



the bamboo retreat

...a truly himalayan boutique-hotel & garden estate and panorama restaurant

## Traditional Open Air Hot Stone Bath



### Experience Sikkim's own unique wellness-treat at Bamboo Retreat Hotel:

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

Sikkim people fill their rustic wooden tub with fresh spring water. Meanwhile round river stones are heated over a wood fire until they are well glowing, before being placed in the cold water of the wooden tub. 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 hot warm water for medicinal benefits.

As the water begins to cool down, more stones are added to the tub.

A traditional soup called 'Kowri' is served prior to the bath.

- **Duration:** max. 20 min. per person
- **Prior appointment is required** – hot stone baths cannot be guaranteed always with short notice as presence of hot-stone-master is required.
- To make an appointment please consult our receptionist or contact us by Email: [reservations.bambooretreat@gmail.com](mailto:reservations.bambooretreat@gmail.com)

### THE BAMBOO RETREAT HOTEL & GARDEN ESTATE, SAJONG, RUMTEK BLOCK / GANGTOK

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