

Rejuvenate Vietnam: Heritage, Healing & Facial Renewal 14 days

Trip overview

This wellness and rejuvenation journey through Vietnam is perfect for families and those seeking a harmonious blend of relaxation, cultural exploration, and self-care. Focusing on luxurious spa treatments, cosmetic treatments and the exploration of Vietnam's iconic landmarks, this tour offers a unique opportunity to restore both body and mind. From the bustling streets of Ho Chi Minh City to the serene beauty of Ninh Binh and Halong Bay, you will experience the perfect balance of wellness and cultural immersion.

- **Durations:** 14 days
- **Trip outline:** Ho Chi Minh City - Mekong Delta - Hanoi - Ninh Binh - Halong Bay - Nha Trang
- **Price from:** US \$7229/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/rejuvenate-vietnam-heritage-healing--facial-renewal-14-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Arrival in Ho Chi Minh City - Relax and Recover	Hotel in Ho Chi Minh City	Dinner
Day 2	Cu Chi Tunnels & City Highlights	Hotel in Ho Chi Minh City	Breakfast, Lunch
Day 3	Insight Mekong Delta - A Day in Ben Tre	Hotel in Ho Chi Minh City	Breakfast, Lunch
Day 4	Ho Chi Minh City - Fly to Nha Trang & Cyclo Night Tour	Hotel in Nha Trang	Breakfast, Lunch, Dinner
Day 5	Nha Trang - Free Day	Hotel in Nha Trang	Breakfast, Lunch
Day 6	Nha Trang - Mud Bath, Doc Let Beach & Cultural Discovery	Hotel in Nha Trang	Breakfast, Lunch
Day 7	Nha Trang - Fly to Hanoi	Hotel in Hanoi	Breakfast, Lunch
Day 8	Hanoi - City Tour & Rejuvenating Massage Package	Hotel in Hanoi	Breakfast, Lunch
Day 9	Hanoi - Ninh Binh Tour Full Day	Hotel in Ninh Binh	Breakfast, Lunch
Day 10	Ninh Binh - Halong Bay - Overnight on Cruise	Overnight on cruise	Breakfast, Lunch, Dinner
Day 11	Ending Halong Bay Cruise - Return to Hanoi	Hotel in Hanoi	Breakfast, Brunch

Day 12	Hanoi - High-Tech Facial Rejuvenation & Stem Cell Therapy at Vinmec Hospital	Hotel in Hanoi	Breakfast, Lunch
Day 13	Hanoi - Recovery & Relaxation Day	Hotel in Hanoi	Breakfast
Day 14	Free Check at Vinmec Hospital - Fly departure	NA	NA

Itinerary

Day 1: Arrival in Ho Chi Minh City - Relax and Recover

Welcome to Ho Chi Minh City, Vietnam's dynamic southern hub, where French colonial charm meets fast-paced modern life. Upon arrival at **Tan Son Nhat International Airport**, your personal tour guide will warmly greet you and escort you to your luxury hotel in the heart of the city.

After settling in, indulge in a soothing massage package designed to help you recover from the long-haul flight. Let the calming aromas of lemongrass and eucalyptus fill the air as experienced therapists ease away travel fatigue with gentle pressure and warm herbal oils. This first taste of Vietnam's wellness traditions sets the perfect tone for a journey of cultural immersion and total renewal.

Meals: Dinner

Accommodation: Hotel in Ho Chi Minh City

Day 2: Cu Chi Tunnels & City Highlights

Morning

Today begins with a journey into Vietnam's resilient past as we venture to the legendary [Cu Chi Tunnels](#), a vast underground network that once sheltered Vietnamese resistance fighters. After a scenic two-hour drive through the rural outskirts of Ho Chi Minh City, you'll arrive at this fascinating wartime relic - an intricate labyrinth of passageways that served as living quarters, supply routes, and strategic command centers during the Vietnam War.



Before entering, watch a short documentary that provides context to the construction and survival strategies within these tunnels. Then, take the rare opportunity to crawl through a section of the tunnel system, gaining firsthand insight into the determination and ingenuity that defined the Vietnamese spirit. After your exploration, enjoy a light local lunch featuring specialties from the region, perhaps including cassava - a staple once eaten by soldiers living underground.

