



return to self

Hội Retreat

by Vietnam Detox

18 - 22 November, 2026



Dieter Buchner
Buchinger Fasting Specialist
and Retreat Leader



Sanjay Rawat
Wellness Master



Truong Tan Hoan
Programme Manager,
Vietnam Detox



A BUCHINGER FASTING RESET BY THE COAST

A structured Buchinger fasting retreat for people who feel overstretched, mentally cluttered, heavier than they would like, or simply aware that their current rhythm is no longer sustainable.

Hôi Retreat is designed to help you slow down, restore clarity, reset a few unhelpful habits, and return home with more energy, steadiness, and self-trust for both work and personal life.

Held on the coast at Fusion Resort & Villas Da Nang, this guided retreat combines the Buchinger fasting method with gentle movement, rest, wellness support, practical education, and Fusion's beachfront, wellness-inclusive setting so the experience feels both restorative and meaningful.





Host & Facilitators

Hosted At

Hosted at **Fusion Resort & Villas Da Nang**, this retreat brings together a calm oceanfront setting, thoughtful wellness infrastructure and a slower rhythm that supports rest and recovery.

As Vietnam's first WITT-certified wellness resort, recognized among the Best International Wellness Retreats in Travel + Leisure's World's Best Awards 2026, and home to Maia Spa & Wellness Center, a Global Winner at the World Luxury Spa Awards, Fusion offers an environment where deep rest, detox, and wellbeing are seamlessly woven into every stay.

Fusion's Wellness-Inclusive philosophy, with daily spa and wellness experiences woven into each stay, helps guests step out of daily pressure and into a more spacious, restorative pace.

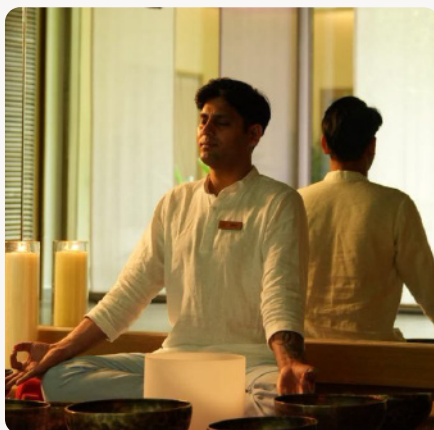
The retreat is created and guided by Vietnam Detox, pioneers of the Buchinger fasting method in Vietnam since 2016, with a supportive, structured and human approach to fasting and preventive, lifestyle-based wellbeing.

Facilitators



Dieter Buchner
*Buchinger Fasting Specialist
and Retreat Leader*

Co-founder of Vietnam Detox and trained Buchinger fasting coach through the German Fasting Academy. Dieter guides the retreat with a calm, structured, and highly supportive approach.



Sanjay Rawat
Wellness Master

With over a decade of experience in yoga and holistic wellness, Sanjay Rawat brings a calming presence, deep expertise, and a thoughtful approach to every guest experience. As our Wellness Master, he leads transformative journeys that inspire balance and well-being.



Truong Tan Hoan
*Programme Manager,
Vietnam Detox*

Co-founder of Vietnam Detox. Hoan supports the day-to-day retreat flow, participant guidance, juice service coordination, and the smooth on-site experience.

What's Included



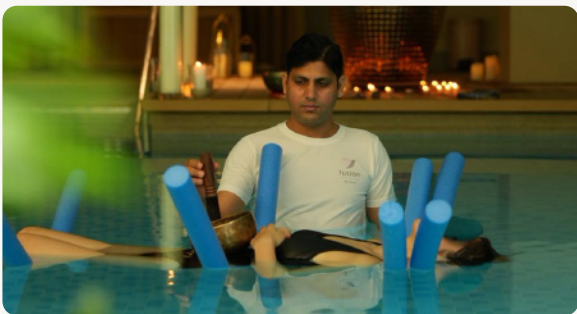
Accommodation

A four-night stay in an Ocean View Suite at Fusion Resort & Villas Da Nang, with daily wellness-inclusive spa access



Buchinger Fasting Journey (Vietnam Detox)

A professionally guided Buchinger fasting retreat with fresh juices, evening broths, herbal hydration support, and daily fasting guidance so you always know what is happening in your body and how to respond



Wellness & Restoration

Breathwork, meditation, mindful movement, and gentle wellness practices designed to help guests feel grounded, supported and at ease in the fasting process, supported by access to Maia Spa & Wellness Center's heated pool and thermal facilities



Connection & Integration

Small-group reflection and integration sessions that help guests understand their experience and carry the learning home into everyday life



Da Nang Local Immersion

A mindful excursion to Marble Mountain and an early morning journey to Son Tra Peninsula, offering nature, perspective and a sense of quiet local connection

Who *this* retreat is for

This retreat is designed for people who feel tired, overloaded, or out of rhythm and want a structured way to pause and reset without having to manage logistics or 'perform' wellness.

