Chakra Dhara	55	-	-	1 session
Shirodhara	45	-	-	1 session
Tibetan Ritual	115	-	-	1 session

PACKAGE # 08: ANANDA TRANQUILITY

Ananda Tranquility is the Spa's signature program comprising of a series of gentle yet rejuvenating experiences – a unique blend of different therapies that introduce you to all the components that Ananda comprises of. This is a wonderful introduction to our other programmes and rejuvenating treatments, therapies and workshops.

Room Type	3 Nights (USD)		5 Nights (USD)		7 Nights (USD)	
	Single	Double	Single	Double	Single	Double
Palace View	2049	2676	3259	4300	4143	5414
Valley View	2256	2878	3572	4630	4574	5834
Deluxe Suite	2928	3561	4636	5700	5980	7245
The Ananda Suite	3684	4322	5834	6887	7553	8807
Vice Regal Suite	4289	4916	6786	7833	8801	10056
One Bedroom Villa with Pool	4759	5386	7570	8617	9899	11153

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	7 Nights	14 Nights	21 Nights
Ayurvedic and Wellness Consultation	30	1 session	1 session	1 session
Abhyanga	45	1 session	1 session	1 session
Shirodhara	45	-	1 session	1 session

Aromatherapy Massage using a Blend of Spiritually Calming Indian Essential Oils	85	-	1 session	1 session
For Her – Himalayan Honey & Rose Facial For Him – Himalayan Honey & Sandalwood Facial	55	1 session	1 session	1 session
Ancient Indian Honey & Sandalwood Scrub	45	1 session	1 session	1 session
Ancient Indian Body Mask	45	1 session	1 session	1 session
Personalised Yoga session per room	60	1 session	2 sessions	3 sessions
Personalised Pranayama/Meditation session per room	30	1 session	2 sessions	3 sessions

PACKAGE # 09 : ANANDA FITNESS

The Programme inculcates mental and physical fitness skills through techniques to increase the integration of mind, body and soul : It is the secret to an enjoyable and safe fitness program that can be used for the rest of your life. Learn to enhance your capacity for exercise through understanding your mind-body constitution and being guided thereby to sports selection, diet, time best suited to you for daily exercise, breathing exercise, body stretching and much more.

Room Type	5 Nights (USD)		7 Nights (USD)		14 Nights (USD)	
	Single	Double	Single	Double	Single	Double
Palace View	3158	4222	4334	5856	7833	10873
Valley View	3488	4524	4759	6282	8633	11662
Deluxe Suite	4557	5599	6170	7693	11276	14305
The Ananda Suite	5739	6786	7732	9299	14204	17239
Vice Regal Suite	6691	7738	8981	10509	16556	19585
One Bedroom Villa with Pool	7474	8521	10078	11606	18751	21779

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	5 Nights	7 Nights	14 Nights
Personalised Fitness & Wellness Consultation	45	1 session	1 session	2 sessions
Personalised Fitness Training Session	60	3 sessions	5 sessions	12 sessions
Fitness Salt Scrub	45	1 sessions	1 sessions	2 sessions
Swedish Massage	55	1 sessions	1 sessions	2 sessions
Aromatherapy Massage	85	-	1 session	1 session
Thai Massage	85	1 session	1 session	1 session
Deep Tissue Massage	75	1 session	1 session	1 session
Dead Sea Mud Wrap	75	-	1 session	2 sessions
Hydrobath	20	1 session	2 sessions	3 sessions
Jet Blitz	15	-	1 session	2 sessions
Fitness Facial – Working on Essential Muscle	55	1 session	1 session	2 sessions
Personalised Yoga session per room	60	1 session	2 sessions	4 sessions
Pranayama/Meditation session per room	30	1 session	2 sessions	4 sessions
Debrief with Doctor and Fitness Consultation	30	1 session	1 session	1 session

PACKAGE # 10 : ANANDA ANTI – AGEING PROGRAMME

Rediscover ancient wisdom, unlock the secrets to youth, beauty and wellness through the sacred rituals of Yoga. Ayurveda and ancient beauty and healing therapies combined with the modern day anti –aging products.

Room Type	07 Nights (USD)	
	Single	Double
Palace View	4636	6237
Valley View	5061	6887
Deluxe Suite	6461	8297
The Ananda Suite	8034	10100
Vice Regal Suite	9283	11119
One Bedroom Villa with Pool	10380	12217

The above price includes:

- All above Standard Package inclusions.
- Plus:

Includes	No. of Minutes	7 Nights
Diet and Lifestyle Advice	30	1 session
Yoga Consultation	30	1 session
Eye Rejuvenator	25	4 sessions
Yoga/Pranayama/Meditation	60	3 sessions
Jasmine Body Scrub	45	1 sessions
Detox Power Blitz	15	1 session
Himalayan Honey and Rose Facial	55	1 session
Swedish Massage	55	1 session
Detox Aromatherapy Massage	90	1 session
Tibetan Ritual	110	1 session
Reflexology	45	1 session
Kundalini Massage	85	1 session
De-Brief		1 session
Participate in the breathtaking evening Aarti service by the banks of the river Ganges		1 round trip

NOTE:

- **We will provide 5% discount to the Travel Agents on the above price.**
- **The above price does not include arrangement in Delhi.**