

# TIA

WELLNESS RESORT

VIETNAMESE DEFINITION FOR RAY  
RAY OF LIGHT / TIA SÁNG







## TIA STORY

TIA was created in a bold response, shifting the priority from relaxation to providing authentic wellness. As we better understood the importance of resilience while navigating change, our aim became to empower guests to play an active role in creating their future through wellness retreats that inspire and transform.



## INTRODUCTION TO TIA WELLNESS RESORT

The resort's inclusive wellness experience redefines the renowned spa concept to offer much more than just a relaxing escape from reality, by integrating a depth of wellness into each stay, empowering guests to break free from routine and expand possibilities, by playing an active role in managing stress better, shaping their reality and embarking on a journey of self-discovery to return home refreshed and renewed.





## TIA WELLNESS VALUES

At TIA Wellness Resort, every visit is an opportunity to enhance relaxation, spark creative expression, and embrace a meaningful, healthy lifestyle. We are guided by these core values:

- **NOURISH**

Experience our 'Eat Light, Feel Bright' philosophy. Our menus prioritize nutrition, vibrancy, and variety, offering plant-based delights that energize and satisfy

- **FLOW**

Discover harmony in movement with our diverse classes and treatments. Balance the gentle and the powerful, the yin and the yang, to achieve physical and spiritual equilibrium

- **BREATHE**

Learn heart-focused breathing techniques that empower you to slow down and bring balance to your life, enhancing both mental clarity and emotional stability

- **CREATE**

Explore endless possibilities for creative self-development. Engage in activities that open your mind and spirit to new ideas and expressions



## SIGNATURE RESORT FEATURES

- Luxurious private pool villas complete with all-day breakfast and a daily wellness mini-bar
- Options for Wellness Inclusive and Retreat Inclusive stays
- Daily wellness activities including yoga, breathwork, creative workshops & HIIT
- Award-winning kitchen specializing in wellness-focused and plant-based dining options
- Transformational Private Retreats guided by personal wellness experts





*Idyllic pool villas are the ultimate private sanctuary in which to reconnect with inner stillness*

## 80 x ONE BEDROOM POOL VILLA

*Indoor 50-60sqm, Outdoor 33sqm, Pool 13sqm, Total 96-106 sqm  
(PRIVATE GARDEN VIEW)*

A chic, contemporary villa with open-plan living room, bedroom and bathroom that opens onto a private garden courtyard with swimming pool, outdoor covered seating and sunloungers. Facilities include double vanity with sunken, extra-large bathtub; rain shower; full automatic smart toilets; flat-screen television; air conditioning; IDD telephone; wellness mini bar; safety box; hairdryer and free wireless Internet included







## 4 x TWO BEDROOM POOL VILLA

*Indoor 110sqm, Outdoor 89sqm, Pool 13sqm, Total 212sqm  
(PRIVATE GARDEN VIEW)*

A modern, spacious two bedroom villa - with open-plan living room with dining area, bar and two bedrooms: one king and one twin with extra-large sunken bathtub - that opens onto a private garden courtyard with swimming pool with covered outdoor dining area, daybed and sunloungers. Facilities include double vanity with rain showers; full automatic smart toilets; flat-screen television; air conditioning; IDD telephone; wellness mini bar; safety box; hairdryer and free wireless Internet included









## 1 x TWO BEDROOM POOL VILLA OCEAN FRONT

*Indoor 190sqm, Outdoor 143sqm, Pool 70sqm, Total 403sqm  
(BEACH & OCEAN VIEW)*

A very spacious, airy villa opening onto a private garden featuring a large pool, outdoor dining table, daybeds, sunlougers and ocean views. Open-plan living room, large dining table, bar and two bedrooms, both with sunken bathtubs. Facilities include double vanities rain showers; full automatic smart toilets; flat-screen television; air conditioning; IDD telephone; wellness mini bar; safety box; hairdryer and free wireless Internet included









## 2 x THREE BEDROOM POOL VILLA OCEAN FRONT

*Indoor 190sqm, Outdoor 143sqm, Pool 70sqm, Total 403sqm  
(BEACH & OCEAN VIEW)*

The ultimate TIA stay, this villa overlooks a private garden with a large pool, outdoor dining tabel, daybeds, sunlougers and ocean views. Open-plan living room, large dining table, bar and three bedrooms. Master bedroom with sunken bathtubs, separate rain shower and double vanities. Two double bedrooms with en suite rain showers and full automatic smart toilets. Facilities include flat-screen television, air conditioning; IDD telephone; wellness mini bar; safety box; hairdryer and free wireless internet included







