Institute of Natural Medicine

1.5 - 2 hours

Trekkers' Holiday Massage



Are you searching for the exact place
in Nepal? If so than book your appoint
our Massage Training center have spe
type of massage therapies.

Our combination type of therapy has b
Numbness, intense body pain, sharp p
pain, ankle sprains, knots and stiffnes

Please also note:- we also accept
& physically fit before & recovery

Trekkers' Holiday Mass

? Winter Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

Institute of Natural Medicine

Recover from your trekking adventures in Nepal with our specialized **Trekkers' Holiday Massage in Kathmandu**. Designed for hikers, trekkers, and adventure enthusiasts, this massage combines multiple techniques to relieve **muscle stiffness, joint pain**, and fatigue caused by long hours of trekking and outdoor activities.

At the Institute of Natural Medicine in Thamel, our expert therapists provide a holistic treatment targeting **cervical pain**, , **calf and thigh soreness**, **frozen shoulders**, ankle sprains, and knots, ensuring complete post-trek recovery.

What Makes Our Trekkers' Recovery Massage Special?

- Combines **Swedish Massage**, **Deep Tissue Massage**, **Hot Stone Massage**, and **Ayurvedic Massage** techniques for maximum recovery
- Relieves **musculoskeletal pain**, joint stiffness, and inflammation caused by trekking
- Improves **blood circulation**, **mobility**, and **flexibility**
- Enhances **energy levels** and reduces fatigue
- Promotes **mental relaxation** and overall well-being

Who Should Opt for a Trekkers' Holiday Massage?

This therapy is ideal for:

- Tourists and trekkers exploring the Himalayas or embarking on popular treks like Everest Base Camp, Annapurna Base Camp, Manaslu Circuit Trek etc.
- Hikers recovering from long treks or intense physical activity
- Adventure enthusiasts seeking **post-trek recovery massage in Nepal**
- Individuals experiencing joint pain, body stiffness, or muscular soreness after trekking

What to Expect During Your Session

Each Trekkers' Holiday Massage session lasts approximately 1.5 to 2 hours. Our therapists begin with a gentle warm-up to loosen tight muscles, followed by a combination of massage techniques targeting the affected areas. Expect relief in areas like your:

- Back, neck, and shoulders
- Calves, thighs, and ankles
- Feet, joints, and pressure points

We use high-quality massage oils and natural therapeutic methods to ensure relaxation and enhanced recovery.

Benefits of Trekkers' Recovery Massage in Kathmandu

- Relieves trekking-related **muscle tension** and soreness
- Reduces **fatigue** and boosts **energy levels**

- Enhances **mobility, flexibility**, and joint function
- Promotes **relaxation and mental wellness**
- Speeds up recovery for your next trek or outdoor adventure

Why Choose the Institute of Natural Medicine?

- Certified and experienced therapists trained in **post-trek recovery massage**
- Peaceful and natural environment in Thamel, Kathmandu
- Affordable rates compared to commercial spas in the city
- Customized massage sessions based on your health condition and trekking intensity
- Options to combine with our wellness therapies like **Yoga Classes**, **Reiki Healing**, and **Sound Healing** to support recovery

Book Your Trekkers' Holiday Massage Today

Step into the Institute of Natural Medicine in Thamel for the ultimate trekking recovery massage in Nepal. Whether you are an international tourist or a local adventurer, our therapy will help you rejuvenate your body and mind after your Himalayan journey.

Book your session online or walk in to experience one of the best Trekkers' Holiday Massage in Kathmandu.

Reviews

Came for massage after a trek and having problems sleeping. Enjoyed 1,5hours of deep massage. I felt so relaxed afterwards and did sleep much better afterwards. Also the location is amazing. So close to Thamel and yet it is such a peaceful and green area
C
Charlotte Gibson
After my trek I did a massage with Roshni, and she was just amazing! She was very attentive, and always Made sure I was comfortable. The massage was great, and I felt totally relaxed after. I defenitly recommand this place!
L
Luna Laue

Frequently Asked Questions

What is a Trekkers' Recovery Massage in Kathmandu?

