



BHUTAN SPIRIT

SANCTUARY

**WELLNESS
SERVICES & TREATMENTS**



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DOCTORS CONSULTATION

We invite you for a consultation with one of our Traditional Bhutanese Medicine Doctors, a truly unique and beneficial experience. In preparation for a consult the Medicine Buddha gets invoked and mantras recited, allowing our doctors to be a medium for the healing energy of the Medicine Buddha. The consultation will be based on the connection between mind, body, and spirit.

MOXIBUSTION

Traditionally the high-altitude herb called Leontopodium (Himalayan Edelweiss) would be harvested, dried, and compressed into a triangular shape for heat therapy. However, nowadays moxa sticks are mostly chosen as they are easier to use. The moxa stick is lit, attached to a special moxa box, and then placed on the body's energy points to relieve pressure and pain, as well as stimulate blood circulation.

HOT STONE HERBAL BATH

In this traditional healing practice, you are invited to soak in a bath filled with fresh mountain water heated by hot river stones. To increase the healing power of the hot stone bath, the five herbal nectars: artemisia, ephedra, juniper, myricaria rosea, and rhododendron are added to the bath.

The combination of the healing water and the herbs relaxes stiff muscles and improves blood circulation. It also alleviates skin allergies and other skin-related diseases.

The hot stone bath needs 1 hour of preparation.

YOGA & MEDITATION

We offer yoga classes for beginners and experienced practitioners. Our yoga teachers are skilled in Hatha and Ashtanga yoga, with a focus on breathing.

Our Wellness Team also provides sound meditation, guided meditation, gratitude meditation, and focus meditation.



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KU NYE MASSAGE

In Tibetan, the word “Ku” means to apply oil and “Nye” means to apply pressure with a variety of movements, so in effect, Ku Nye means ‘performing a massage’. It is an effective traditional healing massage using oil with extra attention paid to the pressure points on the hands, feet, and head.

HOT OIL COMPRESSION

This treatment is especially good for un-stressing, improving sleep, or for overall relaxation of body and mind.

This traditional compression treatment uses a mix of nutmeg and wild caraway seed. Wrapped up in a piece of cloth they are heated with sesame oil, and then compressed on certain pressure points of the body.

HERBAL WALK

Together with our Traditional Medicine Doctors, you can take a walk around the Sanctuary and find more than ten different kinds of herbs that the Wellness Team uses for the treatments.

SOUND HEALING

Singing bowls are great tools for meditation or sound healing. The bowls have a powerful positive impact and can realign chakras. Singing bowls can heal your inner spirit and get you in a calm state.

All services and treatments can be planned with our Wellness Team.
They are available between 7.15 AM and 10 PM.
Please contact the Team on number 333 or 332.