



# Wellness Programs

**ANĀNDA<sup>®</sup>**  
— IN THE HIMALAYAS —  
A DESTINATION SPA

# Contents

Ananda Programs And Rates 2018- Overview	2
Program Summary	3
Rates 2018	4
Wellness Programs	
❖ Standard Inclusions For All Wellness Programs	5
❖ Ananda Yoga	6
❖ Ananda Stress Management	8
❖ Ananda Active	10
❖ Ananda Renew	12
❖ Ananda Rebalance	14
❖ Ananda Detox	16
❖ Ananda Yogic Detox	18
❖ Ananda Dhyana Meditation	20
❖ Ananda Ayurvedic Rejuvenation	22
❖ Ananda Weight Management	24



# Ananda Wellness Programs and Rates 2018

Ananda's new portfolio of programs for 2018 offers the complete range of introductory and comprehensive wellness programs targeted at specific health goals.

## ❖ Introduction To Wellness Programs

Ananda's newly designed 'Introduction to Wellness' programs combines specific spa therapies to create a foundation towards reaching the respective goals. Besides spa therapies, these programs provide ample time through the day to attend the wide range of scheduled complimentary wellness sessions including group yoga, group fitness classes, group meditation classes, Vedanta lectures and weekly treks. Introduction programs offered are listed below:

### — A —

*5 Nights*

- ❖ Intro to Yoga
- ❖ De-stress
- ❖ Active
- ❖ Renew
- ❖ Detox Starter

### — B —

*7, 14 or 21 Nights*

- ❖ Rebalance

## ❖ Comprehensive Wellness Programs

Ananda's signature programs which are immersive to achieve transformation results. These programs are more intense with higher number of therapies each day and combined with several personal sessions of yoga, meditation and fitness depending on the specific goals of the program. Wellness programs offered are listed below:

### — A —

*7, 14 Nights*

- ❖ Stress Management
- ❖ Active & Core Fitness
- ❖ Renew & Healthy Ageing

### — B —

*7, 14 or 21 Nights*

- ❖ Dhyana Meditation
- ❖ Holistic Detox
- ❖ Yogic Detox
- ❖ Ayurvedic Rejuvenation

### — C —

*14 or 21 Nights*

- ❖ Weight Management



# Program Summary

A ready reference of all categories, programs and applicable lengths of stay

CATEGORY	PROGRAM	NO. OF NIGHTS			
		5	7	14	21
Introduction to Wellness	<i>Intro to Yoga</i>	✓			
	<i>De-Stress</i>	✓			
	<i>Active</i>	✓			
	<i>Renew</i>	✓			
	<i>Detox Starter</i>	✓			
	<i>Rebalance</i>		✓	✓	✓
Comprehensive Wellness	<i>Yoga Therapy</i>		✓	✓	
	<i>Stress Management</i>		✓	✓	
	<i>Active &amp; Core Fitness</i>		✓	✓	
	<i>Renew &amp; Healthy Ageing</i>		✓	✓	
	<i>Holistic Detox</i>		✓	✓	✓
	<i>Yogic Detox</i>		✓	✓	✓
	<i>Dhyana Meditation</i>		✓	✓	✓
	<i>Ayurvedic Rejuvenation</i>		✓	✓	✓
	<i>Weight Management</i>			✓	✓

<i>All Inclusive Room + Program Rates Per Night (USD)</i>  <i>( includes taxes on room @ 28% and on spa and meals @ 18% )</i>	INTRODUCTION TO WELLNESS PROGRAMS				COMPREHENSIVE WELLNESS PROGRAMS	
	Intro to Yoga, De-Stress, Active, Renew, Detox Starter		Ananda Rebalance		Holistic Yoga, Stress Management, Active & core fitness, Renew & Healthy Ageing, Holistic Detox, Yogic Detox, Dhyana Meditation, Ayurvedic Rejuvenation, Weight Mgmt.	
<i>Nights</i>	5 nights		7, 14, 21 nights		7, 14, 21 nights	
<i>Room Categories</i>	<i>Single</i>	<i>Double</i>	<i>Single</i>	<i>Double</i>	<i>Single</i>	<i>Double</i>
Deluxe Palace/Garden	885	1,290	805	1,210	895	1,390
Deluxe Valley View	995	1,370	865	1,280	955	1,460
Deluxe Valley View (Premium Floors)	1,095	1,530	985	1,430	1,075	1,610
Garden Suite	1,305	1,770	1,204	1,690	1,295	1,870
Anada Suite	1,565	2,060	1,445	1,960	1,535	2,140
Vice Regal Suite	1,565	2,060	1,445	1,960	1,535	2,140
One Bedroom Villa	2,395	3,020	2,235	2,860	2,325	3,040
Two Bedroom Villa	3,840	4,970	3,540	4,600	3,720	4,960

