



bamboo retreat hotel

2023-24

**WELLNESS, ACTIVITIES, TRANSPORTATION & GUIDES**

make your stay with us **EXTRA AMAZING.**

ACTIVITIES & WELLNESS	INR
<p><b>Garden Walk:</b> One hour All person same price.</p> <p><b>Garden Therapy Session</b></p>	<p>per person 500</p> <p>Upon request</p>
<p><b>Herbal Bath:</b> price/bath for 1 person: 2 persons:</p> <p><b>Sikkimese Hot Stone Bath:</b> price/bath for 1 person: 2 persons:</p>	<p>per bath 3000 5000</p> <p>9000 12000</p>
<p><b>Massage Therapy:</b> Ayurveda, Swedish, Thai, Foot 30 – 90 min Maximum 2 persons a day</p>	<p>per person Upon request</p>
<p><b>Yoga &amp; Ayurveda Consultation:</b> 90 – 120 min. Minimum required group of 5 person</p>	<p>per person Upon request</p>
<p><b>Meditation &amp;/or Introduction to Buddhism:</b> 120 min. 1 person: 2 persons: 3 persons: 4 persons: 5 persons: 6 persons: 7 persons:</p>	<p>per person 4200 7700 10900 13600 16000 17800 19250</p>
<p><b>Lepcha Village Experience:</b> ½ day - full day</p>	<p>per person Upon request</p>
<p><b>Fabong Lho Nature Sanctuary Trek:</b> full day</p>	<p>per person Upon request</p>
<p><b>Ethnic Cooking Class / Teas of India</b> 1 person: 2 persons: 3 persons: 4 persons: 5 persons:</p>	<p>per person 1500 2700 3600 4200 5520</p>
<p><b>Transportation &amp; Guides Guide,</b> English-speaking, qualified (different packages): full day/ half day, per guide Car, luxury/non-luxury: full Day / IXB/NJP to &amp; from BBR</p>	<p>per person Upon request</p>
<p><b>Day trips: full day</b> Explore Gangtok Tsomgo Lake &amp; Gangtok Temi Tea Garden Rumtek Monasteries &amp; Rice Fields of Martam</p>	<p>per person Upon request</p>
<p><b>Customized Packages: 3/5 nights – 4/6 days</b> Standard – 3 nights/4 days Standard – 4 nights/5 days Outdoor – 4 nights/5 days Extended – 5 nights/6 days Mindful – 5 nights/6 days</p>	<p>per person Upon request</p>
<p><b>Workshops</b> Mandala Painting/Arts / Bamboo Weaving</p>	<p>per person Upon request</p>

Tell us about your visit

[www.bambooretreat.in](http://www.bambooretreat.in) // [bookings@bambooretreat.in](mailto:bookings@bambooretreat.in)

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