



TIA WELLNESS PURPOSE

TIA Wellness Resort provides guests with a unique opportunity to focus on wellness, and serves them by offering new value from the travel experience. TIA guests work hard to achieve professional success and support their family, often neglecting their own self-care. This can lead to feeling stuck and confused in life, calling for more than the traditional holiday to feel inspired and creative. A stay at TIA Wellness Resort provides the education and tools to activate life going forward and helps guests maintain focus and resilience during challenging times. The experience helps them find their centre and use creativity as a tool to reinvent themselves to feel empowered while navigating change



INTRODUCTION TO TIA WELLNESS

TIA Wellness Centre is the perfect place to honour inner stillness and bold creativity on your transformative wellness journey. Renowned for its spa-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. They will learn to upgrade their diets, breathe to regulate their system and move to better manage stress, returning home refreshed and renewed

WELLNESS INCLUSIVE

TIA redefines the spa 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. Creative Energy guests are guaranteed two treatments daily (2 spa treatments per night, total 80 min per person) from our extensive spa menu, in addition to daily wellness practices including Signature Master Class- Breathwork, Lifestyle Tai Chi, Active Yoga Flow and Creative Workshop with TIA tea



RETREAT INCLUSIVE

For guests who wish to dive deeper into self-discovery and expression, we developed the Creative Possibility Retreat — a 3-night, 4-day program. This retreat 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. Guests will enjoy 2 wellness therapies per night (total 120 min per person) and access to their own personal TIA wellness guide who will tailor the entire journey, including plant-based full-board meals



STILLNESS PROGRAM

For those who have a greater need for mindfulness, relaxation and connection to their inner truth. On this pathway, our guest will explore and receive guidance on topics such as sense of belonging, attaining personal clarity and finding peace of mind



SPLASH PROGRAM

For guests who seek inspiration, motivation and confident self-expression. On this pathway, the focus is on finding their true purpose or calling, learning to better express themselves, and clarify what they want out of life and in relationships

Both retreat pathways leave guests with a deep feeling of possibility, self-belief and the ability to take action based on new discoveries



TIA WELLNESS CORE PILLARS

Each program at TIA Wellness has been designed to support relaxation, creative expression and living a meaningful life through the following core values:

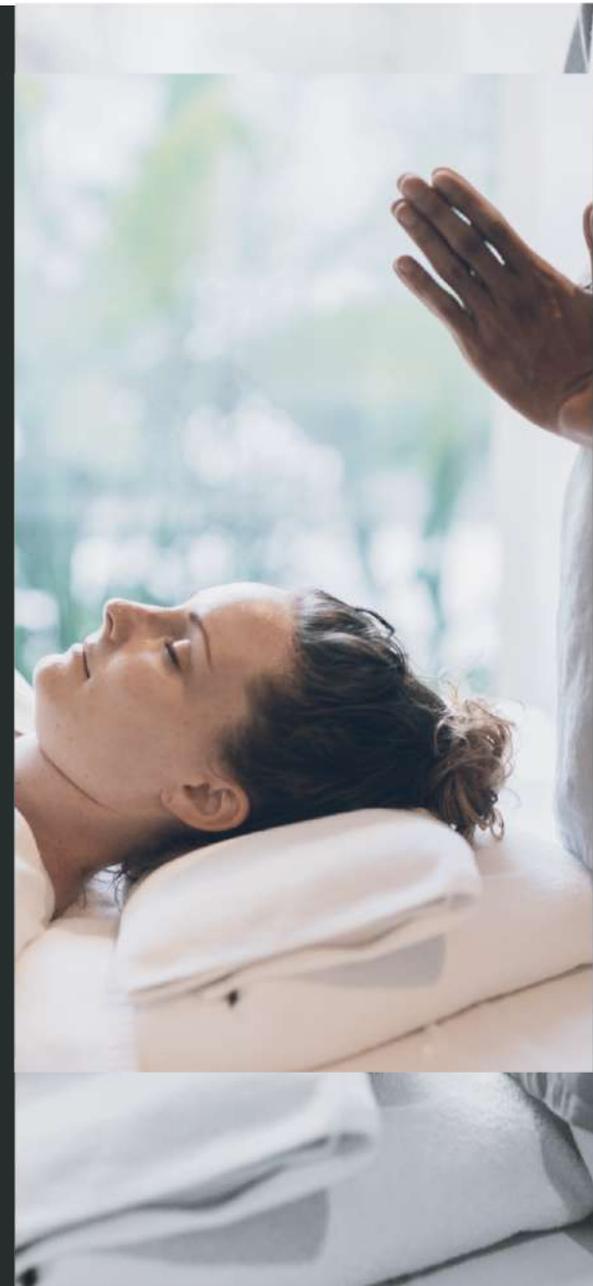
- **NOURISH**
Eat light to enhance vibrancy. Customised, detox and plant-based meal plans are available
- **FLOW**
Yin and yang mindful movement classes and therapies
- **BREATHE**
Our Signature Master Class, breathwork combines breathing techniques with a heart-focus
- **CREATE**
Open up endless possibilities for creative self-development

WELLNESS INCLUSIVE TREATMENTS

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

Creative Energy guests receive 2 spa treatments per night (total 80 minutes per person), that focus on providing deep rest, which include:

- **FREE FLOW**
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
- **RADIANTLY ALIVE**
Your body is a temple — and at TIA Wellness, we treat it like one...
- **BOLD NEW YOU**
Look and feel your best with an essential pamper
- **CREATIVE CANVAS**
Nourishing facials to make you glow inside and out



