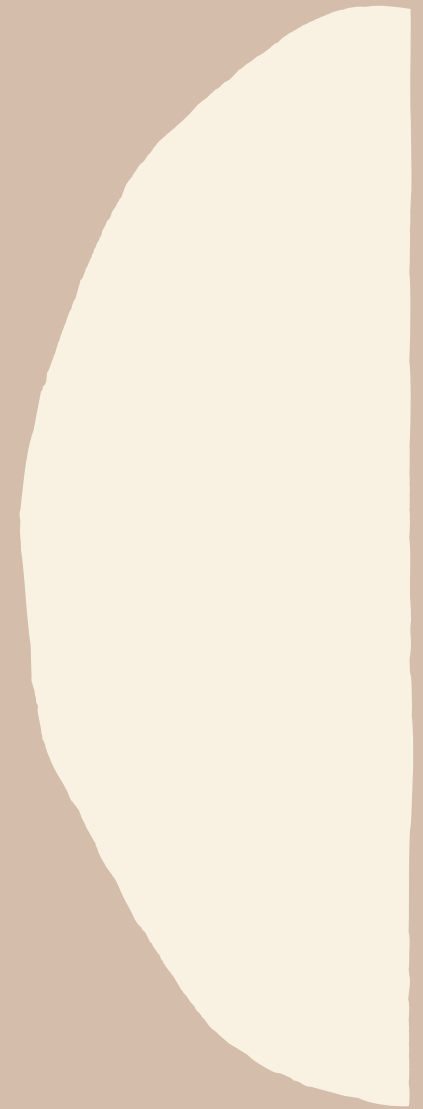




LUMINA

awaken a sense of *wellbeing*





your wellbeing journey  
*for the body*

## Traditional Wisdom, *Modern Lifestyle*

Inspired by Southern Herbology (Thuốc Nam), the traditional folk remedies of Vietnam, our wellbeing programs blend ancient healing practices with modern wellness. Developed in collaboration with Traditional Medicine Doctors and local Herbalists, these programs support your holistic wellbeing with natural remedies for today's lifestyle.

## Wellness Inclusive *Journeys*

Every guest is welcomed with a 90-minute wellness journey per person, per night to nourish your body, mind and spirit, including:

- **Herbal Remedy Prescription:** Personal wellness guidance based on your holistic self-assessment or preferred goals.
- **30-minute Herbal Hammam:** Using locally grown herbs, a soothing steam ritual inspired by the Vietnamese “Xông Hơi”.
- **60-minute Traditional Therapy:** Restorative therapies inspired by Vietnamese healing traditions, designed to nurture and relax.



# River Sauna & *Plunge*

Enjoy the separate male or female herbal sauna and cold plunge directly on the riverfront which is communal and complimentary | 30 MIN

## STEP 1: INCLUSIVE HERBAL HAMMAM

Prescribed and designed for body balance

### HERBAL STEAM & VICHY SHOWER

| 30 MIN

The traditional Xong Hoi steaming therapy has inspired this experience and is custom formulated with Vietnamese herbalists to enhance body balance. Select from a choice of:

- **Herbal Remedy for Circulation**

A gentle herb exfoliation or wrap with a custom blend of mugwort, licorice, angelica, fresh perilla and green tea leaves to improve circulation in the body, followed by Vichy shower.

- **Herbal Remedy for Relaxation**

A gentle herb exfoliation or wrap with a custom blend of mugwort, chrysanthemum, angelica and fresh mint leaves, formulated to deepen relaxation followed by vichy shower.

- **Gentle Facial Exfoliation**

A natural paste, applied with a light massage with angelica, licorice powder and perilla leaves, cleaning the pores and stimulating facial circulation.





## STEP 2: INCLUSIVE TREATMENTS

Prescribed and designed for body balance

### RELAXATION LOUNGE

Take a moment to integrate the hammam experience and rehydrate with our wellness waters, prior to your treatments.