<i>All Inclusive Room + Program Rates Per Night (USD)</i>  <i>( includes taxes on room @ 28% and on spa and meals @ 18% )</i>	INTRODUCTION TO WELLNESS PROGRAMS				COMPREHENSIVE WELLNESS PROGRAMS	
	Intro to Yoga, De-Stress, Active, Renew, Detox Starter		Ananda Rebalance		Holistic Yoga, Stress Management, Active & core fitness, Renew & Healthy Ageing, Holistic Detox, Yogic Detox, Dhyana Meditation, Ayurvedic Rejuvenation, Weight Mgmt.	
<i>Nights</i>	5 nights		7, 14, 21 nights		7, 14, 21 nights	
<i>Room Categories</i>	<i>Single</i>	<i>Double</i>	<i>Single</i>	<i>Double</i>	<i>Single</i>	<i>Double</i>
Deluxe Palace/Garden	745	1,110	685	1,040	775	1,220
Deluxe Valley View	805	1,180	735	1,100	825	1,280
Deluxe Valley View (Premium Floors)	915	1,300	835	1,220	925	1,400
Garden Suite	1,075	1,490	1,005	1,420	1,095	1,600
Anada Suite	1,265	1,720	1,185	1,630	1,275	1,810
Vice Regal Suite	1,265	1,720	1,185	1,630	1,275	1,810
One Bedroom Villa	1,925	2,460	1,785	2,330	1,875	2,510
Two Bedroom Villa	3,110	4,090	2,860	3,800	3,040	4,160



# Wellness Programs

## Standard Inclusions For All Programs

### — A — Consultations

- ✧ Individual Wellness (Ayurvedic) Consultation
- ✧ Where required, fitness consultation and tests
- ✧ Ongoing progress checks with Ayurvedic Physician
- ✧ Detailed debrief and lifestyle consultation

### — B — Morning Wake Up signature tea and fresh fruit bowl provided every day.

### — C — 3 Ananda Rejuvenation Spa Cuisine meals (breakfast/ lunch/ dinner), per night per person

### — D — Daily use of the Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath and Heated Lap Pool

### — E — Scheduled Spa Lifestyle and Wellness activities: (group sessions)

- ✧ Yoga – Beginners & Intermediate –daily
- ✧ Pranayama and Meditation – daily
- ✧ Vedanta lectures – lectures and interaction daily
- ✧ Fitness –daily
- ✧ Cooking demonstrations –weekly
- ✧ Wellness Lectures –weekly
- ✧ Trek to Kunjapuri mountain top and temple – weekly
- ✧ Cultural performances - weekly

## Program Inclusions

- ✧ *All individual wellness and therapy sessions are as per the respective programs listed below, however are all subject to change based on assessment/ consultation with Ananda's wellness consultation*
- ✧ *All personal yoga, fitness and meditation sessions in case of double occupancy will be provided as combined sessions for both persons unless otherwise advised by Ananda's wellness consultant.*

# 1 — Ananda Yoga

The Yoga Programs at Ananda helps you cultivate the ancient discipline of yogic practices to recharge yourself by enhancing clarity of thought. Every aspect of your mind, body and soul achieves a heightened sense of balance. The extended programs of 7 and 14 nights focus on yoga's therapeutic process with the objective of achieving a particular physiological, psychological or spiritual goal.





