

# Hanoi Dental Care & Relaxation 7 days

## Trip overview

This Hanoi Dental Care & Relaxation package for 7 days offers a seamless blend of premium dental treatments and rejuvenating experiences. Begin with a comprehensive pre-surgery examination, followed by expert dental procedures such as veneers, whitening, or root canal treatments. After that, indulge in a luxurious Halong Bay cruise, where you'll explore stunning caves, enjoy spa treatments, and unwind with Tai Chi sessions, ensuring your health is revitalized.

- **Durations:** 7 days
- **Destinations:** Hanoi - Halong Bay
- **Price from:** US \$1599/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/hanoi-dental-care-relaxation-7-days.html>

## Trip outline

Day	Activities	Accommodations	Meals
Day 1	Welcome to Hanoi - Luxurious Dinner at Spices Villa	Hotel in Hanoi	Dinner
Day 2	Pre-Surgery Examination Day & Fast Teeth Whitening	Hotel in Hanoi	Breakfast
Day 3	Surgery Day - Back to Hotel	Hotel in Hanoi	Breakfast
Day 4	Free Day to Relax	Hotel in Hanoi	Breakfast
Day 5	Free Check and Re-Examination in Hospital	Hotel in Hanoi	Breakfast
Day 6	Hanoi - Halong Bay Overnight Cruise	Halong Bay Overnight Cruise	Breakfast, Lunch, Dinner
Day 7	Halong Bay Overnight Cruise - Hanoi Departure	NA	Breakfast, Brunch

## Itinerary

### Day 1: Welcome to Hanoi - Luxurious Dinner at Spices Villa

The trip begins when you land at Noi Bai Airport, where we will greet you with warm smiles. You will then travel to your comfortable hotel for check-in and a chance to refresh after your journey

You might enjoy exploring the nearby streets before dinner. You will savor a nutritious feast at Spices Villa, a luxury restaurant serving health-boosting soups and local specialties.



**Meals:** Dinner

**Accommodation:** Hotel in Hanoi

## Day 2: Pre-Surgery Examination Day & Fast Teeth Whitening

### Morning

Begin your day with a dedicated visit to one of Hanoi's top-rated dental hospitals, renowned for its advanced technology and experienced specialists.

Upon arrival, you will receive a comprehensive pre-treatment dental examination, where expert dentists assess your oral health and confirm your personalized treatment plan.

Depending on your needs and consultation results, you will proceed with one or more of the following treatments:

- **Teeth Whitening** (1 session included):

As a service included with your dental care today, professional teeth whitening is performed in a safe clinical setting to enhance brightness and restore your natural smile - quickly, comfortably, and effectively.

**Note:** If additional sessions are needed, they will be charged according to the doctor's recommendation.

- **Korean Minish Veneers**

Experience premium aesthetic restoration with Minish Veneers, developed in exclusive collaboration with MINISH Dental Hospital - South Korea's top veneer specialist.

Performed at Vinmec View Premium by certified Korean or Vinmec-trained doctors, this service preserves your natural teeth with no grinding, no pain, and veneers as thin as 0.1mm - a standard unmatched in Vietnam. The veneers are crafted in Korea, offering superior strength (12.5% harder than natural enamel), natural shine, and long-term oral health benefits.

- **Tooth extraction**

Tooth extraction at Vinmec View is performed by a team of highly experienced specialists, including Dr. Frederick Abel (MSc) with over 30 years of experience and more than 15,000 implant and extraction cases; Dr. Do Hoang Viet, a senior lecturer in Implant Dentistry at Hanoi Medical University; and Dr. Daniele De Pasca (MSc), a prosthodontics and implant expert from the University of Federico II (Naples, Italy) with over 20 years of experience.

To ensure maximum comfort and a stress-free experience during the procedure, clients can choose from various pain management options, including local anesthesia, sedation, or general anesthesia.

- **Root Canal Treatment**

Root canal treatment at Vinmec View is performed by a team of highly skilled specialists. The treatment is supported by state-of-the-art equipment and premium materials imported from the United States, Japan, and Europe, ensuring optimal precision, comfort, and long-term oral health.

- **Tooth Fillings**

Tooth filling services at Vinmec View are provided by a team of experienced dental professionals, including Dr. Frederick Abel (MSc) with over 40 years of experience in high-quality dentistry; Dr. Daniele De Pasca (MSc), a specialist in conservative dentistry with 20 years of expertise and in-depth research in endodontics; Dr. Hoang Thi Huyen Trang, with more than 10 years of experience in oral and maxillofacial surgery; and Dr. Tran Thi Minh Thao (MSc), who has over a decade of experience in general dentistry for both children and adults.

**Note:** Any additional treatment fees (beyond the included session - Teeth Whitening) will be paid directly to the dental clinic based on the dentist's evaluation.



