



WELLNESS JOURNEYS

ZANNIER BÀI SAN HÔ



OUR CONCEPT

THE ESSENCE OF ENERGY BALANCE

At Zannier Hotels, we believe that wellbeing begins with balance — when the body's natural rhythms are gently restored, helping us feel more in tune, reenergised, and better able to navigate the stresses of modern life. To support this, we have created Zanêa, a unique wellness philosophy that blends modern methods with time-honoured practices to restore the body's equilibrium.

Through a one-on-one consultation with our Wellness Manager and the use of advanced Bioresonance Technology, we begin by listening to what the body truly needs, then draw on ancient wisdoms to release blocked energy channels and encourage recovery and renewal. Rooted in four simple pillars — wellbeing, spa, movement, and nutrition — each journey is different, reflecting where the guest is and what they need to enhance the natural healing process. Our aim is simple: to offer holistic, thoughtful experiences that inspire lasting, positive change beyond their time with us.

A return to balance, to self, to natural rhythms

In today's fast-paced world, constant stimulation and stress can quietly overload the nervous system, wear down our natural defences, and leave us depleted. At the heart of Zanêa is the belief that the human body is an intricate system of energy fields that must remain in harmony for optimal health. By restoring energy balance — through breath, nature, and subtle, supportive therapies inspired by ancient practices — we help the body return to a state of ease, encouraging deeper resilience, clarity, and calm. Using centuries-old therapies and the five elements of nature (earth, water, fire, air, and spirit), alongside modern innovations such as Bioresonance, we work with the body's energy and natural rhythm to align body, mind, and spirit.

OUR CONCEPT

Modern insight, timeless understanding

With Bioresonance Therapy — a gentle, non-invasive method based on electromagnetic frequencies — we assess each guest's energy patterns to identify subtle imbalances and understand what the body quietly reveals. Guided by Ayurveda, Traditional Chinese Medicine, acupuncture, and preventive health, we focus on body type, energy flow, and elemental balance to shape each guest's wellness journey.

Setting the path for sustainable wellness

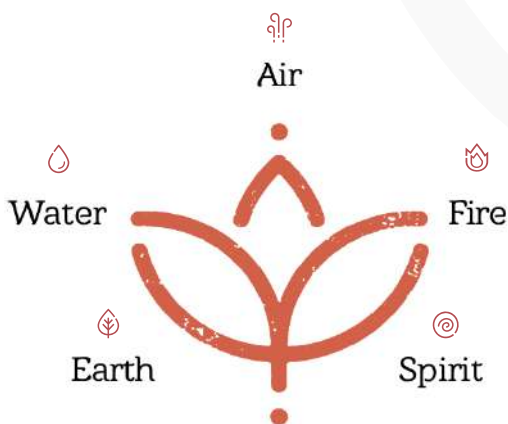
We create personalised wellness plans incorporating energising activities, wholesome nutrition, indigenous healing practices, and mindful rituals to support the body's innate ability to renew. We have also crafted 1-day, 3-day, and 5-day themed wellness journeys — each a curated path toward rejuvenation — whether you seek deep relaxation, an active reset, or cultural discovery. Blending authentic local elements like Vietnamese herbal baths, bamboo massage, sound healing, beach yoga, guided journaling, and curated spa treatments, these thoughtfully designed packages offer space for connection, clarity, and calm.

Through holistic lifestyle adjustments, gentle therapies and expert guidance, we aim to bring the body into alignment, support lasting wellbeing, and offer a harmonious path to rejuvenation and inner peace.

HOA SEN VISION

VIETNAMESE INTERPRETATION OF ENERGY BALANCE

At Zannier Bãi San Hô, we harness the power of the five elements of nature to identify and address imbalances in the body, mind, and soul. Through our consultations, guidance, and unique healing therapies, we offer a holistic approach that includes activities, wellness journeys, nutrition, and treatments. Our goal is to help restore your energy balance, achieve tranquility and inner peace, and enhance your overall well-being. We aim to provide a new perspective and a path to a long, healthy, and balanced lifestyle.



Follow the icons above to guide yourself through your wellness journey.

BODY SCANNING

PRE-JOURNEY EVALUATION – AN HOUR

At Zannier Bāi San Hô, your wellness journey begins with a comprehensive body scan and consultation with our Wellness Manager. This session explores your physical, mental, and spiritual well-being, identifying your unique body type, energy flow, and elemental balance (Air, Water, Fire, Earth, and Spirit). By understanding these five elements, we set personalized wellness goals tailored to your needs. This essential screening, conducted a day before your journey, ensures a harmonious path to rejuvenation and inner peace.

Each Element Represents:

Air: Creativity, quick thinking, lightness, and flexibility.
Water: Adaptability, calmness, nurturing, and emotional depth.
Fire: Passion, strength, intensity, and courage.
Earth: Stability, groundedness, reliability, and practicality.
Spirit: Connection, intuition, inner peace, and transcendence.

Body Energy Types:

Air: Lean physique, energetic, and creative.
Water: Rounded physique, calm presence, and nurturing.
Fire: Robust physique, intense personality, and passion.
Earth: Solid physique, grounded nature, and reliability.
Spirit: Balanced physique, intuitive, and spiritually connected.

Why Do a Consultation?

- To assess your physical, mental, and spiritual traits and determine your dominant body type.
- To tailor wellness goals and treatments for more effective results.
- To promote balance and holistic rejuvenation.

OUR WELLNESS JOURNEYS

PROFOUND EXPERIENCES
THAT RESONATE WITH YOUR SOUL

One Day

- Holistic Daytreat
- Active Daytreat

Three Days

- Holistic Journey with
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- Active Journey

Five Days

- Cultural Journey

POST JOURNEY EVALUATION

Final Assessment

The Wellness Manager assesses improvements in physical, mental, and spiritual health, focusing on body type, energy flow, and elemental balance

Personalized Feedback

Receive feedback on your wellness journey, highlighting positive changes and areas to focus on, with recommendations for ongoing well-being.

