



BANYAN TREE
LĂNG CỎ
CENTRAL VIETNAM

Return

to

yourself

Wellbeing Pool Villa
Banyan Tree Lang Co, Central Vietnam



In a quiet corner of Central Vietnam, where the mountains meet the sea, a sanctuary awaits, crafted not to impress, but to embrace.

Here, time flows a little slower, and the silence speaks louder

*It's not just a getaway.
It's a gentle journey inward.*



An invitation

to pause

In a world that moves too fast, we forget to listen to ourselves, to the earth, to stillness.

The Wellbeing Pool Villa at Banyan Tree Lăng Cô, honoured with Two MICHELIN Keys, is our invitation to pause.

This is a place to breathe deeply, rest fully, and reconnect with the essence of who you are.

The Wellbeing Pool Villa Experience

Your home, with private beach access at your doorstep



A 124-sqm pool villa with private access to a serene stretch of beach, blending tranquil design with the timeless elegance of Hue’s royal garden houses. The villa is thoughtfully appointed with amenities that enhance sleep and relaxation, opening onto a cosy porch and a sunlit sundeck ideal for yoga practice or quiet sunbathing. Exclusive features include a private jet pool and a charming sala pavilion for restful lounging.

Just steps from the shore, the Wellbeing Pool Villa offers a perfect harmony of indoor comfort and open-air spaciousness.

Daily Privileges:

- Daily breakfast for two
- Daily 60-minute Wellbeing Spa treatment for two
- Flexible 24-hour check-in/out (subject to availability)
- Daily laundry (2 pieces)

In-Villa Experience:

- Wellbeing welcome ritual & afternoon nutrition platter
- Mindful minibar: Organic tea, coffee, and almond milk replenished daily
- Wellbeing amenities
- Nightly bath rituals for deep relaxation

Wellbeing Journey:

- One-on-one consultation session with a Wellbeing Practitioner
- Access to the daily wellbeing activities calendar
- Meditation Audio to bring home
- 30% savings on à-la-carte spa treatments (excluding facial, beauty treatments, and ongoing promotions)
- 30% savings on Wellbeing Cuisine

Note: A minimum stay of two nights is required to ensure the journey is fully experienced and deeply restorative.

In-villa Wellbeing Amenities

Everything You Need, Thoughtfully Curated

Amenities Include:

- Sleep Enhancement Light: Creates a gentle ambience to support deep, restful sleep.
- Aromatherapy: A rotation of calming scents to relax your body and uplift your mood.
- Sound Therapy Bowl: Promotes relaxation through soothing vibrations and mindful resonance.
- White Noise Machine: Blocks unwanted sounds, allowing a peaceful and uninterrupted rest.
- Memory Foam Topper: Provides gentle support and pressure relief for better sleep quality.
- Yoga Mats, Resistance Bands and Balance Pad: For your daily movement and self-practice.
- Yoga Block: Encourages proper posture, balance, and alignment during yoga.
- Acupressure Footrest: Relieves tension and improves blood flow after a long day.
- Faraday Box: Reduces EMF exposure from devices, supporting a calm and distraction-free rest.

Upon Request:

- Pillow Menu: A selection of five pillow types tailored to your sleeping preference.
- Yoga Ball & Pilates Ring: For mindful movement and core practice in the villa.
- Air Purifier: Ensures cleaner air and a fresher, more restorative environment.



Your Journey to Return to Yourself

Deeper Connection, Personal Discovery

Meet Your Wellbeing Practitioner



Every journey begins with a gentle question: What do you need right now?

At Banyan Tree Lăng Cô, our certified Wellbeing Practitioner is here to help you answer that, through thoughtful conversation, daily guidance, and intuitive care. From your first consultation, you'll co-create a path tailored to your energy, mindset, and intention.

With deep knowledge of body-mind techniques, your Wellbeing Practitioner is not here to instruct, but to accompany you throughout your stay, ensuring you feel supported, seen, and truly cared for.