Afternoon

Returning to Ho Chi Minh City, dive into a cultural mosaic shaped by centuries of history and colonization. Marvel at the **Notre Dame Cathedral** and the **Central Post Office**, both striking examples of French colonial architecture. Though the cathedral is temporarily closed for restoration, its red-brick façade and stained-glass windows still make a memorable photo stop, while the post office - designed by Gustave Eiffel - enchants with its vaulted ceiling and vintage charm.

Continue your journey at the imposing **Reunification Palace**, where time seems to pause at the very moment the Vietnam War ended. Walk through its grand meeting rooms and underground bunkers as you uncover the building's pivotal role in the country's history. Then, reflect on the sobering cost of conflict at the [War Remnants Museum](#), where deeply moving exhibits and wartime photographs portray the human side of the struggle.

Conclude your day with a lively stroll through [Ben Thanh Market](#), the beating heart of old Saigon. This colorful, chaotic bazaar is the perfect place to haggle for silk scarves, handmade crafts, or fragrant spices to bring home as a memory of your Vietnamese adventure.



As the sun sets over the city, return to your hotel filled with stories, impressions, and a deeper understanding of Vietnam's enduring spirit.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 3: Insight Mekong Delta - A Day in Ben Tre

Morning

Today, escape the energy of Ho Chi Minh City and delve into the serene beauty of the **Mekong Delta**, known as Vietnam's "rice bowl" and a timeless world of swaying palms, lush orchards, and river life. Departing early from your hotel, you'll travel south toward **Ben Tre Province**, a peaceful region where life flows with the rhythm of the waterways.

Upon arrival, step aboard a traditional boat and begin a tranquil cruise along the **Ham Luong River**, one of the nine branches of the Mekong. The breeze carries the scent of freshwater and earth as you drift past coconut groves, fishing boats, and riverside homes. Along the way, stop at a local **coconut workshop**, where you'll witness how the humble coconut is transformed into a variety of handmade products - each piece a testament to the resourcefulness of the Mekong people.

Continue your cultural immersion with a visit to a **mat-weaving house**, where the repetitive clack of handlooms echoes the artistry passed down through generations. Savor the warm hospitality of the locals as you enjoy fresh tropical fruits and a cup of honeyed tea, the flavors as vibrant as the landscape itself.

Next, hop aboard a 'xe loi' (motorized rickshaw) or bicycle and ride through tranquil village lanes shaded by coconut palms. Glimpse daily life in this fertile land - women tending gardens, children playing by the roadside, and farmers harvesting fruits in their lush orchards.

Afternoon

After a delicious riverside lunch featuring regional specialties, your journey continues by sampan boat, gliding silently through narrow, winding canals hemmed in by mangroves and nipa palms. The sights and sounds of nature - chirping birds, rustling leaves, and the gentle splash of water - offer a moment of pure immersion in the soul of the Mekong.



As the afternoon light softens, return to Ho Chi Minh City, your spirit enriched by the rhythm of river life and the warm connections made along the way.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 4: Ho Chi Minh City - Fly to Nha Trang & Cyclo Night Tour

After breakfast, say goodbye to the vibrant bustle of Ho Chi Minh City as you board a short flight to the sun-drenched coastal city of **Nha Trang**. Famous for its palm-lined beaches, turquoise waters, and relaxed atmosphere, Nha Trang offers the perfect balance of seaside serenity and lively urban energy.

As the sun sets, embark on a charming cyclo tour - a nostalgic ride through the heart of Nha Trang aboard Vietnam's traditional three-wheeled pedicab. Let the cool sea breeze brush your face as you glide down **Tran Phu Street**, the city's most scenic coastal boulevard. Lit by neon signs and the glow of lanterns, this seaside promenade comes alive at night with bustling restaurants, chic cafes, and the lively hum of local life.

Your journey continues with a visit to the [XQ Historical Village](#), a tranquil haven that celebrates the delicate artistry of Vietnamese hand embroidery. Step inside this peaceful gallery to admire intricate silk-thread masterpieces that tell stories of nature, culture, and the human soul - each piece stitched with meticulous care and poetic symbolism.

Next, indulge in a delicious seaside dinner at a local restaurant, where fresh seafood and ocean views create the perfect pairing. With the sound of waves gently crashing nearby, this is an ideal moment to unwind and savor the coastal charm of Nha Trang.

