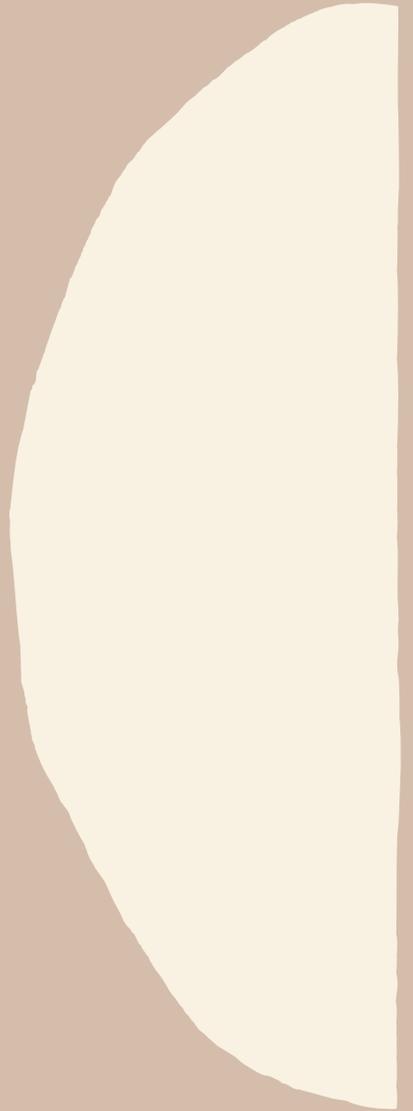


LUMINA

awaken a sense of *wellbeing*



## 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.

## Tailored Wellness *Programs*

Our menu is designed to support your wellbeing throughout your stay. To experience its full benefits, we encourage you to follow a dedicated program.

- **For stays of fewer than 3 nights:** We recommend choosing either the Body Balance or Deep Rest program each day to enjoy maximum benefits.
- **For stays of 3 nights or more:** You will be invited to complete a complimentary holistic self-assessment, after which our wellness guides will prescribe and customize the programs just for you. We encourage you to follow this personalized journey for deeper, lasting results.
- **Deep Rest Program:** For stress relief, better sleep, and mental clarity.
- **Body Balance Program:** Eases tension, improves circulation, and reduces inflammation.





## Wellness Inclusive *Journeys*

Every guest receives an inclusive **90-minute wellness journey per person, per night** to nourish your body - mind - spirit. Here is what you can expect from this journey:

- **Pre-Arrival: Preparation**

Arrive wearing a bathrobe and disposable underwear provided in your bedroom (or swimsuit for sauna & plunge). Hydrate before the wellness journey.

- **Step 1: Health Consultation**

Complete your health consultation and provide it to the spa reception upon arrival.

- **Step 2: Herbal Apothecary**

Prescribed herbal remedy for body or mind based on your consultation form and preferred goals.

- **Step 3: Prepare Body For Therapy**

With choice of 30-minute Solo Herbal Hammam (including refreshments) OR Communal Sauna & Cool Plunge. Select from the menu (*page 8-9*).

- **Step 4: Relaxation Lounge**

Take a moment to integrate the hydro experience and rehydrate with our mineralized wellness waters before your treatments.

- **Step 5: 60-minute Traditional Vietnamese Therapy**

Unwind with restorative therapies designed to enhance stress release and deepen relaxation. Select from the menu (*page 12-13*).

embark on your wellbeing journey  
*for the body*



## *body balance*

To ease body tension  
Ideal for pain relief, reduced inflammation,  
and improved circulation

embark on your wellbeing journey  
*for the mind*



## *deep rest*

To support deeper relaxation  
Ideal for stress relief, sleep improvement,  
mood boosting, and mindfulness

## INCLUSIVE HERBAL XONG HOI

This experience is inspired by the traditional Xong Hoi steaming therapy and is custom formulated with Vietnamese herbalists to *enhance body balance*. | 30 MIN

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Select 1 from a choice of:

- **Thuoc Nam Hammam for Circulation**

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

- **Thuoc Nam Hammam for Inflammation**

A gentle herb *exfoliation or wrap* with a blend of fresh mugwort, cinnamon, and herbal powders to release inflammation from the body, followed by a Vichy shower.

- **Organic Ginger Soap Hammam Exfoliation**

An ancestral natural cleansing practice with foaming *Ginger root* herbal soap to revitalize the skin. Finished with a purifying Vichy water cleanse.

- **River Sauna & Cool Plunge**

A mindful thermal journey combining herbal-infused sauna with curated essential oils and breathwork, followed by a refreshing cool plunge to awaken the senses. Group experience with both male and female guests participating in swimsuits.

