



# KGH

W E L L N E S S

MIND 🌸 BODY 🌸 SPIRIT

BALANCE AND BLISS IN THE CITY



Kathmandu Guest House  
Nepal



# SPA MENU

SPECIALLY FORMULATED BY HERVEDA BOTANICALS  
FOR KGH WELLNESS



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**KINJJALA**  
*a step towards wellness*

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# SRI YANTRA

## श्री यंत्र

The Shree yantra is a sacred geometric symbol comprising of nine interlocking triangles. Four upward triangles signify Shiva ( masculine energy) while five downward triangles represent Shakti (feminine energy). The central point, the Bindu signifies the point to achieve oneness with the divine.

The Shree Yantra is a symbol representing the ultimate reality of existence and the interconnection of all things in the universe. Its philosophy focuses on holistic wellness - physical, emotional and mental. It is believed to represent the union of masculine and feminine energies, the balance between spiritual and material worlds, and the connection between the individual and the cosmos.

# KGH Wellness - Spa

The KGH Wellness Spa, managed by Kinjjala and in product collaboration with Herveda Botanicals, offers traditional Nepali massage therapies using scientifically formulated products based on locally and ethically sourced ingredients, grown medicinal herbs and cold-pressed oils. These all natural products are rich in omega 3,6,9 fatty acids, vitamins and antioxidants.

These indigenous herbs and plants have been a part of our traditional Ayurvedic and Sowa-Rigpa (Tibetan healing) practice for thousands of years. Herveda Botanicals scientifically formulates these all-natural products using ethically and sustainably sourced himalayan medicinal and aromatic herbs, traditional medicinal knowledge and green technology.

The KGH Wellness - Spa is our collective effort to give you the best of Nepal's physical healing and relaxation therapy which is wholesome, organic and effective, while giving back to the marginalized and rural communities.





# Luxury Spa Massages:

## Pure Nepali Essence Bliss



### Body Massage Menu:

Experience the art of relaxation, healing, and rejuvenation through our carefully crafted massages, inspired by the majestic Himalayan regions of Nepal. Each treatment is designed to harness the natural power of cold-pressed oils, herbal extracts, and traditional healing practices.

#### Key Ingredients:

Base Oil Blends: Apricot Oil, Dhatelo Oil, Black Sesame Oil, Almond Oil, Hemp oil  
Wild Apricot, Tibetan Apricot, Dhatelo, Hemp (THC free), Black sesame, Virgin Olive,  
Virgin Coconut, Almond, Vitamin E

# 01 Sagarmatha Solace Massage

## Himalayan Deep Tissue Therapy

60 min Rs. 5000  
90 min Rs. 7000

#### Description:

Inspired by the grandeur of the Sagarmatha region, this deep tissue massage focuses on releasing muscle tension and soreness through slow strokes and firm pressure. The blend of Anthopogon oil (dwarf rhododendron) and local herbs combined with our luxurious base oils penetrates deep into your muscles, offering relief from post trek aches. This treatment is perfect for those seeking a release from stress and a powerful body rejuvenation.

#### Key Benefits:

- Relieves muscle aches and soreness
- Promotes chakra balancing and emotional release
- Deep relaxation and healing

#### Key Ingredients:

Blend of regionally sourced Himalayan Anthopogon (dwarf rhododendron), Himalayan fir essential oils, herbs and 9-types of cold-pressed oils





## 02 Annapurna Serenity Massage

### Restorative Herbal Massage

60 min Rs. 4800  
90 min Rs. 6800

#### **Description:**

Drawing inspiration from the serene and breathtaking Annapurna region, this massage is a true embodiment of calm and rejuvenation. The Seabuckthorn oil found in the hills of Annapurna is rich in antioxidants with skin-nourishing properties. It is infused with local herbs to provide an enriching, full-body experience. The massage uses gentle, sweeping motions to restore energy, leaving your body and mind soothed and your skin deeply nourished.

#### **Key Benefits:**

- Skin nourishment and hydration
- Calming and soothing experience
- Stress relief and relaxation

#### **Key Ingredients:**

Blend of regionally sourced Juniper, Timur (Himalayan pepper) essential oils, herbs and 9-types of cold-pressed oils



# 03 Mustang Healing Ritual

## Traditional Healing Massage

60 min Rs. 5000  
90 min Rs. 7000

### Description:

Inspired by the ancient wisdom of the traditional Amchi healers of Mustang, this therapeutic massage combines Seabuckthorn oil with time-honoured herbal techniques. This massage focuses on energy flow, muscle recovery, and balancing the body's chakras. The unique oil blend has spiritual healing properties and ensures a holistic, restorative experience. Perfect for those seeking physical and spiritual renewal.

### Key Benefits:

- Deep healing and muscle recovery
- Chakra balancing
- Spiritual and emotional release

### Key Ingredients:

Blend of regionally sourced Seabuckthorn, Juniper essential oil, herbs and 9-types of cold-pressed oils.



