

ANANDA
— IN THE ALLEGHENIES —



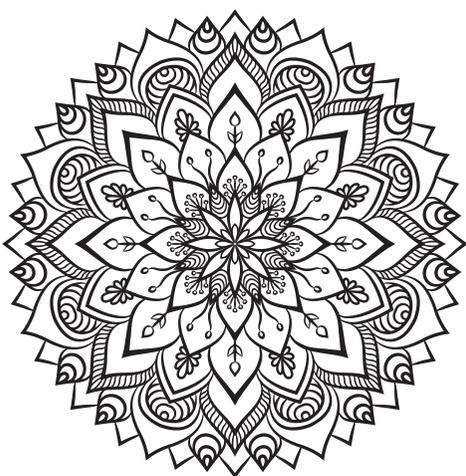
Ananda in the Alleghenies resides nestled within the sweeping panorama of the Allegheny Mountains, where the Shawnee Indians once lived. Inspired by the beauty of the Ananda in the Himalayas, The Ananda Spa reflects the serenity of its intimate mountain setting. Here we combine selected aspects of Eastern philosophy and rugged American beauty into a place of peace, dedicated to the rejuvenation of body, mind, and spirit. Come relax and enjoy!

Our collection of exclusive services is designed to relax and revitalize the body while engaging the spiritual senses to help promote peace and clarity. The massages range from completely calming to entirely energizing.

A professional makeup artist is available for bridal occasions, special events, and day or evening makeup application. If you are tired of your current look and want tips for a fresh, new look please come to us for help.

The Ananda Spa has eight wonderfully designed treatment rooms, including two facial rooms, a couples room, a room for nail services, and a wet room. In addition, we have a room for clinical nutrition and integrative healthcare consultations.

Finally, two outdoor Zen porches overlook beautiful White Rock Mountain, the cool running waters of Howard's Creek, and the 18th hole of The Snead.



We invite you to experience
bliss

Spa Etiquette

Ananda Spa desires to make your visit as enjoyable as possible. The following guidelines will help to prepare you for a relaxing and pleasant experience:

Please arrive a minimum of 15 minutes prior to your scheduled appointment. A late arrival will mean that your treatment will need to be completed in less time than is needed, so as to not disturb the schedule of following appointments. This will also allow you ample time to check in, fill out the client profile sheet, change into a robe, and relax with a cup of tea.

Our practitioners are professionally trained. They will continue to adjust your comfort levels as needed. Please do not hesitate to bring any concerns to your practitioner's attention so that your spa experience will be a pleasurable one.

Guests are requested to not wear jewelry or bring valuable property to the Spa. Loss or damage to property or valuables is the sole responsibility of the guest.

Please remove contact lenses prior to a facial treatment.

It is not recommended to have a heavy meal just before a spa treatment or wellness activity. Allow 1 – 1½ hours after your meal before commencing any spa treatment or wellness activity.

Many products used in services are available for you to use at home. Inquire with the Spa Coordinator.

Kindly turn off cell phones and pagers upon arrival at the spa.

Smoking is prohibited.



Special Attention for Women

Women are requested to avoid shaving prior to a body exfoliation treatment.

Women who are pregnant should avoid aromatherapy treatments.

Massage Therapy

Ananda Signature Massage

Experience the profound effects of a Himalayan Singing Bowl massage. Himalayan singing bowls have long been utilized for healing purposes. This massage incorporates specific and patterned breath work, deeply affective hands-on therapy, along with vibration and sound therapy. The results can include improved mental clarity, relief of muscle tension, improved emotional stability, improved sleeping patterns, as well as a state of complete relaxation and peace.

80 mins

Ananda Custom Massage

A traditional full body massage customized to fit your needs. This massage relaxes muscles and calms the nervous system while relieving tension and stress.

50 mins / 80 mins

Couples Massage

This massage is performed in our spa suite with two massage tables. Experience the calm and serenity of a massage with a friend or loved one. The executive spa suite is a great bonding area for mothers and daughters or fathers and sons.

