



BHUTAN SPIRIT

SANCTUARY



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WELLNESS SERVICES FOR WALK-IN GUESTS

SMALL
LUXURY
HOTELS
OF THE WORLD

Independently minded



Wellness at the Sanctuary

- Our Wellness Centre has six treatment rooms with nine treatment beds, an indoor heated pool with outdoor terrace and deck chairs, saunas (F/M), steam rooms (F/M), Jacuzzi, two hot stone baths, yoga and meditation room and a fully equipped gym.
- The Sanctuary is specialized in Traditional Bhutanese Medicine. We have a collection of more than 60 Bhutanese herbs, which our in-house Traditional Medicine Doctors use for treatments and herbal teas.
- Our doctors provide private consultations, upon which they will provide guests with a program for balancing their body-mind-spirit.
- Our therapists offer the following treatments: herbal compression, hot oil compression, moxibustion, hot stone bath, sound healing, and Ku Nye massages (full body, head & neck, feet, back).

Reservation is requested at least 24 hours in advance

Wellness Treatments

Doctor consultation - 30 minutes
Nu. 5,100++ / US\$ 60++ per person

Herbal compression - 30 minutes
Nu. 4,250++ / US\$ 50++ per person

Hot oil compression - 30 minutes
Nu. 4,250++ / US\$ 50++ per person

Moxibustion - 30 to 45 minutes
Nu. 5,100++ / US\$ 60++ per person

Exclusive of 10% BST and 10% Service Charge
Reservation is requested at least 24 hours in advance
Reservations can be made through: book@bhutanspiritsanctuary.com

Wellness Treatments

Sound healing – 30 to 45 minutes
Nu. 4,675++ / US\$ 55++ per person

Herbal Jazucci - 30 minutes
Nu. 5,525++ / US\$ 65++ per person

Hot stone bath - 30 minutes
Nu. 5,525 ++ / US\$ 65++ per person

Hot stone bath - 30 minutes + **Massage** - 60 minutes
Nu. 12,750++ / US\$ 150++ for one person
Nu. 20,825++ / US\$ 245++ for two persons

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Ku Nye Massage

Full body massage

60 minutes - Nu. 10,200 ++ / US\$ 120++ per person

45 minutes - Nu. 8,500++ / US\$ 100++ per person

Head & neck massage

60 minutes - Nu. 10,200 ++ / US\$ 120++ per person

Back massage

60 minutes - Nu. 10,200 ++ / US\$ 120++ per person

45 minutes - Nu. 8,500++ / US\$ 100++ per person

Feet massage

45 minutes - Nu. 8,500++ / US\$ 100++ per person

Exclusive of 10% BST and 10% Service Charge

Reservation is requested at least 24 hours in advance

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Policies

- Reservation is requested at least 24 hours in advance.
- Reservations can be made through book@bhutanspiritsanctuary.com or telephone number +975 8 272 224.
- To secure the reservation a deposit payment of 20% of the total costs is requested 2 days before the reserved date.
- Cancellation is possible up to 2 days before arrival. Guests can request a 100% refund.
- Cancellations made less than 2 days before arrival will incur the full charge.