



## **WELL-BEING AT AN LAM RETREATS NINH VAN BAY**

Capturing the energy of the surrounding nature with a unique sense of simplicity and barefoot luxury, the retreat maintains an ongoing emphasis on well-being.

Set in a lush jungle, the design of Jungle spa embodies the calm and rejuvenating benefits of nature through the tropical surroundings offering visual and auditory experiences that pamper and heal. It offers three treatment rooms, a Yoga and meditation Sala, and a fitness centre. The Spa complex is built in a relaxed and intimate tropical style, offering treatments rooted in the local tradition blended with modern techniques to soothe tired muscles and release all the tensions.

Let your senses rebalance as you're transported through memorable wellness journeys via an array of holistic programs focused on restoring balance and nurturing the souls. Start the day by saluting the sun with yoga on the beach, get on a trail to the natural stream, find a quiet corner for meditation while contemplating the beauty of nature, then back to Beach House in the afternoon for a sound healing session. All the activities are tailored to unplug and recalibrate the mind and body.

For further information, please contact:

*Phuong Anh Dang (Ms.)*

*Marketing Communications Manager*

T: (+84) 96 322 3868

E: [marketing@anlam.com](mailto:marketing@anlam.com)