50 mins / 80 mins



Hot Stone Massage

Stone massage helps to raise the metabolic rate, works deeper into the muscle without residual soreness, increases circulation, soothes arthritic joints, can remove prior soreness and tension from muscles, and more. Stones are placed on key energy points of the body, evoking an aura of warmth, while the deep penetrating heat from the stones is used to massage the body easing pain and tension as well as relaxing and re-balancing the mind and body.

50 mins / 80 mins

Ananda Lavender Infusion

Uniting three services for the ultimate trio in balancing, this treatment includes the *Scalp, Head, and Neck Massage* and *Reflexology*, while wrapped in a relaxing *Lavender Wrap*. This offering is dedicated to those searching for harmony and wellbeing.

50 mins

Ananda Touch

Relieve the tensions of the day with a massage concentrating on the neck, shoulders, and back.

25 mins

Scalp, Head, & Neck Massage

Intensely relaxing and revitalizing, this massage focuses on techniques that can alleviate headaches, stress, and insomnia, leaving an overall sensation of clarity.

25 mins

Integrative Reflexology

An ancient Chinese technique using pressure point massage (usually on the feet, but also hands and ears), a Reflexology treatment restores the flow of energy throughout the body. This is a very relaxing treatment, which can affect all areas of the body by reducing stress and tension and creating a sense of well-being.

25 mins / 50 mins

Thai Massage

A graceful and nurturing style of bodywork, Thai massage uses slow, gentle rocking movements throughout the session. The therapist applies compression with thumbs, palms, elbows, and knees to harmonize the body's energy systems, while promoting physical flexibility and ease. Thai massage is received fully clothed on a floor mat. Participants should wear comfortable, loose clothing for this treatment.

80 mins

Massage Outcalls

We would love for everyone to regularly experience the healing benefits of massage with our skilled and knowledgeable massage therapists, while relaxing in the serene atmosphere of The Ananda Spa. We understand, however, there are times when you might not want to leave the comfort of your home. If this is the case and you want a massage, you may schedule an appointment for an outcall and a therapist will now come to you! With 24-hours notice, a 60 or 90 minute massage may be provided in the comfort of your on-property home.

60 mins / 90 mins

Ask about seasonal massages on our Zen porches. These outdoor rooms allow you to enjoy the beautiful West Virginia Mountains and trickling waters of Howard's Creek while you receive your treatment.

Massage on the Zen Porch (seasonal offering) / *Add On*

Aroma Oil-Infusions / *Add On*



Body Treatments

Lavender Wrap

This body wrap is wonderful alone or in combination with a massage. Lavender is well known for its calming and balancing properties. You will be wrapped in a warm cocoon of lavender.

25 mins

Strawberry Fields Body Polish

Restore your skin's natural glow as the alluring scent of strawberries envelopes your senses and exfoliates and softens your skin with the luxurious, organic *Strawberry Fields Body Polish*. The carefully formulated products from *Makes Scents* contain only the finest ingredients and delivers maximum results.

50 mins

Naturopathica® Espresso Body Scrub

This deeply detoxifying, rich scrub blends traditional remedies to cleanse and replenish the skin. Enjoy the sweet, earthy notes of *Indian Tobacco* and *Sarsaparilla* with volcanic *Pumice* and *Coffee Arabica* to exfoliate the skin and help draw out impurities. This is a wonderful scrub for both men and women.

