

# Hanoi - Halong Bay Premium Abdominoplasty & Scenic Escape 16 days

## Trip overview

This 16-day Hanoi - Halong Bay Trip offers a seamless blend of medical care and luxury recovery. The journey begins with a full abdominoplasty procedure at a prestigious hospital, followed by expert post-surgical care and relaxation in a 5-star hotel. After a comfortable recovery, guests indulge in a serene Halong Bay cruise and rejuvenating coastal stays, ensuring both physical healing and memorable travel experiences.

- **Durations:** 16 days
- **Trip outline:** Hanoi - Halong Bay
- **Price from:** US \$9799/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/hanoi-halong-bay-premium-abdominoplasty-scenic-escape-16-days.html>

## Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Hotel Check-in - Welcome Dinner	Hotel in Hanoi	Dinner
Day 2	Hospital Transfer - Pre Examination - Back to Hotel	Hotel in Hanoi	Breakfast
Day 3	Surgery Day - Stay at 5-star Hospital's accommodation	5-star Hospital's accommodation	Breakfast
Day 4	Check & Re-Examination in Hospital	5-star Hospital's accommodation	Breakfast
Day 5	Check and Re-examination in Hospital - Back to your hotel	Hotel in Hanoi	Breakfast
Day 6	Free Day in Hanoi	Hotel in Hanoi	Breakfast
Day 7	Free Day in Hanoi	Hotel in Hanoi	Breakfast
Day 8	Free Day in Hanoi	Hotel in Hanoi	Breakfast
Day 9	Free check and re-examination in Hospital (2nd time)	Hotel in Hanoi	Breakfast
Day 10	Hanoi - Halong Bay Overnight Cruise	Halong Bay Cruise	Breakfast, Lunch, Dinner
Day 11	Explore Halong Bay On A Cruise	Halong Bay Overnight Cruise	Breakfast, Lunch, Dinner

Day 12	Halong Bay Cruise - Return to Hanoi	Hotel in Hanoi	Breakfast, Brunch
Day 13 - 15	Free Day to Relax & Explore Hanoi	Hotel in Hanoi	Breakfast
Day 16	Hanoi Departure	NA	Breakfast

# Itinerary

## Day 1: Hanoi Arrival - Hotel Check-in - Welcome Dinner

Upon arrival at Noi Bai Airport in Hanoi, you will be warmly welcomed by a dedicated driver and swiftly escorted to your carefully selected hotel in the heart of the city. After a smooth check-in and a moment to relax and absorb the vibrant atmosphere, your evening begins with an exclusive welcome dinner at **Spices Villa** - a distinguished member of the Spices Asia restaurant chain.

Spices Asia is on a mission to bring the very essence of Vietnamese cuisine to international travelers, with each restaurant offering a unique culinary chapter that showcases local specialties, flavors, and the cultural heritage of its region. Housed in a beautifully restored 140-year-old French colonial villa, Spices Villa perfectly marries nostalgic elegance with modern comfort.