It is especially well suited to guests who value calm, personal support, practical wellbeing education, and the chance to restore themselves in a premium coastal setting.

Many guests are senior professionals, founders or caregivers who are used to carrying a lot for others and are now ready to invest in their own reset.

It may appeal to wellness travellers who enjoy gentle movement, breathwork, guided stillness, reflection, and a slower pace.

Guests who tend to get the most value from this retreat are often not looking for intensity. They are looking for steadiness, clarity, and a more sustainable relationship with food, energy, rest, and self-care.

Health guide

Participation is subject to a pre-retreat health screening.

This programme is not a medical treatment and does not replace professional medical advice.

This retreat is not suitable for pregnant or breastfeeding guests, guests under 18, guests with a history of eating disorders, or those with serious medical conditions requiring close supervision or medication management that may be significantly affected by fasting.





RETREAT OVERVIEW

Day 1

Arrival, settling in, welcome circle, and gentle transition into the retreat rhythm.

Day 2

Orientation, first full fasting day, breathwork, meditation, wellness learning, and time to rest.

Day 3

Deepening into the fasting rhythm, mindful movement, wellness support, and quiet integration.

Day 4

Continued fasting, local immersion, supportive practices, reflection, and restoration.

Day 5

Gentle closing practices, integration session, personal wrap-up, and departure.





Retreat Program

Arrival & Welcome

DAY 1 | 18 November

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| 13:30 | Arrival & Check-in (Staggered)
A smooth, unhurried arrival into your retreat setting. Settle into your room, hydrate, and begin slowing your pace. |
| 17:00 | Welcome Smoothie & Opening Circle
Meet the Vietnam Detox facilitators and fellow participants. A gentle introduction to the retreat rhythm, intention-setting, and what to expect over the coming days. |
| 18:00 | Light Welcome Dinner
A nourishing, easy first meal designed to support a calm transition into the detox journey. |
| 19:00 | Evening Walk (Optional)
A soft, grounding stroll to ease travel fatigue and prepare the body for rest. |
| 19:30 | 1st Spa Treatment
A 50-minute restorative spa treatment to ease into relaxation. |

Orientation & First Full Fasting Day

DAY 2 | 19 November

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|-------|---|
| 06:00 | Early Beach Walk & Gentle Movement
Move with the morning through light walking and gentle mobility exercises to awaken circulation and naturally energise the body. |
| 07:00 | Morning Tea & Quiet Social Time
Ease into the day with warm herbal tea in a calm and supportive atmosphere. |
| 07:20 | Breathwork
A guided breathing practice to calm the nervous system and bring clarity to the day ahead. |
| 07:30 | Meditation
A gentle guided meditation to cultivate grounding, presence, and inner calm. |
| 08:00 | Organic Juice (1st Serving)
Fresh-pressed organic juice to support your fasting rhythm and natural nourishment. |
| 10:30 | Wellness Learning Session
Practical insights into the fasting process, energy changes, and supportive techniques for comfort and wellbeing. |
| 12:00 | Organic Juice (2nd Serving)
A refreshing organic juice to maintain hydration and nourishment throughout the day. |
| 14:30 | Organic Juice (3rd Serving)
A light afternoon juice to sustain energy and support the detox process. |



Retreat Program

Orientation & First Full Fasting Day

DAY 2 | 19 November

15:00	Yoga / Mindful Movement A calming movement session designed to release tension, improve mobility, and restore balance.
16:30	2nd Spa Treatment A 50-minute restorative spa treatment to ease into relaxation.
18:00	Fasting Broth & Sharing Circle A nourishing herbal broth followed by a guided sharing circle to reflect, connect, and unwind.
20:00	Sleep Yoga (Optional) A gentle evening practice to relax the body and prepare for deep, restorative sleep.
21:00	Herbal Tea Wind-down A peaceful evening tea ritual to encourage rest, recovery, and quality sleep.

Detox Deepens & Marble Mountain Journey DAY 3 | 20 November

04:30	Morning Self-care Ritual A quiet morning ritual to reconnect with the body through gentle, intentional, and restorative practices.
05:30	Morning Movement Gentle movement to awaken circulation, restore mobility, and naturally energise the body.
07:30	Marble Mountain Experience A mindful cultural and nature journey offering perspective, stillness, and a deeper connection with Da Nang's natural heritage.
10:00	Workshop Guided Session Explore supportive self-care techniques, including pressure-point practices, to enhance comfort throughout the fasting journey.
12:00	Organic Juice (2nd Serving) Fresh organic juice to replenish hydration and sustain your detox rhythm.
14:30	Organic Juice (3rd Serving) A light afternoon serving to maintain nourishment and natural energy.
15:00	Yoga / Mindful Movement A gentle practice to release tension, restore ease, and cultivate balance.
16:30	3rd Spa Treatment A 50-minute restorative spa treatment to ease into relaxation.