Follow-Up Plan

A personalized plan with practices and lifestyle adjustments is created to help sustain the benefits of your journey.

Guest Feedback

We value your feedback to improve our services and meet your expectations. This evaluation ensures your wellness journey at Zannier Bãi San Hô has a lasting, positive impact.

Post-evaluation is available exclusively with our 3-day
and 5-day wellness journeys.

ONE DAY WELLNESS JOURNEY

HOLISTIC DAYTREAT



ONE DAY WELLNESS JOURNEY

HOLISTIC DAYTREAT

- Body scanning & detailed consultation (prior day)
- Sunrise meditation & yoga
- Nourishing breakfast
- Personalized sound healing session
- Wholesome lunch
- Guided journaling & reflection
- Creative mindful activity
- Hoa Sen Spa rejuvenating ritual
- Soulful healthy dinner
- Herbal bath
- Wellness tea & bedtime ritual

PROGRAM

Holistic Daytreat

01. Body Scanning & Consultation

60 minutes

Begin your journey with a comprehensive body scan and consultation by our Wellness Manager to understand your body type and unique needs and set personalized wellness goals for the day.

This screening is required to be done a day before the wellness journey starts.

02. Sunrise Meditation & Gentle Yoga

60 minutes

Embrace the tranquility of dawn with a guided meditation and gentle yoga session. Focus on breathwork and mindfulness as you connect with the soothing sounds of the waves and the warmth of the rising sun.



03. Nourishing Breakfast

+ 60 minutes

Enjoy a nourishing breakfast featuring a wide range of organic, plant-based options. Savor fresh fruits, wholesome grains, and herbal teas that invigorate your senses and fuel your body for the day ahead.



04. Personalized Sound Healing Session

60 minutes

Immerse yourself in a personalized sound healing session using Tibetan singing bowls, tuning forks, and gongs. Let the harmonious vibrations restore balance and harmony to your mind, body, and spirit.



PROGRAM

Holistic Daytreat

05. Wholesome Lunch

+ 60 minutes

Delight in a wholesome lunch prepared with seasonal, locally sourced ingredients. Each dish is crafted to nourish your body and delight your palate, providing a perfect blend of flavors and nutrients.



07. Creative Mindful Activity

60 minutes

Unleash your creativity with a leaf mandala-making or seashell decoration activity. This hands-on experience allows you to express yourself artistically while fostering a sense of calm and focus.



06. Guided Journaling & Reflection

30 minutes

Engage in guided journaling and reflection with prompts designed for self-discovery and gratitude. Take this time to explore your inner thoughts and cultivate a deeper sense of awareness and appreciation.



08. Hoa Sen Spa Rejuvenating Ritual

120 minutes

Indulge in a two-hour spa ritual that includes a handmade scrub and a full-body oil massage. This rejuvenating treatment is designed to exfoliate, hydrate, and relax your body, leaving you feeling refreshed and revitalized.



PROGRAM

Holistic Daytreat

09. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



10. Herbal Bath

30 minutes recommended

Relax in a luxurious herbal bath infused with Vietnamese herbs. This soothing soak helps to detoxify your body and calm your mind, preparing you for a restful evening.



11. Wellness Tea & Bedtime Ritual

30 minutes recommended

Conclude your day with a nourishing cup of wellness tea and a calming bedtime ritual that invites gentle movement to ease tension and quiet the mind. Let this serene practice guide you into restful sleep, leaving you feeling restored, grounded, and at peace.



EXPECTED OUTCOMES

Mind

Enhanced clarity, reduced stress, and increased mindfulness through meditation, journaling, and creative activities. Each activity is designed to bring you into the present moment, fostering a deeper sense of awareness and calm.

Body

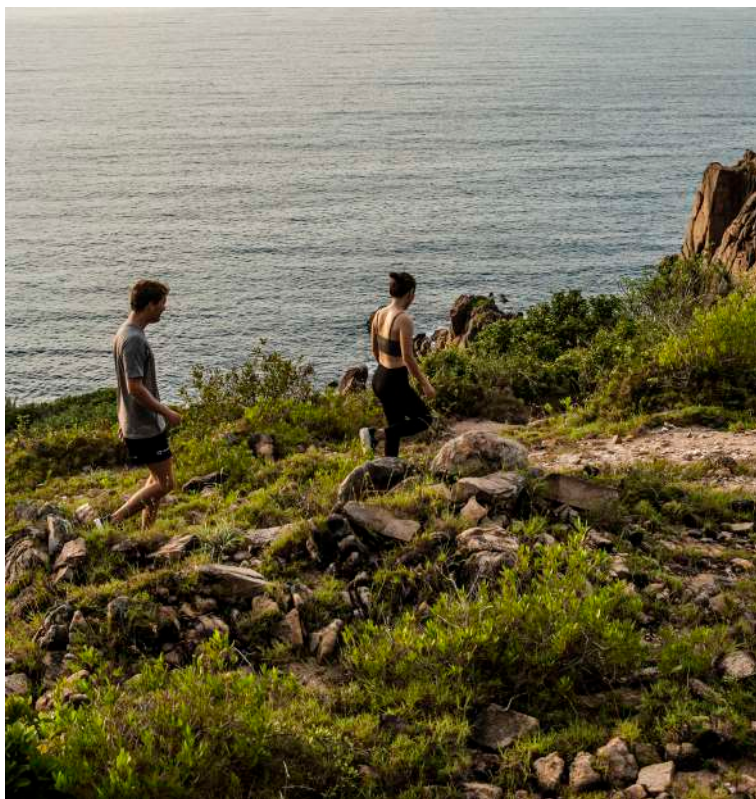
Improved physical well-being, detoxification, and relaxation through yoga, nourishing meals, and spa treatment. Mindful movement and eating practices help you connect with your body and its needs.

