

Saigon Executive Wellness Retreat: Rejuvenation In 5 days

Trip overview

This 5-day Saigon Executive Wellness Retreat offers a perfect blend of health, relaxation, and natural exploration. Guests will rejuvenate with therapeutic massages, comprehensive health check-ups, and traditional Oriental medicine treatments like acupuncture and cupping therapy. The journey is complete with detox dining, a serene getaway to Can Gio's natural landscapes, ensuring a revitalizing experience.

- **Durations:** 5 days
- **Trip outline:** Ho Chi Minh City
- **Price from:** US \$1661/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/saigon-executive-wellness-retreat-rejuvenation-in-5-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Arrive in Saigon - Massage Package	Hotel in Ho Chi Minh City	NA
Day 2	Comprehensive Health Check Package	Hotel in Ho Chi Minh City	Breakfast
Day 3	Recovery Therapy & Body Balance	Hotel in Ho Chi Minh City	Breakfast
Day 4	Relaxation & Nature Experience at Can Gio	Hotel in Ho Chi Minh City	Breakfast, Lunch
Day 5	Ho Chi Minh City Departure	NA	Breakfast

Itinerary

Day 1: Arrive in Saigon - Massage Package

Upon arrival at Tan Son Nhat International Airport, a friendly driver will be waiting to greet you with a warm welcome. You will be comfortably transferred to your hotel, where you can check in and take some time to unwind after your journey. Settle into your elegant room, refresh yourself, and enjoy a moment of relaxation before the next experience.

After that, you will enjoy a recovery massage after a long flight, designed to relieve travel fatigue and restore energy. The massage package leaves you feeling refreshed, revitalized, and ready for your journey in Saigon.



Meals: NA

Accommodation: Hotel in Ho Chi Minh City

Day 2: Comprehensive Health Check Package

On the second day, you meet healthcare professionals who guide you through your comprehensive health assessment. The experienced specialists will ensure your comfort during each examination.

The **standard package** includes a 1/2 day check-up with 30 services. This option provides a thorough yet efficient general health assessment, including evaluation of organ functions and early detection of potentially serious health conditions:

- Detection of conditions such as hypertension, elevated liver enzymes, high uric acid levels, metabolic syndrome, liver and biliary diseases, and thyroid disorders.
- Gynecological screening for breast cancer, cervical cancer, and ovarian cancer (for females).

For those seeking a more comprehensive evaluation, several *optional* advanced packages are available, each tailored to different levels of diagnostic depth:

- **Advanced Package:** 65 services, 1 day

Focuses on detecting metabolic disorders, liver and biliary conditions, cardiovascular and thyroid issues, osteoporosis, and vitamin/mineral imbalances. Includes hepatitis A, B, and C screening, tumor marker tests for liver and prostate cancers (for men), and gynecological cancer screenings (for women).

- **Comprehensive Package:** 70 services, 1 day

Covers everything in the Advanced Package, with added gastrointestinal diagnostics including gastroscopy to detect stomach and duodenal conditions and screen for early gastric cancers.

- **Premium Package:** 80 services, 1 day

Provides in-depth evaluation of lifestyle-related diseases such as cardiovascular, liver, and endocrine disorders. Includes both gastroscopy and colonoscopy, offering thorough screening for gastrointestinal diseases and early cancer detection.

- **VIP Package:** 100 premium services, 01 Care Manager service coordinator, Absolutely private examination space, Separate waiting room and resting clinic area according to 5-star standards

Offers the most extensive assessment - screening for lifestyle diseases, brain and cerebral artery abnormalities, and early detection of multiple cancers including liver, lung, esophagus, stomach, colon, breast, cervical, ovarian (for women), and prostate (for men).

After that, you will have free time to explore the vibrant city of Saigon at your own pace. You may choose to take a leisurely stroll through the bustling streets, discovering charming cafes, stylish boutiques, and lively markets.

Meals: Breakfast

Accommodation: Hotel in Ho Chi Minh City

Day 3: Recovery Therapy & Body Balance

Your day begins with a focus on recovery therapy designed to restore your energy. You will experience a variety of treatments that aim to ease any tension and help you feel balanced.

Enjoy a traditional Eastern medicine therapy session, designed to restore balance and enhance overall well-being. You will have the option to experience acupuncture, cupping therapy, or therapeutic massage, each tailored to your body's needs. These treatments help improve circulation, release tension, and promote deep relaxation.



In the evening, indulge in a healthy detox dinner, carefully curated to nourish your body. The menu features nutrient-rich dishes made from fresh ingredients, supporting digestion and energy renewal.

Meals: Breakfast

Accommodation: Hotel in Ho Chi Minh City

Day 4: Relaxation & Nature Experience at Can Gio

Morning

Around **07:45**, begin your adventure with a comfortable, air-conditioned van ride, traveling outside of the city to explore the natural beauty and wildlife of **Can Gio Biosphere Reserve**.

Arrive at **Monkey United**, where you'll get up close with long-tailed monkeys in their natural habitat. Enjoy watching them interact, climb, and explore as your guide shares insights into their behavior.

Continue to the **Crocodile Farm**, home to massive, prehistoric reptiles. Witness their impressive strength and have a chance to see them eat. As you stroll through the **Mangrove Forest**, keep an eye out for diverse wildlife along the riverbanks.



Board a speedboat for a scenic cruise through the dense **Can Gio National Park**, surrounded by untouched natural landscapes. Take in the serene beauty of the waterways while spotting native bird species and other wildlife.

Visit a historical **War Base**, where your expert guide will share fascinating stories about Vietnam's wartime past, providing a deeper understanding of the region's historical significance.

Enjoy a delicious local seafood lunch at a well-known restaurant. Afterward, unwind by the pool, take a refreshing swim, or simply relax before heading to your next stop.

Afternoon

Visit **Can Gio Market**, where you can browse and shop for local handicrafts, fresh seafood, and unique Vietnamese delicacies. Put your bargaining skills to the test while exploring the bustling stalls.

Before heading back, receive a special bird's nest soup gift, a delicacy known for its health benefits. Conclude your journey with a comfortable ride back to your accommodation, carrying memories of a day filled with nature, wildlife, and cultural experiences.

Note: The itinerary may be adjusted due to tidal conditions, but all key points of interest will be covered.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 5: Ho Chi Minh City Departure

Your journey ends with a smooth airport transfer, ensuring a stress-free departure. Enjoy a final breakfast at your hotel, savoring the last moments of your wellness retreat.

Meals: Breakfast

Accommodation: NA

Booking Policy

Inclusion

- Overnight in shared Twin/ Double room with Air-condition (AC) at hotel.
- All transport during tour on air - conditioned vehicle as per itinerary (including airport pick up & see off)
- Meals as indicated in the program
- Pre-examination with standard package (You can upgrade to a higher package in the optional section)
- 01 session Somatic Therapy

Exclusion

- Hotel EARLY check in & LATE check out
- Peak season surcharge & compulsory dinner at the hotel (if any)
- International flights with taxes
- Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- Travel Insurance
- Tips, laundry and gratuities
- Meals not marked on itinerary, and water during meals

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.

- From 11 years old: count as an adult.

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