

WELLNESS TOURISM

IN VIETNAM



Meet Our Members



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TRAN THI AN NA



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1. About the wellness tourism in Vietnam

Vietnam owns rich and diverse natural mineral water resources, valuable for medical treatment, nursing and health care:

- Vietnam's mineral water is exploited to treat many different diseases that have become places of rest and recuperation.
- Vietnam has a coastline of 3,260 km with many beautiful beaches and coastal islands, which are very suitable for wellness tourism.
- In Vietnam, besides a rich system of historical relics, there are many pagodas, viharas and monasteries that can be exploited to develop tourism type associated with Zen and Yoga in particular

2. The reasons that Vietnamese people come to wellness tourism

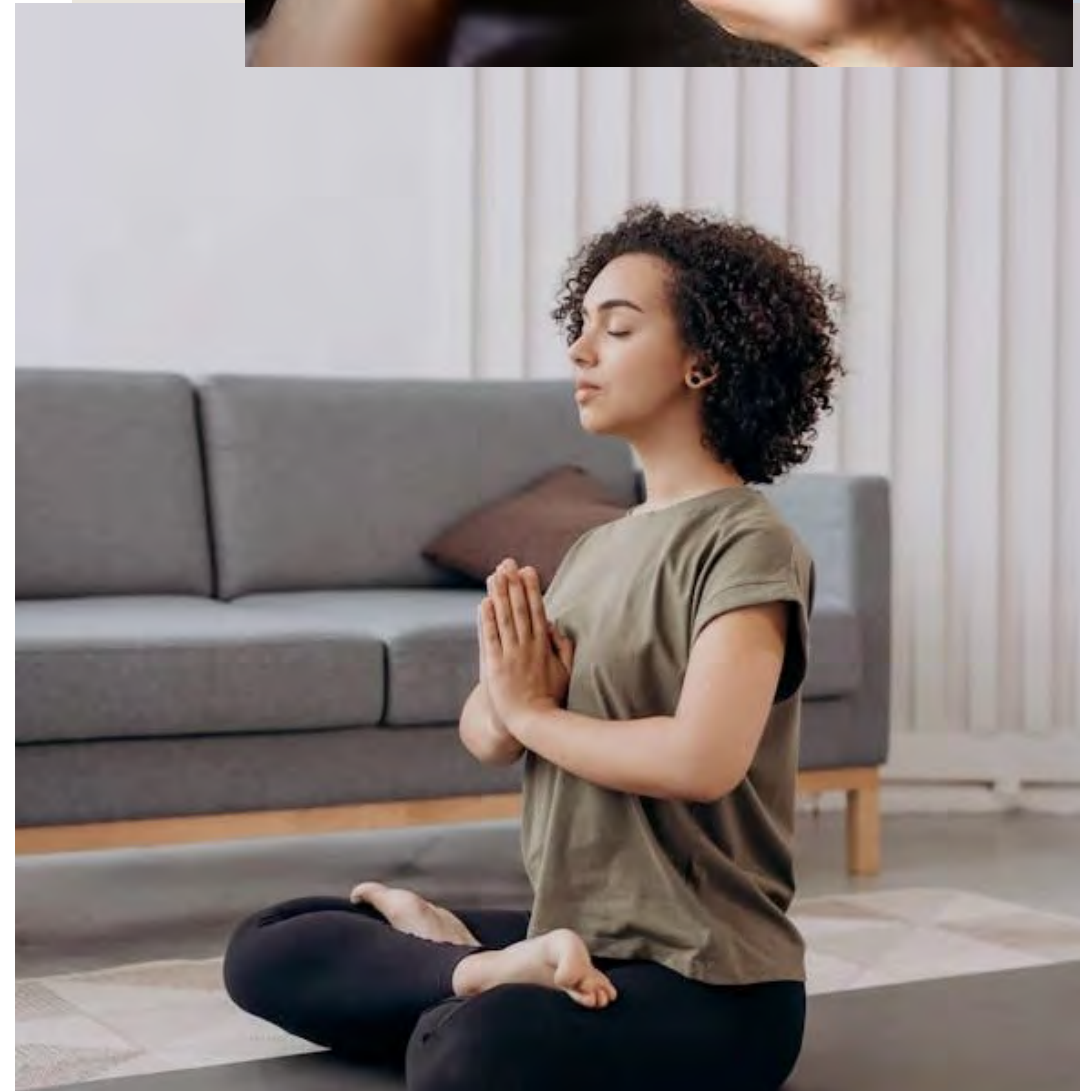
- The pressures of modern life.
- The growing emphasis on health and well-being.
- The impact of the COVID-19 pandemic.
- The desire to connect with nature and find inner peace.
- The interest in experiencing new cultures and learning traditional healthcare methods.
- The need to socialize and connect with like-minded individuals passionate about health and wellness tourism.

