

Return To Wholeness Retreat

RETREAT PROGRAM

	DELUXE (28 m ²)		PREMIUM DELUXE (35 m ²)		BUNGALOW 1 BEDROOM (70m ² indoor + 230m ² outdoor private gardens)	
	Single	Double	Single	Double	Single	Double
4 ☀️ 3 🌙	895	1,459	953	1,517	1,012	1,601
5 ☀️ 4 🌙	1,134	1,845	1,211	1,922	1,290	2,034
6 ☀️ 5 🌙	1,377	2,258	1,473	2,355	1,592	2,514

CURRENCY UNIT: USD



DAY



NIGHT

SERVICES INCLUDED

(Retreat Packages of 4, 5, and 6 Days)

- Stay at Alba Wellness Valley by Fusion
- Breakfast: "Anytime, Anywhere Breakfast"
- Dinner: "Wholeness Dinner"
- 50-minute spa treatment per guest per night
- 30-minute Onsen session per guest per night
- Unlimited access to outdoor mineral baths
- Daily health monitoring
- Complimentary wellness activities: yoga, meditation, breathing, cycling, and forest walking
- One zipline & highwire experience per guest per night
- One complimentary bottle of Alba Skincare product
- Free minibar (once per stay for Deluxe rooms / daily refill for Bungalows)
- Complimentary laundry service: 2 items per guest per night (for Bungalows)
- Round-trip transfer to/from Hue Airport or Hue City Center



3 NIGHTS, 4 DAYS

A SHORT YET PROFOUND RESET

This 4-day retreat offers a restorative journey designed to help guests slow down, release tension, and find inner balance. Through wellness consultations, healing therapies, forest meditations, and mindful practices, participants reconnect with body and mind. Each day nurtures clarity, peace, and renewal, creating lasting harmony beyond the retreat.



DAY 1 ARRIVAL & OPENING

A gentle first day of welcome, tea, wellness consultation, Onsen soaking, healing treatment, and sound bath—preparing guests for deep relaxation and inner harmony.

- 14:00 Arrival & welcome
- 15:00 Herbal Tea Experience
- 15:30 Private wellness consultation
- 16:20 Onsen
- 17:00 Wellness Harmony Treatment
- 18:00 Wholeness Dinner
- 20:00 Crystal Sound Bath Relaxation



DAY 2 AWAKENING THE SENSES

A day of sunrise wellness, walking meditation, and yoga—blending mindful meals, healing therapies, and guided practices to restore clarity, energy, and inner balance.

- 7:00 Walking Meditation
- 8:00 Yoga
- 9:30 Breakfast
- 13:00 Herbal Tea Experience
- 14:20 Onsen
- 15:00 Bamboo Treatment
- 18:00 Wholeness Dinner
- 19:20 Journaling & sharing circle



DAY 3 DEEPENING THE JOURNEY

A transformative day of forest immersion, spa rituals, and mindful practices—releasing tension, restoring energy, and nurturing both body and emotional clarity.

- 7:00 Floating meditation session
- 8:00 Yoga
- 9:15 Breakfast
- 13:20 Onsen
- 14:00 5 Pillars Body Treatment
- 16:30 Time for personal reflection or hot spring
- 18:00 Wholeness Dinner
- 20:00 Fire ceremony



DAY 4 INTEGRATION & DEPARTURE

A closing morning of meditation and reflection, sending guests home renewed, with heartfelt farewells and lasting tools to sustain balance and wholeness beyond Alba.

- 7:00 Morning meditation
- 8:00 Breakfast
- 9:30 Closing session with take-home wellness tools
- 11:00 Check-out & departure



4 NIGHTS, 5 DAYS

DEEPEN THE JOURNEY

This 5-day retreat offers a deeper journey of renewal and balance. Each day blends sunrise walking meditations, grounding yoga, and restorative wellness therapies that nurture both body and spirit. Healing cuisine supports vitality, while mindful rituals cultivate clarity and inner peace. With more time to slow down, guests fully immerse in Alba's natural energy, leaving refreshed and harmonized.



DAY 1 ARRIVAL & OPENING

A welcoming start with tea, wellness consultation, Onsen, healing treatment, and sound bath—gently preparing body and mind for restoration and the days of renewal ahead.

- 14:00 Arrival & welcome
- 15:00 Herbal Tea Experience
- 15:30 Private wellness consultation
- 16:20 Onsen
- 17:00 Wellness Harmony Treatment
- 18:00 Wholeness Dinner
- 20:00 Crystal Sound Bath Relaxation



DAY 2 AWAKENING THE SENSES

A rejuvenating day begins with sunrise meditation, yoga, and tea rituals—followed by spa therapies and nature-inspired practices to restore clarity, vitality, and inner balance.

