



...a truly himalayan boutique-hotel with panorama restaurant

## Traditional Open Air Hot Stone Bath



### Experience Sikkim's own wellness-treat at Bamboo Retreat!

Traditionally during the cold winter months country folks of Sikkim enjoy relaxing themselves in a nearby hot-spring or a traditional hot-stone-bath.

Sikkimese fill their wooden tub with fresh spring water. Meanwhile stones are heated in the fire. When the stones are hot they are added to the water. The stones release their heat and minerals to the spring-water. Various herbs or the bark of a certain tree is also added to the warm water for additional medicinal benefit. A traditional vegetable- or 'Kowri'-soup is served prior to the bath.

- **Duration: max. 20 min. per person**
- **Prior appointment is required**
- Hot Stone Baths are seasonally available at Bamboo Retreat upon prior notice and depending on availability of hot-stone-master
- Hot stone baths cannot be guaranteed always in short notice
- To make an appointment please consult our receptionist

### THE BAMBOO RETREAT, SAJONG, RUMTEK / GANGTOK

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