A Trekkers' Recovery Massage is a specialized therapy designed to relieve fatigue, muscle soreness, and joint pain after (or before for preparation) trekking or outdoor adventures. This

massage combines techniques from Swedish, deep tissue, and traditional therapeutic massages to help your body recover faster.

How does a Trekkers' Holiday Massage help after trekking in Nepal?

The Trekkers' Holiday/Recovery massage targets tight muscles, stiff joints, and knots caused by trekking. It improves blood circulation, reduces inflammation, eases soreness in calves, thighs, back, and shoulders, and promotes faster physical recovery so you can enjoy your trekking journey more comfortably.

Who can benefit from a trekking recovery massage?

Hikers, mountaineers, and travelers exploring the trails around Kathmandu, Pokhara, or the popular trekking destinations like Everest, Langtang, Manaslu, or Annapurna region etc. can benefit. Even first-time trekkers can use this massage to prevent post-trek fatigue and soreness.

How long is a typical trekking recovery massage session?

Sessions usually last between 1.5 to 2 hours, depending on your needs and the intensity of the trekking activity. Your therapist will personalize the massage to focus on the areas that need the most attention.

What techniques are used in a Trekkers' Holiday Massage?

The therapy combines **Swedish massage**, **deep tissue massage**, **acupressure**, **and stretching techniques** to loosen tight muscles, improve mobility, and accelerate recovery from trekking-related stress.

Can a trekking recovery massage help with joint pain or injuries?

Yes, the massage is designed to target common trekking injuries such as ankle sprains, knee pain, frozen shoulders, and lower back stiffness. It helps reduce pain and promotes natural healing.

How often should I get a trekking recovery massage during a trekking trip?

It depends on the length and intensity of your trek. For multi-day treks, a **post-trek massage after every 2–3 days** can be highly beneficial. For shorter treks, a session at the end of the trek is usually sufficient.

Is a trekking recovery massage suitable for all fitness levels?

Absolutely. The massage can be adapted for beginners, intermediate hikers, or professional mountaineers. Therapists adjust pressure and techniques to suit your comfort and recovery needs.

Where can I get the best trekking recovery massage in Kathmandu?

The Institute of Natural Medicine in Thamel offers expert trekking recovery massage services in a serene and natural environment, combining therapeutic techniques to ensure full-body rejuvenation.

How should I prepare for a trekking recovery massage?

Arrive 15 minutes early for a short consultation. Wear comfortable clothing and inform your therapist about any injuries, soreness, or medical conditions so the massage can be tailored for maximum benefits.

Can this massage improve my energy and performance for the next trekking day?

Yes, by reducing muscle stiffness, improving blood circulation, and releasing tension, a trekking recovery massage helps restore energy levels and enhances physical performance for subsequent trekking days.

What is the difference between a Trekkers' Holiday Massage and a regular massage?

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A Trekkers' Holiday or Recovery Massage is specifically designed for post-trek recovery, focusing on muscles and joints stressed during trekking. Regular massages may provide relaxation but may not address trekking-specific muscle fatigue and joint pain effectively.

Is it safe to get a trekking recovery massage if I have minor injuries?

Yes, but always inform your therapist about any injuries. Experienced therapists at the Institute of Natural Medicine can adjust techniques to ensure the massage is safe while still promoting healing.

How much does a trekking recovery massage cost in Kathmandu?

Prices vary depending on session length and type. At the Institute of Natural Medicine, 1.5 to 2-hour sessions are competitively priced while offering professional therapeutic benefits, making it an affordable choice for trekkers.

Can a trekking recovery massage be combined with other therapies?

Yes, it can be combined with Ayurvedic Massage, Swedish Massage, or Reiki Healing for enhanced relaxation, muscle recovery, and overall wellness.

Price:

90 min	US$ 35
120 min	US$ 45

Book Now