Soul

Deepened self-awareness, emotional balance, and a sense of connectedness through sound healing, herbal baths, and bedtime rituals. Mindfulness practices throughout the day help you tune into your inner self and cultivate a sense of peace and harmony.

ONE DAY WELLNESS JOURNEY

ACTIVE DAYTREAT



ONE DAY WELLNESS JOURNEY

ACTIVE DAYTREAT

- Body scanning & detailed consultation (prior day)
- Morning walk & meditation
- Energizing breakfast
- Water or ground sports adventure
- Power lunch
- Yoga or pilates
- Healthy snack break
- Spa relaxing treatment
- Nutrient-dense dinner
- Muscle recovery bath
- Herbal tea & bedtime ritual

PROGRAM

Active Daytreat

01. Body Scanning & Consultation

60 minutes

Begin your journey with a comprehensive body scan and consultation by our Wellness Manager to understand your body type and unique needs and set personalized wellness goals for the day.

This screening is required to be done a day before the wellness journey starts.

02. Morning Walk & Meditation

60 minutes

Start your day with a nature walk through scenic trails. Breathe in the fresh air and enjoy the natural beauty around you as you energize your body and mind. After the walk, transition into a peaceful meditation, allowing your mind to find clarity and calm.



03. Energizing Breakfast

+ 60 minutes

Fuel up with a protein-rich breakfast featuring a variety of fresh juices, lean proteins, and wholesome grains. This meal is designed to boost your energy levels and prepare you for the day's activities



04. Water or Ground Sports Adventure

60 minutes

Choose from E-Foil, kayaking or paddleboarding for water sports or bicycle, tennis and other fitness activities for ground sports among other exciting outdoor adventures. These activities are perfect for building strength, endurance, and a sense of adventure.



PROGRAM

Active Daytreat

05. Power Lunch

+ 60 minutes

Enjoy a power-packed lunch with a selection of lean proteins, whole grains, and vegetables. This meal is crafted to provide sustained energy and essential nutrients.



07. Healthy Snack Break

+ 30 minutes

Take a break with a healthy snack, such as smoothies or energy bars, to keep your energy levels up and your body nourished.



06. Yoga or Pilates

60 minutes

Engage in a Yoga or Pilates session focused on strength training, core stability, and functional movements. The dynamic warm-up and flow will enhance your flexibility and strength.



08. Spa Relaxing Treatment

90 minutes

Indulge in a traditional Vietnamese Bamboo massage to relax your muscles and rejuvenate your body. This treatment is designed to release tension and promote overall well-being.



PROGRAM

Active Daytreat

09. Nutrient-Dense Dinner

+ 60 minutes

Savor a nutrient-dense dinner featuring a balanced meal with superfoods and locally inspired dishes. This meal is crafted to nourish your body and delight your palate.



10. Muscle Recovery Bath

30 minutes recommended

Soak in a muscle recovery bath with Pink Himalayan salt. This soothing soak helps to detoxify your body and relax your muscles.



11. Herbal Tea & Bedtime Ritual

30 minutes recommended

Conclude your day with a soothing cup of herbal tea and a guided bedtime stretch sequence to help with muscle recovery and ensure a restful night's sleep.



EXPECTED OUTCOMES

Mind

Enhanced clarity, reduced stress, and increased mindfulness through outdoor activities, meditation, and relaxation sessions.

Body

Improved physical well-being, detoxification, and relaxation through yoga, nourishing meals, and spa treatment. Mindful movement and eating practices help you connect with your body and its needs.

Soul

Deepened self-awareness, emotional balance, and a sense of connectedness through mindful eating, meditation, and bedtime rituals.

THREE DAYS WELLNESS JOURNEY

A WAY OF RESET WITH MĒDITATIF



THREE DAYS WELLNESS JOURNEY

A WAY OF RESET WITH MĒDITATIF

Day One

- Body scanning & detailed consultation (prior day)
- Yoga, Pranayama & meditation.
- Welcome ceremony
- Soulful healthy breakfast
- Waterfall trek
- Soulful healthy lunch
- Leaf mandala making by mēditatif
- Soulful healthy dinner
- Wellness bath
- Wellness tea & bedtime ritual

Day Two

- Mat-pilates
- Journal writing by mēditatif
- Soulful healthy breakfast
- Hoa Sen Spa treatment
- Interactive vietnamese cooking class & lunch
- DIY workshop
- Yoga & guided chakra Meditation
- Soulful healthy dinner
- Wellness bath
- Wellness tea & bedtime ritual

Day Three:

- Guided nature walk
- Soulful healthy breakfast
- Mindful Eating Workshop by mēditatif
- Restorative Gentle Flow Yoga
- Face yoga & serenity facial ritual by mēditatif
- Soulful healthy dinner
- Wellness bath
- Wellness tea & bedtime ritual
- Post journey evaluation

DAY ONE

Journey with mēditatif

01. Yoga, Pranayama & meditation

60 minutes

Start your day with a rejuvenating yoga session, incorporating sun salutation, breathing exercises, and meditation.



02. Welcome ceremony

60 minutes

Introduction to the Zannier wellness concept and mēditatif products, including a wellness kit with traditional hat, a journal, and gratitude card.



03. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day ahead.



04. Waterfall Trek & Soulful Healthy Lunch

+ 60 minutes

Embark on a refreshing trek to a nearby waterfall, followed by a nutritious Vietnamese lunch.



DAY ONE

Journey with mēditatīf

05. Leaf mandala making by mēditatīf

60 minutes

Participate in a leaf mandala-making session, where you'll learn the mindful art of creating intricate designs using a variety of vibrant, textural leaves. Explore nature's palette and discover how different shapes, colors, and patterns come together to form a meditative, eco-inspired masterpiece.



06. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



07. Wellness Bath

30 minutes recommended

Step into a sanctuary of calm with our wellness bath, thoughtfully designed to ease tension, quiet the mind, and restore inner balance. As you soak in this serene experience, your senses are gently awakened, inviting a state of pure relaxation and mindful stillness. Let the journey begin—where stillness meets renewal.



08. Wellness Tea & Bedtime Ritual

30 minutes recommended

Conclude your day with a nourishing cup of wellness tea and a calming bedtime ritual that invites gentle movement to ease tension and quiet the mind. Let this serene practice guide you into restful sleep, leaving you feeling restored, grounded, and at peace.



DAY TWO

Journey with mēditatif

01. Mat Pilates

60 minutes

Start your day with a revitalizing Mat-Pilates session, focusing on core strength and flexibility. Enhance your posture and balance while engaging in a series of controlled movements. This session will leave you feeling energized and ready to take on the day.



02. Tea & Journal Writing by mēditatif

60 minutes

Learn the art of journaling through mindful techniques and creative methods that enhance self-awareness, boost creativity, and support emotional well-being. Explore various journaling styles to deepen your personal writing practice.



03. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day ahead.



04. Hoa Sen Spa Treatment

90 minutes

Indulge in a 90-minute spa treatment inspired by traditional massage techniques. Let rhythmic strokes and age-old healing methods melt away tension and restore balance. Feel your body unwind and your mind return to a state of calm and clarity.



DAY TWO

Journey with mēditatīf

05. Interactive Vietnamese Cooking Class & Lunch

+ 60 minutes

Immerse yourself in the art of Vietnamese cuisine through an interactive cooking class, culminating in a shared meal. This experience resonates with the Fire element, kindling your inner flame and awakening your culinary creativity.



06. DIY Workshop

60 minutes

Join our DIY workshop to create personalized scrubs and bath ingredients using local, natural herbs, flowers, and essential oils. Learn about their benefits while crafting eco-friendly products that nourish your skin and invigorate your senses.



07. Yoga & Guided Chakra Meditation with mēditatīf

60 minutes

Engage in a rejuvenating yoga session, followed by a guided chakra meditation. This practice harmonizes with the Spirit element, aligning your energy centers and fostering a profound sense of inner peace and balance.



08. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



DAY TWO

Journey with mēditatīf

09. Wellness Bath

30 minutes recommended

Step into a sanctuary of calm with our wellness bath, thoughtfully designed to ease tension, quiet the mind, and restore inner balance. As you soak in this serene experience, your senses are gently awakened, inviting a state of pure relaxation and mindful stillness. Let the journey begin—where stillness meets renewal.



10. Wellness Tea & Bedtime Ritual

30 minutes recommended

Conclude your day with a nourishing cup of wellness tea and a calming bedtime ritual that invites gentle movement to ease tension and quiet the mind. Let this serene practice guide you into restful sleep, leaving you feeling restored, grounded, and at peace.



DAY THREE

Journey with mēditatīf

01. Nature Walk with Guided Meditation & Affirmations

60 minutes

Begin your day with a refreshing nature walk, featuring guided meditation and positive affirmations to enhance mental clarity and inner peace. This holistic experience nurtures both your body and spirit, setting a positive tone for the day.



02. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day.



03. Workshop on Mindful Eating by mēditatīf & Lunch

+ 60 minutes

Participate in a workshop where you'll learn to appreciate each bite and understand your eating habits better. Our expert guides will teach you techniques to enjoy food more mindfully. After the workshop, enjoy a nutritious lunch, featuring wholesome, locally sourced ingredients.



04. Restorative Gentle Flow Yoga

60 minutes

This style of yoga uses gentle stretches, deep breathing, and slow, mindful movements to enhance flexibility, reduce stress, and promote relaxation and overall well-being. It's ideal for those looking to unwind and rejuvenate.



DAY THREE

Journey with mēditatif

05. Face Yoga & Serenity Facial Ritual by mēditatif

60 minutes

Enjoy the rejuvenating benefits of Face Yoga and our Serenity Facial Ritual by mēditatif. This session begins with facial exercises to tone and relax your muscles, followed by a mindful facial that enhances skin health. As the therapist performs the ritual, you'll be immersed in the healing vibrations of live sound therapy, creating a deeply serene and soul-refreshing experience.



07. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



08. Wellness Bath

30 minutes recommended

Step into a sanctuary of calm with our wellness bath, thoughtfully designed to ease tension, quiet the mind, and restore inner balance. As you soak in this serene experience, your senses are gently awakened, inviting a state of pure relaxation and mindful stillness. Let the journey begin—where stillness meets renewal.



09. Wellness Tea & Bedtime Ritual

30 minutes recommended

Conclude your day with a nourishing cup of wellness tea and a calming bedtime ritual that invites gentle movement to ease tension and quiet the mind. Let this serene practice guide you into restful sleep, leaving you feeling restored, grounded, and at peace.



EXPECTED OUTCOMES

Mind

- **Clarity & Focus:** Guided meditations, journaling, and mindfulness practices enhance mental clarity.
- **Stress Reduction:** Yoga, sound therapy, and nature walks reduce stress and promote calm.
- **Enhanced Creativity:** Mandala-making and storytelling stimulate creativity and inspire new ideas.

Body

- **Increased Vitality:** Yoga, Pilates, and nature treks boost energy and vitality.
- **Improved Flexibility & Strength:** Pilates and yoga sessions improve flexibility and core strength.
- **Detoxification & Rejuvenation:** Spa treatments, detox teas, and healthy meals support detox and rejuvenate skin.

Soul

- **Emotional Balance:** Chakra meditations and sound therapy promote emotional balance and inner peace.
- **Renewed Sense of Purpose:** The holistic journey helps guests reconnect with their inner selves and rediscover their purpose.

