

## 药食同源

## eating well

With thoughtful restaurant design and customized farm-to-table menus, a five-star retreat puts a luxurious emphasis on health.

**BHUTAN SPIRIT SANCTUARY** is a refreshing departure in global high-end hospitality. The hotel's temple-like facade, balconied guest rooms, and locally themed spa and wellness offerings complement a restaurant, tea bar, and dining terrace that overlook exhilarating vistas of the lushly forested Neyphu Valley.

Veteran hospitality entrepreneur Louk Lennaerts worked with Vietnam-based Pure Design to craft an unparalleled luxury getaway that opened its doors just over a year ago. The master concept behind its welcoming feel is the tranquil rejuvenation of body, mind, and spirit.

Bhutan, once named Lho Men Jong, or "southern land of medicine," has long been famed as a world center of herbal therapy. A central feature of the Bhutan Spirit Sanctuary experience is "food as medicine," with the focus on the meticulous sourcing, selection, and preparation of each ingredient.

Bhutan Spirit Sanctuary 酒店是个豪华避世秘境，外观如寺庙一般，客房备有阳台，还有以当地文化为主轴的养生体验。酒店设有餐厅、茶馆，还有坐拥傲人美景的用餐露台，可以看到林木葱郁的 Neyphu 山谷。

BY  
**KATE NICHOLSON**

Bhutan Spirit Sanctuary 对外开放至今仅一年左右，由资深的餐旅创业家 Louk Lennaerts 与越南设计品牌 Pure Design 合作共同打造。酒店闲适的氛围源自他们希望为客人带来身心、灵复苏的概念。不丹曾被誉为 Lho Men Jong，意即「药草之地」，现已成为举世闻名的草药疗法中心。「药食同源」是这项文化的重点，注重食材的栽种地、拣选及烹饪方式。

Bhutan Spirit Sanctuary kitchens are stocked with herbs and produce grown in on-site greenhouses.

餐厅使用的香草和农产品均是由自家温室种植



Floor-to-ceiling windows ensure guests feel part of the Bhutanese landscape in front of them, even when it's cold out. 落地窗确保客人即使在寒冷的季节，也能尽情享受不丹的风景。

Executive Chef Parash Chhetri is a Bhutanese farmer's son who went on to gain global culinary experience. He and his team seek to carry on their homeland's ancient reputation by cultivating healing herbs and a wide variety of vegetables and fruits in greenhouses on the property. The hotel even has on-staff traditional doctors who consult with guests, guiding them on dietary and lifestyle changes. Their advice is incorporated into personalized meals as well as drinks from a tea bar that offers more than twenty varieties in addition to a menu of herbal cocktails.

The hotel's comfortable dining area is subtly divided, with the focal point of the center section a long "social table" crafted from local oak. "We notice that couples seated together at the table quickly become old friends, even if they've never met before," says Lennaerts. "Restaurants should be a place for communication, and this brings people closer." Smaller tables and the tea bar flank this central feature, and the grand double staircase does extra duty as a stage for music performances and storytelling. Immense floor-to-ceiling windows make the spectacular Bhutanese landscape a part of the dining experience.

The element of openness extends to the kitchen, where the Sanctuary's skilled chefs are seen at work. "We believe that aroma and sight are the first ways to delight our guests, before they even take a bite," says Chhetri. To that end, the room's designed-in-Vietnam appointments and traditional textile wall hangings abound with color. The furniture and paneling are of red-tinted Japanese pine, and the British-sourced tableware comes in appealingly faded shades of yellow, blue, and red. "By offering our guests organic local delicacies in such a stunning architectural space," says the chef, "we encourage them to remember Bhutan as a very special destination." 16

游历四海的资深主厨 Parash Chhetri 来自务农家庭，他带领团队共同维系这古老的传统，在温室中自行栽植、采集各种药草和蔬菜水果。酒店还有不丹的传统医生驻场，能为宾客提供关于饮食与生活方式的建议，客制的餐点和饮品中也会依循这些建言调制。茶馆的茶品选择多达二十余种，也供应特有的药草调酒。

酒店用餐区被正中央的一张以不丹橡木制成的「社交长桌」大致划分为不同区域。Louk 表示：「我们留意到这些坐在同桌的宾客虽素昧平生却总是一见如故，餐厅就应该是个社交场所，能让人们产生连结。」长桌两侧设有较小型的餐桌和茶馆，双侧的巨型阶梯则可作为音乐演奏及故事展演的舞台，落地窗前的景致一览无遗，让用餐的宾客对不丹产生一种归属感。

这里的厨房也是开放式的，宾客可以欣赏主厨们烹饪时的英姿。Parash 说：「客人在享用餐点前就接触到餐厅内的景象和香味，我们相信这是让他们心情愉悦的第一步。」餐厅的订制家具设计源于越南，墙上挂有传统的织布艺术。红色调的家具和墙板使用的是日本松木，来自英国的餐具以刻意褪去的黄、蓝、红色调点缀于其中。

Parash 表示：「我们手工制作有机的本地特色美饌，搭配餐厅的建筑美学，希望能让宾客对不丹留下美好的记忆。」 16