



TĨNH WELLNESS SANCTUARY

**LA VERANDA RESORT PHÚ QUỐC  
MGALLERY HOTEL COLLECTION**

TRAN HUNG DAO STREET, WARD 7, DUONG DONG TOWN,  
PHU QUOC ISLAND, VIETNAM

TEL.: +84(0) 2973 982 988  
FAX.: +84(0) 2973 982 998

[contact@laverandaresorts.com](mailto:contact@laverandaresorts.com)



[mgallery.com/6479](https://mgallery.com/6479)  
[laverandaresorts.com](https://laverandaresorts.com)  
[facebook.com/mgallery](https://facebook.com/mgallery)  
[sofitel.com/6479](https://sofitel.com/6479)



• A Serenity Hotel •

*“Health is a state of harmony of the body,  
mind and spirit.”*



P3 – Phú Quốc Island - La Veranda, P4 – TỈNH Wellness Sanctuary,  
P5 – Four Essential Features, P6 – Sanctuary Facilities, P7 – The  
Journey Taster, P8 – Daily Schedule, P9 – Detox Journey Taster,  
P11 – Burn-out Journey Taster, P15 – Accommodations, P16 – Faci-  
lities and Services, P17 – Awards



# TĨNH — WELLNESS SANCTUARY

## — Our belief

Our natural state is to be in good health, though this is often disrupted by the noise of modern living.

TĨNH Wellness Sanctuary is a holistic wellness center driven by a vision to guide people back to their natural state of wellness.

A place to regain a serene state of mind, to allow the body to restore.

## Your journey to wellness —

Our sanctuary is a spacious 1500 square meter holistic cocoon for the mind, body & soul.

Vietnamese for 'peace', let TĨNH bring you to a forgotten state of calm offering various wellness experiences including a 01-day Introduction to Wellness called Journey Tasters. Experience either a 1-Day Detox Journey Taster or a 1-Day Burn-out Journey Taster.

Inspired by our pristine setting on the untouched shores of Phú Quốc, we provide a peaceful and luxurious holistic retreat designed not only to restore a mind at peace and a body in natural health, it also provides you with the knowhow to embark on a path of healthy living that extends beyond your journey with us.

# PHÚ QUỐC ISLAND — LA VERANDA

## — An island sanctuary

A haven of dense forests and mountains fringed by unspoiled white-sand shores, Phú Quốc lies peacefully in the Gulf of Thailand near Vietnam's west coast. Known to locals as 'The Island of 99 Mountains', Phú Quốc by plane is just 50 minutes from Ho Chi Minh City and one hour and 45-minute from Bangkok. Despite its proximity, it feels a thousand miles away from the city's frenzied pace.

## Serenity meets refinement —

Inspired by the grandeur of a French colonial mansion, the resort's large louvered windows open westward over a wide stretch of untouched beach and the azure waters of the Gulf of Thailand; the deep balconies, high ceilings and period collectibles furnishing 74 elegantly appointed rooms transport you to a bygone era when life was slower, simpler. More refined.

