

Soul & Body Renewal: Vietnam's Ultimate Wellness Tour 14 days

Trip overview

This 14-day wellness & relaxation tour offers a perfect blend of rejuvenation, cultural exploration, and holistic health experiences in Vietnam. The journey includes premium wellness treatments, from acupressure massages and meditation workshops to advanced medical check-ups and skin rejuvenation therapies. Alongside relaxation, travelers will discover Vietnam's rich history from South to North, vibrant street food, and scenic landscapes, ensuring a deeply refreshing and immersive experience.

- **Durations:** 14 days
- **Trip outline:** Ho Chi Minh City - Cu Chi Tunnels - Hoi An - Da Nang - Ninh Binh
- **Price from:** US \$4599/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/soul-body-renewal-vietnam-s-ultimate-wellness-tour-14-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Ho Chi Minh Arrival - Massage Package recover after long flight	Hotel in Ho Chi Minh City	NA
Day 2	Family Fast Teeth Whitening	Hotel in Ho Chi Minh City	Breakfast
Day 3	Meditation - Living Fully	Hotel in Ho Chi Minh City	Breakfast, Lunch
Day 4	Mekong Ecolodge - Tan Phong	Mekong Ecolodge	Breakfast, Lunch, Dinner
Day 5	Mekong Delta - Ho Chi Minh City	Hotel in Ho Chi Minh City	Breakfast
Day 6	Ho Chi Minh - Flight to Hoi An	Hotel in Hoi An	Breakfast
Day 7	Hoi An city, Boat Ride, Drop flower lantern & food tour	Hotel in Hoi An	Breakfast
Day 8	Ba Na Hills Full Day	Hotel in Da Nang	Breakfast
Day 9	Free Day to Unwind	Hotel in Da Nang	Breakfast
Day 10	Danang - Fly to Hanoi - Street food tour (Healthy street food)	Hotel in Hanoi	Breakfast

Day 11	Ninh Binh - Sinh Duoc medicinal village - Bai Dinh & Trang An	Hotel in Hanoi	Breakfast, Lunch
Day 12	Pre Examination Day at Vinmec	Hotel in Ha Noi	Breakfast
Day 13	One-Day "Freeze Your Age" Treatment – Super Skin Rejuvenation	Hotel in Hanoi	Breakfast
Day 14	Hanoi departure	NA	Breakfast

Itinerary

Day 1: Ho Chi Minh Arrival - Massage Package recover after long flight

Your wellness journey through Vietnam starts as a friendly tour guide meets you at Tan Son Nhat airport. The guide will transport you directly to your comfortable hotel through the lively streets of Ho Chi Minh City. You may notice the blend of colonial architecture and modern buildings during your transfer to the accommodation.

The highlight of your first day includes a rejuvenating **massage package** specifically designed to recover your body from travel fatigue. This treatment might release tension from your shoulders and back after sitting on the plane. After a relaxation session, you may enjoy a peaceful night's rest at your Saigon accommodation.



Meals: NA

Accommodation: Hotel in Ho Chi Minh City

Day 2: Family Fast Teeth Whitening

Achieve a brighter, more confident smile with Family Fast Teeth Whitening treatment. This advanced procedure utilizes a chemical oxidation process combined with plasma light technology to gently remove stains and

discoloration. The treatment is safe, effective, and enamel-friendly, ensuring a natural-looking whiteness without causing sensitivity or damage.

Perfect for individuals and families looking for a quick, pain-free solution, this treatment delivers immediate and long-lasting results, helping you maintain a radiant smile with minimal effort.

Meals: Breakfast

Accommodation: Hotel in Ho Chi Minh City

Day 3: Meditation - Living Fully

The **Living Fully** Retreat is an immersive experience designed to cultivate mindfulness, inner peace, and self-awareness.