# Ananda Yoga

INCLUSIONS	INTRODUCTION TO YOGA	HOLISTIC YOGA	
	<i>5</i> nights	<i>7</i> nights	<i>14</i> nights
<i>Personal Yoga sessions</i>	3	5	11
<i>Personal Pranayama sessions</i>	2	4	8
<i>Personal Meditation sessions</i>	1	3	7
<i>Ayurvedic therapy sessions</i>		1	2
<i>International therapy sessions</i>	3	7	12
<i>Cleansing therapy sessions</i>	1	1	3

THERAPIES	INTRODUCTION TO YOGA	HOLISTIC YOGA	
	<i>5</i> nights	<i>7</i> nights	<i>14</i> nights
<i>Ayurvedic therapy</i>		Shirodhara	<i>Shirodhara</i>
<i>International Therapy</i>	Thai Massage Reflexology, Aromatherapy	Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz Facial or Amethyst Rejuvenation	Tibeta Kuu Nye (Ila), Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz Facial or Amethyst Rejuvenation
<i>Cleansing Therapy</i>		Jai Neti	Jai Neti, Kunjal Kriya

## 2 — Ananda Stress Management

The Ananda Stress Management Program focuses on a healthy lifestyle which aims at minimizing stress, creating positive changes and promoting synergy in your life.

The extended programs of 7 and 14 nights incorporate various balance yoga asanas, pranayama, Ayurvedic therapies, Grounding Aromatherapy, Reiki and other comprehensive healing experiences that result in a comprehensive balance of mind, body and soul.





# Ananda Stress Management

INCLUSIONS	STRESS MANAGEMENT		
	DE-STRESS	7 nights	14 nights
<i>Nights</i>	5 nights		
<i>Ayurvedic Therapy sessions</i>	1	3	5
<i>International Therapy sessions</i>	5	7	15
<i>Personal Yoga sessions</i>		3	5
<i>Personal Pranayama sessions</i>	1	2	4
<i>Personal Meditation sessions</i>	1	3	5

THERAPIES	STRESS MANAGEMENT		
	DE-STRESS	7 nights	14 nights
<i>Nights</i>	5 nights		
<i>Ayurvedic therapy</i>	Shirodhara	Shirodhara, Abhyanga	Shirodhara Abhyanga
<i>International Therapy</i>	Grounding Salt Scrub, Grounding Aromatherapy Massage, Grounding Aroma Cocoon, Reflexology, and Reiki	Reiki, Grounding Salt Scrub, Grounding Aromatherapy, Grounding Aroma Cocoon, Reflexology, Rose Quartz Facial or Amethyst Rejuvenation, Tibetan Kuu Nye (Ila)	Tibeta Kuu Nye (Ila), Reiki, Grounding Salt Scrub, Thai Massage Reflexology, Aromatherapy Massage, Ananda Fusion, Rose Quartz Facial or Amethyst Rejuvenation

### 3 — Ananda Active

The Ananda Active Program integrates the best of indoor fitness workouts along with outdoor activities such as personal fitness training, guided outdoor treks, yoga, aqua fitness and therapeutic spa experiences to enhance muscle tone and cardiovascular fitness.

The extended programs of 7 and 14 nights work on intensive core fitness in addition to treks and full body therapeutic massages. In partnership with Sumaya, a pioneer in the fitness industry, the programs are individualized, consultative and follow a goal orientated fitness approach.





# Ananda Active

INCLUSIONS	ACTIVE & CORE FITNESS		
	ACTIVE	FITNESS	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Treks</i>	1	2	3
<i>Personal Fitness sessions</i>	1	2	5
<i>Personal Outdoor Bootcamp sessions</i>	1	2	5
<i>Personal Aqua Fitness sessions</i>	1	4	4
<i>Ayurveda Therapy sessions</i>	1	1	3
<i>Personal Yoga sessions</i>		2	4
<i>Personal Pranayama sessions</i>		2	4
<i>International Therapy sessions</i>	2	5	13

THERAPIES	ACTIVE & CORE FITNESS		
	ACTIVE	FITNESS	
<i>Nights</i>	5 nights	7 nights	14 nights
<i>Ayurvedic therapy</i>	Abhyanga	Abhyanga or Choornaswedana	Abhyanga or Choornaswedana
<i>International Therapy</i>	Active Massage, Sports Massage	Active Massage, Sports Massage, Reflexology, Hydrotherapy, Aromatic Bath, Stimulating Jet Blitz shower	Active Massage, Sports Massage, Reflexology, Hydrotherapy, Aromatic Bath, Stimulating Jet Blitz shower

## 4 — Ananda Renew

The Ananda Renew Program effectively unlocks your youthful fervor. It cleanses your body from within and provides relief from muscle stiffness, rheumatism and arthritis.

