

12-16
November
2025

LUMINA
awaken a sense of *wellbeing*

VIETNAM DETOX
NAMIA RIVER RETREAT
5D4N, Hoi An, Viet Nam

Vietnamese Herbal *Detox*

The Art of
Fasting,
*rooted in ancient
herbal wisdom*

Why join Vietnamese Herbal Detox Retreat?

✓ **EXPERT-GUIDED DETOX
PROTOCOLS BY VIETNAM
DETOX**

Pioneers of Buchinger
therapeutic fasting to guide
your holistic cleanse

✓ **LUXURY PRIVATE POOL
VILLAS AT NAMIA RIVER
RETREAT**

Providing a healing sanctuary
on an islet in Thu Bon River,
rich with local culture.

✓ **WELLNESS-INCLUSIVE
JOURNEY AT LUMINA
WELLBEING**

Enriching the experience with
wellness therapies rooted in
Vietnamese herbal wisdom.

Retreat *Includes*

VENUE: NAMIA RIVER RETREAT

🌿 Luxury riverfront wellness
inclusive resort in Hoi An,
Vietnam

🏠 Private 1-bedroom Nipa
pool villa

☕ Freshly pressed juices and
nourishing herbal broths
prepared daily

📦 Take home post-detox herbs
& traditional tea

🌸 Daily Wellness Journey, per
person, per night (Herbal
Hamam & Traditional Spa
Therapy for 90')

🚗 Return airport transfers

RETREAT ACTIVITIES

- *Gentle Buchinger Fasting*

Nourish your body with pure juices, handcrafted herbal broths, and revitalising teas, designed to cleanse from within, boost vitality, and leave you feeling lighter and clearer each day.

- *Authentic Vietnamese Herbal Immersion*

Enjoy a tour of the herbal gardens, choose fresh herbs for your bath ritual, or savour herbal tea formulations. Take part in hands-on workshops with Dien Chan tools, detox pressure points, and traditional mugwort moxa - simple practices to take home.

- *Deep Cultural Connection*

Delve into the stories, temples, and traditions of Hoi An and its surroundings with guided local journeys, meditative river walks, and authentic encounters with Vietnamese healers.

- *Mindful Movement and Rest*

Wake up with riverside stretching or yoga, reflect in peaceful corners of the resort, and enjoy gentle cycling and breathwork that refresh both your mind and your nervous system.

- *Daily Wellness Learning*

Gain confidence and clarity with classes on safe fasting, herbal medicine, and simple tools for lasting wellness at home, supported by expert guides and a caring, international community.

Retreat Program

Day 1: Arrive At Namia River Retreat In Hoi An

12:00	Onwards for check-in with transfers for your flight schedule included
12:30-16:00	Personal health and wellness check-ups
13:30-16:00	Wellness journey (30' Hammam, 60' Vietnamese Therapy)
16:30-17:00	Getting to know you by <i>Vietnam Detox</i>
18:00-19:30	Light and nourishing welcome dinner
20:00-20:45	Sleep yoga (optional)
21:00	Return to villa, enjoy a herbal steam breathwork ritual before bed

Day 2: Orientation And Preparing Body & Mind

06:00-06:45	Yin stretch and breathe yoga class
07:00-09:00	Retreat orientation and what to expect by Vietnam Detox
11:45-12:00	1st organic juice, freshly pressed by <i>Vietnam Detox</i>
12:00-14:30	Wellness journey (30' Dien Chan, 60' Herbal Bundle)
14:30-14:45	2nd organic juice, freshly pressed by <i>Vietnam Detox</i>
15:00-17:00	Holistic wellness class by <i>Vietnam Detox</i>
17:00-18:00	Personal relaxation and reflection time
18:00-19:30	Fasting broth and sharing session by <i>Vietnam Detox</i>
20:00-20:45	Sleep yoga (optional)
21:00	Return to villa, sip on a Thuoc Nam herbal tea for sleep