- 7:00 Walking Meditation
- 8:00 Yoga
- 9:30 Breakfast
- 13:00 Herbal Tea Experience
- 14:20 Onsen
- 15:00 Bamboo Treatment
- 18:00 Wholeness Dinner
- 19:20 Journaling & sharing circle



DAY 3 FLOW AND RENEWAL

A day of deeper flow through yoga, mindful movement, and healing therapies—releasing stress, restoring energy, and nurturing harmony between body, mind, and spirit.

- 7:00 Floating meditation session
- 8:00 Yoga
- 9:15 Breakfast
- 13:20 Onsen
- 14:00 5 Pillars Body Treatment
- 16:30 Time for personal reflection or hot spring
- 18:00 Wholeness Dinner
- 20:00 Fire ceremony



DAY 4 DEEPENING THE JOURNEY

A day of self-discovery through forest immersion, mindful dining, and healing rituals—inviting release, renewal, and a return to inner harmony and wholeness.

- 7:00 Sunrise walk with mindful silence
- 8:00 Yoga
- 9:15 Breakfast
- 13:00 Nature immersion & tree hugging ritual
- 14:20 Onsen
- 15:00 Bamboo On The Rock Treatment
- 18:00 Retreat Follow-up
- 19:00 Wholeness Dinner
- 20:00 Tibetan Singing Bowl Meditation
- 21:00 Herbal Tea



DAY 5 INTEGRATION & DEPARTURE

A closing meditation and reflection anchor the healing journey, as guests depart Alba with clarity, balance, and renewed vitality to carry into daily life.

- 7:00 Morning meditation
- 8:00 Breakfast
- 9:30 Closing session with take-home wellness tools
- 11:00 Check-out & departure

5 NIGHTS, 6 DAYS

A COMPLETE CYCLE OF RENEWAL

This 6-day retreat offers a full immersion into wholeness—guiding guests through a complete cycle of release, renewal, and integration. Personalized consultations, daily mindfulness, sound healing, and forest bathing restore balance and vitality. With healing treatments, nourishing cuisine, and reflective closing practices, guests depart refreshed, centered, and equipped to sustain harmony in daily life.



DAY 1 ARRIVAL & OPENING

A warm welcome, herbal tea, and wellness consultation begin the journey. Guests relax in the Onsen, enjoy healing treatments, and end the day with dinner and a soothing sound bath.

- 14:00 Arrival & welcome
- 15:00 Herbal Tea Experience
- 15:30 Private wellness consultation
- 16:20 Onsen
- 17:00 Wellness Harmony Treatment
- 18:00 Wholeness Dinner
- 20:00 Crystal Sound Bath Relaxation



DAY 2 AWAKENING THE SENSES

A sunrise wellness shot, walking meditation, and yoga awaken body and mind. Spa rituals and mindful sessions enhance clarity, balance, and vitality throughout the day.

- 7:00 Walking Meditation
- 8:00 Yoga
- 9:30 Breakfast
- 13:00 Herbal Tea Experience
- 14:20 Onsen
- 15:00 Bamboo Treatment
- 18:00 Wholeness Dinner
- 19:20 Journaling & sharing circle



DAY 3 FLOW AND RENEWAL

Mindful movement, forest immersion, and healing treatments restore inner flow. Each activity releases tension and replenishes energy through nourishment and gentle rituals.

- 7:00 Floating meditation session
- 8:00 Yoga
- 9:15 Breakfast
- 13:20 Onsen
- 14:00 5 Pillars Body Treatment
- 16:30 Time for personal reflection or hot spring
- 18:00 Wholeness Dinner
- 20:00 Fire ceremony



DAY 4 DEEPENING THE JOURNEY

Meditation, sound healing, and water therapy guide guests inward. Balancing treatments and mindful dining harmonize body, mind, and spirit for deeper tranquility.

- 7:00 Sunrise walk with mindful silence
- 8:00 Yoga
- 9:15 Breakfast
- 13:00 Nature immersion & tree hugging ritual
- 14:20 Onsen
- 15:00 Bamboo On The Rock Treatment
- 18:00 Retreat Follow-up
- 19:00 Wholeness Dinner
- 20:00 Tibetan Singing Bowl Meditation
- 21:00 Herbal Tea



DAY 5
TRANSFORMATION AND CLARITY

Through yoga, therapies, and mindfulness, guests release old patterns and embrace renewal. Light, energizing meals support clarity, grounding, and inner transformation.

- 7:00 Gentle movement or Tai Chi
- 9:00 Breakfast
- 11:30 Breathing Class
- 13:20 Onsen
- 14:00 Perfectly Your Facial
- 15:00 Free time / creative journaling
- 18:00 Wholeness Dinner
- 20:00 Candlelight reflection ceremony
- 21:00 Herbal Tea



DAY 6
CLOSING & DEPARTURE

A closing meditation anchors the healing journey. With heartfelt farewells, guests depart carrying gratitude, balance, and tools to sustain wholeness beyond Alba.

- 7:00 Morning meditation
- 8:00 Breakfast
- 9:30 Closing session with take-home wellness tools
- 11:00 Check-out & departure