3. Some popular activities for wellness tourism in Vietnam



Some activities included in wellness tourism in Vietnam:

- Practice meditation and yoga
- Do exercise
- Spa
- The menu is full of nutrients and healthy
- Friendly interactions with local people
- Participate in health improvement activities such as: mountain climbing, cycling...
- Participate in some meaningful charity activities
- Visit some famous tourist resort destinations



4. Some potential destinations for wellness tourism in Vietnam



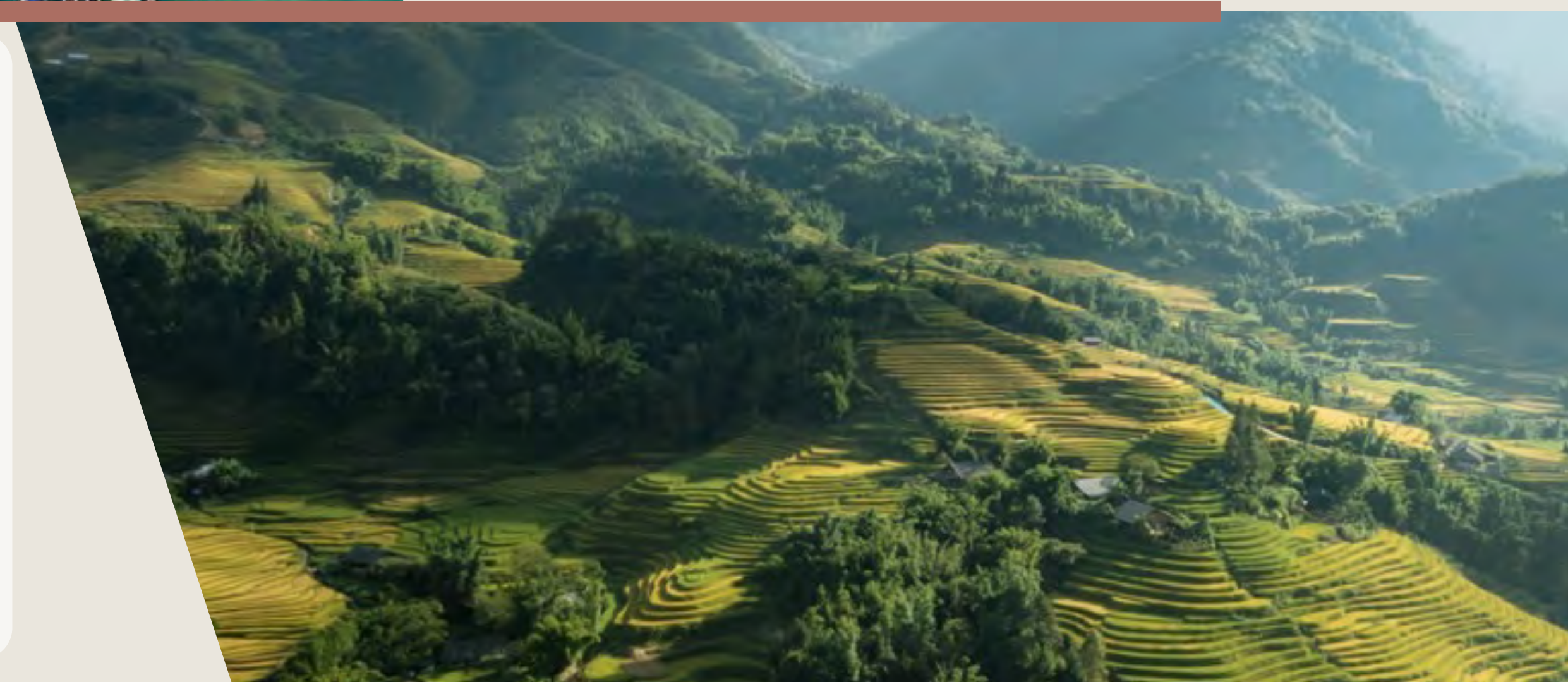


1. Ha Long Bay, Quang Binh

This place is famous for its majestic natural scenery, beautiful caves, and fresh air. Visitors can participate in activities such as swimming, kayaking, climbing, yoga, and meditation.

2. Sapa, Lao Cai

Sapa is a beautiful mountain town in Vietnam that is known for its stunning scenery, refreshing climate, and rich cultural heritage. Some of the most popular wellness activities such as: yoga and meditation, spa treatments, hiking, trekking, visiting the local villages, homestays.



3. NHA TRANG CITY, KHANH HOA

Nha Trang is a beautiful coastal city in Vietnam that is known for its stunning beaches, clear blue water, and lush green mountains. This place is the paradise of entertainment and relaxation with hundreds of hotels and resorts.

Offering a variety of wellness activities such as: yoga, spa treatments, swimming, participating in water sports, hiking or biking,...



4. HOI AN CITY, QUANG NAM

This ancient town is recognized by UNESCO as a world cultural heritage with ancient houses, winding alleys, and attractive specialties.

Visitors can visit famous places such as the Japanese Covered Bridge, Tan Ky ancient house, lantern street, and enjoy local specialties.



Phu Quoc Island, Kien Giang



Da Lat city, Lam Dong



Ninh Binh



Son Doong Cave, Quang Binh



Thank You for listening!

Vietnam Timeless Charm