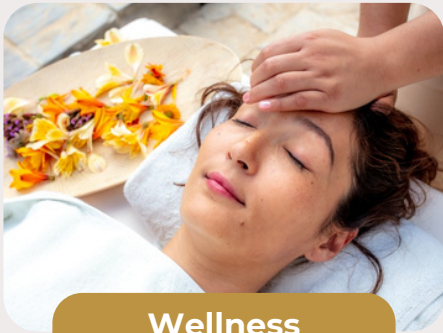




BHUTAN SPIRIT SANCTUARY



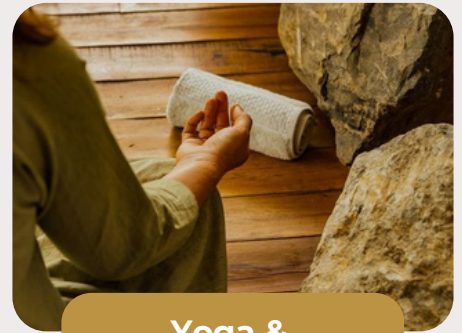
ONE-DAY WELLNESS RETREAT



**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 - 16.15: Hot oil or herbal compression (15 min per person)
- 16.15 - 18.00: Sauna round and relaxation in the pool area
- 18.00: Farewell mocktail in the restaurant bar

For reservations: book@bhutanspiritsanctuary.com



ONE-DAY WELLNESS RETREAT

Inclusions

- 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 1 January to 31 December 2026

- One-day Wellness retreat for one person: US\$188, only for Bhutanese residents or expats living in Bhutan.
- One-day Wellness retreat for two persons: US\$350, only for Bhutanese residents or expats living in Bhutan.
- Prices include 5% Goods and Services Tax and 10% Service Charge.
- Reservations have to be made at least 48 hours in advance through book@bhutanspiritsanctuary.com or by phone: +975 8272224 | +975 17171034