



TĨNH WELLNESS SANCTUARY



la Veranda
— Resort —

• A Serenity Hotel •

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



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TĨNH WELLNESS *Sanctuary*

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.

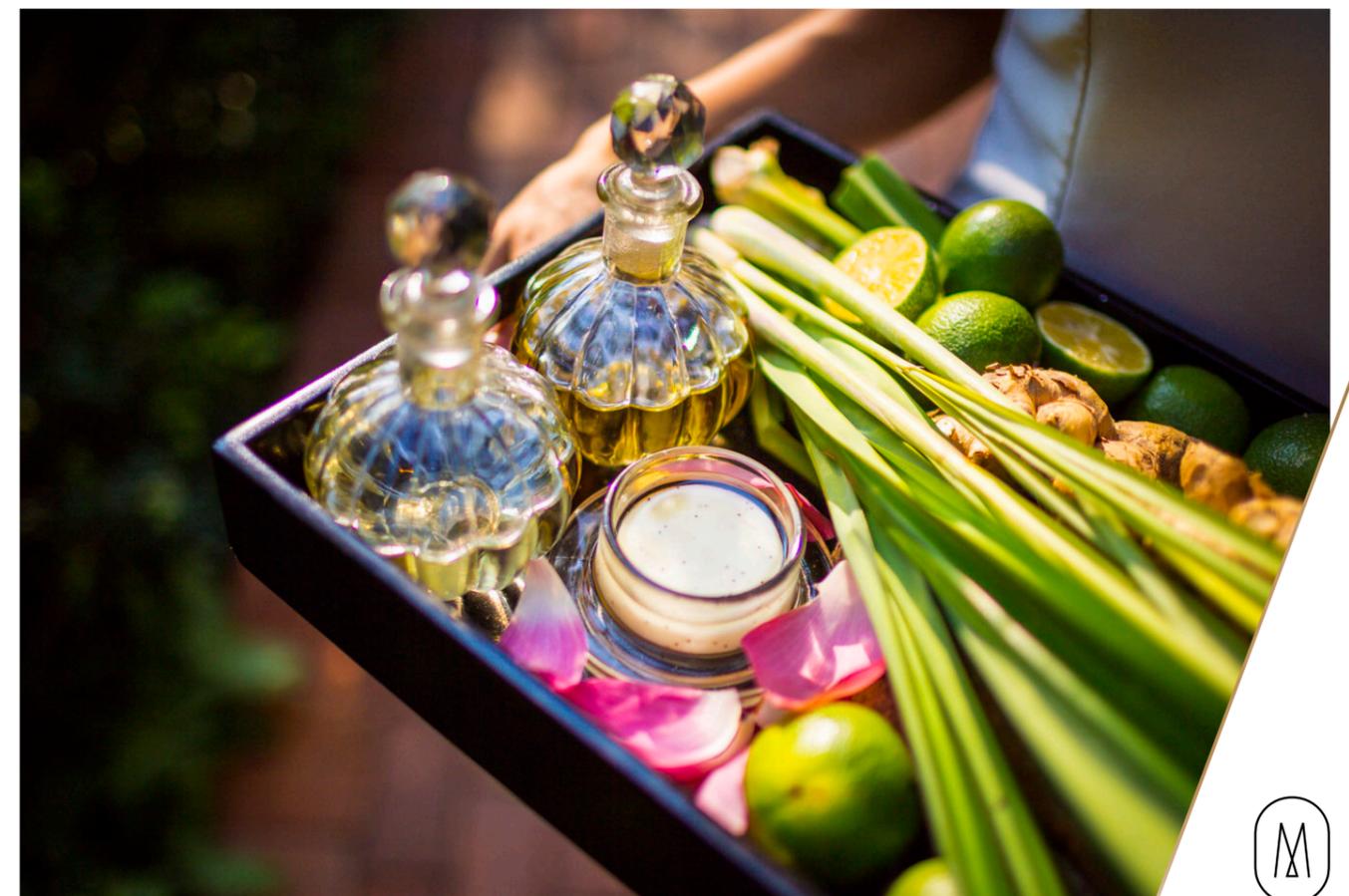
Inspired by our pristine setting on the untouched shores of Phú Quốc, we provide a peaceful and luxurious holistic retreat designed not only to restore a mind at peace and a body in natural health, it also provides you with the knowhow to embark on a path of healthy living that extends beyond your journey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

— 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.