Participants then engage in peaceful walking and breathwork, learning to synchronize movement with mindful breathing. The session on understanding the mind deepens self-awareness, helping individuals recognize their thoughts and emotions with clarity. Through touching peace **meditation**, guests experience deep stillness and inner calm, followed by a session on compassionate practice, fostering kindness and gratitude toward oneself and others.

A grateful meal offers a silent and mindful dining experience, allowing participants to appreciate the nourishment fully. Afterward, a **tea meditation** provides a moment of reflection, where the simple act of drinking tea becomes a practice of presence. The **blissing ceremony** follows, offering spiritual affirmations and a sense of renewal.

As the retreat nears its end, participants engage in **mindful conversations** and a **Karma Law Q&A**, where they can share insights and reflect on their journey. The experience concludes with closing gifts, leaving guests with meaningful takeaways and a deep sense of tranquility. This retreat is a transformative opportunity to reconnect with oneself and embrace a more mindful way of living.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 4: Mekong Ecolodge - Tan Phong

Morning

The journey begins with a visit to **Cai Be Cao Dai Cathedral**, showcasing local religious traditions. Guests then board a tourist boat to explore the floating rice market in An Cu, Cai Be, the largest rice trading hub in Southwest Vietnam. A stop at **Cai Be Floating Market** and **Com Candy Craft Village** offers a chance to see the candy-making process and enjoy fresh sweets.

Next, at Uncle Tu Dang's bee farm, guests learn about beekeeping and taste fresh honey tea. The tour continues to **Tan Phong Island**, where visitors explore seasonal fruit gardens and enjoy a traditional folk music exchange at Uncle 5 On's house. A dinghy ride through small canals leads to Mekong Ecolodge for check-in and lunch.

Afternoon

In the afternoon, guests can walk around the fruit gardens, pick and enjoy fresh fruits, and participate in ditch fishing and vegetable picking for dinner. The evening wraps up with a cooking session, where guests prepare dishes with their freshly caught fish and harvested vegetables.

Meals: Breakfast, Lunch, Dinner

Accommodation: Mekong Ecolodge

Day 5: Mekong Delta - Ho Chi Minh City

Guests embark on a bicycle tour to visit local artisans and experience traditional crafts. Stops include rice paper rolling, banana rope hammock weaving, water hyacinth knitting, and bamboo nail file making. At Ms. Tam's house, guests try their hand at making jackfruit leaf cake, a local specialty.

The tour concludes with a ferry ride with locals to Hiep Duc Ferry, marking the end of an enriching Mekong Delta experience.

After exploring, you will be transferred to Ho Chi Minh City.



Meals: Breakfast

Accommodation: Hotel in Ho Chi Minh City

Day 6: Ho Chi Minh - Flight to Hoi An

Morning flights from Ho Chi Minh to Hoi An offer stunning aerial views of Vietnam changing landscape. Your transfer to the Tan Son Nhat Airport will be arranged early to ensure a smooth departure process. Upon landing, a representative will meet you for transportation to your Hoi An accommodation.

Following check-in and drinks, you will spend a brief evening orientation around Hoi An's beautiful alleys. The guide will stress significant places and offer interesting facts on this town with UNESCO heritage. The beautiful yellow houses could be gently lit by lantern light as evening falls. This warm introduction will help you to negotiate the area during your upcoming leisure time in this beautiful coastal location.

Meals: Breakfast

Accommodation: Hotel in Hoi An

Day 7: Hoi An city, Boat Ride, Drop flower lantern & food tour

Afternoon & Night

Centuries of trading history come alive during this cultural afternoon in Hoi An preserved ancient town. Your guide meets you at **15:00** for transportation to the historic district.

The exploration begins at the bustling **Hoi An Market** where local vendors sell fresh produce and handicrafts. You will then visit the ornate **Phuc Kien Chinese Assembly Hall** with its detailed architecture and cultural significance.

The journey continues to either **Tan Ky** or **Phung Hung Ancient House** where traditional ancestor worship practices remain visible. These well-preserved merchant homes reveal fascinating insights into family life across generations.

