

# DA NANG DREAMING

Intimate beachfront property TIA Wellness Resort on Vietnam's central coast is redefining the holistic spa escape.

By Keri Bridgwater

**IN LEARNING** that TIA means "ray of light" in Vietnamese, it felt doubly auspicious witnessing a near-perfect rainbow arched across the resort infinity pool not long after I checked in. Framed by the emerald-green South China Sea and generous sweep of golden sand, Vietnam's first all-spa inclusive concept is a mere 10 minutes from downtown Da Nang, a laid-

back beachfront city on the country's central coast, but feels an entire world away. Formerly Fusion Maia, after a top-to-toe refurbishment TIA Wellness Resort ([tiawellnessresort.com](http://tiawellnessresort.com)) made its debut in March 2021 with a slew of holistic therapies enticing glow-getters from Korea and Japan and in-the-know European and U.S. travelers seeking a farther-flung spa escape.

Courtesy of TIA Wellness Resort



The resort has just undergone a top-to-toe refurbishment.

With the gorgeous tropical garden setting, a mantra of balance permeates every inch of the property, whose original design cues came from the Forbidden Purple City, the onetime imperial family home of walled palaces and shrines in nearby Huế, Vietnam's ancient capital. Accented with chic black rattan furniture and lighter-than-air gauzy white curtains, its 87 villas (there are one-, two- and three-bedroom options) exude an air of quiet luxury; each has a private courtyard and plunge pool, which makes the suites tough to venture away from, although the sparkling swimming pool

and My Khe Beach steps below each provided equally idyllic settings: one for a sun-soaked afternoon, the other for a leisurely stroll.

With relaxation positively encouraged at TIA and the spa, all accented by a garden of subtropical dragon trees, showy bougainvillea, fragrant Arabian jasmine and a meditative central waterfall pool, its 22-room wellness center is a crown jewel. Perks of the unique "spa-inclusive" concept here mean that every guest can schedule two treatments per day with holistic therapies emphasized (think: therapeutic singing bowl sound baths and crystal wand massages to amplify inner energies, although facials and salon services are options too, as is a new steam-sauna-ice hydro circuit). All reiki-trained, the

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41-strong therapist team will leave the most seasoned spa devotees feeling a profound sense of transformation — and floating back to their villas. Well-being winds itself into every activity, and daily group classes (yoga flow, breath work, a creative workshop, tai chi) provide another way to incorporate movement and mindfulness.

Perfect for couples and solo travelers (solitude-seeking spa-goers might consider the guided four- or seven-night private Creative Healing Retreats), TIA is also popular with families and the Kids' Wellness Club features art classes, Zumba and mini hand-and-foot massages. Although



most guests, including myself, tended to split time between the pool and the villas between treatments, the sleek but intimate Dining Room restaurant was a hub most mornings thanks to the stellar breakfast buffet, while the infinity pool adjacent to Ocean Bistro was popular at lunchtime. With an “eat light, feel bright” approach to menus and plenty of plant-based options, dining at TIA is deliciously health-forward and mocktails and an impressive lineup of organic and biodynamic wines share space on the drinks list.

Whether you’re seeking better sleep or simply time away from it all while getting back to yourself, TIA Wellness Resort is a serene little hideaway where holistic therapies raise the spiritual status quo and whispering palms quiet the busiest of minds. 🌿

The pool-adjacent Ocean Bistro is a popular spot for lunch.

