Bhutan Spirit Sanctuary
Essence of Bhutan Package
7 days / 6 nights
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Creating a lasting positive change in our guests’ daily lives
Essence of Bhutan Package
7 days / 6 nights

- Benefit from the all-inclusive SPA services and facilities of Bhutan Spirit Sanctuary, varying from a consultation by a traditional Bhutanese medicine doctor to hot stone herbal baths, full-body massages to yoga and meditation classes.

- Experience the ancient and mysterious CULTURE of the Himalayan Kingdom of Bhutan by visiting the world-famous Tiger’s Nest.

- Enjoy our outstanding, delicious and healthy FOOD, prepared according to the farm-to-table concept and enjoyable at any time and at any place you please.

Experience the essence of Bhutan in one place, without the need for long drives or change of accommodation.
EXPERIENCE THE SANCTUARY

After a special transformation ritual you arrive in the Sanctuary, where our Guest Experience Team will do everything to make you feel at home.

The Sanctuary is the only 5-star spa-inclusive luxury property in Bhutan. This means you have free access to all our spa services and facilities every day:

- Consultations with our Bhutanese traditional medicine doctors,
- Herbal compression,
- Hot oil compression,
- Moxibustion,
- Herbal jacuzzi,
- Hot stone herb bath,
- Ku nye massages: full body, neck, feet, back,
- Yoga and meditation classes, individual or in groups,
- Beauty treatments: pedicure, manicure, facials,
- Indoor heated pool with outdoor terrace with deck chairs,
- Saunas (F/M),
- Steam rooms (F/M),
- Jacuzzi,
- Fully equipped gym.

You can combine all traditional spa treatments with our other activities.

Engage in one of the many activities the Sanctuary offers:

- Pottery classes in our art studio.
- Cooking classes with one of our Chefs.
- Traditional Bhutanese sports such as darts and archery in our apple orchard.
- Enjoy a lazy afternoon on a deck chair at our scenic pool terrace inside or outside.
- Try one of the twenty herbal teas in our tea bar.
- Visit our green house and make a round in our vegetable and herb garden.
- Read a book or magazine on well-being, meditation, mindfulness or travelling in our library.

Enjoy our healthy and delicious food:

- No fixed menus, you can enjoy a Chef’s Special 4 course lunch or 6 course dinner every day.
- You can eat your meals at the time of your choosing.
- You can eat in the restaurant, on the restaurant’s outdoor terrace, in your room or on your room’s balcony or terrace.
- Taking into account any dietary requirements you might have, including any dietary advice given by our traditional medicine doctors.
Essence of Bhutan Package
A la carte experiences

EXPERIENCE BHUTANESE CULTURE & NATURE

Peaceful Paro:
- Visit the National Museum, the Paro Dzong, the Tashi Gonphel handmade paper factory, the traditional farmer’s market and one of the many textile shops.
- Take the Lunch at a traditional farm house with the local family.
- Visit on the way back to The Sanctuary the Namgay Artisanal Brewery and do a tasting of Bhutanese beer.

Beautiful and pristine Neyphu valley:
- Home to our Sanctuary.
- We have short and long hikes available, also beyond the Neyphu valley.
- You will always be accompanied by our professional guides, and can take a delicious picnic with you.
- Visit the Eutok Goenpa Monastery, right across The Sanctuary.

Tiger’s Nest:
- Follow in the Footsteps of Guru Rinpoche.
- 45 minute drive from The Sanctuary.
- Hiking to the Tiger’s Nest, a Buddhist monastery high up in the mountains.
- Relax from your hike by taking a hot stone herb bath at The Sanctuary.

Modern and traditional Thimphu:
- The capital of Bhutan.
- 1 hour drive from The Sanctuary.
- Visit the Giant Golden Buddha, the Thimphu Dzong, the National Library or an art gallery.
- Very special is a visit to the Cordyceps Tasting House, where you can learn more about the so-called “caterpillar mushroom”, a traditional medicine valued more than gold.

Bhutan Spirit Sanctuary – Signature Package 7 days / 6 nights
Essence of Bhutan Package

Highlights of sample itinerary

Sanctuary Signature Package, 7 days / 6 nights:

DAY 1: ARRIVAL AT THE SANCTUARY

DAY 2: NEYPHU VALLEY

DAY 3: WELL-BEING INCLUSIVE

DAY 4: THIMPHU

DAY 5: TIGER’s NEST

DAY 6: ACTIVITIES AT THE SANCTUARY

DAY 7: FAREWELL

You decide, we create

On the base of the a la carte experiences we offer in and outside the Sanctuary, you can decide what you want to do and when. We will create a detailed and personalized itinerary for your Sanctuary Signature Package 7 days / 6 nights.

Sanctuary Sales & Marketing Team
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Essence of Bhutan Package
Rates & Details

RATES

Special promotion: stay 6 nights, pay 4 nights.
Valid for bookings until the 31st of December 2020, and stays until the 31st of December 2021.

All our rates are based on double occupancy for end users:
- Balcony room, shoulder season: US$ 780.- per night.
- Balcony room, peak season: US$ 936.- per night.
- Terrace room, shoulder season: US$ 936.- per night.
- Terrace room, peak season: US$ 1,123.- per night.

Shoulder season: January-February, June-August, December.
Peak season: March-May, September-November.

DETAILS

The rates include:
- All foods, snacks and drinks (excl. alcohol).
- Access to all spa services and facilities.
- Laundry
- All activities in and around the Sanctuary.
- 10 % Bhutan Sales Tax and 10 % Service Charge.

The rates do not include:
- Any flights
- Entree visa
- The mandatory Minimum Daily Package fee.
- The mandatory Surcharge for travellers who are travelling alone or in a group of two persons.