You may find yourself captivated by the **Museum of Folk Culture** displays of everyday items and customs. The Traditional Performing Arts House offers entertaining cultural shows that highlight Vietnamese artistic traditions.

No tour feels complete without visiting the curved wooden **Japanese Bridge** dating back 400 years. This architectural treasure features intricate carvings that tell stories of the town's past.

As evening approaches, you might appreciate the peaceful atmosphere during your boat ride on the Thu Bon River. The tradition of releasing a glowing flower lantern onto the water symbolizes wishes for good fortune and happiness for you and your family.



The final portion takes you through lantern-lit streets to sample authentic local cuisine. You will taste distinctive dishes including Vietnamese "Banh My" sandwiches, delicate "White Rose" dumplings, and regional Cao Lau noodles. Additional treats like banana pancakes and herbal teas complement this food tour experience.

Your guide returns you to your hotel around **19:30**, concluding this perfect introduction to Hoi An's cultural and culinary treasures.

Meals: Breakfast

Accommodation: Hotel in Hoi An

Day 8: Ba Na Hills Full Day

You will be picked up from your hotel and head to the breathtaking Ba Na Hills.

The journey begins at **Suoi Mo Cable Car Station**, where you'll enjoy a scenic cable car ride to Marseille Station. Upon arrival, visit the **Golden Bridge**, an iconic landmark held up by giant stone hands, offering panoramic views of the lush landscape.

Continue to **Jardin D'Amour**, a picturesque garden filled with vibrant flowers, fountains, and sculptures, perfect for a relaxing stroll. Afterward, indulge in a Vietnamese buffet lunch featuring over 70 local specialties.

In the afternoon, explore **Fantasy Park**, an exciting amusement park with rides and attractions for all ages. Then, take in the stunning view from King Peak, standing at 1,487m above sea level.

Wrap up your adventure by returning to the Cable Car Station, and our guide will transfer you back to your hotel.

NOTE: The ticket includes round-trip cable car rides and access to Golden Bridge, Fantasy Park, and Moon Castle (excluding the wax museum, Debay wine cellar, and select games).

Meals: Breakfast

Accommodation: Hotel in Da Nang

Day 9: Free Day to Unwind

Take a break and enjoy a leisurely day filled with relaxation and wellness at your own pace.

- Sunbathing on the Beach – Soak up the sun, feel the gentle sea breeze, and unwind by the pristine shoreline.
- Yoga & Gym at the Hotel – Rejuvenate your body and mind with a refreshing yoga session or an energizing workout in the hotel's state-of-the-art gym.

Meals: Breakfast

Accommodation: Hotel in Da Nang

Day 10: Danang - Fly to Hanoi - Street food tour (Healthy street food)

Travel days bring exciting transitions to new cultural landscapes and flavors waiting to be discovered. Your morning begins with a flight from Danang to Hanoi, Vietnam's captivating capital city with over a thousand years of history. Upon arrival, you will check into your hotel located in the charming Old Quarter. The afternoon allows time to refresh before your culinary adventure begins.

At **17:30**, a knowledgeable guide will meet you in front of Shinhan Bank at 14 Le Thai To Street for your street food tour. Together you will wander through the historic Old Quarter, where vendors prepare fresh dishes right before your eyes.

You may sample healthy versions of famous dishes like Pho Bo with lean beef and fresh herbs. The menu changes daily but always features authentic local specialties.



Your guide will explain how these traditional foods connect to Vietnamese cultural practices and daily life. You may finish with the unique Egg Coffee, a Hanoi specialty that combines rich coffee with a creamy egg-based foam. Please inform your guide about any dietary requirements, such as vegetarian options or food allergies.

NOTE: The food options may change based on availability, offering a flexible dining experience.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 11: Ninh Binh - Sinh Duoc medicinal village - Bai Dinh & Trang An

The beauty of rural Vietnam reveals itself during this full-day excursion to Ninh Binh province. Your morning begins with a scenic drive through rice paddies and limestone karst formations that define this region.