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 73 elegantly appointed rooms transport you to a bygone era when life was slower, simpler. More refined.

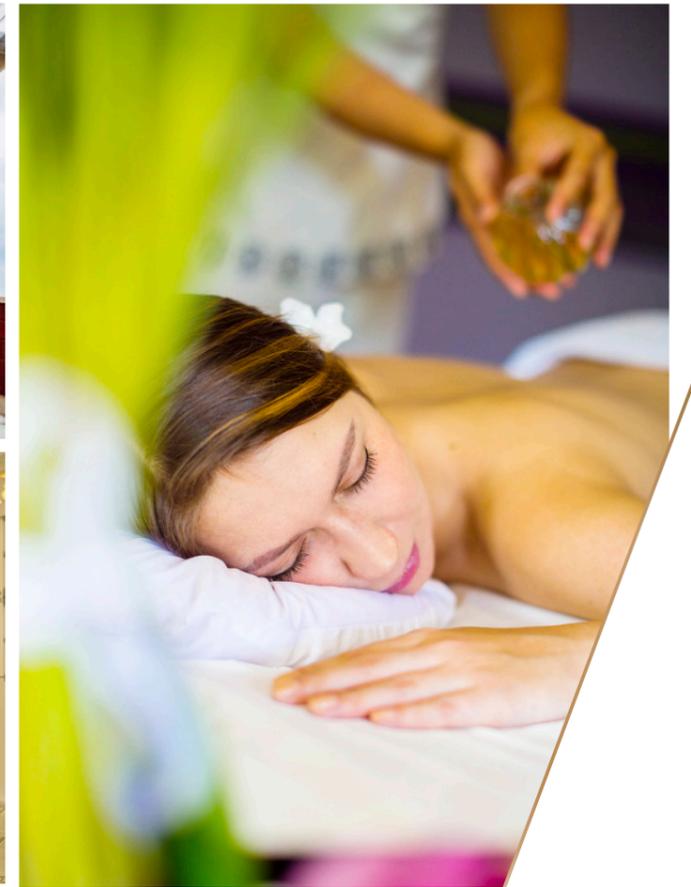
Evoking the classic charms of yesteryears with whispers of Phú Quốc's storied history, this French colonial mansion waits to embrace you with comfort and luxury as you shed the layers of the outside world and reconnect with nature's healing energies.



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 - 4 55-square meter VIP Treatment Rooms, 4 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.





Journeys

Renew your body and mind, naturally.

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

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

Whether it's a day or 3, your path to wellbeing may begin. Journeys are available in 1, 3, 5 & 7 days.

- Detox Journey
- Back-To-Health Journey
- Burnout Recovery Journey
- Tension Relief Journey
- Spa Indulgence Journey
- Beauty & Vitality Journey

All Journeys include:

08:00 am Morning Yoga

09:00 am Luxurious Healthy Breakfast

10:30 am 90-minute Full Body Therapy

12:00 pm Wellness Lunch

02:00 pm Afternoon Meditation

03:30 pm 60-minute Parts Focused Body Treatment

05:00 pm Health & Wellness Talk

06:30 pm 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

Programs Description

— **REDISCOVER BALANCE AND *fiarmony***

Heal in serenity and immerse yourself with six wellness journeys, each with its unique focus to meet your needs and wishes.

For enhanced results, add our Liquid Program to any of the journeys.



— **DETOX** *journey* —

As we live our lives we're constantly exposed to free radicals resulting to oxidization - a natural way of deterioration and aging of cells through "toxins." Some people build up more toxins than others through diet and lifestyle choices.