## WELLNESS INCLUSIVE

*Treatments and wellness activities are combined to activate your creative energy*

TIA redefines the wellness experience by integrating holistic well-being into each stay through treatments, education and wellness activities designed to elevate creativity and a sense of life purpose

- Private pool villas with all-day breakfast
- 2 wellness treatments per night (total 80 min per person)
- Daily wellness mini bar
- Breathwork master class
- Creative workshop
- Activities including yoga & HIIT





## RETREAT INCLUSIVE

*For guests who wish to dive deeper and fully immerse on their wellness journey*



For guests who wish to dive deeper and fully immerse on their wellness journey, Retreat Inclusive stays can be booked from 3 minimum nights. This program has been thoughtfully crafted for guests to enhance inner stillness and brave creative expression based on the key TIA pillars of truth, inspiration, and conscious action

- Private pool villas with all-day breakfast
- 1 retreat therapy & 2 wellness treatments per night (total 140 min per person)
- Full board plant-based meal plan
- Daily wellness mini bar
- Breathwork master class
- Creative workshop
- Activities including yoga & HIIT
- Private consultation and personal TIA wellness guide



A woman is lying down, her head tilted back, eyes closed, in a relaxed state. Above her head, a pair of hands is held palm-down, with fingers slightly spread, as if performing a Reiki or energy healing session. The background is a soft-focus outdoor setting with green foliage.

## PRIVATE RETREATS

*Offering prescribed programs for recovery, healing and ongoing personal growth*

Offering 4- and 7-nights prescribed programs for recovery, healing and ongoing personal growth with daily private coaching and a range of therapies according to your retreats. The programs draw main elements that are recognized for their ability to help people self-heal: Reiki - Breath - Creativity - Detoxification, complemented by aromatherapy massages and sound healing sessions to induce a deep feeling of calm

- Customized full day programs including daily prescribed wellness treatments & therapies per night (140 min per person)
- Full board plant-based meal plan, customized according to the retreat
- Two private workshops daily with master coach according to the retreat
- Private consultations and personal TIA Wellness master
- Private pool villa
- Daily wellness mini bar
- Two private TIA signature tours (for 7 nights stay only)





*TIA Wellness Centre is the perfect place to honour inner stillness and bold creativity on your transformative wellness journey. Renowned for its wellness inclusive treatments and progressive energy work, this sanctuary is the heart of the wellness resort, uplifting guests by helping them break free from routine and explore their creative potential*



## FACILITIES

Set in a lush tropical garden with a striking waterfall at its heart, the extensive facilities include:

- 22 treatment rooms
- 2 beauty salons
- 2 hydrotherapy rooms with steam sauna & ice bath
- 2 wellness studios
- Relaxation cabanas
- Waterfall & pool
- Lifestyle boutique



## WELLNESS EXPERTS

Our wellness team is composed of Personal TIA wellness guides for our retreat inclusive guests and wellness attendants and managers for all guests to ensure a mindful, healing and tailored experience. Every therapist has completed an in-house training program led by specialist spa trainers, complemented with a mentoring program from Reiki Master, Yoga-Alliance certified instructors, Detoxification Specialist and a Breathworker



## WELLNESS INCLUSIVE TREATMENTS

*Our wellness philosophy focuses on supporting relaxation and creative self-expression while helping you unwind with pampering treatments. Traditional holistic wellness and beauty treatments are available, alongside wellness therapies that fuse Reiki energy healing with aromatherapy and acupressure*

- TIA SIGNATURE

Full-body techniques to activate creative energy

- ON THE PULSE

Remedies focusing on muscles and meridians that need the most attention

- TIME TO UNWIND

Healing energy work to relax and empower, realigning you with your authentic self

- CREATIVE FACE CANVAS

Nourishing facials to make you glow inside and out

- BOLD NEW BEAUTY

Look and feel your best with an essential pamper of your hands and feet

- RADIANT BODY BEAUTY

Embracing the sacred within for your path to glowing wellbeing



A person is shown from the chest down, holding a large, dark, metallic singing bowl with both hands. A mallet is positioned above the bowl, ready to strike it. The background is a soft-focus outdoor scene with greenery.