Day 3: Fasting Begins

05:30-06:30	Journaling, Dry body brushing self care ritual, Kneipp showers, Body oiling
06:30-07:30	Guided bamboo bicycle trail through Hoi An Old Town
08:00-08:30	1st organic juice, freshly pressed by <i>Vietnam Detox</i>
08:30-09:30	Coffee enema in the comfort of your villa by <i>Vietnam Detox</i>
10:00-11:30	Dien chan facial detox pressure points & mugwort
11:45-12:00	2nd organic juice, freshly pressed by <i>Vietnam Detox</i>
12:00-14:30	Wellness journey (30' hammam, 60' Acupressure therapy)
14:30-14:45	3rd organic juice - freshly pressed by <i>Vietnam Detox</i>
15:00-16:00	Yin stretch and breathe yoga class
17:00-18:00	Personal relaxation and reflection time
18:00-19:00	Fasting broth and sharing session by <i>Vietnam Detox</i>
20:00-20:45	Sleep yoga (optional)
21:00	Return to villa, sip on a Thuoc Nam herbal anti-inflammatory tea

Day 4: Deeper Detox

05:30-06:30	Journaling, Dry body brushing self care ritual, Kneipp showers, Body oiling
06:30-07:30	Guided bamboo bicycle trail through the countryside
08:00-08:30	1st organic juice, freshly pressed by <i>Vietnam Detox</i>
08:30-09:30	Coffee enema in the comfort of your villa by <i>Vietnam Detox</i>
10:00-11:30	Holistic wellness class by <i>Vietnam Detox</i>
11:45-12:00	2nd organic juice, freshly pressed by <i>Vietnam Detox</i>
12:00-14:30	Wellness journey (30' Dien Chan, 60' Herbal Bundle)
14:30-14:45	3rd organic juice, freshly pressed by <i>Vietnam Detox</i>
15:00-16:00	Basket boat ride among native nipa palms
17:00-18:00	Personal relaxation and reflection time
18:00-19:00	Fasting broth and sharing session by <i>Vietnam Detox</i>
19:30-20:00	'Message across time' ritual
20:00-20:45	Sleep yoga (optional)
21:00	Return to villa, enjoy a Thuoc Nam herbal bath ritual before bed

Day 5: Revitalized And Ready To Depart

05:30-06:30	Journaling, Dry body brushing self care ritual, Kneipp showers, Body oiling
06:30-08:00	Sunrise cruise with guided meditation
08:00-08:30	1st organic juice, freshly pressed by <i>Vietnam Detox</i>
08:30-09:00	Coffee enema in the comfort of your villa by <i>Vietnam Detox</i>
10:00-11:00	Holistic wellness class by <i>Vietnam Detox</i>
11:45-12:00	2nd organic juice, freshly pressed by <i>Vietnam Detox</i>
12:00-13:30	Personal health and wellness check-ups
14:30	Onwards departure with transfers for your flight schedule included

The Venue – *Namia River Retreat*



Nestled on the Con Ba Xa Islet in Hoi An, Vietnam, Namia River Retreat is thoughtfully crafted with genuine cultural journeys and wellness-inclusive therapies inspired by Vietnamese herbology.

With 60 private pool villas, locally inspired dining experiences, and stunning pools with Thu Bon River views, the resort opens new ways to explore and connect with the lantern-lit ancient town of Hoi An.

Namia River Retreat is also a member of the Small Luxury Hotels Of The World (SLH) Considerate Collection and Wellbeing Collection, underscoring Namia River Retreat's commitment to sustainability, community engagement, and cultural preservation.

Website: www.namiariverretreat.com

Vietnam Detox *Specialists*



Dieter Buchner, *Buchinger Fasting Specialist & Retreat Leader*

Dieter cofounder of Vietnam Detox, discovered fasting after seeing his best friend heal through a seven-day fast. Inspired, he trained as a Buchinger Fasting Coach at the German Fasting Academy. With a background in massage therapy and professional training in learning and development, he designs retreats that are both supportive and well-informed. Since 2016, Dieter has guided people worldwide to use fasting as a path to health, self-discovery, and lasting wellbeing.



