

# Detox Package in Viet Nam

Based on your preferences for a fully structured, health-focused retreat with one-on-one guidance, the following program is an ideal fit.

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## Location:

5-star Resort in Hue (about 2 hours by car from Da Nang)

## Transportation:

You can either fly **directly from the Philippines to Da Nang (DAD)** and then take a **2-hour private transfer** to the resort, or take a **connecting flight to Hue (HUI)** if preferred.

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## Package Options:

Duration	Price (USD)
5 Days	750.00
7 Days	1,090

*(Extra nights can be added upon request.)*

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## Why This Retreat Fits You Perfectly:

- 1:1 guidance with a wellness master, including daily health check-ins
- Juice-based detox program designed for gentle cleansing
- All activities take place within the resort grounds: yoga, nature walks, hiking, meditation and natural hot spring baths
- You'll stay in one of the few resorts in Vietnam specializing in detox and structured wellness retreats, with an experienced team of therapists and nutrition experts
- Located in Hue - the former imperial capital, renowned for its refined and healing cuisine once reserved for royals
- Flexible start dates and extendable stay options

## What to Consider:

- This program follows a **strict juice-only detox** - there are **no solid or raw foods included** (check detailed itinerary in the next page)
  - All meals are replaced by freshly prepared cold-pressed juices and herbal drinks throughout the retreat.
- It's designed for deep cleansing and full-body reset, so please ensure you're comfortable with a complete liquid detox before joining.
  - The wellness team will **closely monitor your condition each day** to ensure your comfort and safety during the process.

# 5-Day / 7-Day Package Detox Itinerary

*(The 7-day program follows the same daily schedule as Days 2–4, with two additional full detox days before the final assessment and check-out.)*

## Day 1 – Welcome and Assessment

**Arrival Hue Airport or City transfer** provided by the resort *(included in the package)*

**14:00** – Wellness Assessment

**15:00** – Binh An Experience

**16:20** – Onsen

**17:00** – Spa Treatment

**18:30** – Light meal or first Juice

**Evening:** Wellness Turn-down

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## Day 2 – Juice Cleansing and Indulgence

**06:30** – Kombucha

**07:30** – First juice of the day

**08:00** – Yoga

**09:30** – Second juice of the day

**11:00** – Juicing or Kombucha Class

**12:00** – Third juice of the day

**13:00** – Meditation

**14:00** – Fourth juice of the day

**16:00** – Fifth juice of the day

**16:20** – Onsen

**17:00** – Spa treatment

**18:00** – Wellbeing follow-up

**Evening:** Wellness Turn-down

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## Day 3 – Juice Cleansing and Indulgence

**06:30** – Kombucha

**07:30** – First juice of the day

**08:00** – Yoga

**09:30** – Second juice of the day

**12:00** – Third juice of the day

**13:00** – Meditation

**14:00** – Fourth juice of the day

**16:00** – Fifth juice of the day

**16:20** – Onsen

**17:00** – Spa treatment

**18:00** – Wellbeing follow-up

**Evening:** Wellness Turn-down

#### **Day 4 – Juice Cleansing and Indulgence**

**06:30** – Kombucha

**07:30** – First juice of the day

**08:00** – Yoga

**09:30** – Second juice of the day

**12:00** – Third juice of the day

**13:00** – Meditation

**14:00** – Fourth juice of the day

**16:00** – Fifth juice of the day

**16:20** – Onsen

**17:00** – Spa treatment

**18:00** – Wellbeing follow-up

**Evening:** Wellness Turn-down

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#### **Day 5 – Final Assessment and Check-out**

**06:30** – Kombucha

**07:30** – First juice of the day

**08:00** – Yoga

**09:30** – Second juice of the day with fruit

**09:30** – Wellness Assessment

**12:00** – Check-out and airport/city transfer service (*included in the package*)

## **Included Benefits**

- Comfortable accommodation
- Healthy welcome drink upon arrival
- Wellness assessment and daily well-being follow-up
- Daily wellness activity classes – yoga, meditation, breathing, biking, and hiking – designed to reduce stress and restore inner balance (*complimentary*)
- 5 signature detox juices per day
- Nightly spa treatments (50 minutes per person per night)
- Nightly Japanese Onsen experience (30 minutes per person per night)
- Unlimited access to natural hot-spring soaking pools
- One Juicing or Kombucha class
- Daily herbal tea turndown service
- One-time access to Zipline & Highwire park (per person, per night – children must be over 1.1m tall)
- One complimentary bottle of Alba skincare product
- Complimentary minibar (once for Deluxe/Premium Deluxe, refilled daily for Bungalow)
- Complimentary laundry: 2 pieces per guest per night (for Bungalow stays)
- Round-trip Hue Airport transfers or Hue City transfers