## INCLUSIVE HERBAL XONG HOI

This experience is inspired by the traditional Xong Hoi steaming therapy and is custom formulated with Vietnamese herbalists *enhance deep rest*. | 30 MIN

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Select 1 from a choice of:

- **Thuoc Nam Hammam for Relaxation**

A gentle herb *exfoliation or wrap* with a custom blend of chrysanthemum, angelica, and dried mint leaves to deepen relaxation, followed by a Vichy shower.

- **Thuoc Nam Hammam Facial Cleanse**

A natural paste of angelica, licorice powder and perilla leaves is gently massaged onto the skin to cleanse pores and stimulate facial circulation, without Vichy shower.

- **Organic Ming Aralia Soap Hammam Exfoliation**

An ancestral natural cleansing practice with foaming *Ming aralia* herbal soap for calming benefits. Finished with a purifying Vichy water cleanse.

- **River Sauna & Cool Plunge**

A mindful thermal journey combining herbal-infused sauna with curated essential oils and breathwork, followed by a refreshing cool plunge to awaken the senses. Group experience with both male and female guests participating in swimsuits.



## VIETNAMESE WELLNESS THERAPIES

The following traditional Vietnamese therapies have been customized with local traditional doctors and specialist practitioners for *body tension release*. | 60 MIN

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Select 1 from a choice of:

- **Vietnamese Massage**  
A full-body massage that focuses on tension relief in *the body*, and incorporates traditional kneading techniques with an oil blend and mugwort moxa stick.
- **Acupressure Therapy**  
A “dry” full-body therapy that *enhances Qi flow*, combined with traditional Dien Chan tools to stimulate the body’s acupressure release points.
- **Cupping Therapy**  
Heated suction cups are applied to the back of the body in combination with Vietnamese massage techniques for tension release. This therapy leaves cupping marks for approximately 3-5 days.
- **Herbal Poultice Therapy**  
A full-body treatment using warm bundles filled with medicated herbs and powders from 8 healing plants, heated and pressed along the body to restore balance.

## VIETNAMESE WELLNESS THERAPIES

The following traditional Vietnamese therapies have been customized with local traditional doctors and specialist practitioners to *unwind the mind*. | 60 MIN

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Select 1 from a choice of:

- **Vietnamese Massage**  
A full-body massage that focuses on easing *the mind*, and incorporates traditional kneading techniques with an oil blend and mugwort moxa stick.
- **Acupressure Therapy**  
A “dry” full-body therapy that *promotes deeper relaxation*, combined with traditional Dien Chan acu-point tools to stimulate the mind’s acupressure release points.
- **Facial Reflexology**  
Dien Chan, a traditional technique using 5 specialized tools, releases tension from the face, head, and neck, while calming the mind for relaxation by targeting specific acupressure points.
- **Facial Bundle Therapy**  
Mini herb bundles, filled with 6 medicated herbal seeds, plants and peels, are applied to the face and upper body to soothe the nervous system and invite deep release.

## In-room Evening *Ritual*

A gentle ritual to restore balance and *ease the body* into a more relaxed state. Select your ritual and we'll prepare it in your villa each evening for a soothing experience.

- **Thuoc Nam Herbal Bath Soak - For Body Balance**  
Ease into a comforting, warm bath soak with fresh lemongrass, ginger, mint, and malbau leaves in your sunken bathtub overlooking the pool.
- **Thuoc Nam Herbal Tea - Anti-Inflammation**  
Savor a circulation-boosting tea with Asian flowers, longan, licorice, and ginger.



## In-room Evening *Ritual*

A quiet ritual, designed to calm the senses and welcome *restful sleep*. Select your ritual and we'll prepare it in your villa each evening for a soothing experience.

- **Thuoc Nam Herbal Bath Soak - For Deep Rest**  
Ease into a comforting, warm bath soak with dried flowers and herbs in your sunken bathtub overlooking the pool.
- **Thuoc Nam Herbal Tea - For Sleep**  
Sip on a tea of chrysanthemum, lotus plumule, jasmine flower, a concoction for restorative sleep.



# Other Recommended Payable *Services*

Designed to complement the program. Pre-booking is required and subject to the availability of specialist practitioners.

