Ho Chi Minh City Wellness & Can Gio Nature Retreat – 5 Days

5D / 4N	Easy	Private	USD 1,329 / pax
Duration	Difficulty	Tour Type	Starting From

This five-day luxury retreat in Ho Chi Minh City combines therapeutic relaxation, comprehensive health assessments, and an invigorating escape into the natural beauty of the Can Gio Biosphere Reserve. Guests will experience traditional Eastern medicine, detox dining, and wildlife encounters, all designed to restore balance and vitality.

DESTINATIONS & ROUTE

Ho Chi Minh City

TOUR OVERVIEW

Overview: Saigon Wellness and Nature Escape

Embark on a carefully curated five-day executive wellness retreat situated in the dynamic heart of Ho Chi Minh City. This program is thoughtfully designed for those seeking a profound sense of rejuvenation, blending advanced health diagnostics with ancient healing practices and tranquil nature excursions. From the moment of arrival, every detail is arranged to promote relaxation and well-being, ensuring a truly revitalizing experience.

Highlights of Your Retreat

Receive therapeutic massages upon arrival to alleviate travel fatigue and restore vitality.

Undergo comprehensive health check-ups and specialized screenings with medical professionals.

Experience traditional Oriental medicine therapies, including acupuncture, cupping, or therapeutic massage.

Enjoy detox dining featuring nutrient-rich, freshly prepared meals designed to nourish your body.

Explore the lush mangrove forests and diverse wildlife of the Can Gio Biosphere Reserve.

Observe playful long-tailed monkeys and ancient crocodiles in their natural habitats.

Cruise serene waterways by speedboat through the untouched landscapes of Can Gio National Park.

Gain insights into Vietnam's past with a visit to a historical war base.

Route Summary

This exclusive wellness journey is centered entirely within Ho Chi Minh City, offering deep dives into both urban luxury and nearby natural wonders. The itinerary provides a seamless balance between structured wellness activities within the city and a full-day excursion to the peaceful Can Gio Biosphere Reserve, ensuring minimal travel time and maximum relaxation.

Who This Retreat Suits

This private tour is ideally suited for luxury travelers seeking a comprehensive wellness experience. It caters to individuals desiring a blend of medical health assessments, traditional healing therapies, and a relaxing natural escape. Guests will appreciate the personalized attention, high-quality accommodations, and the opportunity to focus on their well-being in a sophisticated setting.

Practical Information

Your journey includes four nights of accommodation at a luxurious 5-star hotel in Ho Chi Minh City, along with daily breakfasts and one special lunch during your Can Gio excursion. All scheduled transfers and activities are conducted in comfortable, air-conditioned vehicles. While a standard health check-up package is included, options for upgrading to more extensive diagnostic services are available. Please note that international flights, visas, and personal expenses are not covered.

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TOUR HIGHLIGHTS

* Receive therapeutic massages to alleviate travel fatigue and restore vitality.
* Undergo comprehensive health check-ups and specialized screenings.
* Experience traditional Oriental medicine therapies like acupuncture and cupping.
* Enjoy detox dining with nutrient-rich, freshly prepared meals.
* Explore the lush mangrove forests of Can Gio Biosphere Reserve.
* Observe long-tailed monkeys and ancient crocodiles in their natural habitats.
* Cruise serene waterways by speedboat within Can Gio National Park.
* Visit a historical war base for insights into Vietnam's past.

DAY-BY-DAY ITINERARY

Day 1 — Saigon Arrival & Therapeutic Recovery Massage

Meals: NA | Stay: Hotel in Ho Chi Minh City | Transport: Airport transfer by private vehicle

Upon your arrival at Tan Son Nhat International Airport (SGN), a dedicated driver will extend a warm welcome and provide a comfortable transfer to your hotel. After checking into your elegant room, you will have ample time to settle in and refresh yourself, unwinding from your journey.
Later in the day, indulge in a specially arranged recovery massage package. This therapeutic session is designed to alleviate any lingering travel fatigue and replenish your energy levels, ensuring you feel revitalized and prepared to begin your wellness journey in Ho Chi Minh City.

Activities: Arrive at Tan Son Nhat International Airport (SGN)
Meet private driver for transfer to hotel
Check into your accommodation
Receive a post-flight recovery massage package

Day 2 — Comprehensive Health Assessment & City Exploration

Meals: Breakfast | Stay: Hotel in Ho Chi Minh City

Today is dedicated to your well-being, beginning with a comprehensive health assessment. You will meet with experienced healthcare professionals who will guide you through a series of examinations, ensuring your comfort throughout the process. The standard package includes a half-day check-up encompassing approximately 30 services, providing a thorough overview of your general health, organ functions, and early detection of potential conditions.
For those desiring a more in-depth evaluation, several optional advanced packages are available. These range from 65 to 100 premium services, focusing on detecting metabolic disorders, cardiovascular issues, various cancer screenings, and gastrointestinal diagnostics like gastroscopy and colonoscopy, including a dedicated care manager for the VIP option.

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Following your health assessment, the remainder of the day is yours to freely explore the dynamic city of Saigon. You might choose to take a leisurely walk through the bustling streets, discovering charming local cafes, stylish boutiques, and vibrant markets at your own pace.