THREE DAYS WELLNESS JOURNEY

ACTIVE JOURNEY



THREE DAYS WELLNESS JOURNEY

ACTIVE

Day One

- Body scanning & detailed consultation (prior day)
- Nature walk with meditation
- Soulful healthy breakfast
- Water sports adventure
- Soulful healthy lunch
- Hoa Sen Spa treatment
- Soulful healthy dinner
- Wellness tea & bedtime ritual
- Detox bath therapy

Day Two

- Mat pilates with props
- Soulful healthy breakfast
- Ground sports adventure
- Soulful healthy lunch
- Water sports adventure
- Restorative evening yoga
- Soulful healthy dinner
- Wellness tea & bedtime ritual
- Detox bath therapy

Day Three

- Dynamic yoga
- Soulful healthy breakfast
- Village exploration by bicycle
- Soulful healthy lunch
- Sound healing session
- Hoa Sen Spa ritual
- Soulful healthy dinner
- Wellness tea & bedtime ritual
- Detox bath therapy
- Post journey evaluation

DAY ONE

Active Journey

01. Nature Walk with Meditation

60 minutes

Begin your day with a 60-minute nature walk, followed by a guided meditation to center your mind. Enjoy the calming sounds, fresh air, and serene surroundings, reducing stress and promoting well-being, leaving you rejuvenated for the day ahead.



02. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day ahead.



03. Water Sports Adventure

60 minutes

Experience an invigorating water adventure with your choice of E-Foil, kayaking, paddle surf, or snorkeling. Each activity is designed to enhance strength, coordination, and endurance while immersing you in the calming embrace of nature. Glide through serene waters, boost cardiovascular health, and clear your mind. Suitable for all skill levels, this session offers a refreshing and fulfilling connection to both body and water.



04. Soulful Healthy Lunch

+ 60 minutes

Enjoy a wholesome, balanced lunch made with fresh vegetables, lean proteins, and whole grains. This nutrient-rich meal boosts energy, supports well-being, and promotes mindfulness, leaving you refreshed and energized for the rest of your day.



DAY ONE

Active Journey

05. Hoa Sen Spa Treatment

90 minutes

Relax with a spa treatment inspired by traditional massage techniques to soothe muscles, relieve stress, and promote relaxation and well-being.



06. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



07. Wellness Tea & Bedtime Ritual

30 minutes recommended

Unwind with a soothing cup of health-boosting tea and gentle deep stretches, preparing your body and mind for a restful night's sleep. Focus on your breath, release the day's stress, and ease into a state of relaxation and rejuvenation for a peaceful night's rest.



08. Detox Bath Therapy

30 minutes recommended

Experience a rejuvenating bath infused with unique Vietnamese ingredients that support detoxification, relax your muscles, and awaken your senses.



DAY TWO

Active Journey

01. Mat Pilates with Props

60 minutes

Enhance your core strength and flexibility with a mat Pilates session using props like resistance bands, weights, and pilates ring. This workout improves stability, posture, and alignment, leaving you with a sense of accomplishment as you progress.



02. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day ahead.



03. Ground Sports Adventure

60 minutes

Choose from bicycle, tennis and other fitness activities for ground sports among other exciting outdoor adventures. Develop your strength and fitness in our state-of-the-art fitness studio or achieve inner peace as you take in the beautiful natural surroundings while doing outdoor activities.



04. Soulful Healthy Lunch

+ 60 minutes

Enjoy a wholesome, balanced lunch made with fresh vegetables, lean proteins, and whole grains. This nutrient-rich meal boosts energy, supports well-being, and promotes mindfulness, leaving you refreshed and energized for the rest of your day.



DAY TWO

Active Journey

05. Water Sports Adventure

60 minutes

Experience an invigorating water adventure with your choice of E-Foil, kayaking, paddle surf, or snorkeling. Each activity is designed to enhance strength, coordination, and endurance while immersing you in the calming embrace of nature. Glide through serene waters, boost cardiovascular health, and clear your mind. Suitable for all skill levels, this session offers a refreshing and fulfilling connection to both body and water.



06. Restorative Evening Yoga

60 minutes

Relax with a restorative evening yoga session focused on deep relaxation, stress relief, and flexibility. Using supportive props, this gentle practice promotes mindfulness, prepares your body for sleep, and rejuvenates your mind and body.



07. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



08. Wellness Tea & Bedtime Ritual

30 minutes recommended

Unwind with a soothing cup of health-boosting tea and gentle deep stretches, preparing your body and mind for a restful night's sleep. Focus on your breath, release the day's stress, and ease into a state of relaxation and rejuvenation for a peaceful night's rest.



DAY TWO

Active Journey

09. Detox Bath Therapy

30 minutes recommended

Experience a rejuvenating bath infused with unique Vietnamese ingredients that support detoxification, relax your muscles, and awaken your senses.



DAY THREE

Active Journey

01. Dynamic Yoga

60 minutes

Energize your body and mind with a dynamic yoga session, designed to boost strength, flexibility, and vitality. This practice aligns with the Fire element, igniting your inner power and enhancing your overall well-being.



02. Soulful Healthy Breakfast

+ 60 minutes

Indulge in a nourishing breakfast with a wellness shot that will energize your morning. Enjoy a wide range of protein-packed meals featuring an assortment of fresh juices, lean proteins, and wholesome grains. This breakfast will help elevate your energy levels and set you up for a productive day ahead.



03. Village Exploration by Bicycle

4 hours

Explore the local village, visit a watermelon farm, artisan fish trap, shrimp farm, and pagoda. Hike to the top of Hoa Loi Hill and enjoy Vietnamese coffee at a local shop.



04. Soulful Healthy Lunch

+ 60 minutes

Enjoy a wholesome, balanced lunch made with fresh vegetables, lean proteins, and whole grains. This nutrient-rich meal boosts energy, supports well-being, and promotes mindfulness, leaving you refreshed and energized for the rest of your day.