The extended programs of 7 and 14 nights also include holistic healthy-ageing processes including skin nourishing and beauty remedies.





# Ananda Renew

INCLUSIONS	RENEW & HEALTHY AGEING		
	RENEW 5 nights	7 nights	14 nights
<i>Ayurvedic therapy sessions</i>	2	6	8
<i>International therapy sessions</i>	5	7	14
<i>Cleansing therapy sessions</i>		1	3
<i>Personal Yoga sessions</i>		3	6
<i>Personal Pranayama sessions</i>		1	2
<i>Personal Meditation sessions</i>		2	5

THERAPIES	RENEW & HEALTHY AGEING		
	RENEW 5 nights	7 nights	14 nights
<i>Ayurvedic therapy</i>	Chooraswedana Pizhichil	Janu Vasti, KatiVasti, Chooraswedana, Pizhichil	Janu Vasti, KatiVasti, Tarpana, Chooraswedana, Pizhichil
<i>International Therapy</i>	Jasmine Salt scrub, Aromatherapy, Honey and Rose facial, Eye Rejuvenator Aroma Cocoon	Jasmine Salt scrub, Aromatherapy, Ananda Fusion, Himalayan Honey and Rose facial, Eye Rejuvenator, Aroma Cocoon	Jasmine Salt scrub, Aromatherapy, Ananda Fusion, Tibetan Kyu Nye Massage (Ila), Honey and Rose facial, Eye Rejuvenator, Peppermint Orange and Eucalyptus Pedicure Aroma Cocoon
<i>Cleansing Therapy</i>		Nasyam	Nasyam, Jai Neti

## 5 — Ananda Rebalance

Put life in perspective. Stop feeling burnt out and start living again. The new Ananda Rebalance programme aims to create harmonious inner balance. A combination of signature Ananda Ayurvedic and International therapies revive positive energy flow through the system.

The programme allows sufficient time to immerse in all of the scheduled daily sessions of yoga, meditation, pranayama, fitness and Vedanta to create a synchronised state of mind and body.





# Ananda Rebalance

## INCLUSIONS

## REBALANCE

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurveda Therapy sessions</i>	4	14	9
<i>International Therapy sessions</i>	5	7	15

## THERAPIES

## REBALANCE

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurvedic therapies</i>	Abhyanga, Choornadwedana Shirodharam Pizhichil	Abhyanga, Choornadwedana Shirodharam Pizhichil	Abhyanga, Choornadwedana Shirodharam Pizhichil
<i>International Therapy</i>	Aromatherapy, Ananda Fusion, Honey and Rose Facial, Eye Rejuvenator, Head Massage	Jasmine Salt Scrub, Aromatherapy, Tibetan Kyu Nye Massage (Ila), Ananda Fusion, Traditional Thai Massage, Aromacocoon, Reflexology, Honey and Rose facial, Eye Rejuvenator, head Massage	Jasmine Salt Scrub, Aromatherapy, Tibetan Kyu Nye Massage (Ila), Ananda Fusion, Traditional Thai Massage, Aromacocoon, Reflexology, Honey and Rose facial, Eye Rejuvenator, head Massage

## 6 — Ananda Detox

Ananda's Detox Starter for 5 nights is a perfect introduction to those who have not experienced an Ananda Detox before. The program integrates the essential elements of Ayurveda and Aromatherapy, Yogic Kriyas, Meditation and Personal Fitness with a dosha based customized diet that leaves you refreshed with a toned body, glowing skin and increased energy levels.

Ananda's signature Detox Programs for 7, 14 & 21 nights rest the digestive system through controlled eating of whole organic foods, improves the circulation of the blood and lymphatic systems, filters toxins from the body and finally nourishes it with essential nutrients. The program includes personalized experiences of Aromatherapy, Hydrotherapy, Ayurvedic Panchakarma treatments, Yoga, Meditation and a Dosha (body type) specific diet.