## ADDITIONAL THERAPIES - IN SPA

Select from any traditional therapy on the spa menu

30-minute treatment	VND 1,000,000
60-minute treatment	VND 1,800,000
90-minute treatment	VND 2,500,000

## ADDITIONAL THERAPIES - XONG HOI

Choice of herbal hammam, or sauna & plunge experience

30-minute hammam with personal herbalist prescription ( <i>per guest</i> )	VND 1,200,000
30-minute sauna and cool plunge ( <i>per guest</i> )	VND 1,200,000

## ADDITIONAL THERAPIES - IN ROOM

Choice of herbal foot bath & reflexology, or head & shoulder acupressure with Dien Chan tools

30-minute treatment	VND 1,200,000
60-minute treatment	VND 2,000,000
90-minute treatment	VND 2,700,000

## VIETNAMESE HERBALIST CONSULTATION

Discover the wisdom of ancient remedies with an individual and personalized consultation by a Vietnamese Herbalist to address stress and imbalances, offering tailored remedies to enhance relaxation and promote restful sleep.

In-house herbalist ( <i>with translator</i> )	30 min   VND 1,000,000
Hoi An herbalist and doctor ( <i>with translator</i> )	60 min   VND 2,500,000

## TRADITIONAL RECOVERY TREATMENT

A personalized herbalist therapy rooted in traditional wisdom to ease tension, support circulation, and restore vitality.

In-house herbalist ( <i>treatment only</i> )	60 min   VND 1,800,000
In-house herbalist ( <i>with consultation or extended 30' treatment</i> )	90 min   VND 2,500,000

## PRIVATE IN-ROOM SOUND HEALING

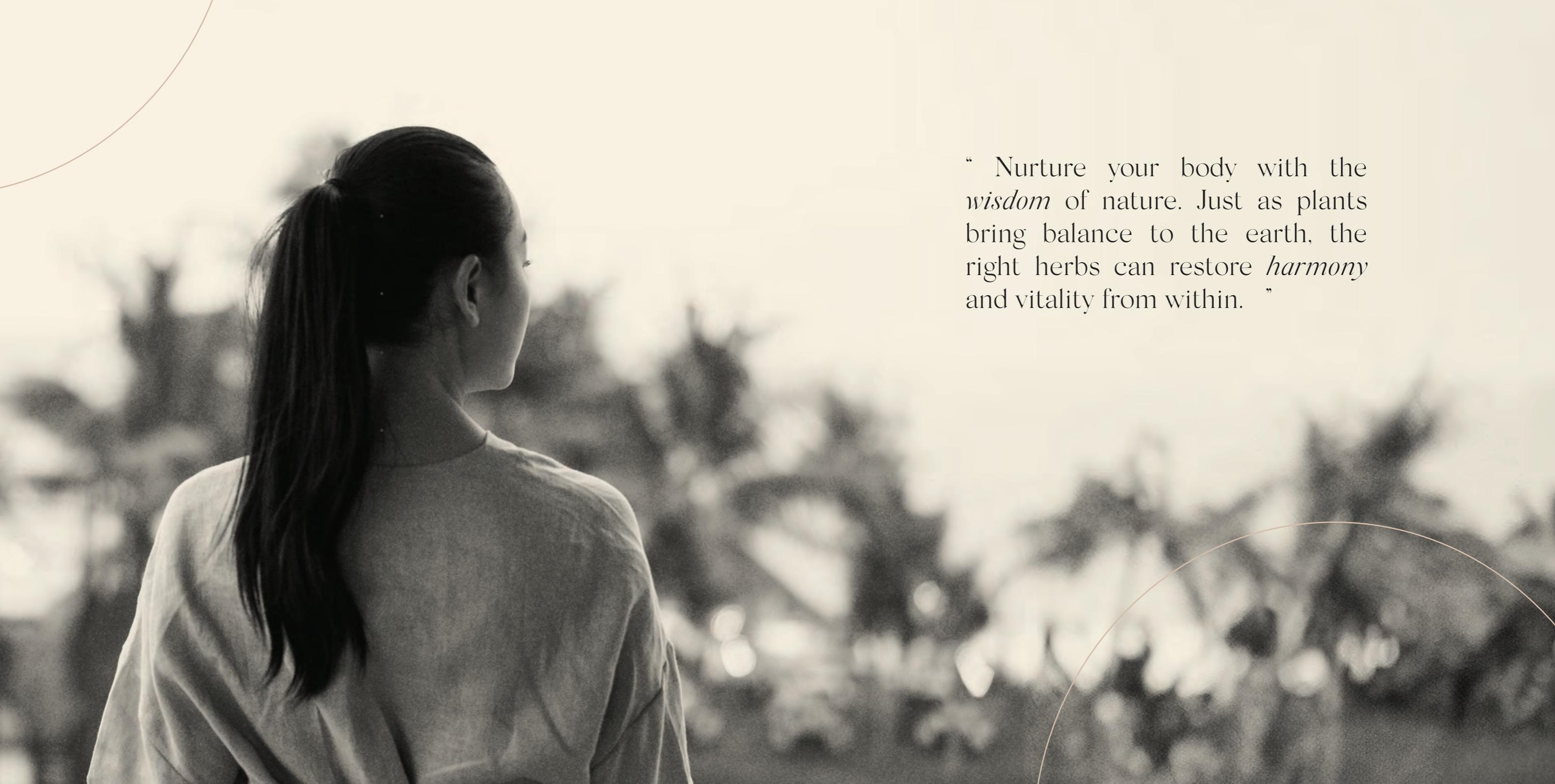
Immerse yourself in a meditative sound healing journey, guided by a practitioner using sound bowls, to relax the nervous system, balance energy, and bring you into deep rest.