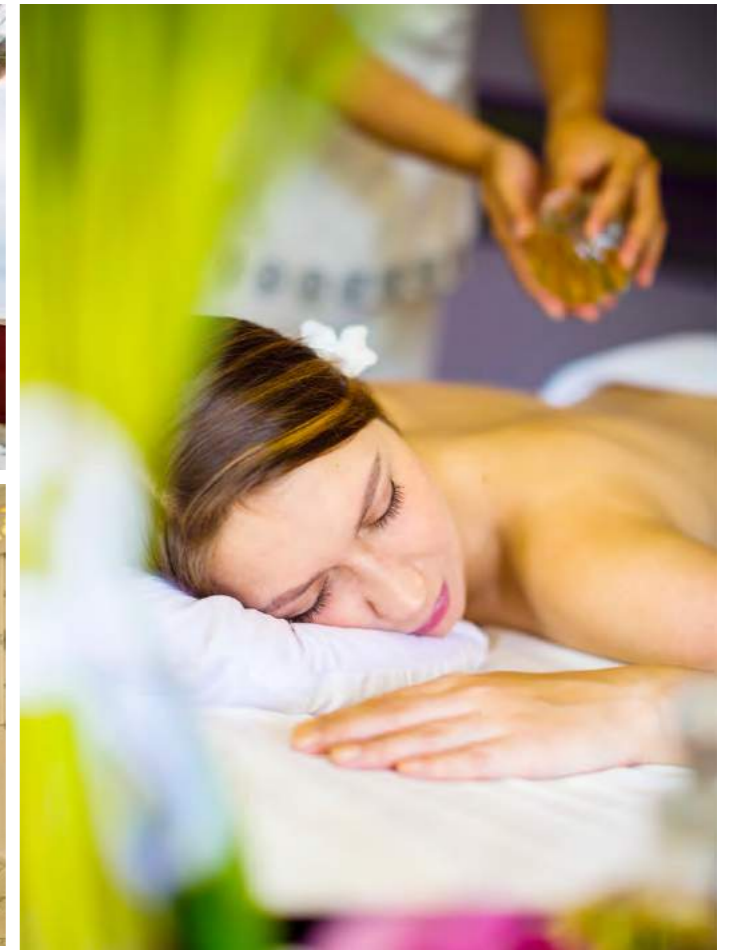
Evoking the classic charms of yesteryears with whispers of Phú Quốc's storied history, this French colonial mansion waits to embrace you with comfort and luxury as you shed the layers of the outside world and reconnect with nature's healing energies.



# FOUR ESSENTIAL FEATURES —

These four essential features are harmoniously combined into a wellness melody tuned to your individual needs and desires:

- **Holistic:** Our holistic approach embodies movement and meditation, rejuvenating cuisine and beverages, educational workshops and access to visiting wellness and healing practitioners
- **Luxurious:** Elegant wellness rooms that provide sanctuaries of Indochine design and natural inspiration
- **Natural:** Reconnect with nature, supported by Phú Quốc's abundant charms
- **Transformative:** Our wellness programs facilitate the continuation of your journey, encouraging, empowering, for life-long health



# SANCTUARY FACILITIES —

## — A calm respite

Slip into a sanctuary of timeless calm. Elegantly designed with Indochine décor, our immense Wellness Sanctuary beckons with soul-nourishing spaces and services.

1500 Square Meters • 8 Treatment Rooms - four 55-square meter VIP Treatment Rooms, four 28.5-square meter Treatment Rooms • Full-spectrum Infrared Sauna, Swedish Sauna, Steam Room and Hydrotherapy • Salt-Water Pool • Yoga Shala • Fitness Center • Relax Room • Organic Beauty & Nail Services • Organic Juice Bar • Wellness Kitchen • In-treatment Room Dining • Retail • Wellness Library

Each of our expansive VIP treatment rooms are inspired by earth, water, wood, fire – nature's basic elements. They are fully equipped with full-spectrum infrared sauna, Swedish sauna, steam room and hydrotherapy.



# THE JOURNEY TASTER

— A Journey of Discovery in a day. Designed for you to have a taste.

The path to wellness is unique to everyone.

Embark on the beginning of your journey to Wellness with a 1-Day Introduction to Wellness Program called Journey Taster. This is a 1-day experiential program that allows you to start your wellness journey easily.

Introduction to Detox – 1 Day Journey Taster - Detox

Introduction to Burn-out Recovery – 1 Day Journey Taster – Burn-out

Each sampler lets you experience the journey of your choice in a lush tropical setting amidst 5-star luxuries. These are perfect if you are just setting out on the path to wellness, or if you are here for a shorter stay and wish to plan the perfect program for your return.

Experience a day's indulgence of treatments and therapies for body, mind & soul. Choose from our 2 Journey Tasters.

After your experience, book your return to Phú Quốc Island to fully embark on an absolute journey to wellness where you can experience a 3, 5, 7 day program.



