

VIETNAM 7 DAY ITINERARY SPA & WELLNESS

This 7-day spa and wellness tour offers relaxation and rejuvenation in Hanoi, Hoi An, and Ho Chi Minh City, with a focus on spa treatments, wellness activities, and leisure time to pamper yourself and recharge.

Day 1: Arrival in Hanoi

- Arrive at Noi Bai International Airport in Hanoi.
- Transfer to a luxurious spa and wellness resort on the outskirts of the city.
- Lunch: at or near the resort.
- Check in, unwind, and enjoy the serene surroundings.
- Dinner: at the resort or explore on your own.
- Overnight stay at the wellness resort in Hanoi.

Day 2: Hanoi Spa and Relaxation

- Start your day with a morning yoga or meditation session.
- Enjoy a healthy breakfast at the resort.
- Spend the day at the resort's spa, indulging in massages, facials, and wellness treatments.
- Lunch: at or near the resort.
- Take a leisurely walk in the resort's gardens or by the nearby lake.
- Dinner: at the resort or explore on your own.
- Overnight stay at the wellness resort in Hanoi.

Day 3: Hanoi - Hoi An

- Enjoy a healthy breakfast at the resort.
- Check out from the Hanoi resort.
- Fly to Danang, then transfer to Hoi An, a charming ancient town.
- Check in to a spa and wellness resort in Hoi An.
- Enjoy a rejuvenating massage or spa treatment.
- Lunch: at the resort.
- Explore Hoi An's lantern-lit streets in the evening.
- Dinner: at the resort or explore on your own.
- Overnight stay at the spa and wellness resort in Hoi An.

Day 4: Wellness in Hoi An

- Start your day with a morning wellness class, such as Pilates.
- Enjoy a healthy breakfast at the resort.
- Explore the picturesque town of Hoi An at your leisure.
- Lunch: at the resort.
- Afternoon spa treatments, including herbal baths and body scrubs.
- Relax by the pool or participate in a guided meditation session.
- Dinner: at the resort or explore on your own.
- Overnight stay at the spa and wellness resort in Hoi An.

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Day 5: Hoi An Spa Day

- Begin your day with a morning wellness activity such as Tai Chi.
- Enjoy a healthy breakfast at the resort.
- Enjoy a leisurely day of spa treatments, facials, and relaxation at the resort.
- Lunch: at the resort.
- Dinner: at the resort or explore on your own.
- Evening relaxation and stargazing on the hotel's rooftop.
- Overnight stay at the spa and wellness resort in Hoi An.

Day 6: Hoi An - Ho Chi Minh City

- Enjoy a healthy breakfast at the resort.
- Check out from the Hoi An resort.
- Fly to Ho Chi Minh City.
- Check in to a spa and wellness hotel in Ho Chi Minh City.
- Lunch: at or near the hotel.
- Enjoy a rejuvenating massage or spa treatment.
- Dinner: at the hotel or explore on your own.
- Overnight stay at the spa and wellness hotel in Ho Chi Minh City.

Day 7: Wellness in Ho Chi Minh City and Departure

- Start your day with a morning wellness session.
- Enjoy a healthy breakfast at the hotel.
- Explore some of the city's cultural attractions or opt for a shopping excursion.
- Lunch: at or near the hotel.
- Afternoon spa treatments or wellness workshops.
- Dinner: farewell dinner at the hotel's restaurant.
- Check out and transfer to Tan Son Nhat International Airport for your departure.