

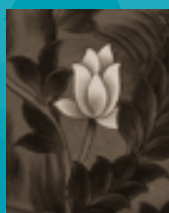


Body, Mind and Spirit

Here at the hotel's Menlha Spa, traditional therapists assist guests in selecting the ideal combination of treatments to restore the harmony with the natural world that is essential for a long and healthy life.

Each of the treatment rooms is dedicated to one of the aspects of Tara, the radiant and highly venerated goddess who embodies the virtues of compassion, healing, wisdom and fearlessness, and who is ever-present at the altar in the Royal Raven Suite.

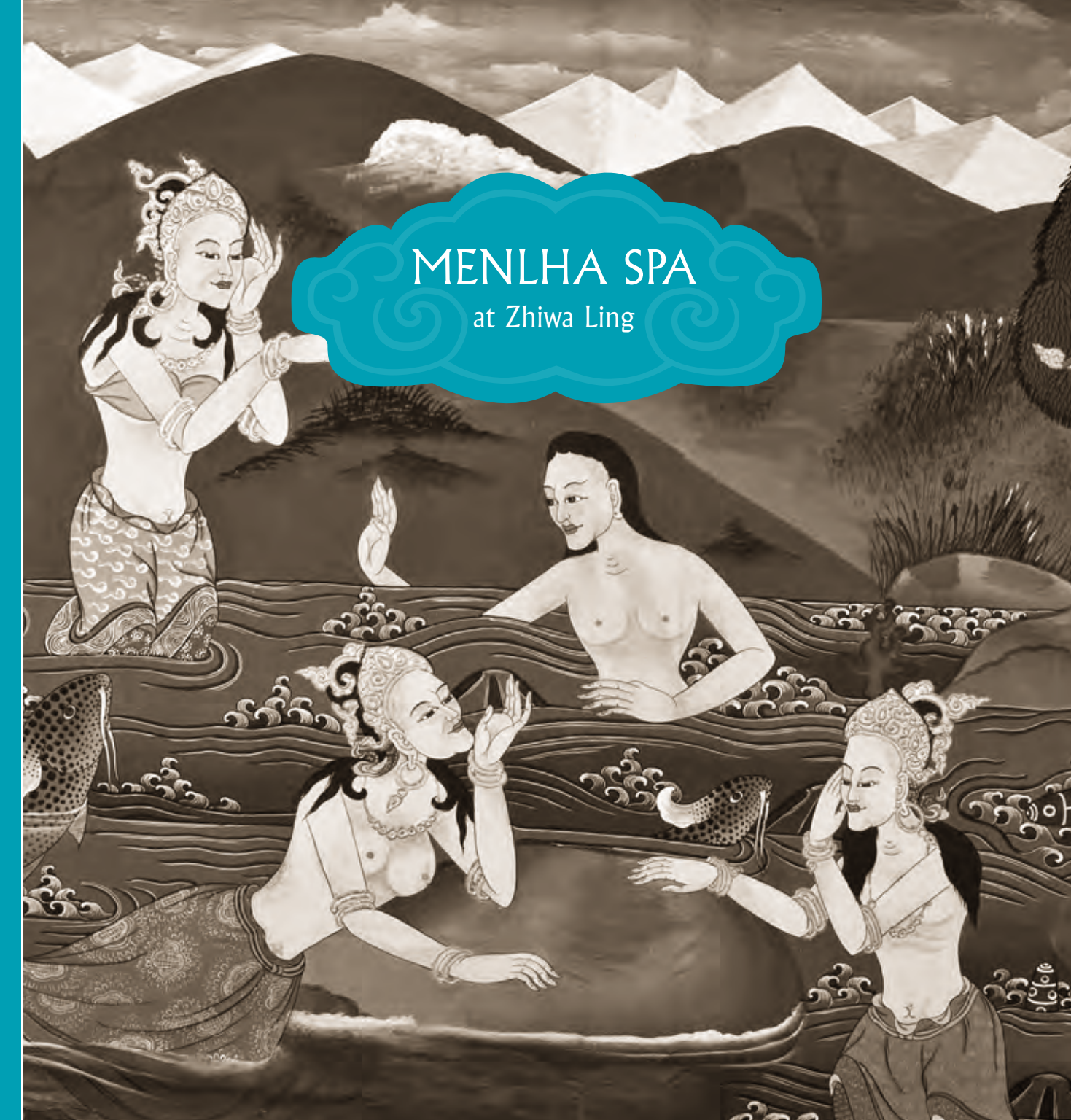
All our treatments begin with the therapist invoking the healing energy of Tara and conclude with the balancing resonance of the Himalayan singing bowl.



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MENLHA SPA at Zhiwa Ling





The Menla Spa Signature Massage

The unique signature massage treatment was developed exclusively for the Menla Spa. This perfect synthesis of western and oriental therapeutic massage techniques leaves you completely at ease and stress free.

Relaxation Massage

This is the ultimate stress-relieving and muscle-relaxing treatment, incorporating both Swedish therapeutic techniques and aroma therapy oils. This massage will be individually adapted to your needs and your requirements on the day.

Foot Massage

After a long day's hiking, this acupressure massage stimulates the circulatory system offering welcome relief to sore legs and feet. The treatment concludes with a brief shoulder, neck, arm and hand massage for extra relaxation.

Skin Smoothing Body Polish

Exfoliate your skin with your choice of either Bhutanese red rice or zesty lemongrass. The polish removes dead skin cells, leaving your skin renewed and refreshed.

Traditional Thai Massage

These time-honored techniques of Thai massage originated in ancient Siam. Combining acupressure stimulation along the meridian lines of the body with vigorous stretching, this full body treatment offers relief from tension and promotes peace of mind. Please wear loose-fitting clothing for this treatment.

Acupressure Massage

Using acupressure techniques common to the ancient Japanese, Ayurvedic and Bhutanese systems of medicine, the thumb, palm and elbow follow along the meridian lines of the body. The Chi or energy flow is stimulated; as well as the internal organs and muscles.

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Local healing stones are prepared for a soothing hot-stone massage, an age-old variation of the customary massage that allows the therapist to apply deeper pressure as the heat warms and relaxes the muscles.

The Bhutanese Hot Stone Ritual Massage

Stones of various shapes and sizes have been gathered from the Paro Chhu (River), directly in front of the Paro Dzong. These stones have been empowered with a symbol or mantra to further deepen their therapeutic effects. The stones are heated and used to massage you. Additional heated stones and gem stones are placed on specific points on the body to balance the flow of energy in your body.

Please book 30 minutes in advance to allow for heating of the stones

Upper Body Massage

The upper body massage incorporates traditional Thai, Japanese and Swedish techniques using reflexology and aroma therapy. This treatment focuses on the back, neck, shoulder and arms and is the perfect choice for fast stress release

Facials

Facials are beneficial to your skin and very relaxing at the same time. This treatment includes deep cleansing and a moisturizing massage.

Traditional Bhutanese Medicinal Bath

The water is heated using stones from the Paro Chhu (River). This is the perfect way to relax at the end of a long hike or if you are suffering from aches and pains of any kind. Or, you can simply savor the experience for your pleasure and enjoyment.

Please book 2 hours in advance to allow for heating of the stones

Steam Room and Sauna

Enjoy a relaxing steam bath or sauna at the Menla Spa. These services are complimentary to all of our guests.

Please book 1 hour in advance to allow for heating