## DAY'S SCHEDULE

— Renew your body and mind, naturally

Discover soothing restoration. Redress fatigue, tension, and strain with indulgent treatments that purify body and mind.

Whether it's a day or more, your path to wellbeing may begin.

- Detox Journey
- Burn-out Recovery Journey

2 Wellness Journeys that guide back to peace of mind, wellbeing and develops lasting healthy habits.

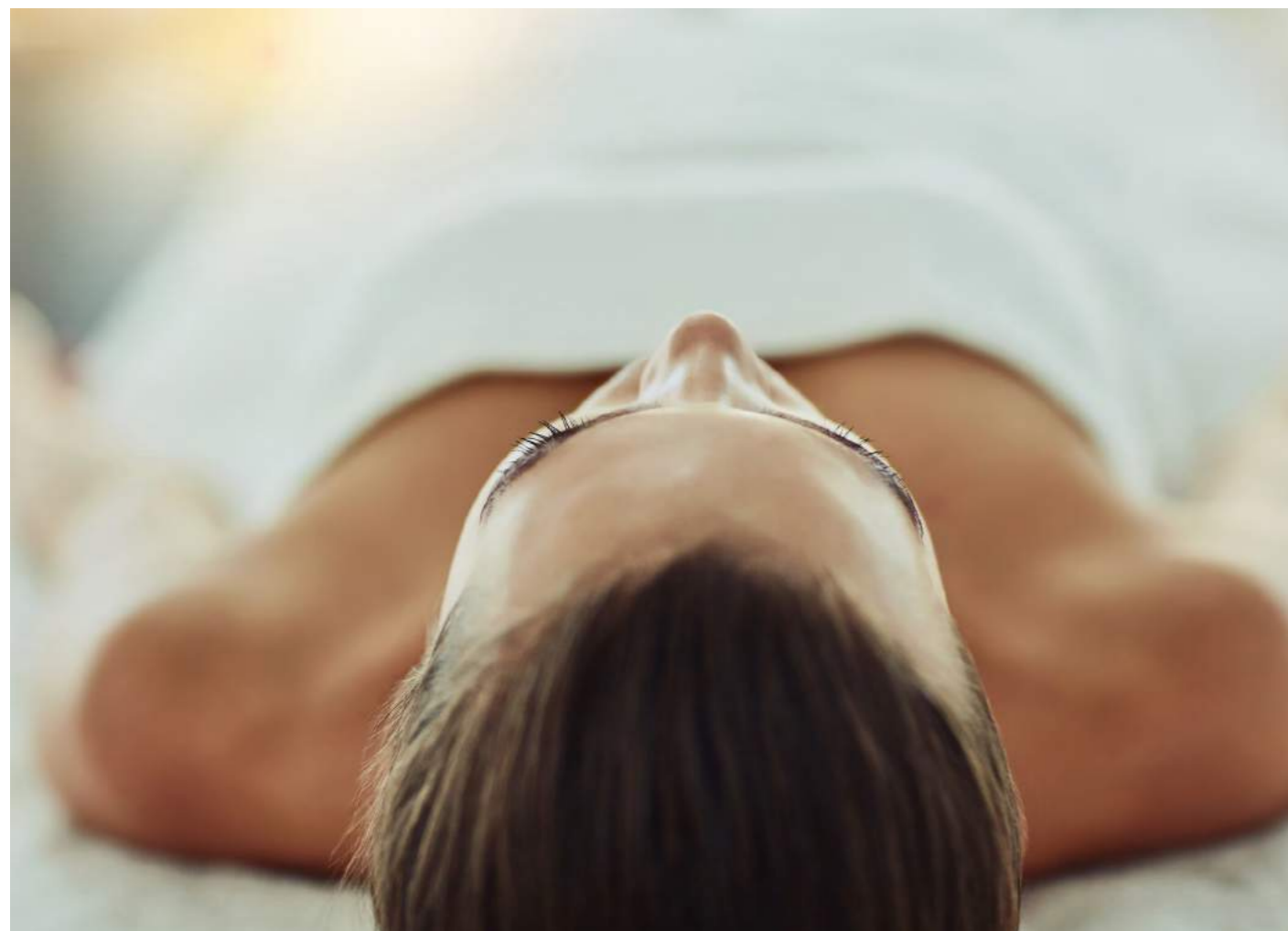
Journeys are also available in 3, 5, 7 days.