50 mins

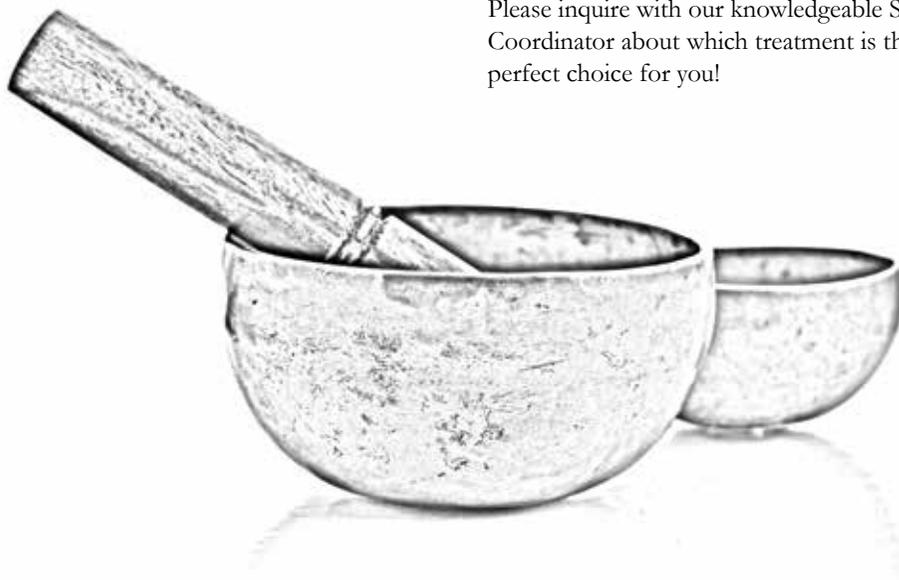
Naturopathica® Rosemary Citron Sea Salt Scrub

This beautiful scrub from Naturopathica® incorporates mineral-rich *Sea Salt* blended with spicy *Rosemary* and *Citrus* essential oils to stimulate circulation and slough away dull, flaky skin. This invigorating scrub will soften the skin, leaving the surface smooth and polished.

50 mins

Seasonal Delights

The Ananda Spa offers a variety of special body treatments depending upon the season. Please inquire with our knowledgeable Spa Coordinator about which treatment is the perfect choice for you!



Professional Makeup Services

Revitalize your look with the help of our professional makeup artist. Armed with a makeup kit stocked with professionally formulated cosmetics, she achieves the highest caliber of artistry and creative exploration. Whether you want a daytime look, have a special evening planned, or for bridal services and special events - bring out the most beautiful you. You may also simply book an appointment for a makeup consultation to receive expert advice.

[Evening Look](#)

[Daytime Look](#)

[Makeup Consultation](#)

[Wedding Services](#)



Coconut Age-Defying Facial

Introducing an innovative collagen boosting facial that delivers concentrated ingredients ensuring complete hydration. Utilizing the powerful combination of *Natural Retinol Alternative* and *PhytoCellTec*,™ you will experience visible anti-aging results as your skin receives lasting age correction...for normal to dry and mature skin types.

50 mins

Eminence Signature Facial

Utilizing all organic products from Hungary, this personalized facial can be adjusted to all skin types. It is a deep cleansing facial that includes steam, extractions, facial masking, and day moisturizing...for all skin types.

50 mins

Natuopathica® Vitamin C15 Brightening Facial

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our breakthrough daily *Vitamin C15 Wrinkle Repair Serum* that helps firm, brighten, and dramatically reduces the appearance of wrinkles.

80 mins

Natuopathica® Men's Rebalancing Facial

Customized for men's skin care needs, this balancing facial effectively renews skin tone and texture, while helping to soothe and restore devitalized, sun-damaged, or razor-burned skin.

50 mins



Collagen Renewal Facial

This is an intensive age-defying facial utilizing collagen and ceramides that will lift, rejuvenate and firm the skin. A pure collagen mask is used to revitalize and strengthen the epidermis while the ceramides tighten and firm; all of the elements of a great facial...for all skin types.

50 mins

Triple Rose Facial

Rosehip Triple C & E Firming Oil utilized in this new vitamin-packed facial contains ingredients such as *Rosehip*, *Jjoba* and *Seabuckthorn* oils, along with *Rosemary Leaf Extract* and *Milk Thistle*, you will find a notable increase in collagen production and hydration, and a reduction in inflammation and skin vascularity. Recommended for all skin types.

50 mins

Back Facial

50 mins

Anti-Aging Eye Treatment

This four-step eye treatment will lighten dark circles and reduce puffiness. Follow with a 100% pure collagen eye mask that provides extra hydration to the entire eye area, leaving your eyes hydrated, firmer, and more youthful looking. May be added to any of our Eminence Facials or scheduled as a separate service.

