



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

## Massage Therapy



### Kerala Ayurvedic Massages

Our massage therapist Mr J.N Sharma has a diploma in Naturopathy and Yoga from the Gandhi National Institute of Naturopathy, New Delhi and is highly experienced in massage therapy. Massages at Bamboo Retreat will be done by Mr J.N. Sharma or his assistants.

- During the week appointments can be arranged from 6:30 am to 8:00 am and from 4:30 pm to 7:30 pm
- On Saturdays, Sundays and government holidays appointments can be arranged for throughout the day
- prices may vary depending on the number of participants and season
- please consult our receptionist to make an appointment
- massage therapy appointments cannot be guaranteed at all times and in any case require at least one day prior notice

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

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