All Journeys include:

08:00am	Morning Yoga or Tai Chi
09:00am	Luxurious Healthy Breakfast
10:30am	90-minute Full Body Therapy
12:00pm	Wellness Lunch
02:00pm	Afternoon Meditation
03:30pm	60-minute Parts Focused Body Treatment
05:00pm	Health & Wellness Talk
06:30pm	Mindful Dinner

With:

- 3 Wellness beverages morning, noon and evening - cold pressed juices, green smoothies, tonics and coconuts
- Pre & post personal sessions for assessment
- Wellness Cuisine full board meals for Detox and Burn-out Journeys





DAILY ACTIVITIES	MINS.
Morning Yoga or Tai-chi	60
Mindful Movement Sessions after Lunch	60
Health & Wellness Workshop for Body, Mind, Spirit	60
Private Pre & Post Journey Assessments	45
to learn about wellness and healthy lifestyle	
WELLNESS MENU MEALS	
Luxurious Healthy Breakfast	✓
3 Wellness Liquids	✓
cold pressed juice, green smoothie, tonics & coconut	
Wellness Lunch & Dinner from Wellness Menu	✓
FULL-BODY TREATMENTS	
Lymphatic Drainage Treatment	60
Infrared Sauna	30
PARTS-FOCUSED BODY TREATMENTS	
Chi Nei Tsang Abdominal Treatment	60

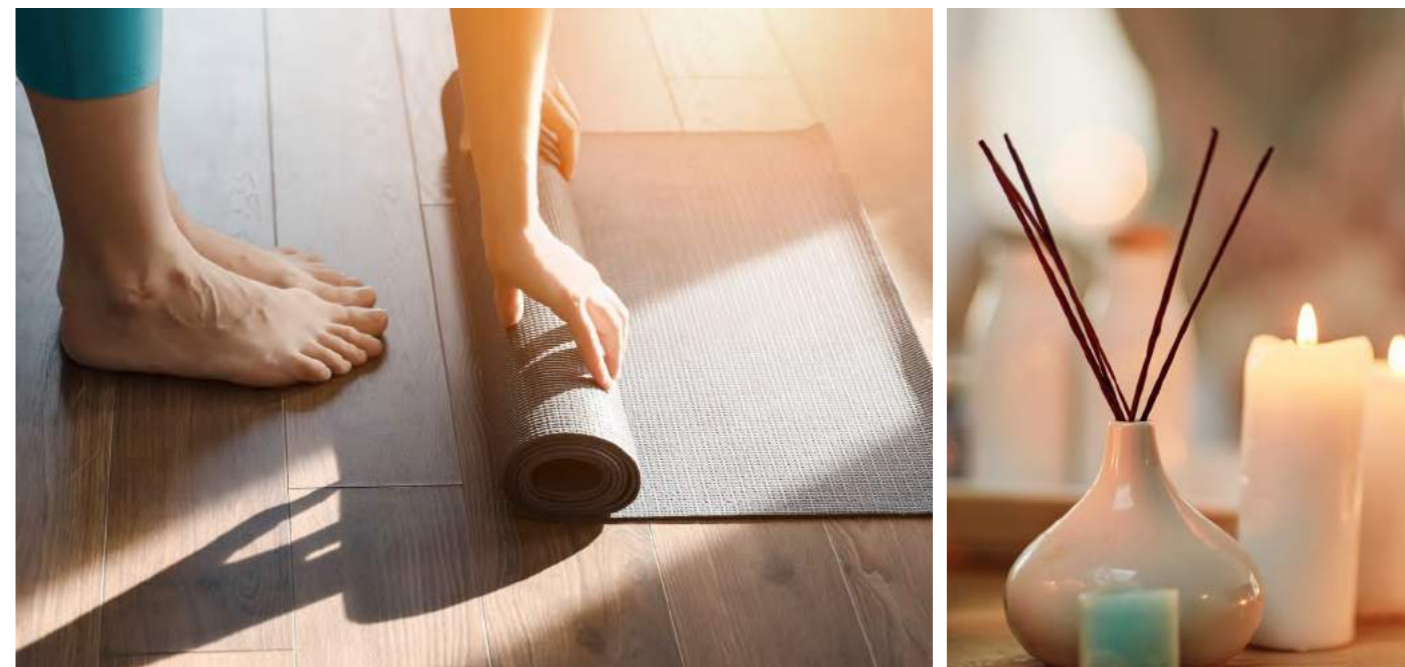
Following your 1-Day Journey Taster experience, continue your path to wellbeing with a more substantial program for 3, 5 & 7 days on your next wellness break.

