

Pancha Kosha Himalayan Spa Village

A Sanctuary for Wellbeing

This wellness resort in Nepal promises healing rituals and purification based on Ayurveda and Himalayan traditions

Words | Bindu Gopal Rao



A wellness getaway in Dhulikhel, a town about 30 kilometres from Kathmandu, Dwarika's Resort is an ode to ancient tradition of care rooted in the Himalayan region, merging Ayurveda and Buddhist medicine.

Nature's Nest

The expansive 51 acre retreat is designed over a steep incline and has five zones in which wellness is integrated with a touch of luxury. Set within the sloping landscape and trees,

the retreat is all about enjoying massage therapies, Ayurvedic treatments, Himalayan Salt House, Singing Bowl therapy, Sound and Colour therapy for the Chakras and a Fitness Centre - all part of what is called the Spa Village.

Surrounded by natural vegetation, the spa suites are designed to help guests enjoy unique Himalayan treatments in absolute privacy and comfort. The in-house doctor is available for a personal consultation so that you can be recommended a bespoke schedule during your visit here.



The spa is spread over an acre of land and the spa treatment rooms are spread across the property.

Quality Products

All the products used in the spa are their own. Manufactured in-house in Kathmandu, the team produces basic massage oils - olive and sesame. These are then mixed with herbs based on the client's body dosha - Vatha, Pitha or Kapha. "For aromatherapy we offer a range of options for aromatic oils to mix with olive oil from eucalyptus to juniper to lemongrass. Based on the fragrance the guest chooses, a little bit of this aromatic oil is mixed with olive oil and we use them in our massages. We also grow our own sesame near the Tarai region in South Nepal. All the body lotions, shampoos and soaps and bath salts are produced in-house based on ayurvedic principles and we stick to this basic range for our treatments," says Dr. Sanjay Pokharel, Senior Consultant, Pancha Kosha Himalayan Spa, Dwarika's Group of Hotels and Resorts.

Staffing Right

The team hires experienced staff from Naturopathy and Ayurveda hospitals informs Dr. Pokharel. "We select good therapists who then get in-house training and an understanding of the Standard Operating Procedure (SOP) for each of the massage. Senior therapists or the team leader who has been with us for over a decade usually conduct the hands-on training with the new staff. As doctors we also train staff on the techniques e.g. stretch moves and pressure points they must use for different massages. When our occupancy is low and in the off season, we do refresher training sessions as well inviting an occasional external trainer as well," he explains.

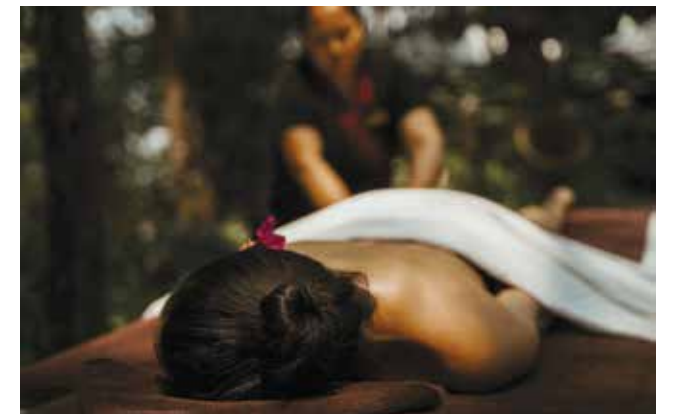
Rejuvenating Therapies

The spa offers a range of Ayurvedic and Western therapies. One of the signature treatments is Kwon Jyajo, inspired by the rich Newari traditions and is a unique Himalayan

herbal powder therapy that has a gentle whole-body massage using oil infused with indigenous herbs. An invigorating steam bath after the massage helps to relax and rejuvenate the body and mind.

I tried the yoga-inspired ancient massage that integrates active massage techniques with passive yogic stretches to leave you feeling rejuvenated. My therapist is a well experienced lady called Bala who starts with my back using a combination of techniques to relax my whole body. The movements are followed by stretches where I could feel the stiffness in my body and also noticed how the tension reduced as she worked her hands to release the same. "This is like an Ayurvedic massage but here the movements are slow and deep. It is based on the local Himalayan traditions and culture that are incorporated. It uses basic oils and is a relaxing massage," says Pokharel. The treatment is deeply relaxing and the gentle stretching makes me feel completely rejuvenated.

If you are seeking a wellness break, look no further than the Dwarika Resort in Nepal. It is the perfect ode to making the case for a luxury destination spa getaway. And the best part is the pure Himalayan air that will work its magic to make you reconnect with nature like never before. **SS**



FACT FILE

Name of The Spa: The Pancha Kosha Himalayan Spa
Established: 2006
Founder: Dwarika Das Shrestha
Architect/Concept: Sangita Shrestha Einhaus
Area/Size: Spread over one acre in a spa village format
Treatment rooms: 7 rooms (including two couples rooms)
Number of aestheticians: 8
Signature Treatment: Kwon Jyajo
Timings: 9:00 a.m. to 6:00 p.m.
Contact: 97711 490612, 490931
Address: Dhulikhel, Kavre, Nepal
Website: <https://dwarikas-dhulikhel.com/home>