Northern Vietnam Wellness & Tea Farm Retreat – 7 Days

7D / 6N	Easy	Private	USD 1,649 / pax
Duration	Difficulty	Tour Type	Starting From

Discover ancient healing practices and serene landscapes on this 7-day luxury retreat through Hanoi and Ninh Binh. Engage in traditional therapies, explore spiritual sites, and experience organic tea farming.

DESTINATIONS & ROUTE

Hanoi → Ninh Binh

TOUR OVERVIEW

Overview: A Journey to Rejuvenation

Embark on a unique 7-day exploration of Vietnam's rich heritage in wellness and natural beauty. This meticulously crafted itinerary focuses on holistic healing, cultural immersion, and tranquil escapes. From the vibrant capital of Hanoi to the serene limestone karsts of Ninh Binh and the lush tea plantations of Thai Nguyen, guests will experience a profound sense of renewal. This retreat is designed to balance therapeutic treatments with engaging cultural activities, offering a comprehensive experience that revitalizes both body and mind. Enjoy luxurious accommodations and personalized services throughout your journey.

Tour Highlights

Receive comprehensive health assessments and personalized traditional medicine therapies.

Experience acupressure, cupping, and acupuncture sessions with certified specialists.

Explore the vast Bai Dinh Pagoda and scenic Trang An Grottoes by boat.

Visit Sinh Duoc Medicinal Village, known for organic herbs and healing practices.

Participate in tea picking and matcha-making workshops at a Thai Nguyen organic farm.

Enjoy a detoxifying herbal tea bath in Vietnam's premier tea region.

Savor authentic Vietnamese cuisine, including a special welcome dinner and BBQ.

Route Summary

Your journey begins in Hanoi, the historical heart of Vietnam, where you'll settle into luxury and prepare for a deep dive into traditional healing. The itinerary then takes you to Ninh Binh, a region famed for its breathtaking natural landscapes and spiritual sites, including the renowned Trang An Scenic Complex and Bai Dinh Pagoda. A highlight is the visit to Sinh Duoc Medicinal Village, offering insights into local herbal traditions.

The adventure continues north to Thai Nguyen, a province celebrated for its pristine organic tea farms. Here, you'll engage in hands-on tea cultivation and preparation, culminating in a relaxing herbal tea bath. The tour concludes with a return to Hanoi for a day of personal leisure before your departure.

Who This Tour Suits

This luxury private tour is ideal for discerning travelers seeking a blend of relaxation, cultural discovery, and holistic wellness. It is particularly suited for individuals or couples interested in traditional medicine, natural therapies, and authentic Vietnamese experiences. Guests who appreciate high-quality accommodations, personalized service, and a tranquil pace will find this retreat deeply rewarding.

Practical Information

This 7-day tour includes six nights of hotel accommodation, with five nights in Hanoi and one night in Thai Nguyen. All specified meals – six breakfasts, one lunch, and two dinners – are provided. Transportation throughout the tour is via air-conditioned

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vehicles, ensuring comfort between destinations and for airport transfers. Entrance fees for all scheduled activities are also covered, allowing for a seamless and enriching travel experience.

TOUR HIGHLIGHTS

* Receive comprehensive health assessments and personalized traditional medicine therapies.
* Experience acupressure, cupping, and acupuncture sessions with certified specialists.
* Explore the vast Bai Dinh Pagoda and scenic Trang An Grottoes by boat.
* Visit Sinh Duoc Medicinal Village, known for organic herbs and healing practices.
* Participate in tea picking and matcha-making workshops at a Thai Nguyen organic farm.
* Enjoy a detoxifying herbal tea bath in Vietnam's premier tea region.
* Savor authentic Vietnamese cuisine, including a special welcome dinner and BBQ.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Arrival & Welcome Dinner

Meals: Dinner | Stay: Hotel in Hanoi | Transport: Air-conditioned vehicle

Upon your arrival in Vietnam's capital city, Hanoi, a private driver will greet you and provide a comfortable transfer to your hotel. The hotel staff will assist with a swift check-in and luggage handling, allowing you to settle into your luxurious room. You may choose to rest after your journey or take a leisurely stroll around the hotel's elegant premises, soaking in the initial atmosphere of your retreat.

As evening approaches, prepare for a special welcome dinner at a highly-regarded local restaurant. Here, you will be introduced to the authentic flavors of Vietnamese cuisine, meticulously prepared by skilled chefs using fresh, regional ingredients. This delightful culinary experience offers a perfect start to your wellness journey, immersing you in the country's rich gastronomic traditions within a warm and inviting setting.

