



## WELL-BEING AT AN LAM RETREATS SAIGON RIVER

Hidden amid lush tropical landscaping, Jungle Spa captures the energy of the surrounding nature with a unique sense of simplicity and barefoot luxury. It offers three treatment rooms, Sauna & Jacuzzi room, a decking for Yoga and meditation, 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.

The resort's diverse wellness programs featuring Yoga, Reiki, and Sound Healing, will take you on a journey of rebalancing, allowing the mind, body, and soul to be rejuvenated.

Your journey of awakening starts with a modern twist on traditional Vietnamese treatments, alongside various other wellness programs focused on health or fitness. Try Sun Salutation Yoga or indulge in a revitalizing meditation at the outdoor pavilion. The resort offers the perfect opportunity to unplug and recalibrate the mind and body through immersive retreat programs.

For further information, please contact:

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