After dinner, your cyclo takes you through the city's energetic "**foreign streets**" - a nickname for the vibrant nightlife district dotted with bars, boutique shops, and buzzing cafes. Whether you choose to explore on foot, shop for souvenirs, or sip a local beer at a lively bar (at your own expense), this evening offers a colorful window into Nha Trang's international spirit and warm hospitality.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Nha Trang

Day 5: Nha Trang - Free Day

After days of cultural discovery and travel, today invites you to unwind and reconnect with yourself in the tranquil seaside setting of Nha Trang. Known for its golden sands and turquoise waters, this coastal paradise is the perfect place to slow down and let your senses be soothed by nature.

Spend your day at leisure - perhaps beginning with sunbathing on the beach, where the soft rhythm of the waves and the warmth of the tropical sun create a calming, almost meditative atmosphere. Let your thoughts drift with the sea breeze as you relax beneath the swaying palms, the scent of salt and sunscreen filling the air.



For those seeking inner balance and physical vitality, take advantage of yoga and gym facilities at your hotel. Whether you choose a gentle morning flow or a strength-training session, the space is yours to stretch, breathe, and restore your energy. This day is all about honoring your pace - no schedule, no rush, just the quiet luxury of being fully present in a beautiful place.

Meals: Breakfast, Lunch

Accommodation: Hotel in Nha Trang

Day 6: Nha Trang - Mud Bath, Doc Let Beach & Cultural Discovery

Morning

Escape the city and embrace the soothing rhythm of the coast with a day dedicated to wellness and natural beauty. Travel north to the tranquil shores of [Doc Let Beach](#), a breathtaking stretch of powdery white sand and clear turquoise water, just 45 kilometers from Nha Trang. Stretching over 10 kilometers, this quiet beach offers the perfect setting for swimming, sunbathing, and letting the gentle waves wash your worries away. Far from the crowds, Doc Let also offers a chance to connect with the local community and observe everyday coastal life in a peaceful setting.

After a refreshing morning by the sea, enjoy a leisurely lunch at a seaside restaurant, where fresh seafood and local specialties are served with views of the ocean breeze and swaying palms.

Afternoon



In the afternoon, return to the city and explore the spiritual legacy of the ancient Cham people at the **Po Nagar Cham Towers**. Built between the 7th and 12th centuries, these red-brick monuments were constructed without mortar, showcasing the advanced techniques of the Cham civilization. Dedicated to the goddess Yang Ino Po Nagar, the towers remain a sacred site where pilgrims gather to pay homage and seek blessings. As you wander the temple grounds, admire the intricate carvings, incense-filled air, and panoramic views over the Cai River.

Conclude your day with a deeply relaxing visit to the **Hot Mineral Spring Center**, where you'll immerse yourself in a therapeutic mud and mineral bath. Enriched with volcanic ash and natural minerals, the mud is believed to improve circulation, soothe skin conditions, and support physical recovery. Let the warmth of the water ease your body, leaving you refreshed and renewed after a day of exploration and tranquility.



Meals: Breakfast, Lunch

Accommodation: Hotel in Nha Trang

Day 7: Nha Trang - Fly to Hanoi

Bid farewell to the coastal charm of Nha Trang as you transfer to the airport for your flight to Hanoi, Vietnam's elegant and historic capital in the north. Upon arrival, you'll be welcomed by your local guide and escorted to your hotel nestled in the heart of the city.

As you settle in, take a moment to soak in the contrast - where Nha Trang's sea breeze and palm-lined avenues give way to Hanoi's tree-shaded boulevards, ancient pagodas, and centuries-old architecture. The rest of the day is yours to unwind or begin exploring this atmospheric city at your own pace.

Meals: Breakfast, Lunch

Accommodation: Hotel in Hanoi

Day 8: Hanoi - City Tour & Rejuvenating Massage Package

Morning

Awaken in Hanoi, a city where timeworn traditions and French colonial elegance blend seamlessly into a vibrant modern rhythm. At **08:00**, your local guide will greet you at the hotel and lead you on a captivating half-day city tour exploring some of the capital's most iconic cultural landmarks.

Begin your journey at the [Temple of Literature](#), Vietnam's first national university and a rare example of well-preserved traditional Vietnamese architecture. Walk through ancient courtyards framed by fragrant frangipani trees and moss-covered stone steles that honor generations of scholars and sages.



