

SOWA BY TIMILO

WELLNESS | SPA



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TAShI DELEk!

Welcome to Sowa by Timilo,
a sanctuary of healing and
renewal nestled in the heart of
the enchanting mountains of
Tawang, Arunachal Pradesh.

Drawing inspiration from the sacred healing
traditions of the Monpa people and the bountiful Himalayan
landscape, each treatment we offer is a testament to the
natural and cultural richness of this region.

Let the serene ambience, panoramic view of the snow
capped Tawang Range and the skilled hands of our therapists
transport you into a state of profound relaxation





HANDCRAFTED SIGNATURE TREATMENTS

WÓI-LÈKH ORGANIC YAK BUTTER FACIAL

60 mins

4000

Harness the ancient wisdom of Himalayan nomads with this unique facial, using the deeply nourishing properties of locally sourced Yak Butter, a staple remedy in the high- altitude Monpa lifestyle. Rich in Vitamin A, Yak Butter promotes skin renewal, restores elasticity, and provides intense hydration to combat the effects of harsh mountain climates.

Your Journey:

- Begin your facial with a gentle exfoliation using a custom blend of yak butter and hand pounded herbal powders, lovingly crafted to slough away dead skin cells, and restore freshness.
- Experience the soothing warmth of Ngyu-Lhhüm (Mugwort Leaf) steam, a time honored Monpa tradition that opens pores, detoxifies the skin, and infuses it with medicinal properties.
- Indulge in a relaxing face massage with luxurious organic yak butter, while another therapist simultaneously works on your legs, easing tension and promoting deep relaxation. A harmonious treatment for complete bliss.



SOWA PHOR- CHOI

Signature Mountain Serenity Massage

90 mins

7500

Immerse yourself in the serenity of the Himalayas with this signature massage that combines the power of hot river stones, Monpa healing wisdom, and techniques inspired by the rugged landscape. This treatment celebrates the pristine purity of Tawang's environment, designed to melt away tension and restore balance.

Your Journey:

- The treatment begins with a soothing Ngyu-Lhhüm (Mugwort Leaf) and Himalayan salt foot soak, used by Monpa elders to ease fatigue and enhance blood circulation.
- Ease into relaxation with a series of traditional stretching techniques preparing your body for deeper healing.
- Enjoy the luxurious combination of warm, soothing Himalayan River stones with the rhythmic, flowing strokes of Balinese and Deep Tissue massage techniques mirroring the flowing rivers of Tawang.
- Conclude with an indulgent face massage using organic yak butter to deeply moisturize and calm your skin.

*Above prices are subject to 5% GST



LEMIN-TINGMA PHOR-CHOI

Sacred Stone Foot Massage

40 mins

3500

Pay homage to the arduous journeys of Himalayan nomads with this restorative foot massage. Inspired by the Monpa's traditional remedies, this treatment is designed to relieve foot fatigue and enhance overall vitality.

Your Journey:

- Begin with a warm **Ngyu-Lhhüm** (Mugwort Leaf) infused foot soak, revered for its soothing and detoxifying properties.
- Feel the gentle warmth of locally sourced sacred river stones, which penetrate deeply to relieve muscle tension. As the warm stones glide across your feet, they provide a deeply grounding sensation, enhancing your connection to the earth.
- Experience a combination of gentle strokes and targeted pressure points, leaving your feet rejuvenated and light as air



NGÀ -YÀNG PHOR-CHOI

Inspired by the Himalayan Breeze

60/90 mins

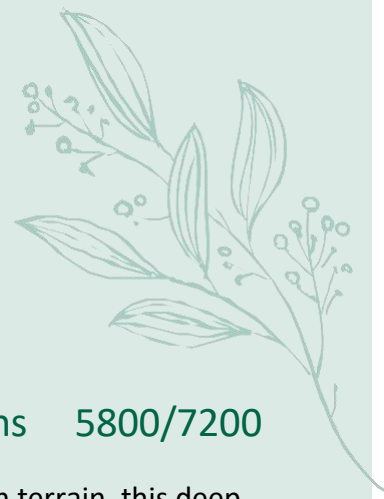
5500/7000

Let the calming winds of Tawang guide your relaxation in this custom Swedish massage. Using gentle, flowing strokes and Monpa-inspired aroma oils, this treatment mirrors the tranquil Himalayan breezes that carry peace and vitality.

Your Journey:

- Begin with a luxurious foot soak where your feet are immersed in a warm fragrant blend of essential oils.
- Glide into serenity as long, rhythmic strokes are used to promote a feeling of relaxation and tranquility.
- Enjoy the aromatic embrace of handcrafted oils infused with local herbs, designed to soothe the body, and uplift the spirit.

