

Vietnam's Herbal Essence - Traditional Retreat 7 days

Trip overview

Vietnam Traditional Retreat is a 7-day journey that blends ancient healing practices with serene natural landscapes for a rejuvenating experience. Travelers will indulge in traditional therapies like acupressure, cupping, and herbal steam treatments, explore the medicinal heritage of Sinh Duoc village, and immerse themselves in the lush tea farms of Thai Nguyen, where they will learn tea-making and enjoy a herbal tea bath. This wellness retreat offers a perfect balance of cultural discovery, relaxation, and holistic healing, leaving visitors refreshed and revitalized.

- **Durations:** 7 days
- **Trip outline:** Hanoi - Ninh Binh
- **Price from:** US \$1679/person
- **Tour inquiry:** <https://bestrate-tours.com/vietnam-tours/vietnam-s-herbal-essence-traditional-retreat-7-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Welcome Dinner	Hotel in Hanoi	Dinner
Day 2	Traditional Healing Arts Of Vietnam Experience Full Day	Hotel in Hanoi	Breakfast
Day 3	Ninh Binh Full Day - Sinh Duoc Medicinal Village	Hotel in Hanoi	Breakfast, Lunch
Day 4	Organic Thai Nguyen Tea Farm	Hotel in Thai Nguyen	Breakfast, Dinner
Day 5	Thai Nguyen Team Farm - Hanoi	Hotel in Hanoi	Breakfast
Day 6	Free Day To Relax in Hanoi	Hotel in Hanoi	Breakfast
Day 7	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Hanoi Arrival - Welcome Dinner

The trip begins as you arrive in Vietnam, a driver will take you to the hotel for your check-in process. The staff quickly handles your luggage and room registration. You might enjoy some rest in your room after the journey, or stroll around the hotel grounds and relax before evening activities.

You will have a special welcome dinner at a renowned local restaurant, where you can indulge in authentic Vietnamese cuisine prepared by skilled chefs. Savor the rich flavors of traditional dishes made with fresh, locally sourced ingredients while immersing yourself in the warm and inviting atmosphere. This delightful dining experience will introduce you to the essence of Vietnam's culinary heritage, setting the perfect tone for your journey ahead.

Meals: Dinner

Accommodation: Hotel in Hanoi

Day 2: Traditional Healing Arts Of Vietnam Experience Full Day

Begin your day with a thorough health assessment by experienced Traditional Medicine specialists. Our wellness center delivers premium healthcare through a team of highly respected Traditional Eastern Medicine (YHCT) specialists, including top-tier doctors trained both locally and internationally. All therapists are certified YHCT physicians, rigorously selected and trained to combine traditional methods with modern medical knowledge.

Guests enjoy world-class service in a private, healing space that meets international JCI standards and was honored by Archdaily USA in 2021, complemented by therapeutic cuisine made with high-quality herbal ingredients. Engage in a series of therapeutic treatments designed to restore balance and vitality:

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

This **150–180 minute** premium session offers a full range of Traditional Eastern Medicine (YHCT) services tailored to each guest's condition. The journey begins with a detailed consultation using the Four Diagnostic Methods (observation, listening, inquiry, and pulse-taking), followed by personalized advice on nutrition, lifestyle, and exercise.

Based on the diagnosis, guests receive therapeutic treatments such as acupressure, cupping, acupuncture, and herbal steam. The session concludes with a nourishing wellness meal using medicinal ingredients like ginseng and herbal teas, accompanied by foot soaks and acupoint patching to restore energy and balance.

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

This **120-minute** session is designed as an introductory yet effective wellness experience grounded in traditional medical practices. Guests begin with a one-on-one consultation with a certified YHCT doctor, who provides personalized health insights using the Four Diagnostic Methods.

The treatment includes a focused acupressure massage tailored to the guest's condition, promoting relaxation and circulation. To complete the session, guests are served a comforting cup of herbal tea, offering a moment of calm and nourishment from within.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 3: Ninh Binh Full Day - Sinh Duoc Medicinal Village

This day you will embark on a full-day journey to Sinh Duoc Medicinal Village, where the harmony of traditional and modern medicine comes to life. Nestled in the heart of Ninh Binh, this serene village is renowned for its organic medicinal herbs, holistic healing practices, and sustainable wellness philosophy.

You also continue your journey to two of Ninh Binh's most breathtaking landmarks:

- Bai Dinh Pagoda - The largest Buddhist temple complex in Vietnam, home to grand statues, sacred relics, and a peaceful spiritual atmosphere.
- Trang An Scenic Complex - A UNESCO World Heritage Site where limestone karsts, lush valleys, and hidden caves create a mesmerizing natural wonder. Enjoy a tranquil boat ride through emerald waters, exploring ancient grottoes and historic temples.

This immersive experience blends Vietnam's traditional healing arts, cultural heritage, and natural splendor, leaving you with a deep sense of relaxation.



Meals: Breakfast, Lunch

Accommodation: Hotel in Hanoi

Day 4: Organic Thai Nguyen Tea Farm

On day 4, you will journey to the organic tea farm in Thai Nguyen province known for premium tea production. The landscape features rows of tea plants stretching across gentle slopes in various green shades. You may discover how the region's unique climate creates perfect conditions for growing flavorful tea leaves.

Your practical knowledge involves **tea picking** alongside expert farmers who will show correct harvesting methods. You will learn to choose the youngest leaves with the most aromatic tastes. Later on, you will be led through an interactive **matcha-making** lesson. During this intriguing class, you may make traditional matcha tea as well as rich matcha chocolate.



Then you will enjoy a special **BBQ dinner** beneath the wide rural sky. Savor the flavors of farm-fresh seasonal ingredients, expertly grilled to highlight the essence of the region. This outdoor feast offers a perfect blend of authentic Vietnamese barbecue and the tranquil atmosphere of Thai Nguyen's natural beauty.

Meals: Breakfast, Dinner

Accommodation: Hotel in Thai Nguyen

Day 5: Thai Nguyen Tea Farm - Hanoi

Begin your day in Thai Nguyen, Vietnam's renowned tea-growing region. Surrounded by lush green hills, this destination offers a peaceful retreat into nature and traditional wellness.

Unwind with a **herbal tea bath**, an ancient Vietnamese therapy known for its detoxifying and rejuvenating properties. Infused with aromatic herbs and tea leaves, this soothing bath helps to:

- Relax muscles and relieve stress.
- Improve circulation and refresh the skin.
- Harness the natural healing benefits of tea antioxidants.

After a revitalizing experience at the tea farm, journey back to Hanoi.



Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 6: Free Day To Relax in Hanoi

After days of exploration, your body deserves proper rest on this dedicated recovery day.

For those seeking light activity, several optional experiences remain available. You can arrange a gentle traditional massage to enhance your wellness journey. The hotel concierge will help with booking services or recommending nearby spas. You might also use this time to organize photos or purchase wellness products as souvenirs from local shops.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 7: Hanoi Departure

Your journey concludes as you prepare for your return home from Vietnam. You will enjoy a final Vietnamese breakfast at the hotel before checking out. Airport transfers will be arranged according to your flight schedule.

Meals: Breakfast

Accommodation: NA

Booking Policy

Inclusion

- Overnight in shared Twin/ Double room with Air-condition (AC) at hotel & 01 night in Thai Nguyen tea farm
- 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
- Premium Intensive Health Care & Therapy Package (180 min)

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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Best Rate Guaranteed

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

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