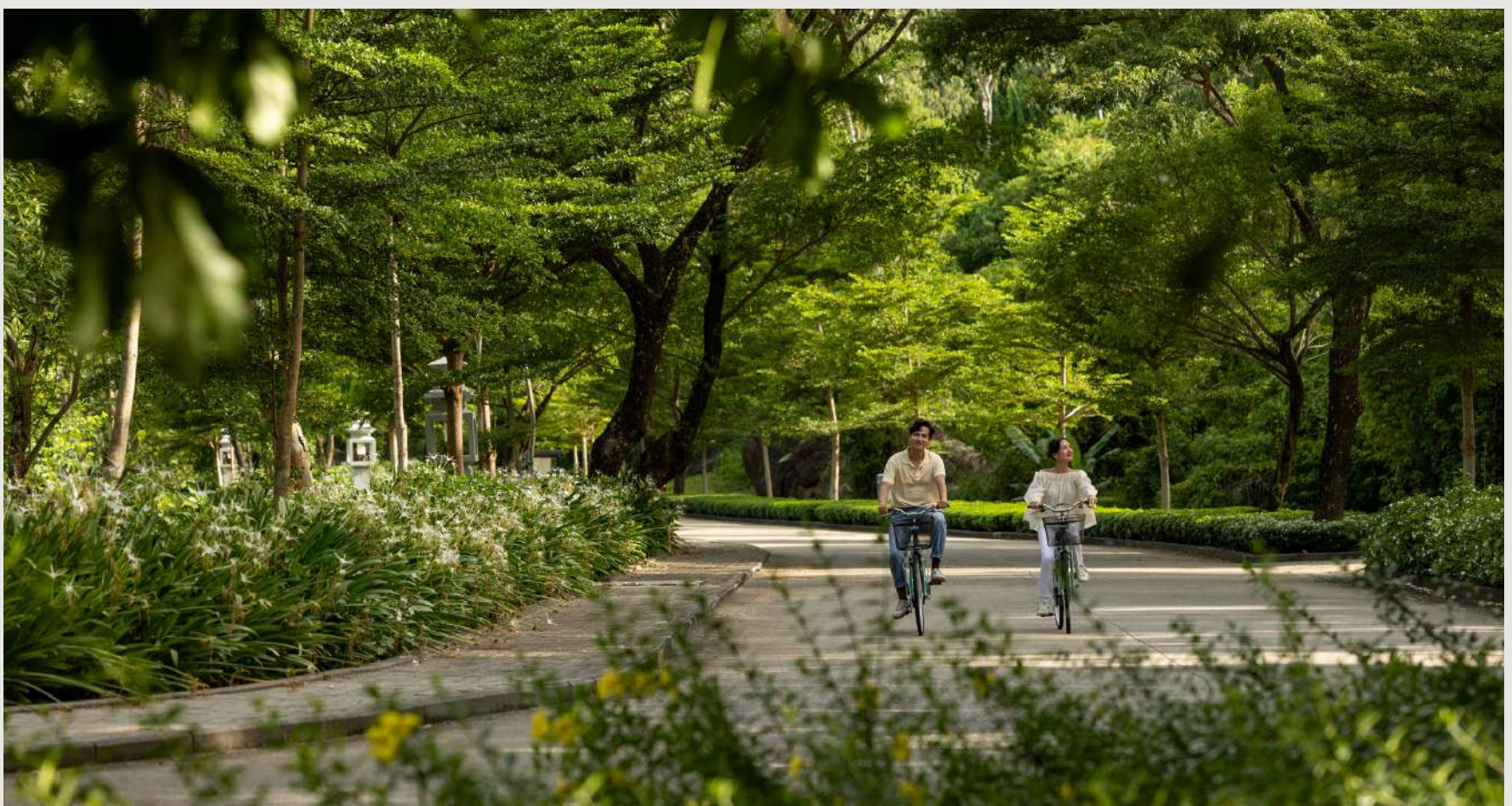


Nature and Local Connection

Here, wellbeing doesn't stand apart — it flows through the land.

From the moment you arrive, you are embraced by the gentle meeting of mountains and sea, where every breeze and sound invites calm.

Morning birdsong replaces city noise, and even the sunrise feels more vivid and alive. Every element of nature here reminds you to slow down, breathe deeply, and simply be.



Life in Lang Co moves with a quiet rhythm, shaped by warmth and authenticity. The local community welcomes you with open hearts, inviting you to share their stories, traditions, and way of life.

In every encounter — from the architecture inspired by Vietnamese heritage to the daily activities that celebrate simplicity — you'll find moments of genuine connection. Through these experiences, you discover not only a new culture but also a deeper sense of yourself.



At Banyan Tree, travel is never an escape

It is a return.

A return to nature.
A return to balance.
A return to self.



Daily Wellbeing Activities

A curated collection of experiences designed to help you slow down, breathe deeply, and reconnect with yourself.

Movement

Activities to awaken your body and energy

- Aquatic Exercise
- Yoga Connect
- Yoga Core
- Tabata Workout
- Bliss Yoga
- Hip Workout
- Bootcamp
- Sunrise Yoga
- Restorative Yoga
- Fit Yoga
- Yin Yoga
- Yoga For All
- Hatha Yoga
- Taichi
- Jogging trail

Discovery

Activities to engage curiosity and joy

- Incense Making
- Bamboo Weaving
- How to make Coconut Coffee
- How To Make Salty Coffee
- How To Make Egg Coffee
- Coffee Scrub Workshop
- Nutrition workshop
- Better Sleep Workshop

Mindfulness

Activities to calm your mind and deepen presence

- Healing Sound
- Breathing Exercise
- Singing Bowl Meditation
- Body Scan
- Deep Relaxation
- Gratitude Meditation
- Mindfulness Meditation
- Metta Meditation