After your treatment, you will have time to rest and recover. Enjoy the evening at leisure, or opt for a gentle stroll to explore the city and savor a nourishing meal to support your recovery.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 3: Surgery Day - Back to Hotel

Begin the day with your scheduled dental surgery, performed by highly skilled specialists using advanced technology for precision and comfort. The procedure will be tailored to your treatment plan, ensuring optimal results and minimal discomfort.

After the surgery, you will be transferred back to your hotel to rest and recover in a comfortable setting.

For those seeking additional relaxation, you have the *optional* choice to unwind with a holistic recovery session. This includes gentle yoga, meditation, or a visit to a hot mineral spring, helping to relieve tension, promote circulation, and support the healing process.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 4: Free Day to Relax

Your day will start with a leisurely morning at the hotel, where you can relax and enjoy the comforting amenities.

Later, you may choose to explore the local neighborhood for a gentle stroll, appreciating the unique sights and sounds of Hanoi. You might discover charming cafes offering a taste of local life, perfect for a relaxing afternoon. Do not miss the opportunity to visit Hoan Kiem Lake, where you will see locals engaging in Tai Chi amid the serene surroundings!

As the day winds down, you will have a chance to enjoy a quiet dinner at a nearby restaurant, sampling some of Vietnam's delicious cuisine. You might find the flavors both exciting and comforting, providing a satisfying end to your day.



**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 5: Free Check and Re-Examination in Hospital

Start your day with a scheduled follow-up appointment at the hospital, where dental specialists will conduct a thorough check-up to assess your healing progress. The re-examination ensures that your treatment is progressing smoothly.

Following the hospital visit, you have the rest of the day free to relax at your hotel or explore Hanoi at your own pace. You may choose to visit local attractions, indulge in a wellness activity, or enjoy a leisurely meal at a

nearby restaurant.

**Meals:** Breakfast

**Accommodation:** Hotel in Hanoi

## Day 6: Hanoi - Halong Bay Overnight Cruise

### Morning

Our adventure begins at **08:00** when a driver collects you from your hotel in the Hanoi Old Quarter. You may enjoy watching the rural landscapes unfold during the drive. You will soon reach the cruise port where your Halong Bay experience truly starts.

Upon arrival, you will board a luxurious cruise ship where staff greet you with refreshing welcome drinks. You will receive important safety instructions as the vessel departs. During lunch at the upscale onboard restaurant, you will sail past impressive karst formations rising from emerald waters.

### Afternoon

After lunch, you may schedule relaxing massage and spa treatments with the cruise manager to secure your spot. You enter **Sung Sot Cave** - home to spectacular stalagmites and stalactites. You will discover the breathtaking interior chambers of one of Halong Bay's largest caves. As evening approaches, you might join a Vietnamese **cooking demonstration** or fruit carving lesson offered on most cruises.



Dinner features delicious local specialties served in the elegant dining area. You will have several entertainment options afterward, including night squid fishing and various board games. You may prefer relaxing at the bar with fellow travelers while sharing stories. You will spend the night in comfortable accommodations on the gentle waters, surrounded by the peaceful bay under starlit skies.

**NOTE:** The schedule may vary depending on the chosen cruise

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Halong Bay Overnight Cruise

## Day 7: Halong Bay Overnight Cruise - Hanoi Departure

On the final day, you will wake early, between **06:30 and 07:00**, to witness the stunning sunrise from the cruise. A light breakfast with coffee and tea will be served in the dining room. Afterward, you can join a **Tai Chi class** on deck to energize yourself for the second day of your Halong Bay experience.



Following breakfast, the cruise will take you to **Titop Island**. It is a crescent-shaped paradise known for its tranquility and clear waters. You might spend one to two hours exploring, ascending a huge observation platform for a breathtaking 360-degree panorama of Halong Bay. After enjoying a swim and relaxing on the beach, the guests will be served a delicious brunch as the boat sails toward the dock.

As the cruise concludes at the port, you may take some final photos and relax while waiting for your ride. Your transfer will take you directly to the airport or your hotel. We hope the stunning landscapes and unique experiences of Halong Bay will stay with you forever!

**Meals:** Breakfast, Brunch

**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

### 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 infant (<04 years old): FOC *except domestic ticket cost*
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- 04 - 11 years old in twin share: 90% adult rate

# WHY BOOK WITH US?

### Best Rate Guaranteed

Offering the BEST RATE package which is worthy of your payment.

### Money Back Guaranteed

In case the service we provide is not qualified enough, except for out-of-control situations such as weather conditions. We will investigate your case and will offer the reimbursement once your complaint is rational.

### Customizable by local experts

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

## BEST RATE TOURS., JSC

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