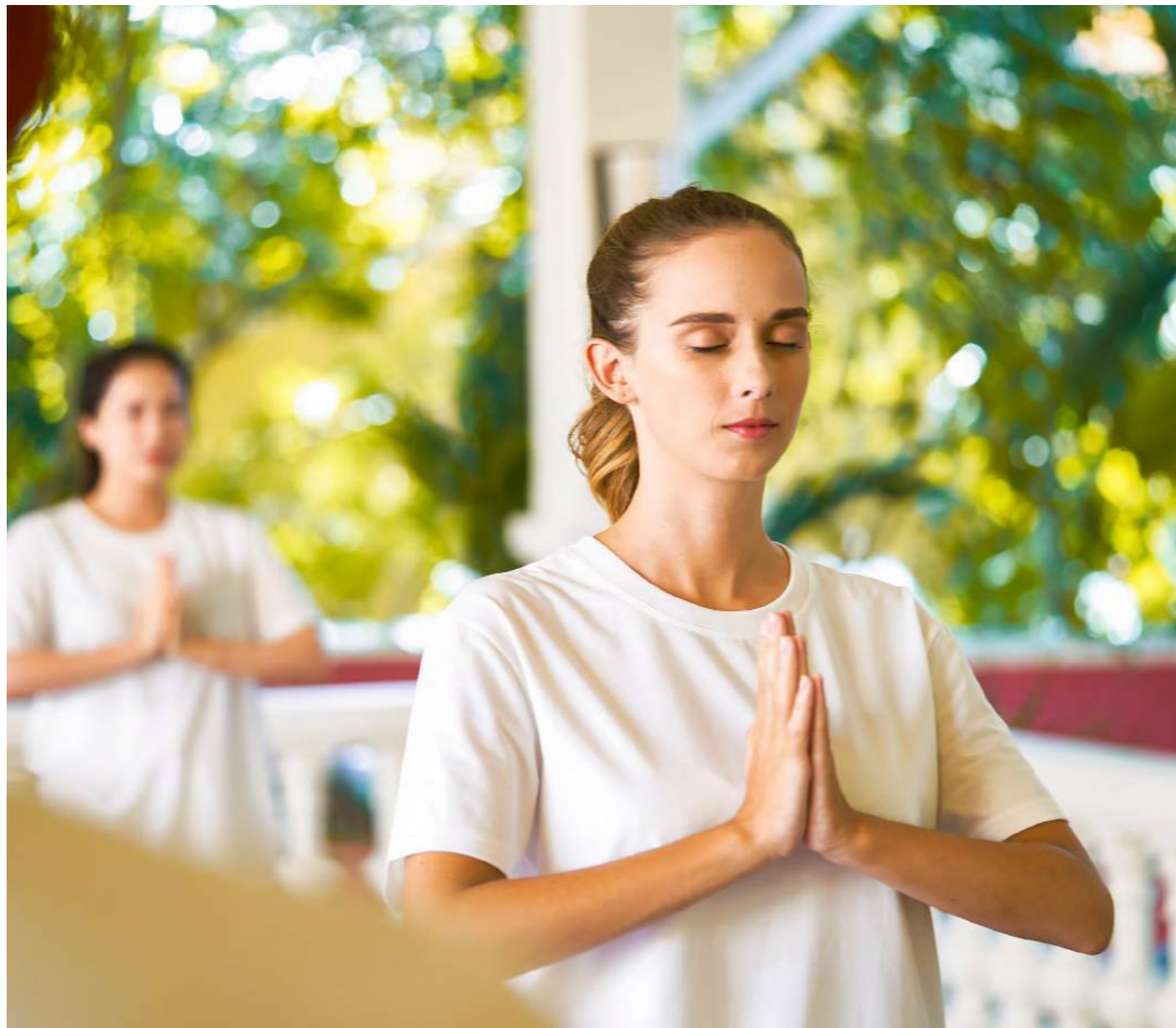
Inquire further at our Wellness Sanctuary.