DAY THREE

Active Journey

05. Sound Healing Session

60 minutes

Relax and rejuvenate with a sound healing session. This practice uses sound vibrations to harmonize your energy, promoting deep relaxation and overall well-being. The soothing sounds help to balance your mind and body, leaving you feeling refreshed and revitalized.



06. Hoa Sen Spa Ritual

120 minutes

Indulge in a two-hour spa ritual that includes a handmade scrub and a full-body oil massage. This rejuvenating treatment is designed to exfoliate, hydrate, and relax your body, leaving you feeling refreshed and revitalized.



07. Soulful Healthy Dinner

+ 60 minutes

Enjoy a nourishing dinner made with lean proteins, vibrant vegetables, and whole grains. This wholesome meal promotes well-being, fosters mindfulness, and leaves you feeling content and rejuvenated.



08. Wellness Tea & Bedtime Ritual

30 minutes recommended

Unwind with a soothing cup of health-boosting tea and gentle deep stretches, preparing your body and mind for a restful night's sleep. Focus on your breath, release the day's stress, and ease into a state of relaxation and rejuvenation for a peaceful night's rest.



DAY THREE

Active Journey

09. Detox Bath Therapy

30 minutes recommended

Experience a rejuvenating bath infused with unique Vietnamese ingredients that support detoxification, relax your muscles, and awaken your senses.



EXPECTED OUTCOMES

Mind

- **Clarity & Focus:** Guided meditations and sound therapy improve mental clarity and focus.
- **Stress Reduction:** Nature walks, yoga, and spa treatments promote relaxation and calm.
- **Enhanced Creativity:** Meditation and sound therapy balance emotions, fostering inner peace and stability.

Body

- **Increased Vitality:** Pilates and water sports boost energy and vitality.
- **Improved Flexibility & Strength:** Pilates, walks, and workouts enhance flexibility and core strength.
- **Detoxification & Rejuvenation:** Spa treatments, detox teas, and healthy meals support detoxification and skin rejuvenation.

Soul

- **Connection & Gratitude:** Exploring villages and immersing in local culture fosters meaningful relationships and self-love. This journey enhances life by encouraging gratitude, presence in the moment, and a sense of being blessed.
- **Renewed Sense of Purpose:** The active journey helps reconnect with our inner selves, deepening our understanding of well-being and rediscovering life's purpose.

FIVE DAYS WELLNESS JOURNEY

CULTURAL JOURNEY



FIVE DAYS WELLNESS JOURNEY

CULTURAL JOURNEY

Day One

- Body Scanning & detailed Consultation (Prior day)
- Sunrise yoga
- Soulful healthy breakfast
- Bicycle village exploration
- Soulful healthy lunch
- Hoa Sen Spa treatment
- Soulful healthy dinner
- Vietnamese herbal bath
- Herbal tea & bedtime ritual

Day Two

- Nature walk with meditation
- Soulful healthy breakfast
- Guided vietnamese Thung Chai boat adventure
- Soulful healthy lunch
- Vibrational sound healing session
- Soulful healthy dinner
- Vietnamese herbal bath
- Herbal tea & bedtime ritual

Day Three

- Mat-pilates session
- Soulful healthy breakfast
- Local lifestyle tour by car
- Soulful healthy lunch
- Hoa Sen Spa ritual.
- Soulful healthy dinner
- Vietnamese herbal bath
- Herbal tea & bedtime ritual

FIVE DAYS WELLNESS JOURNEY

CULTURAL JOURNEY

Day Four

- Vietnamese Traditional Tea Ceremony
- Soulful healthy breakfast
- Vietnamese cooking class
- Soulful healthy lunch
- Restorative yoga
- Soulful healthy dinner
- Vietnamese herbal bath
- Herbal tea & bedtime ritual

Day Five

- Monk blessing ceremony or Vietnamese holistic health alchemist visit
- Soulful healthy breakfast
- Adventure Water Sports
- Soulful healthy lunch
- Hoa Sen Spa facial
- Soulful healthy dinner
- Vietnamese herbal bath
- Herbal tea & bedtime ritual
- Post journey evaluation

DAY ONE

Cultural Journey

01. Sunrise Yoga

60 minutes

Begin your day with a serene yoga session, embracing the calming sounds of the ocean and the gentle morning breeze.



02. Soulful Healthy Breakfast

+ 60 minutes

Enjoy a nutritious breakfast featuring local Vietnamese ingredients, such as fresh fruits and herbs, while soaking in the tranquil natural surroundings.



03. Village Exploration by Bicycle

4 hours

Cycle through charming Vietnamese villages, experiencing the rich culture and lush landscapes, with rice paddies and traditional homes along the way.



04. Soulful Healthy Lunch

+ 60 minutes

Savor a wholesome lunch made with locally sourced produce, reflecting Vietnam's culinary heritage and the bounty of its fertile land.



DAY ONE

Cultural Journey

05. Hoa Sen Spa Treatment

90 minutes

Experience a revitalizing spa treatment inspired by global techniques, nestled in a tranquil setting that features natural elements like bamboo and rejuvenating oils. This serene environment enhances your spa journey, leaving you relaxed and rejuvenated.



06. Soulful Healthy Dinner

+ 60 minutes

Delight in a healthy dinner that highlights the flavors of Vietnamese cuisine, using fresh, organic ingredients amidst a peaceful, nature-inspired setting.



07. Vietnamese Herbal Bath

30 minutes recommended

Relax in a traditional herbal bath infused with local Vietnamese herbs, known for their healing properties and connection to nature.



08. Herbal Tea & Bedtime Ritual

30 minutes recommended

Unwind with a cup of herbal tea made from indigenous Vietnamese plants, accompanied by a bedtime ritual that promotes relaxation and harmony with nature.