Activities: Airport pick-up and hotel transfer
Hotel check-in and relaxation
Welcome dinner at a local restaurant

Day 2 — Traditional Vietnamese Healing Arts Experience

Meals: Breakfast | Stay: Hotel in Hanoi | Transport: Air-conditioned vehicle

Your day begins with a comprehensive health assessment conducted by seasoned Traditional Medicine specialists. The wellness center prides itself on offering exceptional healthcare, featuring a team of highly respected Eastern Medicine (YHCT) practitioners who have received both local and international training. All therapists are certified YHCT physicians, carefully

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chosen and trained to integrate ancient methods with contemporary medical knowledge.
Guests are provided with world-class service in a private, serene healing environment that adheres to international JCI standards and was recognized by Archdaily USA in 2021. The experience is further enhanced by therapeutic cuisine prepared with premium herbal ingredients. You will engage in a series of restorative treatments designed to rebalance and revitalize your body.
Choose between two distinct experiences: The Premium Comprehensive Health Care & Therapy Package, a 150–180 minute session offering a full spectrum of YHCT services tailored to your specific condition, including detailed consultation, personalized advice, acupressure, cupping, acupuncture, and herbal steam. This concludes with a nourishing wellness meal, foot soaks, and acupoint patching. Alternatively, the Acupressure and Massage Therapy session, a 120-minute introductory experience, includes a one-on-one consultation with a certified YHCT doctor, a focused acupressure massage, and a comforting cup of herbal tea.

Activities: Health assessment by Traditional Medicine specialists
Personalized consultation using Four Diagnostic Methods
Receive therapeutic treatments: acupressure, cupping, acupuncture, herbal steam
Enjoy a nourishing wellness meal with medicinal ingredients
Experience foot soaks and acupoint patching (Premium package)
Receive a focused acupressure massage (Experience package)
Sip on herbal tea

Day 3 — Ninh Binh Exploration & Sinh Duoc Medicinal Village

Meals: Breakfast, Lunch | Stay: Hotel in Hanoi | Transport: Air-conditioned vehicle

Today, embark on a full-day excursion to Sinh Duoc Medicinal Village, a place where traditional and modern healing philosophies harmoniously coexist. Situated in the tranquil landscapes of Ninh Binh, this village is celebrated for its cultivation of organic medicinal herbs, holistic wellness practices, and commitment to sustainable living. You'll gain insight into the village's unique approach to natural health.
The journey continues to two of Ninh Binh's most stunning attractions. First, visit Bai Dinh Pagoda, Vietnam's largest Buddhist temple complex. Marvel at its grand statues, sacred relics, and the peaceful, spiritual ambiance that pervades the site. This expansive complex offers a profound glimpse into Vietnamese religious culture.
Next, experience the Trang An Scenic Complex, a UNESCO World Heritage Site. Here, dramatic limestone karsts, verdant valleys, and hidden caves form an enchanting natural spectacle. Enjoy a serene boat ride across emerald waters, navigating through ancient grottoes and past historic temples. This immersive day seamlessly blends Vietnam’s traditional healing arts, rich cultural heritage, and breathtaking natural splendor, promising a deep sense of tranquility and discovery.

Activities: Visit Sinh Duoc Medicinal Village
Explore Bai Dinh Pagoda
Enjoy a tranquil boat ride through Trang An Scenic Complex
Discover ancient grottoes and historic temples

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Day 4 Thai Nguyen Tea Farm Immersion & Matcha Workshop

Meals: Breakfast, Dinner | Stay: Hotel in Thai Nguyen | Transport: Air-conditioned vehicle

On day four, travel to the renowned organic tea farm located in Thai Nguyen province, a region celebrated for its exceptional tea production. The picturesque landscape unfolds with meticulously arranged rows of tea plants, creating a vibrant tapestry of green across gentle slopes. Here, you will discover how the region's distinct climate and fertile soil contribute to the cultivation of highly aromatic and flavorful tea leaves.

Engage in a hands-on tea picking experience alongside seasoned local farmers, who will demonstrate the precise methods for harvesting the youngest, most flavorful leaves. This practical activity offers a direct connection to the agricultural traditions of the area. Following this, participate in an interactive matcha-making lesson. During this insightful class, you will learn to prepare traditional matcha tea and even craft rich matcha chocolate, gaining appreciation for the intricate process.