Embark on a unique wellness and cultural journey to Sinh Duoc Medicinal Village, where traditional and modern medicine intertwine amidst nature.

- **Sinh Duoc Medicinal Village** – Discover the secrets of Vietnamese herbal medicine, explore lush medicinal gardens, and learn about natural healing remedies.
- **Bai Dinh Pagoda** – Visit Vietnam's largest Buddhist temple complex, home to stunning architecture and sacred relics.
- **Trang An** – Enjoy a peaceful boat ride through limestone karsts, caves, and emerald waters, a UNESCO World Heritage Site.



Meals: Breakfast, Lunch

Accommodation: Hotel in Hanoi

Day 12: Pre Examination Day at Vinmec

Begin your comprehensive health assessment at Vinmec, ensuring world-class medical care tailored to your needs:

Round-trip Transfer – Comfortable transportation to and from the hospital.

Default Advanced Package – 65 high-quality health services.

- This package provides comprehensive health assessments, including the detection of metabolic disorders, liver and bile diseases, cardiovascular conditions, lung diseases, thyroid issues, osteoporosis, and micronutrient imbalances. It also includes electrolyte analysis, iron metabolism evaluation, and screening for hepatitis A, B, and C infections.
- For men, the package includes blood markers for liver and prostate cancer screening. For women, it covers gynecological examinations and screenings for cervical, breast, and ovarian cancer, ensuring early detection and preventive care.

You can enrich your experience with the **optional packages** below:

- Comprehensive Package – 70 services, 1 day

This package provides an in-depth health check to detect cardiovascular, metabolic, liver, lung, thyroid, and bone disorders, as well as viral hepatitis A, B, and C. It includes cancer marker screenings, gynecological exams (for women), and digestive endoscopy for early detection of stomach and duodenal cancer.

- Premium Package – 80 services, 1 day

The Premium package offers a broader scope by including screenings for lifestyle-related diseases, cancer markers, full gynecological exams (for women), and both gastroscopy and colonoscopy for early detection of gastrointestinal cancers. It ensures a more detailed health overview with over 80 services.

- 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

This highest-tier package includes comprehensive screenings for major organ systems, brain and cerebral artery abnormalities, and a wide range of cancers. It offers 100 premium services, a private consultation space, a dedicated Care Manager, and a luxurious 5-star clinical experience.

Meals: Breakfast

Accommodation: Hotel in Ha Noi

Day 13: One-Day "Freeze Your Age" Treatment – Super Skin Rejuvenation

Immerse yourself in a holistic healing experience, designed to rejuvenate your body, mind, and spirit through ancient therapeutic techniques.

- **Massage:** This typically helps with relaxation and stimulates blood circulation, which can promote healthier skin. It also helps reduce muscle tension and enhances the absorption of skincare products.
- **Steam Bath:** The steam opens up pores and helps cleanse the skin, removing impurities and improving skin texture. It also encourages relaxation and provides hydration to the skin.
- **Hot Stone Therapy:** Hot stones are used to promote relaxation, increase blood flow, and soothe the muscles. This can help in detoxification and skin rejuvenation by relaxing the facial muscles and improving circulation.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 14: Hanoi departure

Dawn breaks over the capital as you prepare for homeward travel with a renewed perspective. You might enjoy a final Pho breakfast before capturing lasting memories at Hoan Kiem Lake. A comfortable vehicle delivers you to Noi Bai Airport with ample time before your flight. What a transformative wellness journey through Vietnam!

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
- 01 massage body treatment in HCMC
- 1 teeth whitening treatment
- Premium Intensive Health Care & Therapy Package (180 min)
- General Health Check - Advanced Package with 65 services
- 02 domestic flights Da Nang - Nha Trang, Nha Trang - Hanoi

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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