



**BHUTAN SPIRIT**  
SANCTUARY



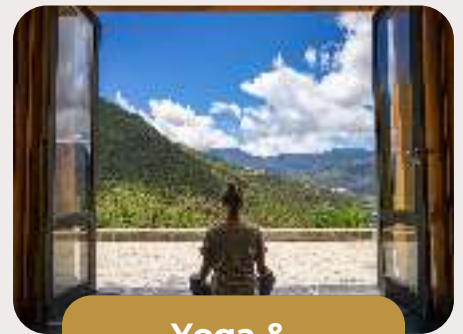
## ONE-DAY WELLNESS RETREAT



**Wellness  
Treatments**



**4 Course  
Lunch**



**Yoga &  
Meditation**

## PROGRAM

- 10.00 AM: Welcome at the Bhutan Spirit Sanctuary
- 10.00 - 10.30: Herbal tea tasting in the tea bar
- 10.30 - 10.45: Tour of the wellness facilities
- 10.45 - 11.15: Consultation with Traditional Medicine Doctor (30 min per person)
- 11.15 - 12.30: Yoga class and singing bowl meditation
- 12.30 - 14.00: 4-course healthy lunch on the restaurant terrace
- 14.00 - 15.00: Relaxation in the wellness lounge and pool area
- 15.00 - 16.00: Full body Ku Nye massage (60 min per person)
- 16.00 - 16.30: Relaxation in the pool area
- 16.30 - 16.45: Hot herbal compression (15 min per person)
- 16.45 - 18.00: Sauna round and relaxation in the pool area
- 18.00: Farewell mocktail in the restaurant bar

**For reservations: [book@bhutanspiritsanctuary.com](mailto:book@bhutanspiritsanctuary.com)**



## ONE-DAY WELLNESS RETREAT

### Inclusions 2025

- Herbal tea tasting in the tea bar
- Consultation with Traditional Medicine Doctor (15 min)
- Yoga class (30 min)
- Singing bowl meditation session (30 min)
- 4-course set lunch, including water, tea, and coffee
- Full body Ku Nye massage (60 min)
- Hot oil or herbal compression (15 min)
- Access to sauna, steam rooms, indoor pool, sundeck terrace and gym
- Use of towels, bathrobe, and slippers
- 1 farewell mocktail

### Conditions 2025

- One-day Wellness retreat for one person: US\$350
- One-day Wellness retreat for two persons: US\$700
- Prices include 10% Bhutan Sales Tax and 10% Service Charge
- Reservations have to be made at least 48 hours in advance through [book@bhutanspiritsanctuary.com](mailto:book@bhutanspiritsanctuary.com) or by phone: +975 8272224 | +975 17171034