The day culminates with a special BBQ dinner served under the expansive rural sky. Savor the exquisite flavors of farm-fresh, seasonal ingredients, expertly grilled to highlight the authentic essence of the region. This outdoor feast provides a perfect fusion of traditional Vietnamese barbecue and the peaceful ambiance of Thai Nguyen’s natural beauty.

Activities:
- Journey to an organic tea farm in Thai Nguyen
- Learn about the region's tea production
- Participate in tea picking with expert farmers
- Attend an interactive matcha-making lesson
- Prepare traditional matcha tea and matcha chocolate
- Enjoy a special BBQ dinner outdoors

Day 5 Herbal Tea Bath & Return to Hanoi

Meals: Breakfast | Stay: Hotel in Hanoi | Transport: Air-conditioned vehicle

Begin your day in Thai Nguyen, Vietnam’s esteemed tea-growing region, surrounded by verdant hills that offer a peaceful sanctuary amidst nature and traditional wellness practices. Indulge in a revitalizing herbal tea bath, an ancient Vietnamese therapy celebrated for its detoxifying and rejuvenating qualities. Infused with fragrant herbs and tea leaves, this calming bath is designed to relax muscles, alleviate stress, enhance circulation, and refresh the skin, harnessing the natural healing benefits of tea antioxidants.

After this profoundly revitalizing experience at the tea farm, you will commence your journey back to the bustling capital city of Hanoi. The scenic drive provides an opportunity to reflect on the serene moments and cultural insights gained during your time in Thai Nguyen, transitioning smoothly back to your luxurious accommodation in Hanoi.

Activities:
- Enjoy a revitalizing herbal tea bath
- Relax muscles and relieve stress
- Improve circulation and refresh skin
- Journey back to Hanoi

Day 6 Hanoi Leisure & Personal Relaxation

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Meals: Breakfast | Stay: Hotel in Hanoi

Following several days of immersive exploration and therapeutic treatments, this dedicated day offers a perfect opportunity for personal rest and rejuvenation. Your body deserves a period of calm to fully absorb the benefits of the retreat. For those who prefer gentle activity, several optional experiences are available to enhance your wellness journey.
You might arrange a soothing traditional massage to further promote relaxation and well-being; the hotel concierge can assist with booking services or recommending nearby reputable spas. Alternatively, use this free time to organize your photographs, reflect on your experiences, or explore local shops for wellness products and unique souvenirs to bring home. This day is entirely yours to customize for optimal relaxation and personal enjoyment.

Activities: Enjoy a free day for relaxation
Arrange an optional traditional massage
Organize photos and reflect on the journey
Shop for local wellness products or souvenirs

Day 7 Hanoi Departure

Meals: Breakfast | Stay: NA | Transport: Air-conditioned vehicle

Your enriching journey through Vietnam concludes today as you prepare for your return home. Enjoy a final authentic Vietnamese breakfast at your hotel, savoring the local flavors one last time. After breakfast, you will complete the check-out process, with hotel staff available to assist with any last-minute needs.
Airport transfers will be pre-arranged to align perfectly with your flight schedule, ensuring a smooth and comfortable departure from Hanoi. Reflect on the profound wellness experiences, cultural discoveries, and serene landscapes encountered during your retreat, carrying with you a sense of renewal and cherished memories.

Activities: Enjoy a final Vietnamese breakfast
Complete hotel check-out
Transfer to the airport for departure

WHAT'S INCLUDED

INCLUDED

- v Overnight in shared Twin/Double room with Air-condition (AC) at hotel & 01 night in Thai Nguyen tea farm
- v All transport during tour on air-conditioned vehicle as per itinerary (including airport pick up & see off)
- v Meals as indicated in the program
- v All entrance fees as itinerary
- v Premium Intensive Health Care & Therapy Package (180

NOT INCLUDED

- x Hotel EARLY check in & LATE check out
- x Peak season surcharge & compulsory dinner at the hotel (if any)
- x International flights with taxes
- x Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- x Travel Insurance

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min)

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

PRICE INCLUDES

- v Overnight in shared Twin/Double room with Air-condition (AC) at hotel & 01 night in Thai Nguyen tea farm
- v All transport during tour on air-conditioned vehicle as per itinerary (including airport pick up & see off)
- v Meals as indicated in the program
- v All entrance fees as itinerary
- v Premium Intensive Health Care & Therapy Package (180 min)

CANCELLATION POLICY

Tour Code: IMP-0B092632DA4E