

Vietnam Elite Health & Wellness Package 6 days

Trip overview

This 6-day Vietnam Elite Health & Wellness Package offers a luxurious blend of medical care, relaxation, and cultural exploration. Guests will undergo comprehensive health examinations at top-tier hospitals, experience premium Oriental medicine treatments, and enjoy rejuvenating therapies such as acupuncture, herbal steam baths, and massage.

- **Durations:** 6 days
- **Trip outline:** Hanoi
- **Price from:** US \$1659/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/vietnam-elite-health-wellness-package-6-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Welcome Dinner at Spices Villa	Hotel in Hanoi	Dinner
Day 2	Pre-examination at Top-tier Hospital	Hotel in Hanoi	Breakfast
Day 3	Premium Intensive Health Care & Treatment Day (Massage)	Hotel in Hanoi	Breakfast
Day 4	Free Day - Relax & Recharge with Optional Tours	Hotel in Hanoi	Breakfast
Day 5	Free check and Re-examination	Hotel in Hanoi	Breakfast
Day 6	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Hanoi Arrival - Welcome Dinner at Spices Villa

The trip begins as soon as you land in Hanoi. You will be greeted at the airport and transferred to your hotel for a smooth check-in process. After settling in, you will have some time to refresh and prepare for a delightful evening ahead. The air will be filled with excitement as you step into the first experience of the journey.

For your welcome dinner, you will enjoy a meal at the Spices Villa, a luxurious restaurant offering an array of healthy dishes. You will taste nourishing specialties, including flavorful herbal soups designed for your well-being.



Meals: Dinner

Accommodation: Hotel in Hanoi

Day 2: Pre-examination at Top-tier Hospital

On day 2, we will arrange your smooth journey to the hospital with professional drivers. Everything has been organized to ensure your comfort throughout the transfer process. You can enjoy the beautiful views of Hanoi's morning streets along the way.

Arriving, you will experience the **Standard Package (30 services, 1/2 day)**, providing a clear summary of general health assessment, including the evaluation of organ functions and early detection of potentially serious conditions:

- Detection of conditions such as hypertension, elevated liver enzymes, high uric acid levels, metabolic syndrome, liver and biliary diseases, and thyroid disorders.
- For women: gynecological examination for early screening of breast cancer, cervical cancer, and ovarian cancer.

For a more comprehensive assessment, you may choose from the following *optional* upgrades:

- **Advanced Package:** 65 services, 1 day
- **Comprehensive Package:** 70 services, 1 day
- **Premium Package:** 80 services, 1 day
- **VIP Package:** 100 premium services, 01 Care Manager service coordinator, completely private consultation space for absolute privacy, separate waiting room, and resting clinic area according to 5-star standards

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 3: Premium Intensive Health Care & Treatment Day (Massage)

Your day will begin with a 180-minute session of premium health care & treatment from a team of renowned professionals. Leading Traditional Medicine experts and doctors are trained both domestically and

internationally.

Facilities meet high medical standards and are thoughtfully designed to deliver a holistic experience for both body and mind, offering a peaceful, private, and wellness-focused environment - awarded the Architectural Design Prize by Archdaily (USA) in 2021.

Clients will experience premium services, including:

- Medical Consultation & Health Assessment with Traditional Medicine Specialists: Utilizing the “Four Diagnostic Methods” (Observation, Listening/Smelling, Inquiry, Palpation) - including pulse reading, tongue examination, and health interviews.
- Therapeutic Treatments: Application of Traditional Medicine therapies such as acupressure massage, cupping, acupuncture, and herbal steam treatments.
- Wellness Care: Nourishing culinary therapy using medicinal ingredients (mugwort, angelica root,...) combined with wellness practices such as foot soaking and acupoint therapy.

Throughout the day, you will feel the peace and rejuvenation that comes with traditional wellness practices. The treatments are carefully chosen to help you relax and improve your health. Experts will guide you through each step, ensuring that you feel comfortable and well cared for every moment.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 4: Free Day - Relax & Recharge with Optional Tours

Our journey on day 4 gives you the freedom to recover at your own pace after intensive health treatments. You can select from several *optional* activities that balance relaxation with gentle exploration:

- For those interested in cultural experiences, embark on a **Hanoi city tour** that explores Hanoi's spiritual heritage, such as the Temple of Literature, Ho Chi Minh Mausoleum, and Tran Quoc Pagoda.
- Food enthusiasts can join a hands-on **cooking class** led by experienced local chefs. You will learn to prepare authentic Vietnamese dishes using fresh herbs and distinctive spices. This experience connects you with Vietnamese culture through its food traditions.
- Adventure seekers can opt for a **seaplane tour over Halong Bay**. You will soar above thousands of limestone karsts that rise dramatically from emerald waters, and capture stunning photographs of this natural wonder from a truly unique angle.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 5: Free check and Re-examination

You will return to the hospital for your re-examination. The doctor might suggest additional lifestyle modifications based on your current condition. This personalized guidance helps you maintain the benefits of your wellness journey after returning home.

After that, you have spare time to explore Hanoi's charming streets or shop for local souvenirs.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 6: Hanoi Departure

Your trip will conclude with a smooth transfer to the airport. You will feel refreshed after an enriching journey and ready to head home. As you leave, you may reflect on the incredible experiences, including your wellness treatments and visits to Mai Chau Hideaway. You will leave feeling rejuvenated and energized, eager to share your experiences with loved ones. Safe travels!

Meals: Breakfast

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
- Pre-examination with standard package (You can upgrade to a higher package in the optional section)
- Premium Intensive Health Care & Treatment package

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

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

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