

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.

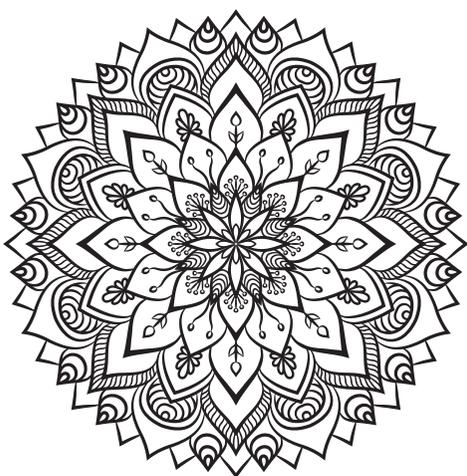
The Ananda Spa has eight wonderfully designed treatment rooms, including two facial rooms, a couples room, a room for nail services, and a wet room.

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

Surrender to the healing energy of the Allegheny Mountains. Give yourself permission to unplug.



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 encouraged 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. A device-free environment will support a rewarding experience.

Smoking is prohibited.



Massage Therapy

Ananda Custom Massage

A massage that fits your needs, this treatment focuses on any specific problem areas, relaxes muscles and calms the nervous system, while relieving tension and stress.

50 mins / 80 mins

**Add the seasonal Zen porch experience to your treatment.*

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 spa suite is a great bonding area for mothers and daughters or fathers and sons.

50 mins / 80 mins

**Add the seasonal Zen porch experience to your treatment.*

Hot Stone Massage

Basalt stones are placed on key energy points of the body, producing an aura of warmth. The stones are used to massage the body while the heat penetrates deeper into the muscle for optimal relaxation and tension relief.

50 mins / 80 mins

Ananda Lavender Infusion

For ultimate relaxation. This treatment will begin with dry body brushing for lymph stimulation followed by a gentle application of lavender cream to nourish the skin. While wrapped in a cozy lavender wrap, enjoy an ayurvedic head massage for an overall sense of wellness. Foot reflexology is the finishing touch. This treatment will leave you feeling total relaxation.

80 mins

Ananda Grounding

This treatment of the neck, back and shoulders with infused essential oils is perfect for grounding your senses. Neck and shoulder tension will melt away and leave you feeling relaxed, balanced and calm.

50 mins

Ayurvedic Head Massage

Inspired by the ancient Ayurvedic treatment, often used to relieve headaches, stress and insomnia. This 25 minute massage on the head, neck and face with essential oils will leave you feeling an overall sense of wellness.

25 mins

**Add a hot oil scalp treatment with gua sha to condition the scalp and to promote hair growth.*

50 mins

Reflexology

Reflexology, an ancient Chinese technique, restores the flow of energy throughout the body by stimulating pressure points on the feet. This is a perfect treatment for anyone on the go.

25 mins

**Add a warm exfoliation to the feet and lower legs for optimal relaxation. 50 mins*



Nurturing The Mother

The perfect massage for the mother to be during the second and third trimester. Specific positions and techniques are used to ensure the overall well-being of both mother and fetus. This treatment will promote relaxation and help to decrease muscle aches and pains.

50 mins

Cupping Massage

During this treatment your therapist will place silicone suction cups on your trouble areas to influence the myofascial tissue physiology. This is a good treatment option for those who prefer deeper work. Cupping can be used to reduce tissue adhesions and improve muscle imbalance. Markings may occur.

50 mins

Sports Massage

Our sports massage includes energizing tapotement and passive stretching. This is the perfect treatment for golfers and athletes who want to enhance performance or prevent injury. We recommend that shorts are worn during the treatment for best results.

80 mins

Meditation Massage

Begin your massage with guided meditation to gently ease you into a state of peace. Energy will be focused to the heart chakra, solar plexus chakra and sacral chakra during meditation. This will promote love, peace, strength, and creativity. Gentle Swedish techniques along with essential oil blends are used for deep relaxation.

80 mins

**Add the seasonal Zen porch experience to your treatment.*



Body Treatments

Body Scrubs are offered in our wet room with a private shower.

Balance Body Polish

Restore balance to your skin with this all-natural soothing scrub. With natural exfoliants including organic sugar, and luffa fruit powder, Balance Body Scrub rejuvenates dull, dry skin. Organic sunflower seed oil nourishes and soothes while vitamin C-rich orange peel stimulates circulation. As the soft scent of lavender oil calms and relaxes the mind, this scrub softens skin, and eases inflammation with orange, pink grapefruit, and patchouli oil. Revealing healthier, more balanced skin.

50 mins

Sea Sanctuary Body Scrub

Bask in thoughts of warm, gentle ocean breezes as you soak-in the indulgence of this body treatment. First exfoliated with a salt scrub made with 100% Dead Sea and Mediterranean salts, the skin is then massaged with a luxurious body butter bringing healing nourishment to normal to dry, dehydrated and environmentally damaged skin.

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!

Special Attention for Women

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





Geneo 3 in 1 Super Facial

This super facial enriches the skin with oxygen from within while simultaneously exfoliating and infusing healing ingredients for maximum results. Ultrasound is utilized for cellular renewal and repair. No downtime required.