Retreat Program

Detox Deepens & Marble Mountain Journey DAY 3 | 20 November

18:00	Fasting Broth & Sharing Circle A warm herbal broth followed by a reflective sharing circle to nourish both body and mind.
20:00	Sleep Yoga (Optional) A calming evening practice to prepare the body for deep, restorative sleep.
21:00	Herbal Tea Wind-down A peaceful herbal tea ritual to conclude the day and support overnight recovery.

Nature Reset & Son Tra Morning Journey DAY 4 | 21 November

04:30	Morning Self-care Ritual A short, quiet ritual to prepare body and mind for nature immersion.
05:00	Gather at Lobby
05:10	Transfer to Son Tra
05:30	Son Tra Nature Journey Hike An early-morning nature immersion for fresh air, grounding, and a sense of calm momentum.
08:00	Organic Juice (1st Serving)
10:00	Workshop Guided Session A supportive session for understanding detox progression and reinforcing sustainable wellness tools.
12:00	Organic Juice (2nd Serving)
14:30	Organic Juice (3rd Serving)
15:00	Yoga Mindful Movement A gentle return to the body—stretching, balance, and softness.
16:30	4th Spa Treatment A 50-minute restorative spa treatment to ease into relaxation.
18:00	Fasting Broth & Sharing Circle A warm, restorative close—helping integrate the day and settle the system.
20:00	Sleep Yoga (Optional)
21:00	Herbal Tea Wind-down

Retreat Program

Closing, Integration & Departure

DAY 5 | 22 November

04:30	Final Morning Self-care A final ritual to acknowledge your progress and return to calm.
05:30	Beach Movement Light movement by the sea to awaken the body gently.
06:00	Gentle Recovery Time (Heated Pool Wellness Time) A quiet recovery window to ease muscles and support circulation before departure day.
07:00	Morning Tea
07:20	Breathwork
07:30	Meditation
08:00	Organic Juice (1st Serving)
09:00	Closing Circle Integration Session A guided closing to help you transition beyond the retreat—practical tools, reflection, and sustainable next steps.
10:00	Individual Wrap-ups & Check-outs Time for final consultations and personal notes to take home.
12:00 onwards	Departures



Retreat Rate

starting from (per person)



Single occupancy
from VND 45,430,000



Double occupancy
from VND 77,220,000

Early Bird Offer

Reserve at least 60 days in advance



Single occupancy
from VND 38,615,500



Double occupancy
from VND 65,637,000

Spaces are limited to maintain a small-group, high-support environment.



Inclusions Note

Investment details are shared transparently so guests can choose the room category that best fits their preferences and budget. The retreat investment includes:

- 04 nights staying at Ocean View Suite, Fusion Resort & Villas Da Nang
- Complimentary round-trip airport transfers in Da Nang Shuttle service to Hoi An Town
- Daily Wellness Journey at Maia Spa & Wellness Center (60-minute access to wellness facilities and a 50-minute spa treatment)
- Guided excursions to Marble Mountain and Son Tra Peninsula
- Freshly pressed juices and herbal broths
- Buchinger fasting program with Vietnamese herbal enhancements
- Daily wellness coaching by Vietnam Detox specialists Holistic spa therapies, mindful movement, and relaxation experiences
- Post-retreat integration guidance and a short follow-up check-in, so insights from the retreat translate into everyday life

Booking Essentials

To reserve, please contact reservations.frdn@fusionhotelgroup.com or +84 (0) 919 029 577 (WhatsApp & Zalo available)

Terms & Conditions

All reservations must be guaranteed by a valid credit card and must be secured with a 30% refundable deposit at the time of booking. The remaining balance will be charged upon check-in.

To ensure the best possible experience, the retreat is subject to a minimum number of participants. Should the minimum requirement not be met, the retreat may be postponed or cancelled.

Cancellation

- Clear booking and participation guidelines are provided at enquiry so guests can make an informed and confident decision before reserving their place
- Cancellations made more than 21 days prior to retreat start date, no cancellation fee. Cancellations made 21 days prior to retreat start date, 30% of retreat price
- Cancellations made 14 days before retreat start date/no show, 100% of retreat price. A minimum of 8 participants is required for a retreat. Should we not receive the minimum number of participants booking, the retreat may be cancelled up to 21 days before the retreat start date
- If a guest is unsure whether the retreat is suitable from a health perspective, their situation can be reviewed before booking

Attrition

For double occupancy bookings, in case of attrition requested at least 21 days prior to the retreat start date, guests may cancel the current booking and rebook at the single occupancy rate.

A Buchinger fasting reset *by the coast*

