

Wellness Treats to Spiritual Awakening !

Visit
Bhutan 2015
Celebrate happiness



Whenever you return home from a holiday, you look forward to another break just to recover from the stress of travels. In Bhutan, you may arrive stressed but you will leave feeling all rejuvenated and relieved of modern day hassles. Bhutan is a sanctuary for many who come here seeking wellness treats, trying out meditational experiments, or indulging in therapeutic recovery. The Body is well treated and the mind is put at ease and the soul awakens and becomes free.

Demography: 1st time Visitor/ Leisure Traveller / Traveller/
Explorer

Duration: Year Long

Best to visit: Year Long

Best features you will find on this well-being trip:

- * Whether it is a session of peaceful, contemplative meditation, a relaxing soak in a mineral hot spring bath or the all natural remedies of our traditional medicine, Bhutan has just what you need to revive and rejuvenate your body and spirit. Try out meditation as a simple start. Visit Monasteries and learn Meditational techniques which have been in practice for centuries. Stay within your hotel premises and enjoy traditional massage therapies.
- * Explore and learn of indigenous medicines from established Dzongkhags (districts) which are remedial for all kinds of ailments.
- * Take a curative dip in hot springs or "Tshachus" for relieve from ailments or dip in the tradition called the "Menchu" or Stone Baths.
- * Get a customized itinerary for your solitary retreats while frolicking in Bhutan's peaceful serenity.
- * Ask adventure trail to most popular Tshachus in Bhutan - the Gasa (in western Bhutan), Chubhu in Punakha, Dur in Bhumthang (central Bhutan).

Why is it low carbon:

1	Use of Renewable Energy in operations among tourism stakeholders. (Ex: : at the monasteries and retreats)	√
2	Offer Carbon Certified Products and services for tourists (Ex: Natural resources made available)	√
3	Low Carbon Tourism Products and Services (Tourism value chain measures carbon foot-prints).	√
4	Low Fuel Consumption Transportation	√
5	Inclusive Tourism Activities with Community (Ex: Communities with tsachus and retreats)	√
6	Low Carbon Tourism Practices (Ex: Guidelines at tsachus, waste management)	√

Carbon Indicator in **kgCO₂ equivalent per guest night** (high impact sector - Hotels)



American average = 33



European average = 27.0



Bhutan average = 2.5