## RETREAT INCLUSIVE THERAPIES

*During their retreat, each guest will receive 1 therapy per night that have been specifically designed and are exclusive only for retreat guests; as well as 2 wellness treatments of choice per night from our vast menu*

- **SUBTLE FLOW ACTIVATION THERAPY**

Reiki-based therapy to release energetic blocks, restore inner balance and improve sleep quality

- **DYNAMIC FLOW ACTIVATION THERAPY**

Acupressure-based therapy to activate the body's self-healing systems and stimulate blood circulation

- **MASTER REIKI HEALING THERAPY**

Reiki healing uses universal life energy to enhance the body's natural ability to heal

- **VIETNAMESE CUPPING THERAPY**

The age-old healing practice of cupping therapy to boost body detoxification, improve immune response and release muscle pain

- **SOUND HEALING THERAPY**

Therapeutic singing bowls combined with strong vibrations induce emotional and physical balance, chakra cleansing, and the release of energetic blockages

- **DETOX HYDRO CIRCUIT THERAPY**

Guided steam, sauna, ice bath and hydro shower massage circuit, with body scrub and reflexology to support body detoxification and facilitate muscle recovery

- **CRYSTAL FACE THERAPY**

A neuro-reiki therapy to enhance both inner and outer glow through energy restoration and skin rejuvenation



*All inclusive wellness and retreats include access to daily wellness activities & sessions that align you with well-being and connect you to creativity*





### ACTIVE YOGA FLOW

TIA flow combines hatha/ vinyasa yoga styles to boost and align energy, the perfect way to spark creativity, while moving mindfully and building strength and flexibility



### MASTER CLASS - BREATHWORK

Engage in powerful heart-focused breathing techniques to slow down, restore balance & quiet mental chatter, allowing your heart to lead the way



### CREATIVE WORKSHOP

Participate in guided creative activities such as collage, drawing & painting aimed to explore your inner landscape & express yourself authentically



### HIIT POWER WORKOUT

High-Intensity Interval Training (HIIT) alternates between short bursts of intense exercise & brief periods of rest, maximizing calorie burn & endurance in a time-efficient manner



*TIA Wellness Resort boasts imaginative eateries with wellness focused kitchens.  
Our menus consider nutrition, vibrancy and a variety of culinary delights and you can opt for a full plant-based meal plan, or detox menu*





## WELLNESS-FOCUSED KITCHEN

A wellness-focused kitchen includes a wholesome approach to eating offering a wide health menu to its guests. This will empower you to experience tasty, nutritious foods for a new view of well-being



## EAT LIGHT, FEEL BRIGHT

All our menus follow our TIA signature “Eat Light, Feel Bright” scaling system, an effective tool to indicate how food choices impact how we feel. Meals that score 5 points or below are considered light, allowing guests to make better food choices to enhance vitality and strengthen the mind-body connection



## ALL-DAY BREAKFAST

TIA offers an authentic wellness journey, where guests have total freedom to relax, and enjoy the most important meal of the day at their leisure, whenever and wherever suits



## PLANT-BASED MEAL PLANS

Carefully crafted plant-based meal plans will promote wellbeing and give energy to retreat inclusive guests, by allowing the body a break from animal proteins and processed food







### THE DINING ROOM

A dramatic restaurant experience centred in the heart of the resort, where a play of dark and light awakens the senses. The dining experience features locally inspired cuisine with a sophisticated and modern touch. An open-kitchen showcases our chefs' dynamic and delicious work.



### THE OCEAN BISTRO

Set poolside with ocean views and a refreshing breeze, The Ocean Bistro is the perfect place to enjoy a light meal, fresh salads or catch of the day. Focusing on traditional Vietnamese comfort food, healthy salads and lots of freshly caught seafood. Enjoy in the bistro or lounge on a day bed under the palm trees.



### THE ART LOUNGE

The lounge is an artsy space to enjoy traditional Vietnamese coffees, wellness lattes and superfood treats during the day. In the evening it transforms into an intimate bar lounge serving organic wines and locally inspired cocktails and fresh fruit mocktails.



### IN-ROOM DINING

Enjoy breakfast, or meals in the privacy of your room, poolside or in bed. You can also opt for one of our signature experiences to make a real splash, such as a wellness floating tray, served atop your private pool.