50 mins

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

Ultimate Sculpting Facial

Experience our Eminence Signature Facial combined with gua sha stones for lymph drainage and facial sculpting. This combination creates the ultimate facial.

80 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

Back Facial

This treatment is exclusively for the back and shoulder area. This back facial includes a deep pore cleansing with steam to lift impurities, a gentle exfoliation and conditioning to encourage healthy, blemish-free skin. Hot Stones are added to improve your overall experience.

50 mins

Teen Facial

Everyone can benefit from a facial, teenagers included. Using *Clear Skin Probiotic* products from *Eminence Organics*, this soothing facial helps balance oily areas and keeps youthful skin looking clean, clear, and radiant. Even if problem skin isn't an issue, this *Teen Facial* will allow you the experience of caring for your skin.

50 mins

Nail Services

Dazzle Dry Manicure

This four-step nail care system delivers hard-set, high gloss nails that dry in just 5 minutes without the use of UV light. All products are made entirely from vegan ingredients. The polish colors are beautiful with the added bonus of polish that lasts 7-14 days. Non-toxic. Hypoallergenic. Vegan. Cruelty free
50 min

Ananda Manicure

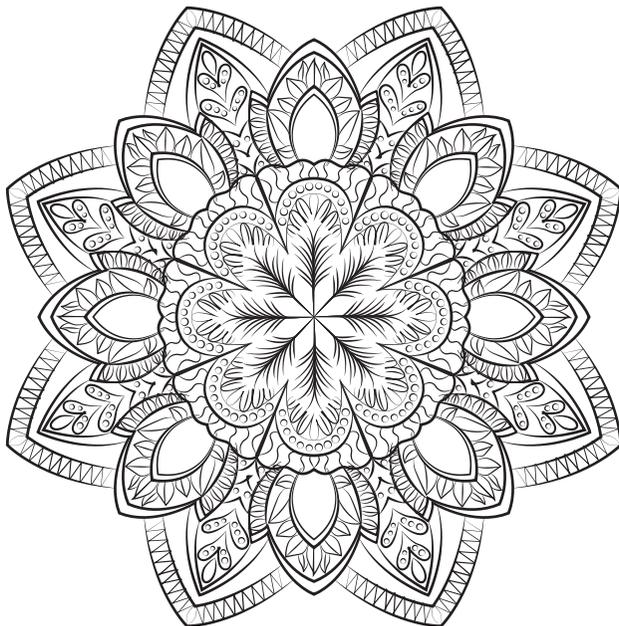
This luxurious treatment makes hands beautiful and younger looking by incorporating nail shaping, cuticle minimizing, exfoliation, hand and arm massage, and paraffin treatment. Add the finishing touch with a nail color of your choice.
50 mins

Basic Manicure

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

Children's 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

**Add hot stones to your pedicure for optimal relaxation.*

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Additional Nail Services

Polish Change

French Polish Change



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](#)

[Airbrush Makeup Available](#)



Waxing Services

[Full Body Waxing](#)

Please inquire with Spa Concierge



Private Yoga & Group Meditation On The Zen Porch

The outdoor Zen Porch provides a wonderful venue for a *Private Yoga Class* or *Group Meditation*. With the soothing sounds of Howard's Creek and a view of White Rock Mountain in the background, the porch offers an intimate setting for up to five participants.

Private Yoga Class / 60 mins

Group Meditation / 60 mins

Additional Offerings

Massage Outcalls

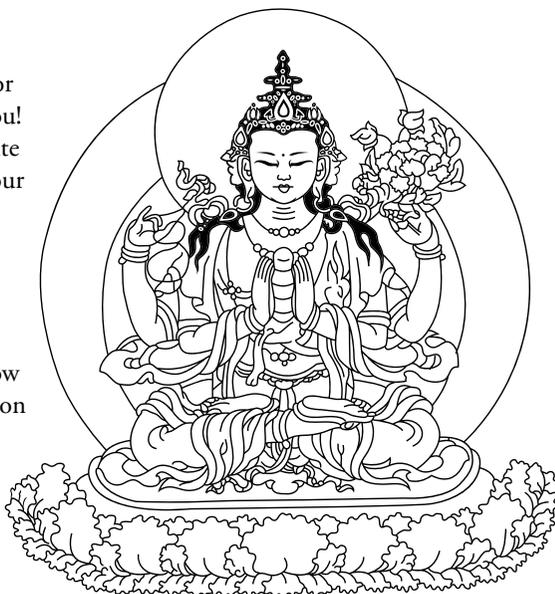
We would love for everyone to regularly experience the healing benefits of massage with our skilled and knowledgeable massage therapists, while relaxing in the serene atmosphere of The Ananda Spa. We understand, however, there are times when you might not want to leave the comfort of your home. If this 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 atleast 48 hours notice, a 50 or 80 minute massage may be provided in the comfort of your on-property home.
50 mins / 80 mins

Breakfast or Luncheon

When in search of a peaceful space for a small get-together with friends, look no further; allow The Ananda Spa to expand upon your relaxation by setting up a breakfast or luncheon on our lovely Zen Porch.

Wine

Following one of our wonderful spa treatments, arrange to have a glass of wine while you continue to relax and rejuvenate at The Ananda Spa.





Ananda in the Alleghenies AT THE GREENBRIER SPORTING CLUB

Hours of Operation

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

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.