**Meals:** Dinner

**Accommodation:** Hotel in Hanoi

## Day 2: Hospital Transfer - Pre Examination - Back to Hotel

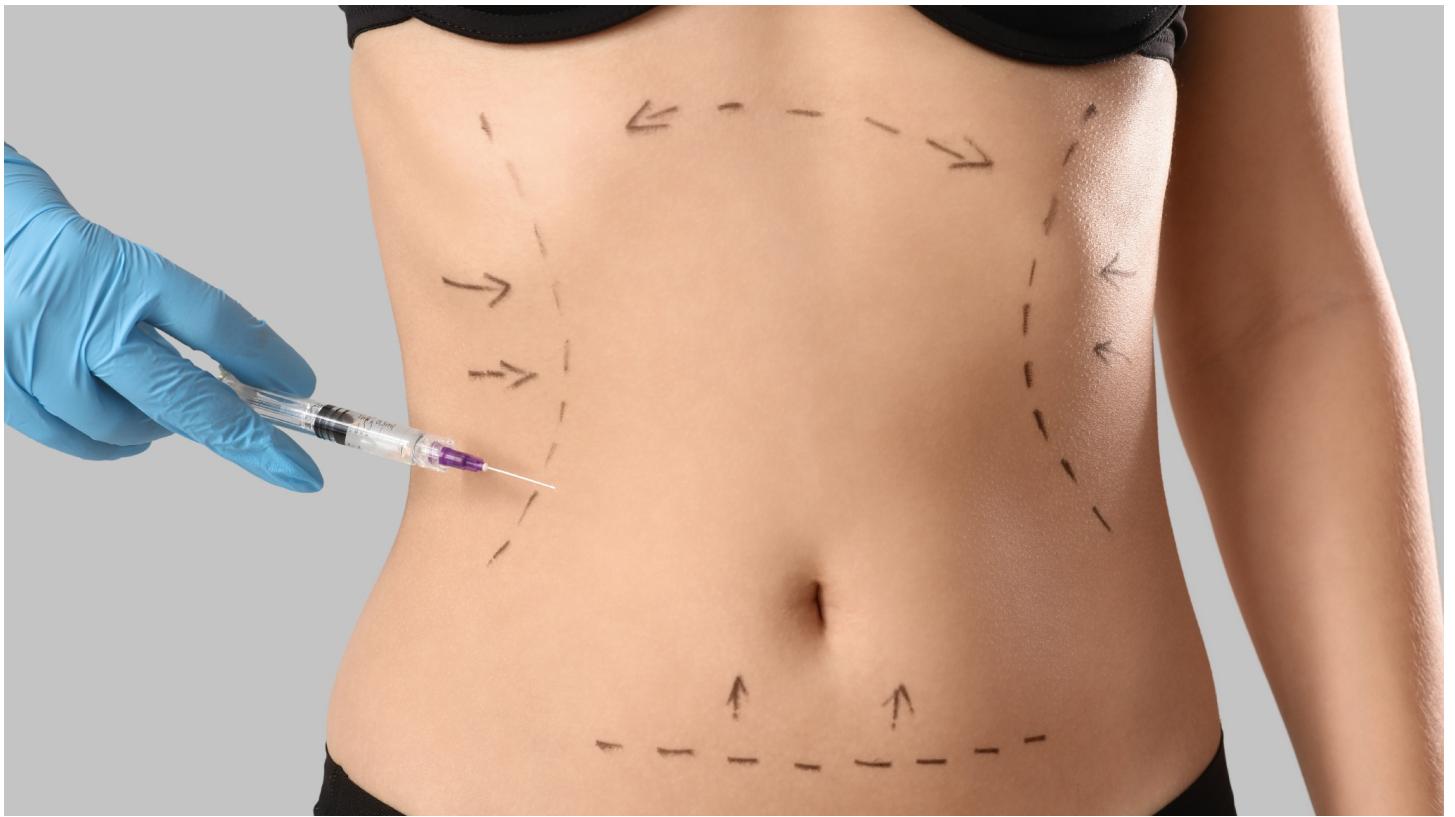
Your transformation journey begins with a seamless hospital transfer, ensuring a comfortable and stress-free experience. Upon arrival, you will be warmly welcomed by the medical team for a pre-examination, where specialists will conduct necessary health assessments and finalize your personalized surgical plan.

- Full Abdominoplasty (Tummy Tuck) Surgery - designed to remove excess skin and fat while tightening abdominal muscles for a firmer, more contoured midsection.
- Surgery Duration: 3-4 hours under the care of highly experienced surgeons.
- Hospital Stay: 2-3 days in a modern medical facility.
- Check-ups over a period of 12 to 15 days

The medical team is led by experienced specialists such as ThsBS Nguyen Dang Dai, Head of the Aesthetic Surgery Unit at Vinmec Times City and clinical lecturer at VinUni, with over 15 years of experience and thousands of successful procedures without complications.

Supporting him are experts like Dr. Pham Hong Thai and Dr. CKI Nguyen Thi To Anh, senior leaders in non-invasive aesthetic medicine with deep expertise in PRP, stem cell therapy, facial rejuvenation, and skin treatments across the Vinmec Aesthetic System. The team is further strengthened by skilled nurses, technicians, and therapists who are professionally trained and experienced.

All services are delivered in a 5-star international general hospital facility accredited by JCI, with advanced anesthetic safety protocols, strict adherence to international surgical guidelines, and interdisciplinary care coordination.



**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

### **Day 3: Surgery Day - Stay at 5-star Hospital's accommodation**

Today marks the day of your Full Abdominoplasty (Tummy Tuck) surgery. Under the care of expert surgeons and a dedicated medical team, you will undergo the procedure in the modern hospital.

Following surgery, you will stay in the hospital's 5-star accommodation, ensuring optimal comfort and round-the-clock post-operative care for a smooth and safe recovery.

**Meals:** Breakfast

**Accommodation:** 5-star Hospital's accommodation

### **Day 4: Check & Re-Examination in Hospital**

On the first day after surgery, the medical team will perform a thorough check-up to assess your healing progress. Your doctor will provide personalized care, monitor your condition, and offer guidance on managing discomfort and movement. Rest and recovery remain the focus as you continue to stay in the hospital.

The caring environment of the hospital provides a peaceful setting where you can relax while professionals keep a close eye on your recovery journey. After your check-up, you will have some free time to rest and make yourself comfortable in your accommodations.

**Meals:** Breakfast

**Accommodation:** 5-star Hospital's accommodation

### **Day 5: Check and Re-examination in Hospital - Back to your hotel**

Today, another re-examination is scheduled to monitor your progress further. After the medical review in the hospital, you will be transferred back to your hotel in Hanoi. This marks the beginning of your transition from intensive medical care to a more relaxed recovery environment.

