

Vietnam Healing Expedition: The Art of Traditional Therapy 10 days

Trip overview

This 10-day Vietnamese Healing & Nature Retreat offers a perfect blend of traditional wellness practices, cultural exploration, and breathtaking landscapes. Begin with a deep dive into Vietnam's healing arts, including acupressure, acupuncture, and herbal therapies, followed by an immersive experience in Sapa, where the Red Dao's herbal bath and medicinal practices await. Conclude your journey with a serene Halong Bay cruise, indulging in Tai Chi at sunrise, cave explorations, and relaxation on the emerald waters, ensuring a rejuvenating and unforgettable escape.

- **Durations:** 10 days
- **Trip outline:** Hanoi - Sapa - Halong Bay
- **Price from:** US \$2222/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/vietnam-healing-expedition-the-art-of-traditional-therapy-10-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Hotel Check-in - Welcome Dinner	Hotel in Hanoi	Dinner
Day 2	Traditional Healing Arts Of Vietnam Experience Full Day	Hotel in Hanoi	Breakfast
Day 3	Transfer To Sapa By Luxury D Car - Red Dao's Herbal Bath	Hotel in Sapa	Breakfast
Day 4	Sin Chai - Cat Cat - Raw Medical Materials Local Market	Hotel in Sapa	Breakfast, Lunch
Day 5	Free Day to Relax - Soul Healing In The Mountains	Hotel in Sapa	Breakfast
Day 6	Transfer Back To Hanoi By Luxury D Car	Hotel in Hanoi	Breakfast
Day 7	Hanoi - Halong Bay Overnight Cruise	Halong Bay Cruise	Breakfast, Lunch, Dinner
Day 8	Halong Bay Overnight Cruise - Hanoi	Hotel in Hanoi	Breakfast, Brunch
Day 9	Free Day in Hanoi	Hotel in Hanoi	Breakfast
Day 10	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Hanoi Arrival - Hotel Check-in - Welcome Dinner

Your healing journey begins as a friendly driver transfers you to your comfortable hotel. After settling in, you may take a leisurely stroll to explore the local surroundings and adjust to the new atmosphere.

As evening approaches, you might feel ready for your first cultural experience at the welcome dinner featuring authentic cuisine prepared with fresh healing herbs. You will taste dishes that connect you to Vietnam's rich culinary traditions.

Meals: Dinner

Accommodation: Hotel in Hanoi

Day 2: Traditional Healing Arts Of Vietnam Experience Full Day

Your journey begins with a comprehensive health assessment by experienced Traditional Medicine doctors. Our premium wellness services are built on a foundation of trusted medical expertise, led by top-tier Traditional Medicine (YHCT) specialists trained both in Vietnam and internationally.

All therapists are certified YHCT doctors, rigorously selected and professionally trained to integrate traditional and modern medical practices. Guests are welcomed into a world-class facility that meets international healthcare standards, offers a serene body-mind experience, and features award-winning architecture and medicinal cuisine crafted from high-quality Eastern herbs.

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

This **150–180 minute** premium session offers a full-service experience that blends expert Traditional Medicine consultation, personalized therapy, and nourishing medicinal cuisine. Guests receive a thorough health diagnosis using the Four Diagnostic Methods, followed by tailored guidance on nutrition and lifestyle based on their body constitution.

The treatment includes specialized YHCT techniques such as acupressure, cupping, acupuncture, herbal steam, and ends with a healing meal like ginseng chicken stew and herbal tea, paired with foot soaks and acupoint patching.

- **Option 2: Experience Service: Acupressure and Massage Therapy**

This **120-minute** introductory wellness session is ideal for those seeking a foundational experience in Traditional Eastern Medicine. The package includes a personalized consultation with a certified YHCT doctor and a tailored acupressure therapy session based on the guest's physical condition. It concludes with a calming herbal tea specially prepared by the wellness center, offering both refreshment and inner balance.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 3: Transfer To Sapa By Luxury D Car - Red Dao's Herbal Bath

The scenic journey to Sapa takes you through stunning landscapes in a comfortable luxury D car for about 5-6 hours. You will travel along winding mountain roads revealing breathtaking views of terraced rice fields.

Once you arrive in Sapa, you will experience the chilly air typical of a highland escape. After checking in at the hotel, you will enjoy Red Dao herbal bath. Local specialists get medical plants collected from nearby mountains ready for wooden containers. As you bathe in scented waters mixed with medicinal plants, you can experience strong muscular relaxation.

Meals: Breakfast

Accommodation: Hotel in Sapa

Day 4: Sin Chai - Cat Cat - Raw Medical Materials Local Market

Today you will explore the history of traditional medicine and healing practices through visits to authentic villages nestled in the misty mountains. Your journey begins at **Sin Chai village**, home to the Black H'Mong people, who have passed down traditional healing practices for centuries.



Next, your exploration takes you to **Cat Cat Village**, famous for its cultural richness and traditional healing techniques. The flowing stream and wooden houses create a perfect backdrop for understanding mountain healing wisdom.

