



Vietnam Wellness Week

Escorted small group tour for women.
Experience ultimate relaxation & luxury
as we enjoy Vietnam's stunning landscapes
& vibrant culture, with every moment
designed to rejuvenate you.

www.sheventures.com.au



Travel Itinerary

Hue ● ————— ● Hoi An

Our Vietnam Wellness Week offers a week of **luxury and rejuvenation** in breath-taking settings. Stay in exquisite accommodation as we explore **Vietnam's natural beauty and local culture**. Enjoy daily yoga, meditations and other movement therapies, all designed to relax and recharge you.

It is time to unwind... **This week is dedicated entirely to you!**
Please find below the complete travel itinerary.

Sinead x

0429 793 245

sheventures@travelmanagers.com.au



Arrive into Hui Airport 9.40pm, clear customs and collect your luggage.

A representative will be waiting for us in Arrivals from Alba Wellness Resort

You will be transferred to our accommodation (approx. 1 hour drive).

Alba Wellness Valley by Fusion

TLB1, Phong Sơn, Phong Điền, Thừa Thiên
Huế 49000, Vietnam

Inclusions:

Breakfast and dinner daily
Morning yoga session - 8am daily, plus many
other sessions to choose and book
Cooking class & Evening massage daily





Sleep in or join in for a **yoga class** – 8.00am.

Enjoy breakfast and later in the day we will have a cooking class.

Welcome dinner – 6pm



Hue City Tour (additional \$125 if you'd like to join in on this)

Pick up time: 10.30am departure

Meet at Reception

Otherwise, enjoy the resort facilities and the wide range of movement therapies.



Relax and unwind in the amazing facilities at Alba. Check out the movement schedule for the full range of wellness therapies.



Enjoy Breakfast and get ready to depart

Hue > Hoi An (3hr drive)

Transfer by road departure from reception at 10am

Check into our accommodation:

La Siesta Resort

132 Hùng Vương, Phường Cẩm Phố,
Hội An, Quảng Nam 560000, Vietnam

Inclusions:

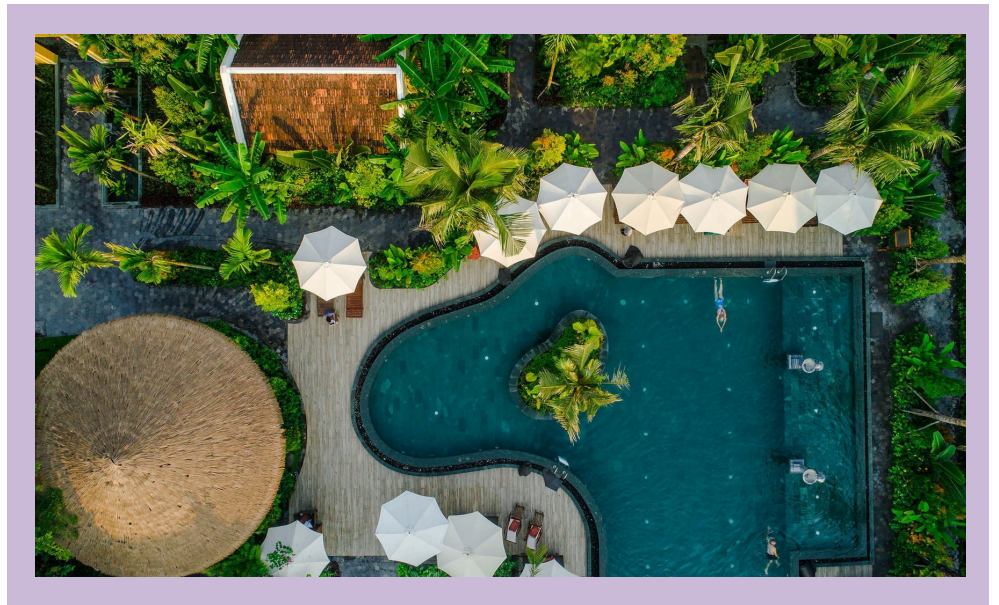
Breakfast daily
Food walking tour, bike tour including lunch,
1 massage & farewell dinner



Evening food walking tour (3.5 hours)

Enjoy a fresh culinary experience as we sample the delicious local cuisines.

Meet in reception for a 4.30pm departure to walk to meeting point approx 20 minutes to meet our guide Nancy.



Hoi An sight-seeing tour

9am: Meet in reception for departure.

3pm: Return to hotel

4pm: your included massage is booked

The evening is yours to enjoy and do as you please, perhaps to explore beautiful Hoi An.



A day at leisure.

Your massage booked for 3pm

Farewell dinner 6pm

A chance to get together and reflect on our week.



Packing Checklist

Essentials

- ☐ Passport and visa
- ☐ Your SheVentures Tote pack
- ☐ Vitamins/Probiotics
- ☐ Personal medications
- ☐ Credit / debit card, local currency
- ☐ Important phone numbers
- ☐ Glasses or contact lenses
- ☐ Day bag / backpack
- ☐
- ☐

Clothing

- ☐ Plenty of underwear & socks
- ☐ Bathers
- ☐ Shorts &/or loose-fitting trousers
- ☐ T-shirts &/or lightweight tops
- ☐ Active wear
- ☐ Pajamas
- ☐ Warmer layers for evenings
- ☐ Comfy dress/skirt for dinner (optional)
- ☐ Comfy shoes for walking
- ☐ Thongs or sandals

Accessories

- ☐ Camera and/or phone
- ☐ Other electronics & chargers
- ☐ Travel adaptor if need
- ☐ Kindle or books
- ☐ Toiletries
- ☐ Sunscreen/Repeller t
- ☐ Hat
- ☐ Sunglasses
- ☐ Refillable water bottle
- ☐

Useful extras

- ☐ For plane: eye mask, neck pillow
- ☐ Downloaded playlist (music/podcasts)
- ☐ Waterproof Jacket
- ☐ Favourite Snacks
- ☐ Lip balm, hand cream, moisturiser