



BHUTAN SPIRIT
SANCTUARY





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RESET & DETOX

**7 days / 6 nights all-inclusive
Digital detox in connection with nature**

only available in January & February 2026



Considerate Collection



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7 days / 6 nights all-inclusive

Are you looking for a mindful start to 2026?

Start the new year well with our exclusive **RESET & DETOX** package: a digital detox in connection with nature to get you energized and in harmony for the rest of the year.

Bhutan provides the ideal circumstances for a reset: nature, silence, clean air, and spiritual traditions, which will help you reconnect with real life.

You will receive space and time for creative activities and ideas, and meaningful connections.

Step back, slow down, and find balance...

RESET & DETOX

7 days / 6 nights all-inclusive

What is a **DIGITAL DETOX**?

A disconnect from your digital devices like smartphones, iPads, and computers for a certain period of time.

What are the **BENEFITS** of a digital detox?

Stepping away from the digital world and the continuous flood of news and updates creates time in a literal way; it also reduces stress and improves your mental well-being and sleep. You will have more time to connect with your loved ones, to focus on your hobbies, and to enjoy nature.

Your mind and body get a chance to rest and reset.

RESET & DETOX

7 days / 6 nights all-inclusive

- ﴿ **ALL-INCLUSIVE**: each day includes yoga classes, meditation sessions, wellness treatments, healthy meals, and connection with nature.
- ﴿ Experience the ancient **CULTURE**, mysterious **SPIRITUALITY**, and overwhelming **NATURE** of the Himalayan Kingdom of Bhutan.
- ﴿ Benefit from the **WELLNESS** services and facilities at the Sanctuary. Your wellness journey starts with a complimentary consultation by a Traditional Bhutanese Medicine Doctor.
- ﴿ Enjoy our outstanding, delicious, and healthy **FOOD** concept, prepared according to the farm-to-table philosophy, available at any time and at any place.



ALL-INCLUSIVE WELLNESS



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ALL-INCLUSIVE ACTIVITIES



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ALL-INCLUSIVE CULINARY SURPRISES



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WELCOME

ARRIVAL DAY

- Arrival at the international airport in Paro.
- Our Guest Experience team will welcome you at the airport.
- The Sanctuary is only a 15-minute ride from the airport.
- Upon arrival, you are invited to participate in a special Buddhist transformation ritual.
- Our Guest Experience team will accompany you to your room and will make sure all is in order.
- You are kindly invited to hand over all your digital equipment (which will be stored in our safe) to start your digital detox. There are no televisions at the Sanctuary.
- A 4-course Chef's Special set lunch will be served in the restaurant.
- In the afternoon, we invite you for a complimentary consultation with one of our in-house Traditional Bhutanese Medicine Doctors. After the consultation, you can enjoy your first wellness treatment. The rest of the afternoon is for relaxation.
- The 6-course Chef's Special set dinner will be served on the restaurant terrace if the weather permits.



DAY OF RELAXATION

DAY 2: ACCLIMATIZATION & RELAXATION

- Before breakfast, you can join a yoga or meditation session.
- The à la carte breakfast is served in the restaurant and always starts with a freshly blended healthy morning shot.

Today is all about relaxation and acclimatization.

Our suggestions for you:

- Visit our library with a wide collection of magazines and books on travel, meditation, Bhutan, and wellness.
- Refreshing swim in our infinity pool and a rest on the sundeck terrace.
- Bhutanese cooking class with one of our Chefs.

Lunch and dinner will be served in the restaurant at the time of your choosing.



EUTOK GOENPA MONASTERY

DAY 3: EUTOK GOENPA MONASTERY

- Before breakfast, you can join a yoga or meditation session.
- After breakfast, we will hike to the Eutok Goenpa monastery. You can see this monastery from your room; it is right across the valley (about a 1-hour hike).
- At the Monastery, we will be welcomed by the head monk, and some Buddhist rituals will be performed.
- You will have the opportunity to talk to the monks and the students. Our guides will translate if necessary.
- During the hike back to the Sanctuary, we will pause to enjoy a homemade picnic lunch.
- In the afternoon, you can join a game of archery with our team, enjoy another wellness treatment, and discover your creative skills during a pottery class.
- The 6-course Chef's Special set dinner will be served on the restaurant terrace if the weather permits.



