Anandas in the Himalayas

Weight management – 14N

The Weight Management Programme at Ananda in the Himalayas combines traditional Ayurveda, cleansing therapies, personalised nutrition, fitness, yoga, meditation and emotional wellbeing practices. The programme is designed to support sustainable weight and inch management through an individualised approach based on the guest's health assessment and fitness level. The treatment plan may include Ayurvedic therapies, international spa treatments, personalised exercise sessions and a dosha-based dietary plan. The programme is available for 14 or 21 nights, with Comprehensive and Intensive options offering different levels of treatment and personal sessions.

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**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**

Bookmyveda.com

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Weight management – 14N

Cost:

Single – USD 25932

Double – USD 41890

Package Inclusion:

- **Pre- arrival consultation with a Wellness Consultant**
- **Pre-arrival diet recommendations and lifestyle guidelines**
- **Consultations with Lead Consultants for your programme - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation.**
- **Physiotherapy Consultation (for Comprehensive Programmes only)**
- **Emotional Wellbeing Consultation (for Comprehensive Programmes only)**
- **Ananda Wellness meals (breakfast/ lunch/ dinner) as per guidance of the Lead Consultant**
- **Access to scheduled wellness activities: Yoga, Pranayama, Meditation, Vedanta talks, Fitness, weekly cooking demonstrations, and weekly treks**
- **Daily use of the Hydrotherapy facilities: Steam, Sauna, Chill Plunge Pool, and Kneipp Hydrotherapy Foot Bath**
- **Pick up & Drop from Jolly Grant Airport**
- **5% GST include**

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