## DETOX — JOURNEY TASTER

Our cornucopia of detoxifying treatments cleanse, revitalize, purify. Ancient Chinese abdominal massage techniques combined with spa therapies reinstate the body's natural ability to detoxify and cleanse itself. A graceful balance of treatments & customized wellness cuisine, this journey will benefit you far beyond your stay.

Enter our world of tranquility at TĨNH Wellness Sanctuary and experience our Introduction to Wellness retreats. Stay for 3 days & 2 nights with a 1-day Detox Journey Taster.





# BURN-OUT — JOURNEY TASTER

Reignite your inner radiance and revive your zest for life with this therapeutic retreat program.

Designed to re-establish emotional balance & optimize energy levels, this journey of recovery combines treatments to rejuvenate the body and relax the mind. Feel empowered to handle stress mindfully & develop healthy eating habits.

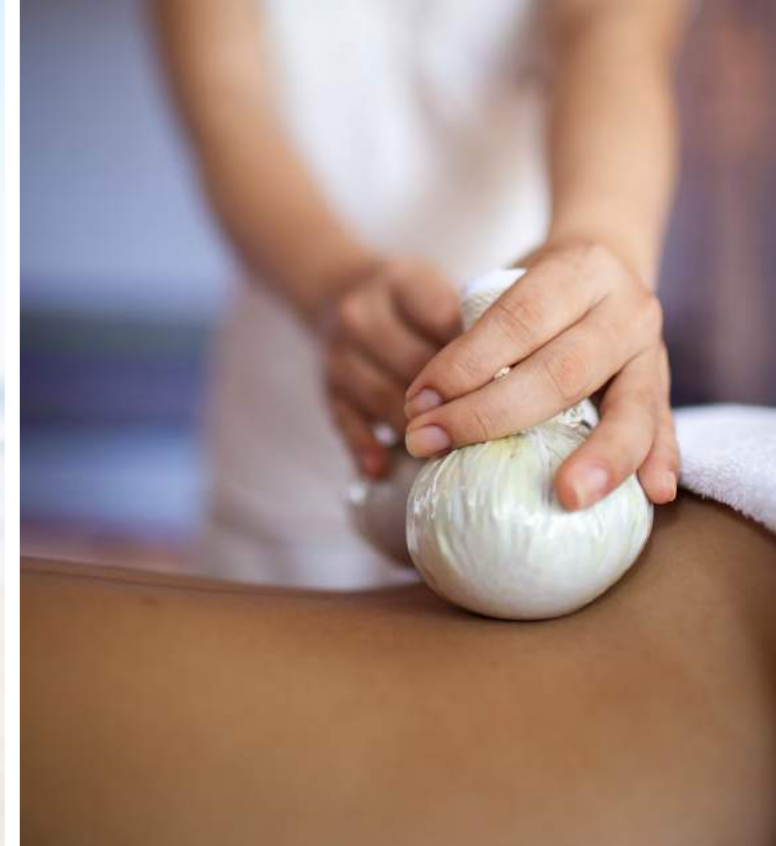
Take a wellness holiday for 3 Days & 2 nights with a 1-day Introduction to Wellness program. Be free to focus your energies only on yourself – mind, body & spirit.

