



VIETNAM 05-2018

MY LIFE AS A BIRD ARTIST

Calculating The Beauty
Of Birds In The
Wild

PAGE 12

PIP TO BE SQUARE

Conquering An Endless
Seafood Extravaganza

PAGE 34

A BODY AT REST

Finding Body Bliss
In The Old Capital

PAGE 72

I LOVE YOU, I HATE YOU

Helping Kids With
Sickle Cell

PAGE 88



Live
Well
Be
Well





TO ^A Perfect Escape Wellness

Nestled on the soft white sands of Vietnam's largest island, La Veranda Resort Phu Quoc, a member of the MGallery by Sofitel Collection, is an ideal tropical escape this summer for those who wish to gain the peacefulness of mind and the balance of body and soul.

Text and Images Provided by **La Veranda Resort Phu Quoc**



SURROUNDED BY IDYLIC

beaches and exotic tropical gardens, La Veranda Resort Phu Quoc boasts a natural feeling of a French-mansion-by-the-sea which was inspired by its founder Madame Catherine's storied family connection to Phu Quoc and colonial Indochine.

The authentic 1920s French colonial-style mansion on this picturesque island was a masterpiece of design by Madame Catherine who had been through her childhood during the height of French rule. Inspired by history, every detail of the 70 spacious rooms also evokes a more romantic era. Hand-painted mosaic tiles, four-poster king-size beds, local artworks and unique period collectibles combine to offer an enticing blend of authentic classical signatures and stylish Vietnamese themes. Boasting a spacious private balcony or terrace, each room is enhanced with soothing views of the lush tropical gardens which cocoon the resort,

or of the silvery sands and azure waters.

Let's imagine a quality time at La Veranda being well spent by indulging in a complimentary morning yoga by the beach, followed by a sunbath next to blue pastel sea umbrellas or pamper one's self with beach aromatherapy, and then immerse in the crystal-clear ocean.

An Escape to Wellness

Escape to Wellness, an exclusive package designed by La Veranda has just come on time for its valuable travellers this summer with a variety of benefits for mind-and-soul nourishing activities to help you on your way to a perfect state of good health.

Every day is kicked off to a serene start with yoga and meditation in the deeply relaxing surrounds of the resort, ideal for re-setting the mind and body. Take a step towards restoring inner harmony with a one-on-one neuromuscular consultation session aimed at promoting better awareness of your

body and connecting your mind to your muscles. Additionally, extend the wellness benefits of your holiday by learning relaxation skills to take home with you through our Touch Therapy Workshop which focuses on the art of Vietnamese massage.

Escape To Wellness Package rates start at USD160++/night for a Deluxe Garden, including all activities above, round-trip airport transfers, daily buffet breakfast, and complimentary use of bicycles and other sports utilities. As a special bonus, Escape to Wellness guests will also receive an excursion to stunning Sao Beach, a 7 km palm tree-backed stretch of turquoise waters and powdery white sand with complimentary sun chairs at the secluded Paradiso Beach Club.

A Sea & Spa Summer Break

Another highlight of this summer at La Veranda Resort MGallery By Sofitel is the Sea & Spa Summer Break package which is especially made for beneficiaries to have the reinvigoration achievement from the power of touch and the calm of the sea. However long your stay, the Sea & Spa program aims to restore your health and wellbeing with Movement + Relaxation + Power of Touch.

A morning comes with a yoga session by the sea with fresh breeze and natural sunlight in a tranquil surrounding of the resort to help gain the quietude for the soul and the soundness for the body. After time of awakening all senses, people are well prepared for a unique 60-minute Organic Massage Treatment at the acclaimed Le Spa where has been mastered the art of bringing the natural benefits of organic spa therapies to the human body. This intimate, elegant spa is the perfect place to relax and revive your spirits. The hands of Le Spa's expert therapists well mingled with La Veranda's organic, locally produced spa

products and treatments are all people's expectation and need to completely unwind in this island paradise.

The journey to perfect wellness goes on with a one-on-one Neuro-muscular Balancing Analysis consultation session for the improvement and balance of body and mind. What awaits beneficiaries at the end of this package is to learn how to care and treat themselves well back home via a Touch Therapy Workshop for a deep relaxation practice of Vietnamese Massage.

Sea & Spa Summer Break Package rates start at USD200++/night for a Deluxe Garden, including all spa & wellness activities above, plus round-trip airport transfers, daily buffet breakfast, and complimentary use of bicycles and other sports utilities. Guests will also enjoy a special bonus to have a complimentary Sao Beach excursion with sun chairs at Paradiso Beach Club worth \$50.

