

## Himalayan Spa Break

8 days | Starts/Ends: Delhi



*Ananda Rejuvenation Spa offers a serene and truly unforgettable experience of pure pampering and relaxation in exquisitely beautiful surroundings in the tranquil foothills of the Himalayas.*

### HIGHLIGHTS AND INCLUSIONS

#### Trip Highlights

- Himalayan mountain range - exquisite scenery
- Deluxe Ananda Spa - spa treatments and use of facilities

#### What's Included

- 7 breakfasts, 6 lunches, 6 dinners
- 7 nights - 5 star deluxe Palace View room
- Return train journey Delhi - Haridwar (executive air-conditioned chair car)
- Ayurvedic and Wellness Consultation
- Abhyanga treatment
- For Her: Himalayan Honey and Rose Facial
- For Him: Himalayan Honey and Sandalwood Facial
- Ancient Indian Honey and Sandalwood Scrub
- Ancient Indian Body Mask treatment
- 3 personalised Yoga sessions and Personalised Pranayama and Meditation session – per room

- Morning Wake Up Signature tea & fresh fruits bowl (replenished daily)
- Introductory Spa & Fitness Orientation Sessions with Initial Spa Consultation
- Daily use of the Hydrotherapy Facilities: Indoor & Outdoor Jacuzzi, Steam, Sauna, Chill Plunge Pool, Kneipp Hydrotherapy Foot Bath & Heated Lap Pool
- Daily use of the Nutritional, Wellness & Lifestyle Library
- Opportunity to participate in scheduled Spa Lifestyle and Wellness Activities: Yoga, Pranayama, Meditation, Fitness, Cooking demonstrations, Lectures and Workshops/ Excursions
- All transfers by Chauffeur driven air-conditioned vehicle
- All applicable taxes on room, meals & spa treatments

#### What's Not Included

- International flights and visas
- Laundry, drinks, items of a personal nature
- Tipping - an entirely personal gesture

### ITINERARY

#### Day 1 : Delhi

Morning transfer to Delhi railway station for the train to Haridwar. Travel comfortably in the air-conditioned 1st class wagon of the

Dehradoon Shatabdi Express to Haridwar. Onward private transfer to Ananda Spa in the foothills of the Himalayas. **Overnight - Ananda Spa**

#### Days 2-7 : Ananda Spa



Soothe your senses with serene silences at Ananda. Situated 260km away from Delhi, set amongst the 100 acres of virgin forest, 3000 feet above the sea level and soaring over the calming counters of the Ganges, nestles South Asia's first resort and spa. Once the residence of the Maharaja of Tehri Garhwal, the palace and precincts now invite the leisure, lifestyle and business traveller. A legendary fount of religion and spirituality, Narendra Nagar, inspired the creation of the sanctuary for the Maharaja. The Palace itself was built at various stages for different reasons of hospitality. In 1910 an annexe was added to commemorate the arrival of the British viceroy, who often visited and this new annexe

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served to house his entourage. The annexe which currently hosts the Billiard Room, the Tea Lounge, the Library, the Viceregal Suite and other facilities, boasts of having hosted some of the most extravagant occasions for both royalty and nobility, who were frequent visitors here.

Orchestras played in the ballroom, political dignitaries came up for a breath of cool air and to gaze at the stars.

Spiritual heads like Ma Anandamayi and Swami Sivananda lent the palace an aura of peace, tranquillity and learning when they blessed it with their presence. They had disciples who flocked from near and far to hear their preachings. Experience the lifestyle of royalty. Wander through the palatial sweep of gardens, tarry at the Tea Lounge and holistically relax your body, mind and soul with a full range of spa treatments and extensive selection of therapies. **Overnight - Ananda Spa** (B:6, L:6, D:6)

## Day 8 : Delhi

Ananda - Hardiwar - Delhi. Relaxed and rejuvenated you depart taking the Shatabdi Express westbound to Delhi. Your holiday concludes upon your arrival to Delhi, onward departure transfer to the airport or hotel.

(B)

### PRICES / DATES INFO

Prices shown are 'per person', based on a travelling party of at least 2 adults. The 'Single supplement' applies for single travellers who require their own room and needs to be added to the per person price.

### PRICES / DATES 2019

Date	Twin Share	Single
19 Oct	AUD 4,995	AUD 7,985

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