The Detox Journey is a Clean Me Out program that resets your system by awakening the body's capabilities to clean itself. A graceful balance of ancient Oriental abdominal massage techniques, spa therapies, wellness cuisine and detox liquids, it provides benefits beyond this journey.

— **BACK TO HEALTH** *journey* —

Everyday life depletes the body, mind and spirit, weakening our natural defenses. Reconnect to a balanced state of health and restore your resilience against the stressors of modern living with this holistic journey of meditation, targeted treatments and uplifting workshops.

— **BURNOUT** *recovery* —

Revive your natural zest for life and be empowered to cultivate healthy eating habits and reduce stress. This journey was created to recalibrate the emotions and elevate reduced energy levels, leaving you ready to handle stress mindfully and embark on a path of lasting health and wellbeing.

— **RELIEF FROM** *tension* —

Revel in bliss as tension melts away in this optimal journey of massage, yoga and Pilates. Our therapists expertly reset tissues and nerves to renew the body's natural healing abilities, before designing a complementary exercise program just for you.

— **SPA** *indulgence* —

A divine spa experience is created from our curated collection of best-seller treatments using only the finest organic products. Worries evaporate as you're lulled into a deep state of tranquility.

— **BEAUTY AND** *vitality* —

Emerge from this invigorating anti-aging journey looking and feeling refreshed. We combine regenerative facial and skin treatments with wholesome and nourishing meals to reverse the signs of aging and reveal a healthy, youthful glow.

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.

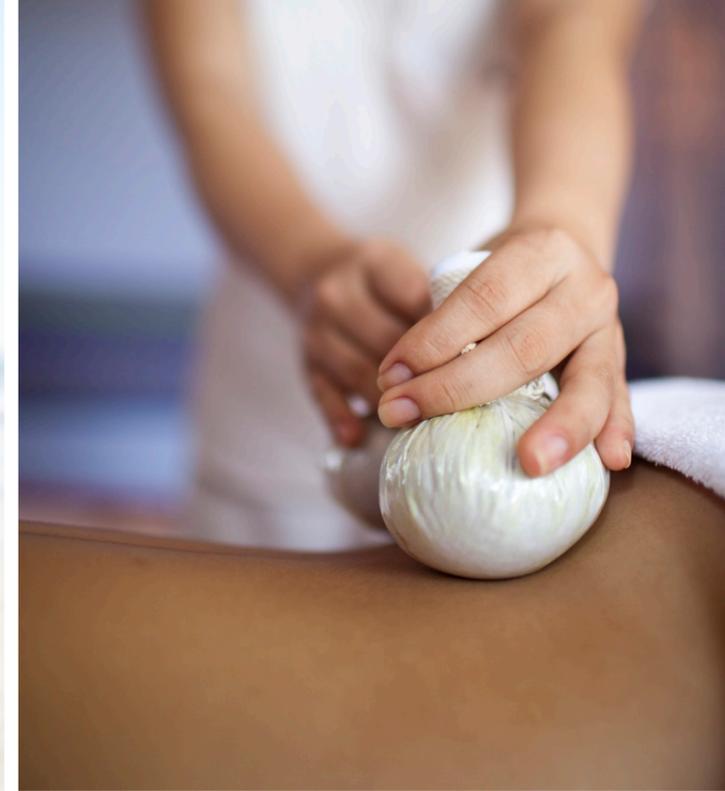
Introduction to Detox - 1 Day Journey Taster - Detox
Introduction to Burn-out Recovery - 1 Day Journey Taster - Burn-out

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.





Rediscover *Balance &* 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* & Services

- Satellite Cable TV • Bluetooth Docking Speakers • Complimentary Wi-Fi • In-Room Dining • Laundry • Babysitting • 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 73 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)
- 14 Classic Garden Villa (52sqm)
- 03 Memorable Premier Ocean (50sqm)
- 07 Garden Suite (62sqm)
- 03 Ocean Suite (73sqm)
- 06 La Veranda Ocean Villa (71sqm)



Awards



LA VERANDA RESORT PHU QUOC
MGALLERY COLLECTION

