

Meliá Ho Tram Beach Resort Reinvigorates YHI Spa and Launches New Spa Menu

HO TRAM, Vietnam (March 23, 2023) – Meliá Ho Tram Beach Resort has extensively refurbished its YHI Spa and is introducing a new spa menu and wellness packages, positioning itself as one of southern Vietnam’s prime wellness destinations.

Meliá Hotels International’s signature YHI Spa, at the resort fronting Ho Tram Beach, has doubled its size to 20 treatment rooms, including two couples rooms, one male single room and one female single room each featuring Jacuzzis.

Under the spa’s revamp, the resort has also introduced a hair salon with nail care facilities, dedicated foot massage area, and Japanese-inspired landscape including a lake replete with koi fish, a waterfall, red walking bridge, white pebble stone gardens, mesmerizing mural, and reflecting ponds dotted with rock formations.

Inspired by the goddess YHI responsible for life and light and personified by the sun for the Karraur First Nations people in Australia, YHI Spa’s new menu offers a broad spectrum of treatments including body and foot massages, facials, body scrubs and wraps, manicures and pedicures, hair care and styling.

With the significance of health and wellness heightened in a post-COVID world, the resort is also implementing wellness packages designed to not only awaken the five senses and temporarily “reset” guests in a rejuvenating environment but also inspire guests to pursue health routines to achieve long-term health benefits.

The resort will launch “Four Steps” and “Seven Steps” programs that include a body treatment and beauty treatment at YHI Spa, a turndown wellness ritual and a wellness activity such as yoga and Tai Chi. Seven Steps also entails welcome wellness amenities, a detox set menu for dinner and a healthy breakfast with detox drinks, guiding guests on what “an overall picture of wellness looks like”.

“Ever feel like you need a vacation after your vacation? Wellness travel could well be the key to truly unplugging, recharging, and maintaining your health and wellbeing,” said the resort’s general manager Alvaro Berton. “Wellness travel has certainly inspired us to extensively refurbish our YHI Spa and offer a host of wellness offerings to help our guests establish beneficial habits such as exercising, eating well, and sleeping well that may sound basic but remain elusive for many in today’s fast-paced world.”

YHI Spa has numerous sustainability measures in place, ranging from sourcing locally produced organic oils, natural scrubs and flowers to limiting waste and a ban on single-use plastics.

For more information or to make a booking, visit www.melia.com, email yhispa@meliahotram.com or call +84 (0) 254 378 9000.

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About Meliá Hotels & Resorts

Meliá Hotels & Resorts is the most well-known brand within Meliá Hotels International; it has more than 100 city and resort hotels in the main leisure and business destinations of Europe, Asia, Africa and America. Meliá Hotels & Resorts instinctively understands the guests' needs and lifestyle expectations and caters to every aspect of guests' wellbeing. It offers exemplary meetings and events facilities in all key business cities and exotic locations, serving the ever-expanding conference and incentive travel market. Follow Meliá Hotels & Resorts on Twitter [@MeliáHtlResorts](#), Facebook [@Meliá.Hotels](#) and Instagram [@Meliáhtlresorts](#). www.Meliá.com.

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