Continue to the [Ho Chi Minh Mausoleum](#), a solemn site where the Vietnamese pay deep respect to their beloved leader. Though you may only view the exterior, especially during seasonal closures, the grandeur of the mausoleum and its surrounding gardens remains a powerful symbol of national pride.

Nearby, visit the **Tran Quoc Pagoda**, Hanoi's oldest Buddhist temple set gracefully on the banks of **West Lake**. With its elegant red tower and serene setting, this pagoda is a place of both spiritual reflection and picturesque beauty. Then marvel at the unique design of the **One Pillar Pagoda**, an architectural gem built atop a single stone pillar emerging from a lotus pond - symbolizing purity and enlightenment.

You'll then enjoy a flavorful lunch at a Vietnamese restaurant, where local dishes are served with the warmth and hospitality of northern culture.

Afternoon

After a morning rich in heritage, spend the rest of your day indulging in a luxurious massage package designed to relax your body and calm your mind. Let skilled hands and aromatic oils melt away tension as you unwind in the comfort of a serene spa - an ideal way to rejuvenate after days of travel and discovery.

Meals: Breakfast, Lunch

Accommodation: Hotel in Hanoi

Day 9: Hanoi - Ninh Binh Tour Full Day

Morning

Leave the bustle of Hanoi behind as you journey into the peaceful countryside of **Ninh Binh**, often called "Halong Bay on land" for its dramatic limestone karsts and lush green landscapes. At **07:30**, your guide will meet you at your hotel, and you'll travel in comfort aboard a luxury Limousine bus, watching Vietnam's rural charm unfold along the 120-kilometer drive.



Your first stop is the [Hoa Lu Ancient Citadel](#), the capital of Vietnam during the 10th and 11th centuries and now a UNESCO-recognized cultural heritage site. Wander through stone gateways and temple courtyards as your guide shares stories of royal intrigue and national resilience. Visit the beautifully preserved **Dinh King Temple**, a 17th-century structure renowned for its intricate wood and stone carvings that reflect the craftsmanship of ancient dynasties.

At noon, sit down to a delicious lunch featuring local specialties, offering a taste of northern Vietnamese cuisine amidst the natural beauty of the region.

Afternoon

In the afternoon, your adventure continues with a tranquil sampan boat ride along the **Ngo Dong River**, where local villagers skillfully row using their feet. Glide past rice paddies, lotus fields, and sheer limestone cliffs that rise dramatically from the water. You'll float through the mystical **Hang Ca, Hang Hai, and Hang Ba caves**, marveling at the stalactites and cool shadows within.



The day crescendos with a visit to the dramatic [Mua Cave](#), where a rewarding climb up Ngoa Long Mountain awaits. As you ascend the stone staircase flanked by dragon statues and pagoda-style markers, each step brings you closer to an awe-inspiring panoramic view over Tam Coc's emerald valleys and meandering river - a sight that captures the spiritual and natural essence of Ninh Binh.

This evening, instead of returning to Hanoi, you'll check into your 5-star resort in Ninh Binh, surrounded by rice fields and karst formations. Let the serenity of the countryside lull you into relaxation, preparing you for the next chapter of your Northern Vietnam journey.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ninh Binh

Day 10: Ninh Binh - Halong Bay - Overnight on Cruise

After exploring Ninh Binh, set off for **Halong Bay**, a UNESCO World Heritage Site renowned for its breathtaking emerald waters and majestic limestone formations.

Upon arrival, step aboard a luxurious overnight cruise and sip a welcome drink as the captain provides a safety briefing. Enjoy a delectable seafood lunch while the cruise navigates through stunning karst islands, unveiling the untouched beauty of the bay.

Afternoon adventures include unwinding with a spa session (advanced reservations recommended) or exploring [Sung Sot Cave](#) (Surprise Cave) - one of Halong Bay's largest and most mesmerizing grottoes, filled with unique stalagmites and stalactites. As the sun sets, participate in a Vietnamese cooking demonstration, where skilled chefs guide you through traditional culinary techniques.



As night falls, indulge in a gourmet dinner under the starry sky. Afterward, experience Halong's vibrant evening activities, from squid fishing to board games and lively conversations at the onboard bar. Retreat to your elegant cabin for a peaceful night, gently rocked by the waves.

NOTE: The cruise route in Halong Bay may vary depending on your selected cruise.