## PRIVATE DINING

Seeking a private romantic dinner or a unique afternoon tea in the privacy of your villa, poolside or in the garden to treasure the moments with your loved ones



## HEALTHY COOKING CLASS

Sign up for a cooking class with our chef, using the freshest ingredients, traditional produce and learn how to make the essence of healthy cuisine with TIA



## AFTERNOON TEA

Light & lavish delights for your villa or garden



## FLOATING TRAY

Homemade appetizers & bubbly for your private pool





## GYM

Get ready to get your heart racing with our ultimate fitness experience at TIA's state-of-the-art gym, featuring top-of-the-line Technogym equipment to ensure variety for your workout



## ENTERTAINMENT SPACE

Featuring console games like Nintendo Switch, as well as board games, and pool table. This space is not only a great place to unwind, but also to create fun memories during your stay as well



## KIDS WELLNESS CLUB

Offering a variety of activities to perfectly suit both your child's wellness and creativity. The activities cultivate many aspects of local culture, from Vietnamese language classes, lantern making sessions to wellness activities such as Yoga or Tai-chi. There is also a kids wellness menu including hand and foot massages, hair styling, pedicures and manicures



## TIA MEETING FACILITIES

Our creative events are infused with wellness, featuring a welcome area, meeting room and creative space, which can be customized for a unique board meeting or executive team building with exciting break-out and activity options. With the help of our wellness guides, you can also include breathwork, creative workshops and more



*Based on our 4 Wellness values, our tours are a carefully crafted extraordinary collection of local experiences, designed to elevate your well-being while immersing you in the breathtaking beauty and rich culture of Central Vietnam*





### TRA QUE VEGETABLE VILLAGE & COOKING CLASS

Prepare for an unforgettable journey into Vietnamese agriculture and the world of local herbs and spices as you discover age-old farming techniques. Discover the art of crafting traditional local dishes bursting with authentic flavors



### MARBLE MOUNTAIN CLIMB & TAI CHI

Embark on a soul-stirring journey up Marble Mountain's 200 Steps, feeling the thrill of adventure while boosting your body circulation; find serenity through Tai Chi's gentle movements, and unveil mystique exploring temples and caves



### LADY BUDDHA MEDITATION SON TRA PENINSULA

Find transformative meditation amidst the tranquility and spiritual energy of Son Tra Peninsula, connecting with nature, embracing inner peace, and exploring enchanting pagodas and statues that inspire awe and wonder



### TRADITIONAL VIETNAMESE CALLIGRAPHY ART

Discover the enchanting Hoi An ancient town, immersing yourself in the age-old art of calligraphy under the expert guidance, stepping back in time to explore its rich heritage at Hoi An Museum, and cherishing your personalized artwork as a timeless memento



## INFORMATION

<b>Date of Re-branding</b>	March 2021
<b>Location</b>	The resort is set on Central Vietnam's famous beach coast just 10 minutes from the heart of Da Nang. It's conveniently located 15 minutes from the airport and 20 minutes from the eclectic old town of Hoi An.
<b>Resort Address</b>	109 Vo Nguyen Giap Street, Khue My Ward, Ngu Hanh Son District, Da Nang City, Vietnam Tel: +84 236 3967 999
<b>Website</b>	<a href="http://tiawellnessresort.com">tiawellnessresort.com</a>
<b>Resort Contacts</b>	Reservations <a href="mailto:reservation@tiawellnessresort.com">reservation@tiawellnessresort.com</a> Sales <a href="mailto:sales@tiawellnessresort.com">sales@tiawellnessresort.com</a> Marketing <a href="mailto:marketing@tiawellnessresort.com">marketing@tiawellnessresort.com</a>



	One Bedroom Pool Villa Twin	One Bedroom Pool Villa King	Two Bedroom Pool Villa	Two Bedroom Pool Villa (Ocean Front)	Three Bedroom Pool Villa (Ocean Front)
GENERAL INFORMATION					
Quantity	16	64	04	01	02
Size indoor	50-60 sqm	50-60 sqm	110 sqm	190 sqm	190 sqm
Size outdoor	33 sqm	33 sqm	89 sqm	143 sqm	143 sqm
Pool size	13 sqm	13 sqm	13 sqm	70 sqm	70 sqm
Total area	96-106 sqm	96-106 sqm	212 sqm	403 sqm	403 sqm
View	Private courtyard Private pool	Private courtyard Private pool	Private courtyard Private pool	Beach view Private pool	Beach view Private pool

