



BEYOND

Body treatment menu

BEYOND Punakha River Lodge has partnered with a local Bhutanese company dedicated to crafting natural, healing massage oils, to create a truly authentic Bhutanese holistic wellness experience. Rooted in the spirit of Bhutan's Himalaya heritage, our spa seeks to indulge and nurture, seamlessly combining ancient practices with modern learnings to harmonise the mind, body, and soul.

Our three carefully curated treatment oils, each exuding a distinct yet gentle fragrance, are thoughtfully designed with your well-being in mind. Lovingly crafted to harness the restorative powers of Bhutan's rich culture and natural resources, each oil is made from only the purest ingredients sustainably sourced from Bhutan's celebrated and diverse environment.

Artemisia

Commonly known as Khempa, Artemisia is highly regarded for its versatile healing properties, including its ability to induce relaxation and provide therapeutic benefits. Traditional healers in Bhutan often rely on this plant to combat inflammation, and it has shown remarkable effectiveness in alleviating discomfort for individuals undergoing chemotherapy, thanks to its soothing qualities.

Pine

Pine oil, derived from the needles of the Pine tree, is celebrated for its remarkable ability to uplift, and invigorate the senses.

Caraway

Caraway oil draws its extraordinary medicinal properties from the caraway plant, a botanical relative of carrots, fennel, and dill. Renowned for its healing attributes, this oil boasts a diverse range of therapeutic benefits, poised to provide soothing and inspiring effects.

Traditional Hot Stone Bath and Swedish Massage

Artemisia oil

A therapeutic healing process unique to Bhutan, a gentle soak in a traditional wooden hot stone bath offers a calming and relaxing effect on the mind and body. Utilising Menchu, a traditional medicinal water made from a blend of Artemisia leaves and river water, the water is warm with mineral-rich river stones heated by fire. When placed in the water, the hot stones crack and steam, releasing key minerals and encouraging the purification process that help to relieve stress and soothe the body.

The hot stone bath is followed by a 60-minute Swedish Massage. This massage technique employs long, steady strokes that effectively alleviate stress and any residual aches. The use of Artemisia oil enhances the therapeutic benefits, ensuring a truly rejuvenating experience.

120 min | \$ 363

Traditional Hot Stone Massage

This therapeutic experience combines the art of massage therapy with the soothing power of heated stones to alleviate pain and tension in your muscles. Smooth, oiled stones are gently glided along your muscles, addressing deep-seated knots and tensions at the deepest level. Dynamic stretches further enhance the treatment, leaving you with a profound sense of relaxation and rejuvenation. This fusion of warm stones and skilled massage techniques allows for a deeper treatment, offering a truly soothing and muscle-relaxing experience.

60min | \$182

90min | \$242

Shitasu massage

No oil

Carefully combining the healing elements of acupuncture and yoga-style stretching, a Shitasu massage involves precise pressure applied to specific points along the body's meridians. Performed while you remain comfortably clothed in loose attire and without the use of oils, the massage enhances movement and flexibility while releasing tension in your muscles. Instilling a profound sense of tranquillity and gentle rejuvenation, this massage is it the perfect choice for those committed to enhancing their overall well-being by restoring balance to both body and mind.

60min | \$182

90min | \$242



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Deep tissue massage

Designed to target and alleviate tension within deep layers of muscles and surrounding tissues through the application of firm pressure, this restorative massage gently releases long-held patterns of tension, promoting deep relaxation. Techniques mastered during this treatment are specifically curated to enhance blood and lymph flow, allowing your muscles to regain their full range of motion and vitality. Discover a renewed sense of well-being as your body finds relief and restoration.

60min | \$182

Leg Massage

An ideal companion after a day of hiking, this massage is tailored to target leg muscles, providing relief from aches and stiffness.

60min | \$182

Foot Reflexology

Rooted in ancient Chinese tradition, this therapeutic treatment harnesses the natural connection between your feet and the various parts of your body. By applying gentle pressure to specific points on your feet, our skilled therapists stimulate the body's reflexes, improving circulation, relieving tension, and promoting the natural function of related areas.

Foot Reflexology not only induces deep relaxation but also activates energy pathways, releases stagnation, boosting the immune system, and restores harmony within the body. It's the perfect remedy after a day of travel or hiking, offering a rejuvenating experience that renews both body and spirit.

45min | \$169

60min | \$182



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