

SPA SERVICES

Gangtey Lodge Spa only uses all 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 you can fully enjoy your experience with the sweeping views of the Gangtey Valley. For bookings, please contact a Lodge Family member by dialling zero (0).

Kindly advise us at least 30 minutes ahead so we may prepare the bath or spa treatment for you.

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 Thai 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-mineralise with selective Thai herbs and ginger, leaving you meditative in mind and composed in body.

USD 30++ per bath

RELAX 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 lavender and tea tree essential oils. 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

REFRESH 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. Lemongrass essential oils are used as aromatherapy to relieve muscle pain, externally to kill bacteria, ward off insects and reduce body aches. It also assists internally to help your digestive system and to soothe aching muscles. Orange oil's are also used to affect 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 90++ per person. 60 minutes

USD 130++ 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 fibres 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 130++ 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 130++ 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 130++ 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, orange and bergamot 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 65++ 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 90++ 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. Combination of Massage performed with heated herbal packs to detoxifying; alleviate muscular aches and pains and leave you feeling completely restored.

USD 140++ per person. 90 minutes

USD 170++ per person. 120 minutes

TRADITIONAL THAI MASSAGE

A healing therapy where the body is manipulated in to 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 100++ per person. 90 minutes

USD 130++ 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 medication practice. The bath 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 infamous Bhutanese 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, combining techniques from Thailand, India and Hawaii, 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.

Single 90 min (60 min de-stress massage / 30 minute hot stone bath)	USD 180 ++
Couple 90 min (60 min de-stress massage / 30 minute hot stone bath)	USD 300 ++
Single 2 Hours (90 min de-stress massage / 30 minute hot stone bath)	USD 230 ++
Couple 2 Hours (90 min de-stress massage / 30 minute hot stone bath)	USD 350 ++

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*