Meals: Breakfast, Lunch, Dinner

Accommodation: Overnight on cruise

Day 11: Ending Halong Bay Cruise - Return to Hanoi

Rise early to witness the breathtaking sunrise over Halong Bay, a magical moment where golden light dances on the emerald waters. Kickstart your morning with a light breakfast featuring tea, coffee, and pastries, served in the dining area. For those seeking an invigorating experience, join a **Tai Chi session** on the deck, allowing you to stretch and refresh your mind as the gentle sea breeze surrounds you.



Your next stop is [Titop Island](#), famous for its crescent-shaped beach and serene atmosphere. Here, you'll have time to hike to the summit, where a 360-degree panoramic view of Halong Bay awaits, offering picture-perfect scenery. If you prefer to relax, take a refreshing dip in the crystal-clear waters or lounge on the soft sandy beach.

As the cruise slowly makes its way back to the harbor, enjoy a delightful brunch while soaking in the final glimpses of Halong Bay's natural wonders. Arriving at the port, you'll disembark and board a comfortable transfer back to Hanoi. By late afternoon, return to your hotel, where you'll have free time to unwind, stroll through Hanoi's lively streets, or explore its rich cultural heritage.

Meals: Breakfast, Brunch

Accommodation: Hotel in Hanoi

Day 12: Hanoi - High-Tech Facial Rejuvenation & Stem Cell Therapy at Vinmec Hospital

Today marks a transformative step in your wellness journey with an exclusive facial rejuvenation treatment at Vinmec International Hospital, one of Vietnam's premier centers for high-tech healthcare and regenerative aesthetics. Your day begins with a comfortable roundtrip transfer from your hotel to the hospital, where you will be welcomed by a team of expert physicians and aesthetic specialists.



The experience begins with a comprehensive pre-treatment examination and personalized consultation. Based on your skin condition and aesthetic goals, doctors will design a tailored non-invasive treatment protocol focused on deep skin restoration, anti-aging, and contour enhancement.

This **120-minute therapy** combines the latest aesthetic innovations:

- MFU (Micro-Focused Ultrasound) energy, targeting deep layers of the skin to stimulate natural collagen production, tighten facial contours, and lift sagging skin without surgery.
- Bipolar RF (radiofrequency) technology, enhancing elasticity and firmness by boosting collagen at multiple skin depths.
- A specialized infusion of exclusive Vinmec stem cell-based serums, either Exosome EV or TBG from umbilical cord blood, renowned for their ability to repair, regenerate, and rejuvenate skin at the cellular level.
- The treatment is finished with a deeply nourishing growth-factor-rich facial mask, accelerating skin recovery and leaving your complexion visibly brighter, smoother, and more youthful.

This cutting-edge, pain-free procedure requires no hospital stay and allows you to resume your vacation right away - with only simple post-care steps like using prescribed moisturizers and sun protection.

Meals: Breakfast, Lunch

Accommodation: Hotel in Hanoi

Day 13: Hanoi - Recovery & Relaxation Day

Today is all about rest, recovery, and gentle self-care following your advanced rejuvenation treatment at Vinmec. Spend your day relaxing at the hotel - perhaps enjoying a warm cup of tea, reading by the window, or taking a peaceful walk in the nearby neighborhood.

Be sure to follow the post-treatment skincare guidance provided by your doctor, including moisturizing and sun protection, to support your skin's healing process. This quiet, nurturing day is an essential part of your wellness journey, giving you space to feel renewed, balanced, and beautifully restored.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 14: Free Check at Vinmec Hospital - Fly departure

On your final day in Vietnam, enjoy a seamless and reassuring conclusion to your wellness journey with a free follow-up check at Vinmec International Hospital. Your doctor will carefully evaluate your progress, ensure optimal post-treatment recovery, and provide any final skincare advice tailored to your needs.



After your check-up, depending on your flight time, you may have a moment to relax at the hotel or enjoy a quiet stroll. When ready, your driver will escort you to the airport for your departure flight, marking the end of a deeply enriching and rejuvenating journey through Vietnam - one filled with cultural discovery, natural beauty, and personal transformation.

Meals: NA

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
- All entrance fees as itinerary
- 2 massage body treatments in Hanoi & Ho Chi Minh City
- 01 super skin rejuvenation treatment
- 02 domestic flights HCMC - Nha Trang, Nha Trang - Hanoi

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.

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