Back at the hotel, you can continue to rest and enjoy the amenities. Your stay at the hotel allows for a gradual return to everyday comfort.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 6: Free Day in Hanoi

Enjoy a leisurely day at your hotel, where you can take advantage of the serene environment and amenities designed to aid your recuperation. Whether you choose to relax in your room, enjoy a gentle stroll in the hotel's garden, or simply take some time to reflect on your journey so far, this day is dedicated to giving your body the rest it needs.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 7: Free Day in Hanoi

Enjoy a leisurely day in Hanoi, where you can relax at your own pace or explore the city's harmonious blend of ancient heritage and modern vibrance. Spend the day strolling around Hoan Kiem Lake, visiting cozy cafes, or indulging in a spa treatment for ultimate relaxation.

For those seeking adventure, explore Hanoi Old Quarter, shop for local handicrafts, or visit cultural landmarks like the Temple of Literature or the Ho Chi Minh Mausoleum.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 8: Free Day in Hanoi

This day is fully dedicated to your ongoing recovery process, with ample time to rest and gradually regain strength. The tranquility of the hotel ensures that you have the perfect environment to focus on healing while still enjoying the comforts and amenities available.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 9: Free check and re-examination in Hospital (2nd time)

On this day, you will have the opportunity for a free check-up and a second re-examination at the hospital. This session allows your doctors to evaluate your healing process more comprehensively and ensure that your recovery is proceeding as planned. The medical team will provide guidance on any additional care you may require during the recovery period.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 10: Hanoi - Halong Bay Overnight Cruise

### Morning

A dedicated driver will collect you from your hotel in Ha Long and transport you to the Port. Upon arrival, board the elegant cruise vessel, where a refreshing welcome beverage and a detailed safety briefing await you.

Settle into your cabin and delight in an upscale Vietnamese buffet lunch as the ship sails past breathtaking karst formations and revered natural landmarks.

### Afternoon

In the afternoon, indulge in rejuvenating spa and massage treatments - be sure to reserve your spot with the cruise manager to secure your session. Later, climb over 50 steps to reach the entrance of **Surprise Cave (Sung Sot)**, famed for its mesmerizing stalactites and stalagmites.



As dusk falls, enjoy a live culinary demonstration featuring Vietnamese fruit and vegetable carving, adding a unique cultural touch to your voyage.

In the evening, savor a delicious dinner on board and engage in various nighttime pursuits such as squid fishing or board games, before retiring to your cabin, lulled by the gentle rhythm of the bay.

**NOTE:** The itinerary may change depending on the specific cruise you book.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Halong Bay Cruise

## Day 11: Explore Halong Bay On A Cruise

### Morning

Start the day with a refreshing **Tai Chi session** while sipping on coffee or tea, followed by a delightful breakfast buffet in the dining room.

The first stop is **Luon Cave**, a breathtaking natural tunnel accessible only by rowing boat or kayak, offering a serene experience through a 100-meter-long, 3-meter-wide archway.

### Afternoon

Explore the **Pearl Farm**, located near Vung Vieng fishing village, to learn about the fascinating pearl cultivation process and witness firsthand how these precious gems are harvested.

Return to the cruise in time to watch the sunset over Halong Bay, followed by a delicious dinner on board. End the night with fun onboard activities before retiring to your cabin for a peaceful sleep.

**NOTE:** The planned route may be adjusted according to the cruise you select

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Halong Bay Overnight Cruise

## Day 12: Halong Bay Cruise - Return to Hanoi

### Morning

Awaken early to behold a breathtaking sunrise over Halong Bay, where the gentle dawn light casts a magical glow across the waters, far surpassing any view from land. Enjoy a light breakfast in the dining area, accompanied by freshly brewed coffee and tea to kickstart your day. Energize your body and spirit with a rejuvenating **Tai Chi session** on deck, fully embracing the bay's serene energy.

The cruise then sets sail for **Titop Island**, a tranquil crescent-shaped haven celebrated for its pristine shores. Spend time exploring the island and ascending to a spacious observation platform for a stunning 360-degree panorama, with time to swim or simply relax on the beach. A hearty brunch is served as you begin your return journey.



### Afternoon

Finally, as the vessel docks at cruise port, a comfortable vehicle will pick you up to transport you back to your hotel, concluding your unforgettable Ha Long Bay adventure.

**NOTE:** The itinerary may change depending on the specific cruise you book.

**Meals:** Breakfast, Brunch

**Accommodation:** Hotel in Hanoi

## Day 13 - 15: Free Day to Relax & Explore Hanoi

Upon returning to Hanoi, dedicate this day entirely to further recovery and relaxation. Enjoy a leisurely breakfast at your hotel and take advantage of the serene environment to rest. Follow any post-operative care instructions provided by your medical team, and feel free to explore the hotel's amenities at your own pace.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 16: Hanoi Departure

Begin the day with a nourishing breakfast at the hotel, prepare for your departure as a comfortable transfer takes you from your hotel to the airport. As you board your flight home, carry with you cherished memories from Hanoi's cultural treasures and the serene beauty of Halong Bay.

**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
- All entrance fees as itinerary
- Full Abdominoplasty (Tummy Tuck) cost
- 2-3 nights stay at 5 star luxury hospital depends on your health condition
- 3 days 2 nights on Halong Bay Luxury cruise

## 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.

## WHY BOOK WITH US?

### Best Rate Guaranteed

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