25 mins

Mini Facial

A non-invasive, light cleansing facial for “young skin.” This facial is recommended for individuals under the age of 13.

25 mins

Waxing

The Ananda Spa offers waxing services. Please inquire with The Spa Concierge.

Lips to Die For / *Add On*



Nail Services

Ananda Manicure

This luxurious treatment makes hands beautiful and younger looking by incorporating nail shaping, cuticle minimizing, exfoliation, hand and arm massage, and paraffin treatment. Add the finishing touch with a nail color of your choice.

50 mins

Ananda Gold Manicure

Using products formulated without DBP, toluene, formaldehyde, and formaldehyde resin, the *Ananda Gold* takes nail care to the next level. A *Flexible* color and *Flexible* topcoat create a long-wearing manicure with an easy application and removal process. Smudge repairing technology self-levels and self-corrects. The end result is a beautiful high-shine finish.

50 mins

Basic Manicure

Includes nail shaping, cuticle minimizing, hand massage, and finishes with the color of your choice.

50 mins

Mini Manicure

This manicure includes cuticle trimming, nail shaping, massage, and polish application. Recommended for our up and coming spa enthusiasts - 10 years and younger.

30 mins

Ananda Pedicure

Thoroughly pamper your feet. Begin your treatment with a soak in our whirlpool foot spa followed by nail shaping, cuticle minimizing, and callous softening. Enjoy a relaxing foot and lower leg massage and your choice of an exfoliating or paraffin treatment. Add the finishing touch with a nail color of your choice.

50 mins

Mini Pedicure

This pedicure includes a foot soak, nail trimming, massage, and polish application. Recommended for our up and coming spa enthusiasts - 10 years and younger.

30 mins

Additional Nail Services

French Manicure / *50 mins*

Basic French Manicure / *50 mins*

French Pedicure / *50 mins*

Polish Change

French Polish Change



Clinical Nutrition & Integrative Health Care

Enhance your health and fitness by incorporating a sound nutritional component with the help of our clinical nutritionist and integrative healthcare practitioner. You can also receive guidance as to which complementary therapies and healing practices, such as herbal medicine, acupuncture, massage, biofeedback, yoga, meditation, and stress reduction techniques may work best for your particular needs. Please note that the initial service is divided into two 45 minute sessions, the first consisting of the initial evaluation and the second will be a follow-up session in approximately two to four weeks. Your follow-up session and additional consultations, should you choose, may be provided via telephone or video conference for your convenience.

Initial Evaluation / 45 mins

Follow-up Consultation / 45 mins

Meditation & Healing

Personal Journey (Spiritual Healing)

Be in your power. Release old thought patterns causing anxiety, stress, and fear. Clear obstacles preventing you from moving forward or feeling better. Your session may include direct or channeled spiritual guidance, healing, meditation, or shamanic journeying.

50 mins / 80 mins

Chakra Clearing

Chakras are energy centers in the body. Healthy chakras support stability, personal power, creativity, reproduction, love, passion, self-expression, intuition, objectivity, physical healing, and divine connection. Channeled healing and guidance are used to help clear blocks in the chakras.

50 mins / 80 mins

Guided Meditation

Feel calm. Be present. Find peace from within. Receive guidance in mindfulness or self-healing practices tailored to your needs. Your meditation can be recorded. You don't need to be able to clear your mind of thoughts or sit on the floor.

50 mins / 80 mins





Ananda in the Alleghenies AT THE GREENBRIER SPORTING CLUB

Hours of Operation

9:00 AM - 5:00 PM (Spa Services)

Extended hours for massage services are available. Please call the Ananda Spa for details.

Reservations & Cancellations

To schedule an appointment please contact the Ananda Spa directly at 304-647-6112. As a courtesy to other members, guests, and our therapists, please advise us 24 hours in advance of a cancellation or rescheduling of an appointment to avoid being charged for the scheduled service.

Gratuities

For your convenience, a 20% gratuity will be added to all spa services.