# 04 Kanchenjunga Revitalization Massage

## Invigorating Herbal Renewal Massage

60 min Rs. 4800  
90 min Rs. 6800

### Description:

Inspired by the Himalayas in the eastern part of Nepal, this invigorating massage combines the stimulating properties of cinnamon, black ginger, and juniper with our luxurious base oils. The refreshing blend works to revitalise tired muscles and enhance circulation, leaving you energised and refreshed. This treatment focuses on awakening your senses through the power of traditional Nepali herbs.

### Key Benefits:

- Revitalizes and energizes the body
- Improves circulation and reduces muscle fatigue
- Awakens the senses and promotes stress relief

### Key Ingredients:

Blend of regionally sourced Cinnamon, Palmarosa essential oils, herbs and 9-types of cold-pressed oils



# 05 KGH Signature Massage

## Trekkers Healing Massage

90 min Rs. 7000  
120 min: Rs 8500

### Description:

This is the signature massage therapy of our spa, especially designed to provide relief, relaxation and ease the stressed muscles after a strenuous expedition or trekking. It is a mixture of Shiatsu, Thai and Ayurvedic therapy that gives you an experience of complete body therapy.

### Key Benefits:

- Relieves post trekking soreness and recovers the muscles
- Relaxes and Revitalizes the body
- Improves circulation and reduces muscle fatigue

### Key Ingredients:

Blend of premium 9-types of essential oils, herbs and 9-types of cold-pressed oils from all over Nepal





# Body Scrub

## Kathmandu Scrub

Kon Rice-Enzyme & Herbs Body Scrub

45 min Rs. 4500

### Description:

Experience the essence of Kathmandu with this Newari beauty tradition to honor the city's cultural heritage. It is inspired by the Newari community's coming of age ceremony in which girls are cleaned by this traditional scrub. Infused with the essence of Ayurvedic scrub (ubtan), Kon (ground grains), fruit enzymes and Ayurvedic herbs combination, this nutrient and enzyme-rich scrub deeply exfoliates, polishes and dissolves the dead skin cells, while the herbal blend supports detoxification and rejuvenation.



### Key Benefits:

- Gently exfoliates for soft, radiant skin
- Detoxifies and rejuvenates the body
- Deep relaxation and spiritual connection

### Key Ingredients:

Traditionally-inspired natural grains, medicinal herbs, natural clays, ultra gentle cleanser, fruit enzymes and essential oil blends





## Dolpo Scrub

Pink Himalayan Salt, Coffee & Herbs Body Scrub

45 min Rs. 4500

### Description:

Inspired by the salt caravans of the Dolpo region which is rich in Himalayan salts, this invigorating treatment combines mineral-rich Pink Himalayan salt with coffee grounds and mountain herbs to provide a deeply exfoliating and revitalising experience. The scrub removes dead skin cells, cleanses impurities, and promotes circulation. Ideal for those seeking muscle relief, detoxification, this scrub leaves your skin glowing and your spirit renewed.

### Key Benefits:

- Relieves muscle aches and tension
- Detoxifies and exfoliates the skin
- Rejuvenates and provides stress relief

### Key Ingredients:

Dolpo-inspired regional spikenard (Jatamansi), medicinal herbs, Pink salt, coffee, natural clays, ultra-gentle cleanser, fruit enzyme and essential oil blends





# Mini Massages

## Foot Reflexology

30 min Rs. 3000

### Description:

A natural healing art based on the principle that there are chakra points and reflexes in the feet, hands and their referral areas, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related body areas.

### Key Benefits:

- Relaxes and Revitalizes the body
- Improves circulation and reduces muscle fatigue

### Key Ingredients:

Blend of premium 9-types of essential oils, herbs and 9-types of cold-pressed oils from all over Nepal



## Upper-Lower Back Massage

30 min Rs. 3000

### Description:

Excellent for relieving stress off your tense back, this massage uses pure warm olive oil with shiatsu techniques. The pain and tightness from long air travels, trekking and travel weariness is often relieved with this massage that relieves tightness from neck, back and shoulders.

### Key Benefits:

- Relaxes and Revitalizes the body
- Improves circulation and reduces muscle fatigue

### Key Ingredients:

Blend of premium 9-types of essential oils, herbs and 9-types of cold-pressed oils from all over Nepal



# Himalayan Bliss Head Oil Massage

30 min Rs. 3000

## Description:

The Himalayan Bliss Head Oil Massage is a deeply rejuvenating experience rooted in the ancient traditions of the Himalayan regions. This massage combines a rich blend of cold-pressed Himalayan oils, including Apricot, Dhatelo, and Black Sesame, to nourish the scalp and promote healthy hair growth. Infused with Himalayan Nettle and Fenugreek, it strengthens hair roots and reduces hair fall, while Anthopogon and Mint provide soothing relief from stress and headaches.