DAY TWO

Cultural Journey

01. Nature Walk with Meditation

60 minutes

Kickstart your day with a 60-minute walk through nature, followed by a dynamic guided meditation to sharpen your focus. Traverse a picturesque trail, immersing yourself in the rhythm of your breath and the beauty around you. The symphony of waves, the tranquility of nature, and the crisp, fresh air, combined with an energizing meditation, will elevate your entire experience, melting away stress and boosting your well-being.



02. Soulful Healthy Breakfast

+ 60 minutes

Enjoy a nutritious breakfast featuring local Vietnamese ingredients, such as fresh fruits and herbs, while soaking in the tranquil natural surroundings.



03. Guided Vietnamese Thung Chai Boat Adventure

60 minutes

Embark on a unique Guided Vietnamese Thung Chai Boat Adventure and immerse yourself in the rich cultural heritage of Vietnam. Glide through serene waters in a traditional bamboo basket boat, guided by local experts who share fascinating stories and insights. Experience the tranquility of the surroundings, the gentle sway of the boat, and the beauty of nature, making this an unforgettable journey of discovery and relaxation.



04. Soulful Healthy Lunch

+ 60 minutes

Savor a wholesome lunch made with locally sourced produce, reflecting Vietnam's culinary heritage and the bounty of its fertile land.



DAY TWO

Cultural Journey

05. Vibrational sound healing session

60 minutes

Relax and rejuvenate with a sound healing session that harmonizes your energy through sound vibrations. We use full moon metal Tibetan singing bowls, gongs, tuning forks, and chimes to create a symphony of healing sounds. Let the soothing vibrations release tension, reduce stress, and promote inner peace, leaving you balanced and refreshed.



06. Soulful Healthy Dinner

+ 60 minutes

Delight in a healthy dinner that highlights the flavors of Vietnamese cuisine, using fresh, organic ingredients amidst a peaceful, nature-inspired setting.



07. Vietnamese Herbal Bath

30 minutes recommended

Relax in a traditional herbal bath infused with local Vietnamese herbs, known for their healing properties and connection to nature.



08. Herbal Tea & Bedtime Ritual

30 minutes recommended

Unwind with a cup of herbal tea made from indigenous Vietnamese plants, accompanied by a bedtime ritual that promotes relaxation and harmony with nature.



DAY THREE

Cultural Journey

01. Mat-Pilates Session

60 minutes

Start your day with a revitalizing Mat-Pilates session, focusing on core strength and flexibility. Enhance your posture and balance while engaging in a series of controlled movements. This session will leave you feeling energized and ready to take on the day.



02. Soulful Healthy Breakfast

+ 60 minutes

Enjoy a nutritious breakfast featuring local Vietnamese ingredients, such as fresh fruits and herbs, while soaking in the tranquil natural surroundings.



03. Local Lifestyle Tour by Car

3 hours

Explore the local lifestyle of Vietnam by car. Visit bustling markets, discover historical sites, and experience the daily life of Vietnamese people. Enjoy authentic local cuisine along the way, and capture the essence of Vietnam's vibrant culture and traditions.



04. Soulful Healthy Lunch

+ 60 minutes

Savor a wholesome lunch made with locally sourced produce, reflecting Vietnam's culinary heritage and the bounty of its fertile land.



DAY THREE

Cultural Journey

05. Hoa Sen Spa Ritual

120 minutes

Indulge in a two-hour spa ritual that includes a handmade scrub and a full-body oil massage. This rejuvenating treatment is designed to exfoliate, hydrate, and relax your body, leaving your skin soft and glowing. Experience deep relaxation and renewal as skilled therapists use natural ingredients to pamper you from head to toe.



06. Soulful Healthy Dinner

+ 60 minutes

Delight in a healthy dinner that highlights the flavors of Vietnamese cuisine, using fresh, organic ingredients amidst a peaceful, nature-inspired setting.



07. Vietnamese Herbal Bath

30 minutes recommended

Relax in a traditional herbal bath infused with local Vietnamese herbs, known for their healing properties and connection to nature.



08. Herbal Tea & Bedtime Ritual

30 minutes recommended

Unwind with a cup of herbal tea made from indigenous Vietnamese plants, accompanied by a bedtime ritual that promotes relaxation and harmony with nature.



DAY FOUR

Cultural Journey

01. Vietnamese Traditional Tea Ceremony

60 minutes

Immerse yourself in the elegance of a Vietnamese Traditional Tea Ceremony, a mindful ritual that celebrates harmony, respect, and inner peace. Experience the artful preparation and presentation of trà sen—Vietnamese lotus tea—renowned for its delicate aroma and symbolic purity. As you sip this fragrant brew, allow the serene atmosphere and graceful movements of the ceremony to calm your senses and open space for quiet reflection and connection.



02. Soulful Healthy Breakfast

+ 60 minutes

Enjoy a nutritious breakfast featuring local Vietnamese ingredients, such as fresh fruits and herbs, while soaking in the tranquil natural surroundings.



03. Vietnamese Cooking Class

120 minutes

Learn to prepare traditional Vietnamese dishes using fresh, local ingredients, guided by an expert chef. Discover the secrets of Vietnamese cuisine and enjoy a delicious meal that captures the essence of Vietnam. Gain hands-on experience with traditional cooking techniques and recipes to share with family and friends. This class offers a delightful blend of culinary skills and cultural insights.



04. Soulful Healthy Lunch

+ 60 minutes

Savor a wholesome lunch made with locally sourced produce, reflecting Vietnam's culinary heritage and the bounty of its fertile land.



DAY FOUR

Cultural Journey

05. Restorative Yoga

60 minutes

Engage in a restorative yoga session, focusing on gentle stretches and relaxation techniques. This session aims to release tension and promote deep relaxation, helping you to unwind and rejuvenate. Enjoy a peaceful environment that enhances your practice, leaving you feeling balanced and refreshed.