Trương Tấn Hoàn, *Buchinger Fasting Program Manager*

Hoàn, co-founder of Vietnam Detox, embodies warmth and the Vietnamese spirit. Since 2016, he has guided participants with care, from health surveys to preparing fresh, energizing juices. As Program Manager, he manages schedules, logistics, and hiking routes while coordinating with expert trainers in yoga, meditation, and movement. With his passion for culture and people, Hoàn ensures every detox journey nurtures body, mind, and spirit.

Vietnam Detox



Founded in 2016 by certified Buchinger fasting coach Dieter Buchner, pioneered professional fasting and detox retreats in Vietnam. Today, Vietnam Detox is recognized as a regional leader, offering science-backed Buchinger fasting retreats in exceptional settings that restore balance, health and vitality.

Program *Language*

Program available in English, with Vietnamese translation support

Retreat *Investment*



Travelling Solo

Nipa Pool Villa

Indoor 62 sqm, Pool & Terrace 86 sqm, Total 148 sqm

- Private pool villa with nipa palm view
- Open-plan bedroom, sunken bathtub, pool view
- En-suite bathroom with vanity and shower
- Lounge opening onto terrace, pool with loungers
- All standard facilities and bamboo bicycles

USD 2,800 for 5 days, 4 nights package

per person/ single room
rates include taxes & service charge



Travelling Together

Nipa Pool Villa

Indoor 62 sqm, Pool & Terrace 86 sqm, Total 148 sqm

- Private pool villa with nipa palm view
- Open-plan bedroom, sunken bathtub, pool view
- En-suite bathroom with vanity and shower
- Lounge opening onto terrace, pool with loungers
- All standard facilities and bamboo bicycles

USD 2,100 for 5 days, 4 nights package

per person/ sharing twin room
rates include taxes & service charge

Special *Offers*

- **EARLY BIRD DISCOUNTS** - Book 21 days prior to retreat, receive 10% off retreat price
- **EXTENSION NIGHTS** - USD 595 per villa, per night for Nipa Pool Villa
- **UPGRADE NIGHTS** - USD 150 net per villa, per night for upgrade to River Pool Villa
- **TRAVEL AGENTS** - Receive 15% commission on retreat price for bookings

Other *Information*

INCLUSIONS

- 04-night stay at Pool Villa (Nipa view)
- Resort shuttle boat to Hoi An Town
- Complimentary Da Nang airport round trip transfers
- Wellness Journey, per person, per night (30' Herbal steam & 60' Traditional spa therapy)
- All herbal materials and take-home products
- All freshly pressed juices and herbal broths
- Cultural immersion activities, including temple and village visits
- Complete Buchinger fasting provisions with Vietnamese herbal enhancements
- Exclusive Vietnamese herbal workshops and cultural experiences led by Namia River Retreat
- Daily wellness coaching and personal support from Vietnam Detox experts
- Seamless coordination and luxury service standards through Lumina Wellbeing
- Traditional Vietnamese spa treatments and therapeutic herbal ceremonies
- Follow-up integration guidance and continued support

EXCLUSIONS

- Other food and beverage and personal expenses
- Visa, airfare and any extension nights

PRIVATE SESSIONS

Outside of the activity hours or post-retreat, additional spa treatments or private one-on-one follow-up sessions with our retreat facilitators are available. Booking and prices on request.

CANCELLATIONS/ NO SHOW

- Cancellations made more than 21 days prior to retreat start date, no cancellation fee.
- Cancellations made 21 days prior to retreat start date, 50% of retreat price.
- Cancellations made 14 days prior to retreat start date/ no show, 100% of retreat price.
- A minimum of 5 participants required for a retreat. Should we not receive the minimum participants booking, retreat may be cancelled up to 21 days prior to retreat start date.

Ready to *Explore?*

BOOK NOW

Website: www.lumina-wellbeing.com
Facebook: www.facebook.com/luminawellbeingspa
Linkedin: www.linkedin.com/company/luminawellbeing

Hotline (WhatsApp, Zalo, Viber): 0987 101 577
Email: hello@lumina-wellbeing.com