DAILY ACTIVITIES	MINS.
Morning Yoga or Tai-chi	60
Mindful Movement Sessions after Lunch	60
Health & Wellness Workshop for Body, Mind, Spirit	60
Private Pre & Post Journey Assessments	45
to learn about wellness and healthy lifestyle	
WELLNESS MENU MEALS	
Luxurious Healthy Breakfast	✓
3 Wellness Liquids	✓
cold pressed juice, green smoothie, tonics & coconut	
Wellness Lunch & Dinner from Wellness Menu	✓
FULL-BODY TREATMENTS	
Deep Relaxation Treatment	60
Infrared Sauna	30
PARTS-FOCUSED BODY TREATMENTS	
Foot & Hand Reflexology	60

Following your 1-Day Journey Taster experience, continue your path to wellbeing with a more substantial program for 3, 5 & 7 days on your next wellness break.

Inquire further at our Wellness Sanctuary.





# REDISCOVER BALANCE AND ——— HARMONY

## — Wellness Cuisine

Wholesome and delicious, inspired by ancient traditions, TÍNH Wellness Kitchen lovingly crafts healthy cuisine from pure and whole foods – locally sourced, organic and always sugar-free. Featuring seasonal ingredients and innovative recipes, our menu will enchant your palate from amuse bouche to dessert. Nourish your body and soul with cold-pressed juices, superfood smoothies, herbal teas, salads, soups, main courses and more. Sugar-free, harmful chemicals-free, gluten-free.

## Activities —

Enrich your wellness experience and reconnect with the earth. Lose yourself in the richness of Phú Quốc’s natural treasures with activities that educate and empower. Turn healthy practices into habits and take them with you, beyond the blissful shores of La Veranda.

Find your center of calm with kundalini meditation, beach walks, walking meditation. Learn about the healing power of plants with light organic farming or make your own herbal remedy. Discover the stress-reducing benefits of autogenic relaxation. Cultivate the art of living well with our screenings on nutrition, food preparation, positive energy and the law of attraction, and more.

## — Services

Immerse yourself in our world of wellbeing. A full range of beauty and wellness services using only the finest organic beauty brands together with our own artisanal organic oils, body scrubs and body creams.

Wellness • Organic Spa • Massage • Facial Care • Nail Care • Organic Beauty & Grooming • Express Treatments • Foot Massage • Kids’ Services





# HOTEL ——— FACILITIES AND SERVICES

- Satellite Cable TV • Bluetooth Docking Speakers • Complimentary Wi-Fi • In-Room Dining • Laundry • Babysitting • Business Corner • Wellness Sanctuary & Spa • Fitness Center • Salt Water Pool • Complimentary Yoga Classes • Boutique • Romance Concierge • Airport transfer • Ticketing & Tour Desk • Restaurant • Lounge Bar • Turn-Down Service • Sporting Activities (kayaking, volleyball) • Diving arrangements