# Ananda Detox

INCLUSIONS	DETOX			
	STARTER	HOLISTIC DETOX		
<i>Nights</i>	5 nights	7 nights	14 nights	21 nights
<i>Ayurvedic Therapy sessions</i>	3	4	9	14
<i>International Therapy sessions</i>	4	8	16	25
<i>Cleansing Therapy</i>	1	3	6	11
<i>Personal Yoga sessions</i>		2	3	5
<i>Personal Pranayama sessions</i>	1	2	2	3
<i>Personal Meditation sessions</i>		1	2	2

THERAPIES	DETOX			
	STARTER	HOLISTIC DETOX		
<i>Nights</i>	5 nights	7 nights	14 nights	21 nights
<i>Ayurvedic therapy</i>	Abhyanga, Choornaswedana, Udhwarthana	Abhyanga, Choornaswedana, Udhwarthana	Abhyanga, Choornaswedana, Udhwarthana	Abhyanga, Choornaswedana, Udhwarthana
<i>International Therapy</i>	Detoxifying Salt Scrub, Hydrotherapy, Aromatic bath, Aromatherapy Massage, Body	Detoxifying Jet Blitz shower, Hydrotherapy, Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Mountain Dew Skin Freshener Facial, Detoxifying Aroma Cocoon, Earth Stone Massage	Detoxifying Jet Blitz shower, Hydrotherapy, Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Mountain Dew Skin Freshener Facial, Energising Earth Wrap, Detoxifying Aroma Cocoon, Earth Stone Massage	Detoxifying Jet Blitz shower, Hydrotherapy, Aromatic bath, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Mountain Dew Skin Freshener Facial, Energising Earth Wrap, Detoxifying Aroma Cocoon, Earth Stone Massage

## 7 — Ananda Yogic Detox

Ananda's Yogic Detox Program uses Asana (Posture) and Pranayama (Yogic breathing) to activate the organs and prepare them for the process of cleansing. Traditional Hatha Yogic cleansing techniques (Shatkriya) are used to detox in a natural and effective way.





# Ananda Yogic Detox

## INCLUSIONS

## YOGIC DETOX

<i>Nights</i>	<b>7</b> nights	<b>14</b> nights	<b>21</b> nights
<i>Cleansing Therapy</i>	4	8	12
<i>Personal Yoga sessions</i>	4	7	12
<i>Personal Pranayama sessions</i>	3	6	12
<i>Personal Meditation sessions</i>	2	2	3
<i>Ayurvedic Therapy sessions</i>	2	3	3
<i>International Therapy sessions</i>	6	13	18

## THERAPIES

## YOGIC DETOX

<i>Nights</i>	<b>7</b> nights	<b>14</b> nights	<b>21</b> nights
<i>Ayurvedic therapy</i>	Abhyanga, Choornaswedana,	Abhyanga, Choornaswedana,	Abhyanga, Choornaswedana,
<i>International Therapy</i>	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub Himalayan Honey and Rose Facial Calming Rose Quartz or Amethyst Rejuvenation Facial, Swedish Massage, Reflexology	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Himalayan Honey and Rose Facial, Calming Rose Quartz or Amethyst Rejuvenation Facial, Swedish Massage, Reflexology, Detoxifying Aroma Cocoon, Kundalini (Ila), Thai Massage, Tibetan Kuu Nye (Ila)	Detoxifying Jet Blitz shower, Detoxifying Aromatherapy Massage, Detoxifying salt scrub, Himalayan Honey and Rose Facial, Calming Rose Quartz or Amethyst Rejuvenation Facial, Swedish Massage, Reflexology, Detoxifying Aroma Cocoon, Kundalini (Ila), Thai Massage, Tibetan Kuu Nye (Ila)
<i>Cleansing Therapy</i>	Jai Neti, Kunjal Kriya, Trataka	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana

## 8 — Ananda Dhyana Meditation

A process of self-realization, the practice of meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Ananda's Dhyana Program guides each guest through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and towards experience of Dhyana (continued meditative awareness).