WELLNESS RETREAT THERAPIES

During their retreat, each guest will receive 2 wellness therapies per night (total 120 min per person) that have been specifically designed for the program. The therapies include a targeted combination of acupressure with aromatherapy, reiki energy and massage



DYNAMIC FLOW ACTIVATION

Morning 60-minute treatment:
(recommended between 10:00 - 13:00)

Powerful acupressure-based therapy to activate the body's natural self-healing systems and stimulate circulation through meridians for realignment



SUBTLE FLOW ACTIVATION

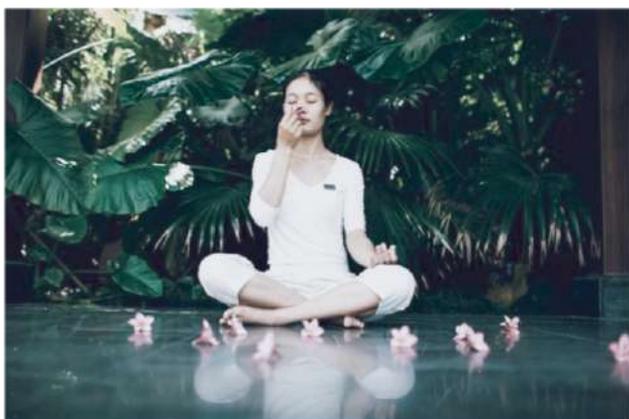
Afternoon 60-minute treatment:
(recommended between 13:00 - 20:00)

A reiki-based therapy that restores inner balance and works on releasing energetic blocks for body-mind harmony

In both treatments, a bespoke aromatherapy blend will be chosen according to your creative pathway and applied to specific areas of the body associated with the desired outcome

WELLNESS ACTIVITIES

All inclusive wellness and retreats include access to complimentary classes and events that align you with well-being and connect you to creativity



SIGNATURE MASTER CLASS - BREATHWORK

Powerful heart-focused breathing empowering you to slow it down and bring yourself back into balance. This core practice helps to quiet mental chatter so that you can be led by the heart instead



CREATIVE WORKSHOP WITH TIA TEA

An opportunity to engage in guided creative activities such as collage, drawing and painting aimed to explore and connect with your inner landscape, to open up authentic expression



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



LIFESTYLE TAI CHI

This gentle method is easy to learn so you can continue to practice at home. Based on Shibashi Tai Chi & Qigong, 18 simple movements are repeated with continuous fluidity, combined with breath work for relaxation

WELLNESS EXPANSION



TIA BOT APP GUIDANCE & RETREAT WELLNESS GUIDES

Our guest's journey continues upon their return home with wellness tools and reminders to practice what they learned by downloading our free Tia-Bot app. The app ensures they continue to benefit from their stay long after leaving the resort



TIA COACHING PACKAGES

Should guests seek deeper, more personalized guidance, they can participate in our Life Coaching Package, which provides one-on-one access to skilled coaches. These sessions help facilitate long-term transformation by building action plans that guests take into daily life after their departure. Long-distance coaching packages can also be purchased and experienced online



VISITING PRACTITIONERS & RETREAT CALENDAR

Visiting practitioners offer a variety of innovative coaching or workshops. All guests have the option of booking one-on-one sessions with dedicated practitioners. In these individual sessions, our team of experts support you with self-awareness techniques

In addition to our signature retreats, we have an exciting wellness events calendar



WELLNESS FACILITIES

Set in lush tropical gardens, leave urban stresses behind and connect with calm and stillness in this verdant oasis designed for restoration

- 22 treatment rooms
- 2 beauty salons
- 2 steam and saunas
- 2 hydrotherapy rooms
- 2 relaxation rooms
- Waterfall and pool areas
- Indoor wellness studio
- Outdoor yoga deck
- Lifestyle boutique
- Wellness Lounge (for retreat guests)

ADDITIONAL INFORMATION



INCLUSIVE SPA TREATMENTS

All guests can enjoy 2 spa treatments per night (total 80 minutes per person) as part of the standard room rate, including massages, scrubs, wraps, facials, manicures and pedicures. Guests taking part in the Retreat Inclusive programs with a minimum 3 night stay, can enjoy 2 wellness therapies per night (total 120 minutes per person)



SPA EXPERTISE

Our team is composed of wellness experts, including our Spa Manager and Wellness Manager, who oversee the wellness calendar and retreat activities. Every spa 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



NATURAL, LOCAL PRODUCTS

All body care products are made in Vietnam and formulated using 100 percent natural, active ingredients. All our essential oils have been custom-blended to facilitate the therapeutic benefits



WELLNESS BOOKING ADVISORY

- The Wellness Centre opens from 10:00 to 10:00 daily
- Guests can book 2 wellness treatments per night (80 minutes total) per person for the entire stay
- Wellness treatments must be chosen minimum 3 hours in advance in order to guarantee the desired treatment
- Changes to booked wellness treatments must be done minimum 3 hours in advance in order to guarantee it
- Wellness treatments are accepted after check-in time (from 14:00) and must be completed by 12 noon on departure
- For late arrival, treatment time will be reduced. More than 15 minutes late without notice and the treatment will be automatically cancelled
- For no-show on an appointment, there will be no entitlement to additional treatments booked on the same day
- Unfortunately no exchange, refund or transfer to another person for unused spa service



GENERAL SPA ADVISORY

- All treatments count as one of your daily treatments, unless otherwise indicated
- Please arrive 10 min before your treatment for formalities in your bathrobe (disposable underwear is available in your villa)
- The Wellness Centre is a smoke, alcohol and phone free area encouraging a healthy and peaceful Lifestyle
- Children under 12 years old are not permitted in spa area
- Pre-arrival wellness bookings can be e-mailed to: wellness@tiawellnessresort.com