



*Restore your Body
& Mind to its
Natural State*





ALBA WELLNESS VALLEY

Spreading over Alba legendary mineral water source, Alba Wellness Valley, managed by the leading Fusion hospitality company was built to be an exceptional destination for a true rest, where guests will enjoy a holistic well-being approach for body and mind in an idyllic setting. With 82 elegantly designed rooms and bungalows located in Thanh Tan Hot Springs Hotel and Alba Wellness Resort, various choices of bars and restaurants, contemporary Onsen & Spa center, natural hot springs and peaceful gardens, Alba Wellness Valley is the right place for Panchakarma treatment.

Especially, Alba natural hot spring source will be used as a treatment step of the Panchakarma course at Alba Wellness Valley





PANCHAKARMA the Queen of Ayurveda treatments

Alba Wellness Valley offers the annual Panchakarma course conducted by professional Ayurveda experts from the United States and Vietnam. Do not miss this ultimate mind-body healing experience in the serene and meditative atmosphere at the foot of Truong Son mountain range.





PANCHAKARMA PHILOSOPHY

Panchakarma has been used for thousands of years as a method for staying healthy, young and vital.

Panchakarma comes from the ancient science of Ayurveda which found its birthplace in India. According to Ayurveda, health is defined as the body being clear of toxins, the mind is at peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. In a busy, stressful and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning.

This eventually weakens our systems, which opens the door for chronic, degenerative, and non-specific diseases to develop. These can evolve into serious specific diseases, ultimately damaging an individual's health and wellness.

Panchakarma can help by reversing these negative effects of daily living. It can restore your natural state of health and wellness by cleansing your body of toxins, bringing balance into your system and improving bodily function. It can also help you sustain this process by making positive changes in lifestyle.

The Panchakarma therapeutic process appears quite simple in its application. However, its effects are powerful and effective. Panchakarma combines various treatments that cleanse the body's deep tissues of toxins, open the subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being.



PANCHAKARMA THERAPY

At Alba Wellness Valley, the Panchakarma therapy is built on three Ayurveda pillars of health. They are:

Diagnosis & treatment

Instead of focusing on fighting symptoms, Ayurveda medicine applies a holistic concept that treats the roots of imbalances for long term healing and equilibrium.

Ayurveda nutrition

Nutrition plays an important role in Ayurveda medicine. Although it is mostly plant-based, it is not a purely vegetarian cuisine. Vegetarian Ayurveda food has beneficial effect on the body and can prevent diseases.

Yoga & spirituality

This journey towards self makes you stronger, helps you lose weight on specific body parts, improve your figure, ease illness symptoms, find self- acceptance and feel the unity of body, soul and spirit.

Especially, Alba natural hot springs treatment remains a specific feature of the Panchakarma course at Alba Wellness Valley.





PANCHAKARMA EXPERTS

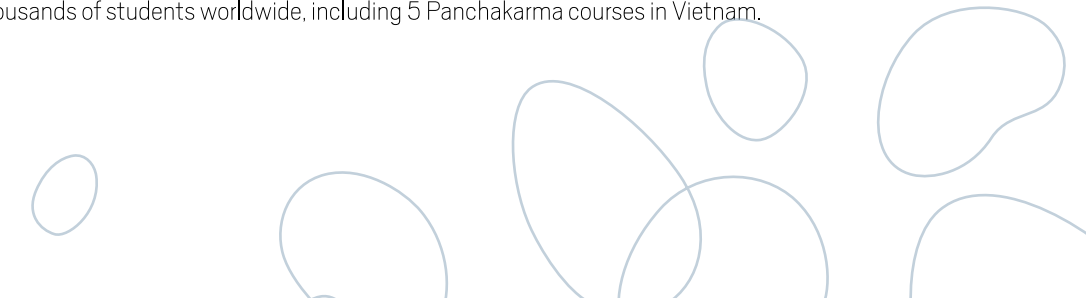
The Panchakarma course at Alba Wellness Valley will be conducted by professional Panchakarma experts from the United States and Vietnam.