# Ananda Dhyana Meditation

## INCLUSIONS

## DHYANA MEDITATION

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Personal Meditation sessions</i>	5	10	16
<i>Personal Pranayama sessions</i>	6	7	10
<i>Personal Yoga sessions</i>	6	12	18
<i>Cleansing Therapy</i>		4	7
<i>Ayurveda Therapy sessions</i>	2	5	6
<i>International Therapy sessions</i>	4	7	10

## THERAPIES

## DHYANA MEDITATION

<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurvedic therapy</i>	Shirodhara, Abhyanga	Abhyanga Shirodhara, Choornaswedana	Abhyanga Shirodhara, Choornaswedana
<i>International Therapy</i>	Kundalini Back Massage (Ila), Reflexology, Amethyst Facial Shiatsu	Kundalini Back Massage (Ila), Reflexology, Aromatherapy, Mani- puri Massage (Ila) Amethyst Facial, Shiatsu	Kundalini Back Massage (Ila), Reflexology, Aromatherapy, Mani- puri Massage (Ila), Vishuddha Harmonis- ing Facial (Ila), Amethyst Facial, Shiatsu
<i>Cleansing Therapy</i>		Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana	Jai Neti, Kunjal Kriya, Trataka, Laghoo Shankha Prakshaalana

## 9 — Ananda Ayurvedic Rejuvenation

Ananda's Ayurvedic Rejuvenation Program is designed to suit every individual's personal needs. The program aims at improving vitality of one's body through Panchakarma treatments along with complementing Ayurvedic treatments, controlled diet and yoga. The program results in improved immunity and energy, better metabolism and healthy, glowing refreshed skin





# Ananda Ayurvedic Rejuvenation

INCLUSIONS	AYURVEDIC REJUVENATION			
	<i>Nights</i>	7 nights	14 nights	21 nights
<i>Ayurveda Therapy sessions</i>		10	21	31
<i>Cleansing Therapy</i>		3	6	9
<i>Personal Yoga sessions</i>		2	4	6
<i>Personal Pranayama sessions</i>		2	3	4
<i>Personal Meditation sessions</i>		1	2	3

THERAPIES	AYURVEDIC REJUVENATION		
	<i>Nights</i>	7 nights	14 nights
<i>Ayurvedic therapy</i>	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa Facial	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Kati Vasti, Mukh Lepa Facial	Abhyanga, Choornaswedana, Udwarthana, Shirodhara, Pizhichil, Tan Lepa, Thalapizhichil, Kati Vasti, Mukh Lepa Facial
<i>Cleansing Therapy</i>	Customised-based on consultation	Customised-based on consultation	Customised-based on consultation

## 10 — Ananda Weight Management

The Weight Management Program is a safe and effective way to lose weight. Ananda is the perfect haven to gain control over your body through Ayurvedic and Western treatments, detox therapies, exercise, yoga, diet and meditation. This pro





# Ananda Weight Management

## INCLUSIONS

## WEIGHT MANAGEMENT

*Nights*

14 *nights*

21 *nights*

<i>Ayurveda Therapy sessions</i>	12	19
<i>International Therapy sessions</i>	13	22
<i>Cleansing Therapy</i>	4	6
<i>Personal Yoga sessions</i>	4	6
<i>Personal Pranayama sessions</i>	3	4
<i>Personal Meditation sessions</i>	2	2

## THERAPIES

## WEIGHT MANAGEMENT

*Nights*

14 *nights*

21 *nights*

<i>Ayurvedic therapy</i>	Abhyanga, Choornaswedana, Udwarthana, Mukh Lepa Facial	Abhyanga, Choornaswedana, Udwarthana, Mukh Lepa Facial
<i>International Therapy</i>	Stimulating Jet Blitz shower, Energising Earth Wrap, Aroma Cocoon, Energising Earth Stone Massage, Deep Tissue Massage, Hydrotherapy Aromatic Bath, Detox Aromatherapy Massage	Stimulating Jet Blitz shower, Energising Earth Wrap, Aroma Cocoon, Energising Earth Stone Massage, Deep Tissue Massage, Hydrotherapy Aromatic Bath, Detox Aromatherapy Massage
<i>Cleansing Therapy</i>	Customised-based on consultation	Customised-based on consultation