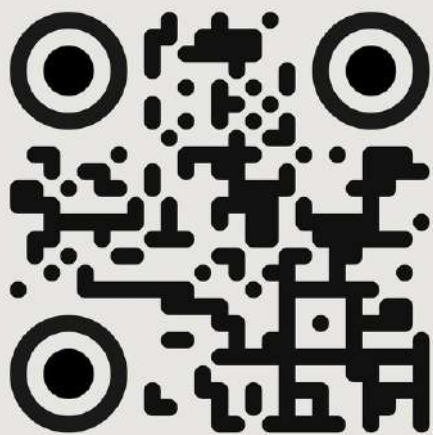
Connection

Activities that nurture community and belonging

- Elderly Care
- Disabled Child Care
- English is fun
- Resort Photography Tour
- Bird Watching Tour



Scan or click to view the full Wellbeing Calendar



Daily Wellbeing Spa Treatment

Immerse in a 60-minute daily spa session designed to recharge, release, and restore balance. Our therapists are carefully trained with over 650 hours by the Banyan Spa & Wellbeing Academy, ensuring each touch is guided by expertise and delivered with heartfelt care.

WELLBEING TREATMENT SPA MENU

- Restorative Detox: This massage stimulates circulation and lymphatic flow, helping the body naturally release waste and toxins.
- Mobility Stretch: Using deep assisted stretches to ease muscle tension, this treatment improves flexibility and supports post-exercise recovery.
- Sleep Essentials: Focused on relieving neck, back, and shoulder tension, this therapy releases stiffness from long desk hours and restores comfort.
- Urban Relief: A soothing blend of proven techniques that calm the mind, ease fatigue, and promote deep, restorative rest.



Reel Me–Time at Your Villa

The time to slow down, focus on yourself, or simply enjoy the quiet. Savour organic teas, nourishing bites and in-villa wellbeing menu curated for your journey as you unwind by your private pool or soak in a mindful bath ritual. Every detail is crafted to help you rediscover balance and feel "yourself" at ease.



A Gentle Return

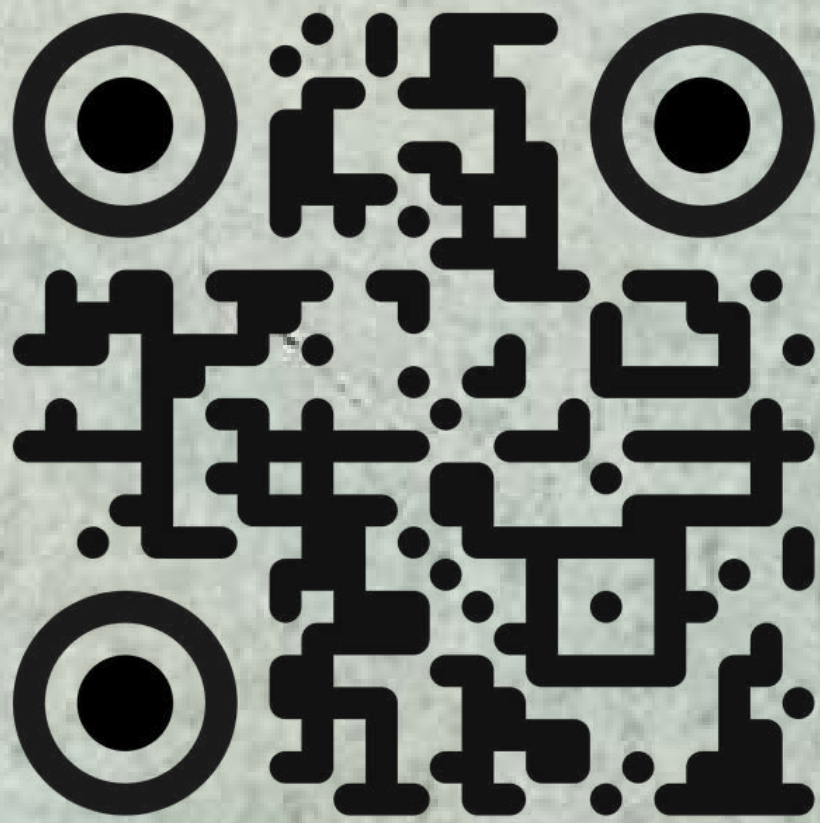
Come back to stillness. Come back to self.

In the quiet rhythm of the sea, the hush of the mountains, and the serenity of your private villa, a deeper sense of presence begins to unfold.

Here, amidst nature's calm and care's quiet touch, you don't just rest, you remember who you are.

Your Journey to Return To Yourself starts here!

Scan QR or click to book directly via our website



Or contact us at



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A Sanctuary for the Sense
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