The final stop brings you to the colorful **Raw Medical Materials Local Market**, where healing ingredients fill bustling stalls. You will discover roots, barks, flowers, and leaves used in traditional healing practices throughout northern Vietnam. This market experience connects ancient knowledge with practical applications serving local communities today.

Meals: Breakfast, Lunch

Accommodation: Hotel in Sapa

Day 5: Free Day to Relax - Soul Healing In The Mountains

The mountains of Sapa offer a natural sanctuary for personal healing after days of guided experiences. Begin with a peaceful morning walk through misty terraced fields as the sun rises. You will hear the gentle sounds of nature while breathing the fresh mountain air. The surrounding peaks create a perfect backdrop for quiet reflection and renewal.

As afternoon transitions to evening, you will find peaceful spots perfect for sitting with your thoughts. You might enjoy a cup of fragrant locally-grown tea while watching clouds drift between mountain peaks. The day provides essential time for your body to unwind.

Meals: Breakfast

Accommodation: Hotel in Sapa

Day 6: Transfer Back To Hanoi By Luxury D Car

The return journey takes you through spectacular mountain roads as you descend from the highlands back toward the capital. You will travel in complete comfort aboard the luxury D car while enjoying final views of terraced landscapes.

Upon arrival in Hanoi, check in at your hotel then readjust to the city atmosphere before your next adventure. You will notice the contrast between peaceful mountain villages and the energetic streets of the capital. You

may choose to spend your evening exploring the historic Old Quarter with its narrow lanes and traditional shops.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 7: Hanoi - Halong Bay Overnight Cruise

Morning

Your adventure carries on with a morning pickup from your Old Quarter hotel in Hanoi between **08:00 and 08:30**. A comfortable drive along the Hanoi - Hai Phong Expressway will take you directly to the cruise port.

During the journey, you could find great enjoyment in seeing the countryside replace the metropolis. As you get to the port area, you will immediately catch your first look at the amazing bay.

The cruise staff will welcome you aboard with a refreshing beverage and a comprehensive safety briefing. You will settle into your cabin before heading to the upscale restaurant for a delicious lunch.

The ship glides through emerald waters past towering karst formations that rise dramatically from the sea. You may capture stunning photos of these natural limestone sculptures from the deck while enjoying your meal.

Afternoon

The afternoon offers options for relaxation and exploration according to your preferences. You might book rejuvenating spa treatments to continue your wellness journey on the water. You will also visit the impressive **Surprise Cave** after climbing more than 50 steps to its entrance. You will marvel at beautiful stalactites and stalagmites formed over millions of years inside this massive natural cathedral.

As dusk falls, you can watch a **Vietnamese cooking class** or pick up fruit carving skills from knowledgeable staff. Then you will have a fresh seafood meal with regional delicacies created by gifted chefs.

The evening presents several entertainment choices like board games, squid fishing, or just deck stargazing. You will spend a peaceful night aboard the cruise surrounded by the healing presence of water.

NOTE: The exact itinerary depends on which cruise package you choose.

Meals: Breakfast, Lunch, Dinner

Accommodation: Halong Bay Cruise

Day 8: Halong Bay Overnight Cruise - Hanoi

Morning

On day 8, you will rise early between **06:30 and 07:00** to witness the magical sunrise over Halong Bay from the cruise deck. You might see limestone karsts slowly emerge from the morning mist as golden light spreads across the water.

You will enjoy a light breakfast with coffee or tea while appreciating the peaceful morning atmosphere. You may join a refreshing **Tai Chi class** on deck to connect body and mind through gentle flowing movements.

Your morning excursion then proceeds to **Titop Island**, with its crescent form and immaculate beaches. Rising to the observation platform will provide amazing 360-degree views of the nearby bay and islands.

You may relax on the silky white beach or spend an hour or two swimming in the glistening clean seas. Before packing, you will go back to the cruise for a great brunch.

Afternoon

The cruise journey concludes at the port where your driver will meet you for the return trip to Hanoi. You will depart for a comfortable ride back to the capital city.

NOTE: The exact itinerary depends on which cruise package you choose.

Meals: Breakfast, Brunch

Accommodation: Hotel in Hanoi

Day 9: Free Day in Hanoi

Your healing journey provides a valuable free day to absorb all the experiences and therapies you have enjoyed so far. You will have complete freedom to design this day according to your personal preferences and energy levels.

You might revisit favorite spots in Hanoi Old Quarter to shop for healing herbs or handcrafted souvenirs. You may choose to simply rest in your comfortable hotel and process the therapeutic benefits of your journey.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 10: Hanoi Departure

Our trip concludes as you prepare for your journey home with memories of Vietnam healing traditions. You will enjoy a final breakfast before checking out. We will arrange your comfortable transfer to the airport according to your flight schedule.

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
- All entrance fees as itinerary
- 30 minutes Red Dao herbal bath
- Sharring luxury limousine Hanoi - Sapa - 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.

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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