

Ananda in the Himalayas



Highlights

- One of the world's top spa retreats.
- Peaceful location in the foothills of the Himalayas.
- Great range of spa treatments available.
- Close to several important religious sites.
- Easy to reach from Delhi.

Situation

In the foothills of the Himalayas, close to the town of Rishikesh. Can be reached by car, train or plane from Delhi.

Activities

Enjoying a wide range of spa treatments, visiting nearby holy towns, exploring Rajaji National Park, hiking or rafting in the Himalayas.

One of the world's top destination spas, Ananda in the Himalayas is an ideal place to escape from the hustle and bustle of India and pamper yourself in a beautiful, peaceful environment. Ananda is located close to the holy town of Rishikesh and an hour's drive from the domestic airport at Dehradun from where there are daily flights making the short journey to Delhi.

There are 70 luxurious rooms, all built on a mountain ridge and enjoying fine views over Rishikesh or the Ganges River. An excellent restaurant serves both Indian and Western food, using many locally grown organic herbs and vegetables.

Ananda Spa

Ananda is world famous for its spa which offers over 79 types of body and beauty treatments. The spa combines age-old therapies such as the Indian science of Ayurveda with modern spa technology. Its treatments are designed to promote harmony between the physical and medical realms of the body. The full trained staff and physicians offer healing and pampering treatments, as well as advice and guidance on nutrition and exercise. Therapies are personalised according to the needs of each guest and can be designed to de-stress, de-toxify, cleanse and relax. Anti-ageing and weight loss programmes are also available. Yoga and meditation are popular, in the most relaxing and beautiful of settings. There is a temperature-controlled outdoor lap pool and a 16-station gym.

If you wish a more active stay, there is a variety of activities available from Ananda. You can explore the holy town of Rishikesh, famous for its evening Aranti ceremony performed alongside the holy river Ganges, visit the Rajaji National Park, hike and raft in the Himalayas or even play golf in the 6-hole course.

If you're interested in spas and retreats, [click here](#) for more properties you might like.