	One Bedroom Pool Villa Twin	One Bedroom Pool Villa King	Two Bedroom Pool Villa	Two Bedroom Pool Villa (Ocean Front)	Three Bedroom Pool Villa (Ocean Front)
BEDROOMS					
Bedrooms	01	01	02	02	03
King/ Twin	01 rm Twins	01 rm King	01 rm Twins 01 rm King	02 rms King	02 rms King 01 rm Twin
BATHROOMS					
Bathtub	01	01	02	02	01
Shower	01	01	02	02	03
Vanity	01 Double	01 Double	02 Double	02 Double	01 Double 02 Single
Automatic Smart Toilet	01	01	03	04	04
LIVING ROOMS					
Open plan living	√	√	√	√	√
Separate living			√	√	√
Fridge			√	√	√
OUTDOOR FACILITIES					
Swimming pool	√	√	√	√	√
Pool lounge	√	√	√	√	√
Outdoor sofa	√	√	√	√	√



	One Bedroom Pool Villa Twin	One Bedroom Pool Villa King	Two Bedroom Pool Villa	Two Bedroom Pool Villa (Ocean Front)	Three Bedroom Pool Villa (Ocean Front)
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## IN-ROOM FACILITIES

Fire alarm	√	√	√	√	√
220 Volt	√	√	√	√	√
Air-conditioning	√	√	√	√	√
IDD Telephone	√	√	√	√	√
Satelite television	√	√	√	√	√
Wireless internet	√	√	√	√	√
Tea/ Coffee facilities	√	√	√	√	√
Safety box	√	√	√	√	√
Hairdryer	√	√	√	√	√
Mini bar	√	√	√	√	√

## IN-ROOM SERVICES

Turndown	√	√	√	√	√
Iron and board	On request	On request	On request	On request	On request
Extra bed	On request Supplement	On request Supplement	On request Supplement	On request Supplement	On request Supplement
Baby cot	On request FOC	On request FOC	On request FOC	On request FOC	On request FOC

	The Dining Room	The Ocean Bistro	The Art Lounge	In-Room Dining
OUTLETS				
Operating hours	6h30 - 10h30 18h30 - 22h00	6h30 - 22h00	6h30 - 23h00	24 hrs
Seating	140	70	30	n/a
Indoor/ Outdoor	Indoor/ Outdoor	Indoor/ Outdoor	Indoor	Indoor/ Outdoor
Food style	Locally inspired wellness cuisine	Fresh & comfort	Superfood treats	Fusion & comfort
Air-conditioning	✓	✓	✓	✓
Breakfast	Buffet	A la carte	A la carte	A la carte
Lunch	n/a	A la carte	A la carte	A la carte
Dinner	A la carte	A la carte	A la carte	A la carte



	Available	Cost	Notes
Airport transportation	√	Yes	Private transfer
Shuttle to Hoi An	√		As per daily schedule
Swimming pool	√		One overlooking ocean One in the wellness centre
TIA Wellness Centre	√	Inclusive	22 treatment rooms Beauty salons Hydrotherapy rooms with steam sauna & ice bath Wellness studios Relaxation cabanas Waterfall & pool Lifestyle boutique
Water sports	√	n/a	Non-motorised only
Fitness centre	√	n/a	Cardio, flexibility, strength
Private dining	√	Yes	According to selected menu
Cooking class	√	Yes	
Daily recommended tours	√	Yes	
Business support services	√	Yes	
Babysitting	√	Yes	
Laundry	√	Yes	
Guest relations/ Travel desk	√	n/a	
Foreign exchange	√	n/a	Bank rates
Porterage	√	n/a	
Turndown service	√	n/a	

	Available	Cost	Notes
Diving/ Snorkeling	√	On request	
Boat trips	√	On request	
Golf	√	On request	
Casino	√	On request	
Motorised water sports	√	On request	
Motorbike tours	√	On request	
Tennis	√	On request	
Cooking classes	√	On request	
Tours	√	On request	

	Guarantee	Deposit	Payment
Visa/Masters	√	√	√
American Express			√ (in person only)
Diners	√	√	√
JCB	√		√ (in person only)
Debit Cards	√		√ (in person only)
Voucher	√		√
Bank transfer		√	√



An aerial, top-down view of a lush tropical resort. The scene is dominated by dense greenery and numerous palm trees. Two rectangular swimming pools are visible, each with a person relaxing in it. In the center, a couple is seen from above, sitting on a dark mat and holding hands. To the right, a large, curved swimming pool with a blue mosaic tile border is partially visible. The overall atmosphere is serene and luxurious.

# EMBARK ON A WELLNESS JOURNEY

It's not just a holiday, it's a lifestyle



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