

Hoi An Therapeutic Escape - Acupressure & Herbal Therapy 5 days

The Hoi An Wellness & Heritage Retreat is a 5-day journey that combines traditional healing with cultural discovery. You will revitalize your body with therapeutic treatments such as acupuncture and cupping, complemented by a health-focused meal. You will also explore the timeless beauty of Hoi An, learn Vietnamese cuisine in a hands-on cooking class, and embark on an island adventure, ensuring a deeply enriching and unforgettable experience.

- **Durations:** 5 days
- **Trip outline:** Hoi An
- **Price from:** US \$1734/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/hoi-an-wellness-retreat-5-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Arrival in Hoi An - Welcome Dinner	Hotel in Hoi An	Dinner
Day 2	Experience Traditional Healing Arts of Vietnam Full Day	Hotel in Hoi An	Breakfast
Day 3	Hoi An Half Day City Tour & Cooking Class	Hotel in Hoi An	Breakfast, Dinner
Day 4	Cham Island Handicraft Tour Full Day	Hotel in Hoi An	Breakfast
Day 5	Hoi An Departure	NA	Breakfast

Itinerary

Day 1: Arrival in Hoi An - Welcome Dinner

Upon arrival in Vietnam, you will be warmly greeted by our guide and transferred to your hotel. Take this time to relax and settle in, allowing yourself to adjust to the new surroundings.

In the evening, you enjoy a special welcome dinner at a renowned local restaurant. Here, you will enjoy a carefully curated menu featuring nutritious Vietnamese cuisine crafted with medicinal herbs known for their healing properties. This is the perfect opportunity to taste traditional flavors while learning about the deep connection between food and wellness in Vietnamese culture.

Meals: Dinner

Accommodation: Hotel in Hoi An

Day 2: Experience Traditional Healing Arts of Vietnam Full Day

Start your day with a comprehensive health examination and consultation. These highly qualified professionals will assess your condition and recommend personalized treatments, combining ancient healing techniques with modern medical knowledge.

After your treatment, enjoy a nourishing health-focused meal, carefully crafted using herbal ingredients and medicinal foods to support overall well-being.

Medical Quality with Prestigious Team of Experts (100% of the team of Therapists are qualified Traditional Medicine Doctors with full knowledge of Traditional Medicine combined with Modern Medicine)

- **Option 1: Premium Comprehensive Health Care & Therapy Package: 150 - 180 min**

This premium experience offers a full-service journey through traditional Eastern medicine. Guests receive personalized consultations using the Four Diagnostic Methods, followed by customized treatments including acupressure, cupping, acupuncture, and herbal steam therapy.

The session concludes with a nourishing YHCT-inspired meal such as ginseng chicken stew and herbal tea, along with wellness practices like herbal foot soaks and acupoint patching.

- **Option 2: Experience Service: Acupressure and Massage Therapy: 90 - 120min**

This session provides a streamlined wellness experience rooted in traditional medicine. Guests receive expert consultation and a customized acupressure treatment based on their individual condition. The session ends with a relaxing cup of house-blend herbal tea to promote calm and inner balance.



Meals: Breakfast

Accommodation: Hotel in Hoi An

Day 3: Hoi An Half Day City Tour & Cooking Class

Morning

You will have a guided walking tour through **Hoi An Ancient Town**, where history comes to life in charming streets and riverside ambiance. Take your time to stroll along the **Thu Bon River** and admire the well-preserved architecture that reflects the place's rich cultural heritage.

Then, a visit to the **Japanese Covered Bridge** brings a look into the experiences of Japanese immigrants in the 17th century, showcasing their influence on Hoi An's unique blend of styles.



You will later continue to the **Fujian Assembly Hall**, a sacred site built by Chinese settlers from Fujian province. This is where intricate carvings and vibrant altars tell stories of devotion and tradition.

Before concluding the tour, you will make your way to the Old Town's artisan shops. You can pick up beautifully handcrafted souvenirs as a memory of your journey.

Afternoon

This afternoon, you will become familiar with the customary methods of preparing and cooking Vietnamese cuisine from the ground up via an interactive **cooking class** led by an experienced local chef. Learn the secrets behind authentic Vietnamese flavors as you prepare traditional dishes from scratch, using fresh, locally sourced ingredients.

From selecting aromatic herbs to mastering essential cooking techniques, this hands-on experience will leave you with newfound skills and a deeper appreciation for the food here.

Meals: Breakfast, Dinner

Accommodation: Hotel in Hoi An

Day 4: Cham Island Handicraft Tour Full Day

Morning

After breakfast, you will embark on an amazing Cham Island adventure. Around **08:00 - 09:00**, our driver will pick you up from your hotel in Hoi An and transfer you to Cua Dai Pier.

At **09:00 - 10:00**, enjoy a thrilling speedboat ride to Cham Island, arriving at **Bai Lang** to explore its rich cultural heritage. At Bai Lang, you will:

- Visit a traditional handicraft village where locals weave hammocks using cooper-beech trees - a craft recognized as a UNESCO intangible cultural heritage in 2024.
- Learn how fishermen weave their fishing nets and tackle, an essential part of their daily lives.
- Discover the art of making **Banh It La Gai**, a delicious local cake made from sticky rice, mung beans, and Gai leaves.
- Visit **Ong Temple**, a sacred site dedicated to whale worship that is deeply rooted in local beliefs.

10:00 - 12:00 - Board a speedboat to **Bai Xep** or **Hon Dai**, where you'll enjoy **45 minutes** of snorkeling, and discovering vibrant coral reefs and marine life.

12:00 - 14:00 - Savor a fresh seafood BBQ lunch at a local restaurant. Unwind with some free time for swimming, sunbathing, or simply relaxing on the pristine beach.

Afternoon

At roughly **14:00 - 14:30**, depart by speedboat back to the mainland, with our car dropping you off at your hotel in Hoi An.

Meals: Breakfast

Accommodation: Hotel in Hoi An

Day 5: Hoi An Departure

Depending on your flight schedule, you may have some free time to relax or see the surroundings.

At the designated time, our driver will take you to the airport for your flight home. When leaving Vietnam, take with you not just memories of breathtaking landscapes and cultural discoveries but also valuable insights into traditional healing practices that are helpful for well-being.

We hope this journey has been enlightening and rejuvenating, and we look forward to welcoming you to another trip in the future.

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)

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 infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

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.

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