06. Soulful Healthy Dinner

+ 60 minutes

Delight in a healthy dinner that highlights the flavors of Vietnamese cuisine, using fresh, organic ingredients amidst a peaceful, nature-inspired setting.



07. Vietnamese Herbal Bath

30 minutes recommended

Relax in a traditional herbal bath infused with local Vietnamese herbs, known for their healing properties and connection to nature.



08. Herbal Tea & Bedtime Ritual

30 minutes recommended

Unwind with a cup of herbal tea made from indigenous Vietnamese plants, accompanied by a bedtime ritual that promotes relaxation and harmony with nature.



DAY FIVE

Cultural Journey

01. Monk Blessing Ceremony

+ 60 minutes

Participate in a peaceful Monk Blessing Ceremony, where Buddhist monks offer prayers for health, happiness, and prosperity, creating a calming atmosphere that brings peace and spiritual renewal.

or Vietnamese Holistic Health Alchemist Visit

+ 60 minutes

Get personalized treatments using pulse diagnosis and herbal remedies to balance energy and enhance well-being, blending ancient wisdom with natural healing.



02. Soulful Healthy Breakfast

+ 60 minutes

Enjoy a nutritious breakfast featuring local Vietnamese ingredients, such as fresh fruits and herbs, while soaking in the tranquil natural surroundings.



03. Adventure Water Sports

60 minutes

Engage in exciting water sports like E-Foil and surfboard lessons, enjoying the thrill of the ocean. Feel the rush of adrenaline as you master new skills on the water. This adventure promises fun and excitement, making it a perfect activity for thrill-seekers.



04. Soulful Healthy Lunch

+ 60 minutes

Savor a wholesome lunch made with locally sourced produce, reflecting Vietnam's culinary heritage and the bounty of its fertile land.



DAY FIVE

Cultural Journey

05. Hoa Sen Spa Facial

60 minutes

Indulge in a rejuvenating facial treatment at the Hoa Sen Spa, using natural ingredients to refresh and revitalize your skin. Experience deep hydration and a radiant glow as skilled therapists pamper you with care. This treatment features the nourishing properties of lotus, coconut, turmeric, and aloe vera, leaving your skin feeling soft and rejuvenated.



06. Soulful Healthy Dinner

+ 60 minutes

Delight in a healthy dinner that highlights the flavors of Vietnamese cuisine, using fresh, organic ingredients amidst a peaceful, nature-inspired setting.



07. Vietnamese Herbal Bath

30 minutes recommended

Relax in a traditional herbal bath infused with local Vietnamese herbs, known for their healing properties and connection to nature.



08. Herbal Tea & Bedtime Ritual

30 minutes recommended

Unwind with a cup of herbal tea made from indigenous Vietnamese plants, accompanied by a bedtime ritual that promotes relaxation and harmony with nature.



EXPECTED OUTCOMES

Mind

- **Clarity & Focus:** Meditations and sound therapy improve clarity, focus, and decision-making.
- **Enhanced Creativity:** Journaling stimulates creativity and self-expression.
- **Emotional Balance:** Meditations and sound therapy promote emotional balance and inner peace.

Body

- **Increased Vitality:** Pilates, water sports, and kayak/SUP sessions boost energy and cardiovascular health.
- **Improved Flexibility & Strength:** Pilates, yoga, and water sports enhance flexibility and core strength.
- **Detoxification & Rejuvenation:** Spa treatments, Vietnamese herb baths, and healthy meals support detox and rejuvenate skin.

Soul

- **Stress Reduction:** Nature walks, yoga, and spa treatments reduce stress and promote relaxation.
- **Connection & Gratitude:** Village exploration and monk blessing ceremonies foster connection and gratitude.
- **Renewed Sense of Purpose:** Sunrise yoga and Vietnamese cooking classes help guests reconnect with their inner selves and rediscover their purpose.

GUEST GUIDELINES

FOR A PLEASANT WELLNESS JOURNEY

1. **Eligibility:** Ensure you meet any eligibility requirements, such as age, health conditions, or fitness levels, before signing up for the journey.
2. **Medical Information:** Disclose any medical conditions, allergies, or dietary restrictions in advance to ensure appropriate accommodations can be made.
3. **Payment and Cancellation Policy:** Review and understand the payment terms, deposit requirements, and cancellation policy before committing to the retreat.
4. **Respect for Schedule:** Adhere to the journey schedule to make the most of each activity. Punctuality is essential for group activities and meals.
5. **Attire and Packing List:** Follow the recommended packing list and wear appropriate clothing for each activity. Comfortable, breathable attire is recommended for yoga, hiking, and other physical activities. Swimwear is needed for water sports.
6. **Health and Safety:** Follow all safety guidelines provided by instructors and guides. Inform the staff of any medical conditions or special needs.
7. **Respect for Others:** Maintain a respectful and considerate attitude towards fellow guests, staff, and the local community. This includes keeping noise levels down, especially during quiet hours.

GUEST GUIDELINES

FOR A PLEASANT WELLNESS JOURNEY

8. Environmental Responsibility: Help preserve the natural environment by not littering, minimizing waste, and respecting wildlife and plant life.
9. Spa Etiquette: Arrive at the spa at least 15 minutes before your appointment to relax and prepare. Maintain a quiet and peaceful atmosphere in the spa area.
10. Personal Belongings: Keep your personal belongings secure. The retreat is not responsible for any lost or stolen items.
11. Hydration and Nutrition: Stay hydrated, especially during outdoor activities. Water will be provided, but feel free to bring your own reusable water bottle. Inform the staff of any dietary preferences or restrictions.
12. Communication: If you have any concerns, special requests, or need assistance, please communicate them to the staff promptly.
13. Digital Detox: Consider limiting the use of electronic devices to fully immerse yourself in the journey experience. Enjoy the opportunity to disconnect and rejuvenate.
14. For any changes and customization, consult our HWM for detailed information.