The two packages Escape to Wellness and Sea & Spa Summer Break at La Veranda Resort Phu Quoc MGallery by Sofitel are available from May 1 to October 31, 2018. ■

For more information, visit: www.laverandaresorts.com



>> The List Travel



Ana Mandara Villas | Dalat

Ana Mandara Villas Dalat comprises 17 restored French-style villas from the 1920s and 1930s, preserving the original design, décor and charm; and set in the cool climate of the rural highlands of Central Vietnam. Striking views of the surrounding town and countryside abound from all areas of the gently sloping hillside property. Some of the villas have been converted into 65 guest accommodations, with each villa comprising between three and five ensuite rooms.

www.anamandara-resort.com



Boutique Hoi An Resort

Explore the rich heritage of Hoi An at Boutique Hoi An Resort. Discover authentic Vietnamese cuisine and hospitality, unwind in the swimming pool surrounded by lush tropical gardens or indulge in a massage at our hotel spa. Our villas are directly on the beach facing the sea with large terraces for the ultimate in privacy and relaxation.

34 Lac Long Quan, Cam An, Hoi An
+84 (0)235 3939 111

www.boutiquehoianresort.com



Cham Garden Restaurant

Cham Garden Restaurant is located inside Cham Villas Boutique Luxury Resort. Set in the midst of a lush tropical garden, this cozy and quiet restaurant serves Asian Fusion, Vietnamese and Western Cuisine. The ideal place for a romantic and exquisite dinner.

32 Nguyen Dinh Chieu, Phan Thiet
+84 252 3741 234

www.chamvillas.com

www.facebook.com/chamgardenmuine



InterContinental Nha Trang

InterContinental Nha Trang is a luxurious modern beachfront hotel where an enriching urban retreat harmonized beautifully with its surroundings. Right in the heart of Nha Trang, a 40-minute scenic drive from Cam Ranh International Airport, experience the perfect blend of local charm and nature.

32 - 34 Tran Phu, Nha Trang
(0258) 388 7777

www.nhatrang.intercontinental.com



La Veranda Resort Phu Quoc MGallery by Sofitel

Discover the elegance of colonial Indochine style on Vietnam's Phu Quoc Island with a stay at this 19th-century seaside mansion. An award-winning beachfront resort, it has 70 well-appointed rooms, an organic spa and fine-dining restaurants ideal for romantic getaways, spa breaks and family holidays. Experience An Inspired Summer at La Veranda with 03 offers starting from USD160+. Valid from May – October 2018.

Tran Hung Dao Street, Duong Dong Beach, Phu Quoc Island, Vietnam

(0)297 3982 988 - contact@laverandaresorts.com
www.laverandaresorts.com



Mia

With its own private white sand beach, cliff-top ocean views and jungle clad mountains as a backdrop, Mia resort has carved out its own little piece of tropical heaven in Nha Trang. Mia features a variety of accommodation options, each with fantastic ocean views, nestled among manicured gardens. There are great dining options, a relaxing spa and gym.

Bai Dong, Cam Hai Dong, Cam Lam, Khanh Hoa
02583 989 666

www.mianhatrang.com
info@mianhatrang.com



Pullman Danang Beach Resort

Located on the stunning white sands of Danang beach, the stylish Pullman Danang Beach Resort is an oasis of activities and facilities for the modern traveler. With an idyllic setting on the silver shores of Central Vietnam, this luxury resort is perfect for a family holiday or romantic beach getaway.

Vo Nguyen Giap, Khue My, Ngu Hanh Son, Danang
0236 395 8888

www.pullman-danang.com



Sheraton Nha Trang Hotel & Spa

With 280 ocean view rooms and suites and six signature restaurants and bars, including Altitude – the highest bar in Nha Trang. Amenities include outdoor swimming pool with infinity edge and reflection pool area, Shine Spa with 9 luxurious treatment rooms, Sheraton Fitness with 24-hour access, Sheraton Club Lounge, Link@Sheraton, Sheraton Adventure Club, and a purpose-built Cooking School.

26 - 28 Tran Phu, Nha Trang, Khanh Hoa
0258 2220 000

www.sheratonnhatrang.com



The Island Lodge

Newly-opened, The Island Lodge is a 12-room Indochine-themed lodge set on Unicorn Island (Thoi Son). Mekong River view rooms and bungalows are scattered around the grounds, but the jewel is the open air restaurant/lounge fronting 50 meters of riverfront along with a French restaurant. There's also an infinity swimming pool and Jacuzzi.

390 Ap Thoi Binh, Thoi Son, My Tho
0273 651 9000

www.theislandlodge.com.vn

 For full review, please visit: www.oivietnam.com