Activities: Undergo a comprehensive health assessment with medical professionals
Option to upgrade to advanced health check packages (65, 70, 80, or 100 services)
Enjoy free time to explore Ho Chi Minh City at your leisure
Wander through local streets, discover cafes, boutiques, and markets

Day 3 Traditional Eastern Medicine & Detox Dining

Meals: Breakfast | Stay: Hotel in Ho Chi Minh City

Your day commences with a focused recovery therapy session, meticulously designed to restore your energy and promote overall balance. You will experience a selection of treatments aimed at easing tension and fostering a sense of equilibrium within your body.

Later, immerse yourself in a traditional Eastern medicine therapy session, crafted to enhance well-being and harmonize your internal systems. You will have the opportunity to choose from acupuncture, cupping therapy, or a therapeutic massage, each customized to address your individual needs. These ancient practices are known for improving circulation, releasing muscular tension, and inducing deep relaxation.

As evening approaches, indulge in a healthy detox dinner. This meal is thoughtfully prepared with nutrient-rich, fresh ingredients, specifically chosen to support healthy digestion and renew your energy, complementing your day of therapeutic treatments.

Activities: Participate in a recovery therapy session for energy restoration
Experience traditional Eastern medicine treatments like acupuncture, cupping, or therapeutic massage
Enjoy a specially prepared healthy detox dinner

Day 4 Can Gio Biosphere Reserve Nature & Wildlife Tour

Meals: Breakfast, Lunch | Stay: Hotel in Ho Chi Minh City | Transport: Air-conditioned van, speedboat

Begin your morning adventure around 07:45 with a comfortable ride in an air-conditioned van, venturing outside the city to discover the ecological wonders of Can Gio Biosphere Reserve. Your first stop is Monkey United, where you can observe long-tailed monkeys interacting freely in their natural habitat, with insights provided by your guide.

Continue to the Crocodile Farm, home to impressive prehistoric reptiles, where you can witness their immense strength. A leisurely stroll through the Mangrove Forest offers opportunities to spot diverse wildlife along the riverbanks. Board a speedboat for a scenic cruise through the dense Can Gio National Park, taking in the serene beauty of the untouched waterways and observing native bird species.

Visit a historical War Base, where an expert guide will share compelling stories about Vietnam's wartime history, deepening your understanding of the region's past. Enjoy a delicious local seafood lunch at a renowned restaurant, followed by free time to relax by the pool or take a refreshing swim. In the afternoon, explore Can Gio Market, where you can browse local

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handicrafts, fresh seafood, and unique Vietnamese delicacies, practicing your bargaining skills. Conclude your day with a special bird's nest soup gift, known for its health benefits, before returning to your accommodation with memories of a day immersed in nature, wildlife, and culture. Please note that the itinerary may be adjusted due to tidal conditions, but all key attractions will be covered.

Activities: Travel by air-conditioned van to Can Gio Biosphere Reserve
Observe long-tailed monkeys at Monkey United
Visit a crocodile farm
Stroll through the Mangrove Forest
Take a speedboat cruise through Can Gio National Park
Explore a historical War Base
Savor a local seafood lunch at a restaurant
Relax by the pool or swim
Browse Can Gio Market for local goods
Receive a bird's nest soup gift
Return transfer to accommodation

Day 5 Departure from Ho Chi Minh City

Meals: Breakfast | Stay: NA | Transport: Airport transfer by private vehicle

Your wellness journey concludes today. Enjoy a final breakfast at your hotel, savoring the peaceful last moments of your retreat in Ho Chi Minh City.
Following breakfast, a smooth airport transfer will be arranged to Tan Son Nhat International Airport (SGN), ensuring a stress-free departure for your onward travels.

Activities: Enjoy a final breakfast at your hotel
Transfer to Tan Son Nhat International Airport (SGN) for departure

WHAT'S INCLUDED

INCLUDED

- v Four nights of accommodation in a shared Twin/Double room with air-conditioning at a hotel.
- v All transport during the tour in an air-conditioned vehicle as per itinerary, including airport pick-up and drop-off.
- v Meals as indicated in the program: 4 breakfasts, 1 lunch.
- v A pre-examination with a standard health check package (upgradable to higher packages).
- v One session of Somatic Therapy.

NOT INCLUDED

- x Hotel early check-in and late check-out.
- x Peak season surcharges and compulsory dinner at the hotel (if any).
- x International flights with taxes.
- x Vietnam Visa (requires passport valid for over 6 months and 3 clear pages).
- x Travel Insurance.
- x Tips, laundry, and gratuities.

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- x Meals not explicitly marked on the itinerary, and water during meals.
- x A fuel surcharge will be applied if fuel prices rise above 15%.

PRICE INCLUDES

- v Four nights of accommodation in a shared Twin/Double room with air-conditioning at a hotel.
- v All transport during the tour in an air-conditioned vehicle as per itinerary, including airport pick-up and drop-off.
- v Meals as indicated in the program: 4 breakfasts, 1 lunch.
- v A pre-examination with a standard health check package (upgradable to higher packages).
- v One session of Somatic Therapy.

CANCELLATION POLICY

Tour Code: IMP-A15EE41BDAFC