### TRADITIONAL THERAPIES

| 60 MIN

The following traditional Vietnamese therapies have been customized with local traditional doctors and specialist practitioners for body tension release. Select from a choice of:

- **Vietnamese Massage**  
A full body massage, head to toe, focusing on tension relief in the body, incorporating traditional kneading techniques with a healing oil blend and mugwort moxa stick.
- **Cupping Therapy**  
Heated suction cups are applied to the upper body in combination with Vietnamese massage techniques for back, neck and shoulder tension release.
- **Facial Reflexology**  
A traditional technique called Dien Chan, with 5 acupressure tools that release tension from the face, head and neck while supporting to calm the mind for relaxation
- **Acupressure Therapy**  
A full body therapy focusing on pressure points to stimulate Qi flow, combined with Dien Chan tools and ginger-mugwort oil based on assessment.



## Recommended Evening *Ritual*

Prescribed and designed for body balance at turndown.

- **Relaxing Bath Soak**  
Ease into a comforting bath soak with fresh lemongrass, ginger, mint and citrus leaves in your warm sunken bathtub overlooking the pool.
- **Anti-inflammatory Herbal Tea**  
Savour a circulation-boosting tea with Asian flowers, longan, licorice and ginger.
- **Sleeping-enhancing Herbal Tea**  
Sip on a tea of chrysanthemum, lotus seed, passion flower, preparing for restorative sleep

## Private *Experience*

Designed to complement the Body Balance program. Pre-booking required & subject to availability of specialist practitioners.

### Private Yoga with Breathwork

A private yoga set that can be customized to your body's needs, releasing body tension with breathwork to restore balance and boost vitality.

Up to 2 guests	60 min   VND 1,500,000
Up to 5 guests	60 min   VND 2,200,000
Extra guests	60 min   VND 300,000



“ Nurture your body with the wisdom of nature. Just as plants bring balance to the earth, the right herbs can restore harmony and vitality from within.

# Booking *Advisory*

## Opening Hours

Spa & Wellbeing services: 09:30- 21.30 (last booking by 20:00)

Movement Studios: Fitness from 05:00-23:00, Yoga as per schedule

## Wellbeing Bookings

Room rates include a 90-minute prescriptive wellness journey, per person, per night.

We strongly recommend booking spa services in advance to secure preferred times.

Bookings will be confirmed during opening times only. Please book via:

- Telephone on +84 235 396 9888 or extension 868 / 890
- E-mail to [wellbeing@namiariverretreat.com](mailto:wellbeing@namiariverretreat.com)
- Website <https://namiariverretreat.com/wellbeing>

## Inclusive Journey - Amendment / Late Arrival / Transferring

- Over 15-minute delay, your appointment will be cancelled automatically.
- The option to reschedule will be subject to availability or may be considered void.
- Treatments are non-transferable.

## Payable Treatments - Cancellation / No Show

- Guests can amend their bookings up to 4 hours before the scheduled appointment.
- 50% cancellation fee applies if cancelled less than 4 hours prior to appointment.
- Unfortunately, no refunds or exchanges apply.
- All prices are in VND and exclude 10% VAT and 5% service charge.

## Age Requirements

- Under 12 years: the spa services are not available
- From 12 to 15 years: selected spa services are available depending on the extra bed package with parents present in the room or/ and by signing a written consent form
- Over 16 years: the full wellness journey is included in the standard package

## Health Concerns

- The Hammam journey is not suitable for pregnancy, or those with certain medical conditions, including heart issues, high blood pressure, skin infections, open wounds, and others.
- Our therapies have powerful benefits. Please notify us if you start experiencing any detox symptoms (nausea, digestion issues, light-headedness, agitation, muscle aches)
- For any other health concerns, please advise the team on arrival for recommendations and adjustments to treatments. Custom-designed services for expectant and nursing mothers are available on request.

## Wellbeing Etiquette

- Prior to Appointment
- Drink plenty of water before and after treatments to stay hydrated.
- Avoid heavy meals and alcohol 90 minutes prior to appointment.
- Kindly leave any valuables in your room safety box.
- Ladies should remove make-up and men should avoid shaving prior to treatment.

## Arriving for Appointment

- Arrive wearing disposable underwear, bathrobe and slippers provided in your room.
- Complete the health consultation and holistic self-assessment online, prior to arrival.
- Arrive 15 minutes early for your first journey, the wellbeing team will review your health concerns and suggest a suitable treatment program.

## Spa Ambiance

- Kindly switch your mobile phones and other devices off or on silent mode.
- Photos only on the spa terrace are permitted to ensure the privacy of our guests.
- No smoking, outside food and alcohol prior to treatment are permitted.
- Kindly respect the silence and privacy of others.