Ms. Jennifer Andrews (Ambika)

Panchakarma expert from United States

Ambika specializes in the ancient healing science of Ayurveda Panchakarma. She has practiced Ayurveda since 2003 and provided Panchakarma treatments in California as well as other cities in the United States. She has solid foundation in nutrition and health with a Masters of Education degree from the University of Cincinnati, Ohio. She also received certification as a certified Ayurveda specialist from Verdic Institute, Santa Fe, New Mexico and the California's School of Ayurveda. Since 2012, she has successfully conducted many lectures and retreats for thousands of students worldwide, including 5 Panchakarma courses in Vietnam.





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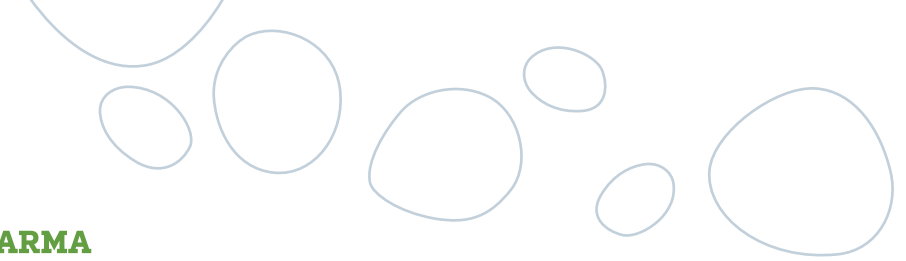


Ms. Tram Nguyen (Theresa)

Yoga teacher and Ayurveda assistant

Tram Nguyen becomes Yoga teacher since 2005, when the chance brought her to Grass Valley, United States for learning meditation during one year. She received certification in Yoga wellness at Sivananda Yoga Ashram. In 2008, she joined Yoga advanced teacher training course in South India. As an Ayurveda teacher since 2011, she has assisted Jennifer Andrews in her Panchakarma courses in Vietnam.





PANCHAKARMA COURSE

9-day package at Alba Wellness Valley

Including

Accommodation in Alba Wellness Valley (including preparation and treatment time)

Initial Ayurveda assessment and daily monitoring

Panchakarma treatments: Abyanga (oil massage), Nasya (treatments for the sinus, head and neck area), Shirodhara (treatment that calms the mind), Swedana (steam sauna), Basti (treatment to cleanse and rejuvenate the large intestine)

Ayurveda nutrition including vegetarian meals and special teas for detox

Morning meditation

Morning and Afternoon Yoga Asana exercises

Bathing in natural hot springs to help support healing treatments

2-way transfer between Alba Wellness Valley and Phu Bai airport

Benefits:

In general, you will experience a physical detox during the first 3 days, which helps your body releasing fat-soluble cancer-causing chemicals and toxins. Around the 4th and 5th days, your body tends to escape from old emotions, beliefs and patterns, in addition to physical toxins. By the 6th and 7th days, you will drop into your hearts, your mind will become quiet and you will be totally at peace.



PRICE LIST
FOR 2022

	Price per person (VND)
Package/ Room type	9 days (06-14/11/2022)
Deluxe single	73,837,000
Deluxe Sharing	62,745,000
Bungalow single	94,893,000
Bungalow Sharing	75,905,000

Note: the above prices are quoted net and excluded of all F&B expenses (out of the Panchakarma course) as well as other individual charges.

Timing:
The course will take place from 06th to 14th November 2022.



NECESSARY INFORMATION

(for Panchakarma course)

Remarks for participants:

Comfortable clothes for Yoga exercises

Sandals or slippers for easy move

Fruits and noshes are not allowed

Private Yoga carpet is recommended (if any)

Limit use of mobile phone during the treatment course

Contact

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