CHELE LA PASS & HAA VALLEY

DAY 4: CHELE LA PASS & HAA VALLEY

- Before breakfast, you can join a yoga or meditation session.
- After breakfast, we leave to make our way by car to Chele La Pass. At around 13,000 feet (3,988 meters), it is the highest motorable pass in Bhutan. It is also the perfect place to hang some prayer flags and wish for your well-being and a long life.
- If you feel fit and adjusted to the high altitudes, you can still hike up another 1,000 feet (305 meters) and experience a 360-degree view of Bhutan's natural beauty, including the Paro and Haa valleys.
- We continue from Chele La Pass to Haa to explore the Haa Valley and have our homemade picnic lunch there.
- After lunch, we will visit Lhakhang Karpo, which was built in the 7th century by Tibetan king Songtsen Goempo.
- On the way back to Paro, you can hike to the Kila Goenpa Nunnery, which will take about 1-2 hours.
- We will be back in the Sanctuary in time for dinner and another wellness treatment.



DAY OF RELAXATION

DAY 5: RELAXATION

- Before breakfast, you can join a yoga or meditation session.
- The à la carte breakfast is served in the restaurant and always starts with a freshly blended healthy morning shot.

Today is all about relaxation from the previous day's exploration.

Lunch and dinner will be served at the restaurant at your convenience.



TIGER'S NEST HIKE

DAY 6: TIGER'S NEST

- The day will start in the tea bar with an early cup of herbal tea and a healthy fruit shot.
- The ride to the Tiger's Nest base is about 45 minutes.
- The hike up to the Tiger's Nest will take about 2-4 hours, depending on your fitness level. During the hike, there will be several pauses, where we can enjoy our packed breakfast.
- In the Tiger's Nest, a still-operating Monastery, your guide will give you a tour and explain the meaning of all the different rooms and altars.
- We will return to the Sanctuary in the afternoon, and recommend a hot stone herbal bath to prevent muscle pain the next day.
- Before dinner, we invite you to dress in traditional Bhutanese clothing, and our team will take pictures of you.
- In the evening, you have the opportunity to enjoy a traditional Bhutanese dinner.
- If there are no clouds, our Restaurant Terrace is the perfect place for some stargazing after dinner.



FAREWELL

DAY 7: FAREWELL

- Flights out of Bhutan usually leave early in the morning.
- Before departing for the airport, we will hand over all your digital devices.

IMPORTANT NOTICE

Before you hand over your digital devices, we will make sure to exchange contact details for your loved ones at home, so they can reach us in case of an emergency. We kindly ask you for the same, so we can always reach somebody from your family or friends, in case that is necessary.



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package inclusions

PACKAGE INCLUDES

- Special welcome ceremony
- Early check-in upon availability
- Late check-out upon availability
- Consultation with Traditional Bhutanese Medicine Doctor
- Five wellness treatments per person
- Daily yoga classes
- Sauna and steam rooms
- Use of fully equipped gym
- Daily meditation sessions
- Use of indoor heated pool
- Bhutanese cooking classes
- Archery games
- Pottery classes
- Bhutanese clothing photoshoot

PACKAGE INCLUDES

- 6 nights all-inclusive at Bhutan Spirit Sanctuary
- Visa processing assistance
- Personalised itinerary planning
- 5% Goods and Services Tax and 10% Service Charge
- Airport transfers to the Sanctuary
- Transport and a licensed English-speaking guide for three days
- Entry fees
- À la carte breakfasts
- 4-course Chef's special set lunches
- 6-course Chef's special set dinners
- Soft drinks, fruit juices, house wine, and local beers during meals
- Packed breakfast or lunches for day trips
- Home-made picnics
- Tea bar with 20 herbal teas



RESET & DETOX

pricing & details

PACKAGE PRICE

Special package price for 6 nights

January or February 2026:

- Balcony room, single occupancy: US\$4,093
- Balcony room, double occupancy: US\$5,017 (for 2 persons)
- Terrace room, single occupancy: US\$4,930
- Terrace room, double occupancy: US\$5,854 (for 2 persons)

Package can be extended with more nights.

DETAILS

The package price does not include:

- Any flights
- Visa or travel permit
- The mandatory Sustainable Development Fee (SDF)
- Donations

Valid for stays in January or February 2026.

For more information contact us at:

sales@bhutanspiritsanctuary.com



SMALL
LUXURY
HOTELS
OF THE WORLD™