## Key Benefits:

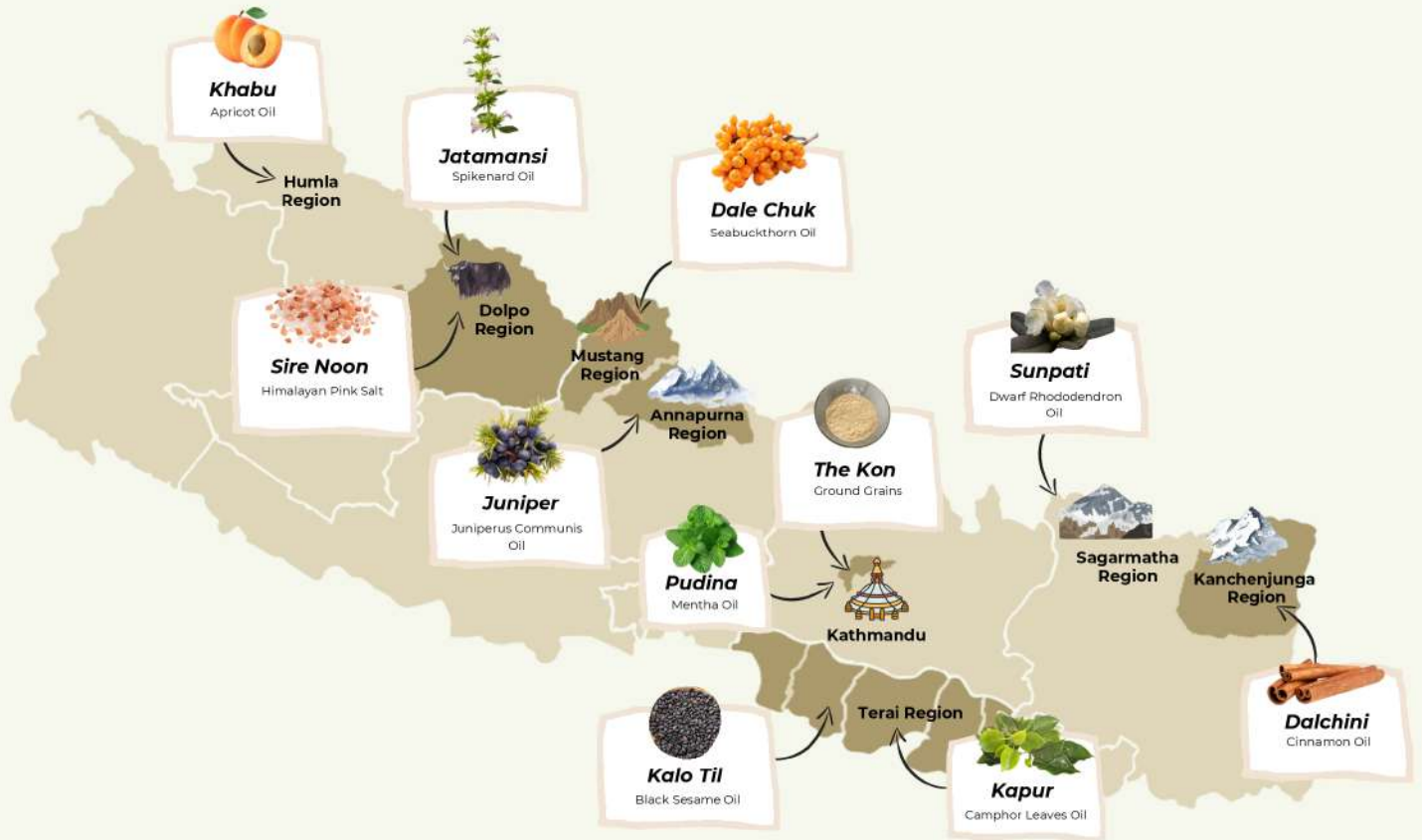
- **Stress & Headache Relief:** The cooling and soothing properties of mint and Anthopogon calm the mind and provide immediate relief from tension and headaches.
- **Promotes Hair Growth & Reduces Hair Fall:** Himalayan Nettle and Fenugreek work to strengthen hair follicles, stimulating growth and preventing hair fall.
- **Nourishes Hair & Scalp:** The nourishing oils deeply moisturize the scalp, leaving your hair soft, shiny, and healthy.

## Key Ingredients:

Rich blend of himalayan herbs, vitamins and omega 3,6,9 rich oils scientifically formulated using traditional ayurvedic knowledge



# Reviving Nepal's Wellness Therapies



Nepal is rich in flora and fauna with 40% of its landmass still covered in forests. The indigenous plants of the country have been used as healing therapies for thousands of years and we at KGH Wellness seek to revive and revitalise our age old traditions of massage and healing with medicinal plants, herbs and oils that are all locally grown and produced.

Our partner Herveda Botanicals is the country's leading skincare brand who initiated the goal of adding value to highly potent herbs of Nepal using scientific and technological interventions, and also in supporting the farmer communities to solve the value chain problems in medicinal and aromatic plants (MAPs).

Our Spa is managed by Kinjjala, a leading Spa company of Nepal specialising in all traditional and international massage techniques and systems. This is the first outlet of Kinjjala offering traditional products of Herveda Botanicals formulated especially for KGH Wellness.



Scientifically  
Formulated



100%  
Natural



Handcrafted  
in Nepal



Cruelty  
Free



Paraben  
Free