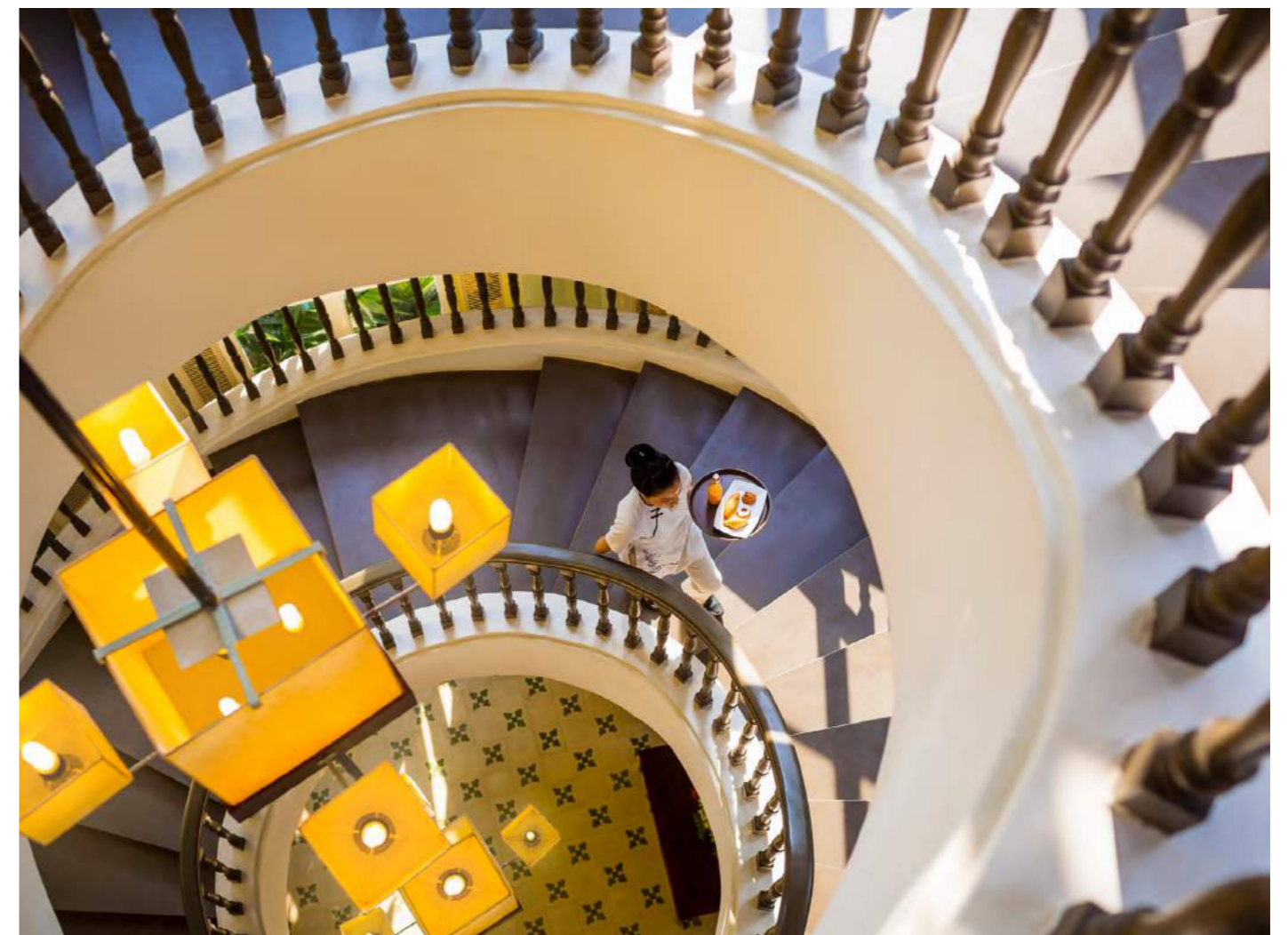
## ACCOMMODATIONS

### — Echoes of Elegance

The rising sun peeks through palm leaves, inviting soft melodies from birds of paradise. You emerge from peaceful slumber in your four-poster bed, tiptoe quietly across your mosaic floor and push open double French doors. On the breeze, the fragrances of our rich green jungle, the salt of gentle seas. On your private veranda you admire brilliant skies of blue.

Set amidst Phú Quốc's serene natural beauty is the elegant French mansion of La Veranda. Brimming with colonial grandeur and painted in hushed pastel tones, our 74 spacious rooms and suites are the perfect cocoons of comfort to enhance your wellness journey.

- 22 Deluxe Garden (38sqm)
- 09 Premier Garden (46sqm)
- 09 Premier Ocean (46sqm)
- 07 Executive Premier Garden (55sqm)
- 15 Classic Garden Villa (63sqm)
- 03 Memorable Premier Ocean (53sqm)
- 03 Junior Ocean Suite (73sqm)
- 06 La Veranda Ocean Villa (71sqm)



# AWARDS



Best of the Best



Best of the Best

