



GANGTEY LODGE

AUTHENTIC LUXURY IN UNDISCOVERED BHUTAN

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SPA SERVICES

Gangtey Lodge Spa only uses natural products, the best that Mother Nature has to offer, in order to provide you with a range of holistic treatments.

Spa Treatments are either offered in the Hot Stone Bath House or in the comfort and privacy of your Farmhouse Suite, so guests can fully enjoy their experience with the sweeping views of the Gangtey Valley.

IN-SUITE BATH EXPERIENCES

Some of the world's best natural salts and finest plant based essential oils are used in our baths, which help to replenish the skin with rich minerals that nourish and care naturally. Special treats complimenting the bath experience are served, allowing you to drift away while taking in the splendid views of the valley.

HERBAL BATH

Our Herbal Bath is a beautifully romantic and luxurious experience that allows you to relax and soak up the natural herbs that are infused in the water. This bath rehydrates the skin, whilst cleansing both body and mind. Special salts are used to detoxify and re-mineralize with selective herbs and ginger, leaving you meditative in mind and composed in body.

- **USD 30++ per bath**

RELAXING BATH

Take your time to relax and reduce the stress in your muscles. This bath will help calm your mind, detoxify, moisturise, stimulate your circulation and clear your lymph system, with aromatic wood bath salt, fresh ginger, local

flower and Camphor. A warm bath can help tensed muscles and improve your health and potentially your mental well-being too. These steps will help you to relax and feel great.

- **USD 30++ per bath**

REFRESHING BATH This bath is a powerful way to treat cold symptoms. If you have a runny nose, a bad cough or have tired and aching muscles, taking a bath can make you feel better in no time. Aromatic wood bath salts are used as aromatherapy to relieve muscle pain, externally to kill bacteria. It also assists internally to help your digestive system and to soothe aching muscles. Finally fresh orange is added to boost your mental and emotional systems. It is well-known for its uplifting and worry-reducing properties.

- **USD 30++ per bath**



MASSAGE THERAPIES

AROMATHERAPY MASSAGE

Discover the ancient art of aromatherapy and experience the therapeutic properties of pure, plant-based essential oils in a relaxing, restorative massage, combining the sense of smell with the healing powers of touch.

- **USD 100++ per person, 60 minutes**
- **USD 140++ per person, 90 minutes**

DEEP TISSUE MASSAGE

The deep tissue massage is intense and goes deeper into the muscle. Utilizing advanced massage techniques, areas of stress and knotted muscle fibers are released. This massage will leave you more flexible and aids in reducing pain and tension. Ideal for athletic individuals or those who prefer a strong massage.

- **USD 140++ per person, 90 minutes**

DE-STRESS MASSAGE

This luxurious healing massage, combines techniques from Thailand, India and Hawaii, using warm aromatic oils. Muscles are being treated with continuous, flowing strokes combined with gentle stretching, which encourage you to relax and assists in toxin removal from the body. Relieving physical and mental stress transmitted in daily life, this therapy offers renewed energy and encourages repair and renewal to all systems of the body.

- **USD 140++ per person, 90 minutes**

MUSCLE RELIEF

A powerful stress-release massage, designed to heal physical and emotional tension. Deep tissue manipulation with intense massage strokes applied across the grain of the muscle. Ideal for those who prefer a more strenuous treatment in order to relieve muscle tightness and the strains of modern day life.

- **USD 140++ per person, 90 minutes**

**RELAXING
FOOT
MASSAGE**

A pampering treatment starts with a homemade herbal foot scrub for a gentle exfoliation, followed by a relaxing foot massage and soft reflex session, using lemongrass and sweet basil oil blend. The highly reflexive nerve ends of the body are gently and skilfully worked to relax and reinvigorate the entire system. This treatment blissfully moves you into a state of relaxation.

- **USD 85++ per person, 60 minutes**

**SWEDISH
MASSAGE**

This is an invigorating massage to relax aching muscles and stimulate circulation. Muscle groups in each part of the body are manipulated using percussive, tapping and rolling movements to stimulate the nervous system.

- **USD 100++ per person, 60 minutes**

**THAI HERBAL
COMPRESS**

Herbal compresses are frequently used in conjunction with massage. Hot compresses increase the temperature and energy flow improving circulation, while relaxing the muscles and reducing the soreness. The combination of massage performed with heated herbal packs helps to detoxify and alleviate muscular aches and pains, to leave you feeling completely restored.

- **USD 150++ per person, 90 minutes**
- **USD 180++ per person, 120 minutes**

**TRADITIONAL
THAI MASSAGE**

A healing therapy where the body is manipulated into passive stretching positions to open the oriental meridian lines creates a smooth flow of energy. By force on pressure points, muscles and ligaments and stretching and bending, the spine is elongated and relieved of tension and the joints stretched. The sense of well-being energy and flexibility brought back into the body is extraordinary.

- **USD 120++ per person, 90 minutes.**
- **USD 150++ per person, 120 minutes.**



GANGTEY LODGE HOT STONE BATH AND SIGNATURE MASSAGE

At Gangtey Lodge we have a beautiful traditional Bhutanese Hot Stone Bath, a Dotsho, which uses river rocks to heat the water, releasing key minerals that relieve aches and pains in the body.

Hot Stone Baths are part of Bhutanese tradition and is a popular form of medicinal practice. The bath tub itself is made of local pine wood and the rocks that are used to heat the water are large river boulders. It is believed that the heat from the water, the minerals released from the rock and the local herbs all combine to produce medicinal benefits for joint pains, stomach disorders, arthritis, hypertension and many other minor diseases. The addition of local aromatic herbs in the water further enhances the healing. The herbs are collected from the surrounding forests. The minerals in the rocks and the fresh spring water contain chemicals that release curative powers.

The treatment starts with a foot scrub for a gentle exfoliation, followed by a luxurious de-stress massage using warm aromatic oils. Your muscles are continuously massaged along with gentle stretching, which encourages you to relax and assists in toxin removal from the body. Relieving physical and mental stress transmitted in daily life, this therapy offers renewed energy and encourages repair and renewal to all systems of the body. The massage will be followed by a Traditional Bhutanese Hot Stone Bath.

- **USD 200 ++** per person, 90 min (60 min de-stress massage/30 minute hot stone bath)
- **USD 350 ++** per couple, 90 min (60 min de-stress massage/30 minute hot stone bath)
- **USD 240 ++** per person, 120 min (90 min de-stress massage/30 minute hot stone bath)
- **USD 400 ++** per couple, 120 min (90 min de-stress massage/30 minute hot stone bath)

PLEASE NOTE:

- ~ Please book 3 hours in advance for us to prepare the hot stones
- ~ Style of massage can be adapted to your personal preference
- ~ It is not advised to remain in the hot stone bath for longer than 30 minutes

Kindly note that Hot Stone Bath and Signature Massage Experience are subject to 100% cancellation charges should they be pre-booked/prepaid and cancelled less than 6 hours in advance. If cancelled before 6 hours, no cancellation charges will be applied.



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