



BHUTAN SPIRIT

SANCTUARY



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WELLNESS SERVICES FOR WALK-IN GUESTS



Independently minded



WELCOME

We kindly welcome you to experience the holistic wellness services at Bhutan Spirit Sanctuary.

The Sanctuary specializes in Traditional Bhutanese Medicine. We have a collection of more than 60 Bhutanese herbs in the house which are used for treatments and herbal teas.

As a walk-in guest, you can make complimentary use of our Wellness facilities: an indoor heated pool with outdoor terrace and deck chairs, saunas (F/M), steam rooms (F/M), a yoga and meditation room, and a fully equipped gym.

Our in-house Traditional Bhutanese Medicine Doctors provide private consultations.

**Reservations are requested at least 48 hours in advance
+975 8 272 224 or +975 17171034**



Wellness Treatments

Doctor consultation - 30 minutes
Nu. 5,400++ / US\$ 60++ per person

Sound healing – 30 to 45 minutes
Nu. 4,950++ / US\$ 55++ per person

Herbal Jacuzzi - 30 minutes
Nu. 5,850++ / US\$ 65++ per person

Hot oil compression - 30 minutes
Nu. 4,500++ / US\$ 50++ per person

Moxibustion - 30 to 45 minutes
Nu. 5,400++ / US\$ 60++ per person

Exclusive of 5% Goods and Services Tax and 10% Service Charge

Reservation is requested at least 48 hours in advance

Wellness Treatments

Hot stone herbal bath - 30 minutes
Nu. 5,850 ++ / US\$ 65++ per person

Hot stone herbal bath - 30 minutes & **Massage** - 60 minutes
Nu. 13,500++ / US\$ 150++ for one person
Nu. 22,050++ / US\$ 245++ for two persons

Exclusive of 5% Goods and Services Tax and 10% Service Charge
Reservation is requested at least 48 hours in advance

Ku Nye Massage

Full body massage

60 minutes - Nu. 10,800++ / US\$ 120++ per person

Head & neck massage

60 minutes - Nu. 10,800 ++ / US\$ 120++ per person

45 minutes - Nu. 9,000++ / US\$ 100++ per person

Back massage

60 minutes - Nu. 10,800++ / US\$ 120++ per person

45 minutes - Nu. 9,000++ / US\$ 100++ per person

Feet massage

45 minutes - Nu. 9,000++ / US\$ 100++ per person

Exclusive of 5% Goods and Services Tax and 10% Service Charge

Reservation is requested at least 48 hours in advance

Yoga and Meditation

Yoga class

60 minutes - Nu. 10,800 ++ / US\$ 120++ per person

45 minutes - Nu. 9,000++ / US\$ 100++ per person

Meditation session

60 minutes - Nu. 10,800 ++ / US\$ 120++ per person

45 minutes - Nu. 9,000++ / US\$ 100++ per person

Exclusive of 5% Goods and Services Tax and 10% Service Charge

Reservation is requested at least 48 hours in advance

Policies

- Reservation is requested at least 48 hours in advance.
- Reservations can be made through book@bhutanspiritsanctuary.com or telephone numbers +975 8 272 224 and +975 17171034.
- 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.