Up to 2 guests	60 min   VND 2,200,000
Up to 5 guests	60 min   VND 3,500,000
Extra guests	60 min   VND 300,000

## PRIVATE CUSTOM YOGA & MINDFULNESS

A private mindful practice customized to your personal needs, whether to ease body tension, foster stress release, or deepen relaxation; complemented by guided meditation to cultivate inner peace.

Up to 2 guests	60 min   VND 1,800,000
Up to 5 guests	60 min   VND 2,500,000
Extra guests	60 min   VND 300,000

A black and white photograph of a woman with long dark hair in a ponytail, seen from the back and side, looking out over a blurred forest. The scene is lit with the warm, soft light of a sunset or sunrise, creating a bokeh effect in the background. A thin, light-colored arc is visible in the top left corner, and another larger arc is in the bottom right corner.

“ 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: 09:00 - 21:30 (last booking by 20:00)
- Movement Studios: Fitness from 05:00 - 23:00, Yoga as per activity schedule

## Wellbeing Bookings

- Room rates include a 90-minute prescriptive wellness journey, per person, per night.
- Pre-Arrival - It is recommended to book a 90-minute time slot in advance for your arrival day. Should this not be pre-booked, a non-changeable time slot will be automatically assigned. The service details of the first treatment and future bookings can be made upon arrival at the resort with the spa team.
- Upon Arrival - It is recommended to book your 90-minute time slots and treatments in advance for your full stay to secure preferred times.
- Xong Hoi remedies prepare the body for deeper treatment benefits and are not exchangeable if unused.
- Treatments are non-transferable as we promote the importance of self-care.

## Bookings will be confirmed during spa opening hours only. Please book via:

- Telephone on +84 235 3969 868 or extension 868 or 869
- E-mail to wellbeing@namiariverretreat.com
- Website <https://namiariverretreat.com/wellbeing>

## Inclusive Journey - Amendment / Late Arrival / Transferring

- If you arrive less than 15 minutes late, your treatment time may be shortened to complete within the booked time slot. Delays over 15 minutes will result in automatic cancellation of your appointment.
- The option to reschedule will be subject to availability only and may be considered void for the day.

## Payable Treatments - Cancellation / No Show

- Guests can amend their bookings up to 4 hours before the scheduled appointment.
- A 50% cancellation fee applies if cancelled less than 4 hours before the appointment.
- Unfortunately, no refunds or exchanges apply.
- All prices are in VND, excluding 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*

- Our therapies have powerful benefits. *Please notify us if you start experiencing any detox symptoms* (nausea, digestive issues, light-headedness, agitation, muscle aches)
- Every guest must ensure accurate *completion of the health consultation and waiver form*. This is a compulsory requirement to ensure your experience is safe, personalized, and fully aligned with your needs.
- The Hammam / Sauna & Cool plunge journeys are *unsuitable for certain medical conditions*, including heart issues, high blood pressure, skin infections, open wounds, etc.
- For any other health concerns, please advise the team upon your arrival for treatment recommendations and adjustments.
- Custom-designed maternal wellness journeys for all stages of pregnancy and for nursing mothers are available upon request. Hammam / Sauna & Cool plunge journeys *are not suitable* for these customized wellness journeys.

# Wellbeing *Etiquette*

## Before Appointment

- Drink plenty of water before and after treatments to stay hydrated.
- Avoid heavy meals and alcohol 90 minutes before the appointment.
- Kindly leave any valuables in your villa's safety box.
- Ladies should remove makeup, and men should avoid shaving before treatment.

## Arriving for Appointment

- Arrive wearing disposable underwear, bathrobe, and slippers provided in your room (or swimsuit if starting with sauna and cool plunge journey).
- Complete the *health consultation* (for stays of fewer than 3 nights) and *holistic self-assessment* (for stays of 3 nights or more) online before arrival.
- *Arrive 15 minutes early* for your first journey, and the wellbeing team will review your health concerns and suggest any recommended changes to your wellness journey.

## Spa Ambiance

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