*Above prices are subject to 5% GST



SHÜ-KÈH PHOR-CHOI

Strength of the Yak Herder

60/90 mins 5800/7200

Inspired by the resilience of Monpa yak herders who traversed the rugged Himalayan terrain, this deep tissue massage targets stubborn tension and muscle fatigue.

Your Journey:

- Begin with a luxurious foot soak where your feet are immersed in a warm fragrant blend of essential oils
- Firm strokes and targeted pressure work deep into your muscles, releasing chronic stress and restoring strength
- The oils used are infused with traditional Monpa herbs, known for their invigorating and healing properties



SPA JOURNEY

Sacred Journey of Renewal

Sowa Escape

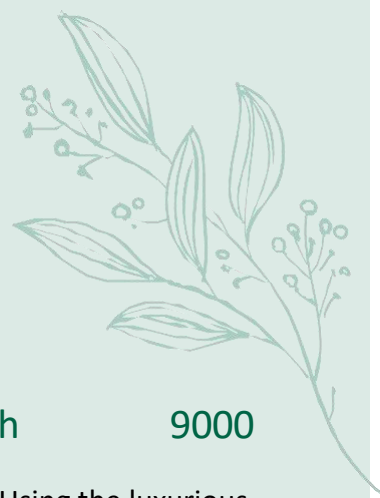
120 mins 8500

This immersive experience brings together time-honored Monpa healing rituals and the pristine bounty of Tawang landscape.

Your Journey:

- Begin with a calming Ngyu-Lhhüm (Mugwort Leaf) foot soak, used in Monpa homes to relax the body and mind.
- Exfoliate with an aromatic red rice body scrub, crafted from the antioxidant-rich rice grown in Tawang's terraced fields.
- Melt into bliss with custom oil massage, featuring local herbs that soothe muscles and calm the mind.
- Conclude with a nourishing face massage to hydrate and brighten your skin

*Above prices are subject to 5% GST



ROMANCE IN BLOOM

A Couple's Massage

60+60 mins each

9000

Celebrate love amidst the peaks of Tawang with this romantic side-by-side massage. Using the luxurious essence of wild rose oil, this treatment soothes the skin and nurtures the bond between partners.

Your Journey:

- Begin with a luxurious foot soak where your feet are immersed in a warm fragrant blend of essential oils.
- Allow the enchanting aroma of wild roses, handpicked from the Himalayan foothills, to envelop you both in tranquility.
- Choose from our soothing Swedish massage, perfect for gentle relaxation and stress relief, or our Deep Tissue massage, designed to ease muscle tension and release deep-seated knots.

EXPERIENCE WELLNESS WITH LOCAL TRADITION

At Sowa by Timilo, every treatment is a celebration of Tawang's rich cultural heritage and natural abundance. Discover the timeless wisdom of the Himalayas as you relax, unwind, and reconnect with yourself

FOR YOUR COMFORT

All our treatment rooms and beds are climate-controlled and heated to ensure your complete comfort. Enjoy the warmth and coziness as you unwind and rejuvenate, making your spa experience truly indulgent.

*Above prices are subject to 5% GST



ADVICE FOR YOUR COMFORT

WHAT SHOULD I WEAR WHEN GOING TO THE SPA AND DURING MY TREATMENT?

We will provide you with robe, slipper, and disposable innerwear. **You may choose to wear your own innerwear - choose whatever is most comfortable for you.**

When should I arrive for my treatment?

Please arrive 10-15 minutes before your scheduled appointment, this will allow you to change without haste and leisurely enjoy our welcome drink of the day.

What if I am late for my appointment?

Arriving late will limit time available for your treatment. Programs are carefully planned and to get maximum benefit, we kindly request you to be punctual

What if I have special health treatment consideration?

Please notify our Spa Team before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

Time to relax, unwind and feel good

We strive to provide you a relaxing and tranquil environment and we appreciate your cooperation in keeping your mobile phones switched off. We want you to enjoy your complete experience so do let us know if you would like to change massage pressure, music volume, lighting levels or room temperature anytime during your treatment.

Where should I keep my valuables?

We recommend you do not bring any valuables like jewelry that needs to be removed for Spa treatments. We kindly remind you we are not responsible for any items lost or stolen.

Our therapists


Our therapists are well trained to provide you the best spa experience. However, in case of any inappropriate behavior, they are authorized to stop treatment - so we thank you in advance for your consideration.

Cancellation Policy

Should you wish to modify or cancel a reservation, please do notify us at least 4 hours in advance, in order to avoid paying a cancellation fee.

Disclaimer




Spa treatments, services & facilities received or utilized at Sowa Spa at Timilo are intended for general purposes only and not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have.





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