

## **TIA Wellness Resort Launches New Strength & Recovery Retreat**

*New retreat offers guests complete reset for strength, balance, and lifelong longevity*

**DA NANG, Vietnam (May 22, 2025)** Created to help people build strength and long-term vitality, TIA Wellness Resort's new private retreat program 'Strength & Recovery' combines private HIIT training sessions, recovery rituals - ice baths, steam, and sauna; wellness treatments and a high protein plant-based meal plan to fuel performance. Through the program guests will build strength and endurance, nourish their bodies, and explore some of Da Nang's most popular tourist destinations with a wellness twist.

At the core of the four- or seven-night tailored retreat are two daily private workouts built around strength training, toning, flexibility, mobility, and endurance. There is one HIIT power workout and one training session focused on a different body part each day (shoulder & chest, back & arms, core strength & lower body etc).

"All sessions are designed without machines or free weights, teaching guests how to use their own body weight effectively—empowering them to build strength anywhere, without a gym," explained Ramon Imper, general manager of TIA Wellness Resort.

A daily recovery ritual is an ice bath amid verdant tropical plants, alternated with a private steam room and Himalayan sea salt sauna session to help soothe and repair well-worked muscles.

Two wellness treatments, one in the morning and one in the afternoon, round out the schedule with treatments such as bamboo roll-outs, deep tissue massage, Vietnamese cupping, and Reiki to reduce inflammation, support muscle repair, and restore balance.

"Retreat participants will benefit from enhanced physical performance, reduced tension, better sleep, and mental clarity," added Ramon. "As we age, strength training is key to staying strong and healthy, as muscle mass naturally decreases over time. This retreat directly addresses the importance of building muscle in a format that is sustainable."

The carefully-designed recovery part of the program also supports the muscles worked, such as a neck-and-shoulder-release treatment that takes place the day after work on a treatment focused on the back and arms day; a deep tissue leg recovery session is aptly timed after a 6am excursion to the Marble Mountains for a leg & glute building activity on the time-worn stone stairs of one of the area's most sacred sites.

An added bonus, a visit to the Marble Mountains in the early hours of the day means retreat guests will see the ancient pagodas, statues, and caves, thronged by crowds later in the day, without all the visitors. For guests taking part in the seven-day plan they'll have a second cardio session with an early stair-climbing workout at Lady Buddha, a towering bodhisattva carved from a single piece of marble and standing 67 meters tall on the Son Tra peninsula. Lady Buddha and Marble Mountains both feature Linh Ung pagodas, known locally as the wish-giving pagodas.

With the increased activity on the retreat, TIA's resident experts tailor each meal plan's calorie and protein intake considering body weight and fitness goals to ensure optimum performance. The nutrient-dense plant-based menu varies each day with no repeat meals. Each day begins with a protein smoothie bowl (such as a Colada Protein Smoothie Bowl with coconut, pineapple, banana, cashew butter, chia seeds, dried coconut, and protein powder). At lunch, a salad (e.g. a vibrant tomato and strawberry salad dressed with herbs) or a soup (e.g. a chilled cucumber & lime soup) precedes a main course that varies. Examples include chickpea and sweet potato patties or baked falafel with vegan tzatziki. Desserts come to the table as a salted peanut butter bar or hibiscus poached pears, for example.

The two-course dinner is nourishing and starts with such appetizers as spinach, mushroom and almond tarts with a creamy cashew mushroom sauce or a cauliflower coconut soup subtly spiced with red chili. Main course examples include vegetable "lasagna" with plant-based cheese, sundried tomato sauce, homemade avocado pesto all stacked between grilled zucchini sheets, and Vietnamese pho with shitake, edamame and bean sprouts.

A daily creative workshop is optional. Each day TIA hosts an art-based activity to help guests explore their inner landscape further through creative expression. Activities are broad and include such expressive tools as past and future hands where guests use paint, markers, crayons and coloring pencils to draw hands representing past and future before discussing with the group. Other activities include decorating a mask to express a person's inner world and how they show up in the outer world.

Guests leave the retreat with a personalized at-home program and access to no-equipment workout videos on WELL with TIA, a new wellbeing YouTube channel created by TIA Wellness Resort that shares the resort's extensive class offering – from yoga to breathwork to HIIT.

"Through WELL with TIA we empower our guests to maintain their progress anywhere," said Ramon. "This retreat is the first step in long-term change that will help improve people's quality of life for years to come."

'Strength & Recovery' is the third private retreat option to launch that TIA offers year round. The low-intensity offering is the 'Creative Healing Retreat', which harnesses the power of breath work, art therapy, energy healing, and nourishing plant-based cuisine. The mid-intensity 'Body & Mind Cleanse' is about intermittent fasting, raw food cuisine, detox therapies including hydrotherapy (sauna and ice baths), and holistic wellbeing practices from sound healing to private yoga sessions. 'Strength & Recovery' is their high-intensity option.

Situated along the picturesque coastline of Da Nang, TIA Wellness Resort was created in response to a need for true all-encompassing wellness, rather than just relaxation, out of a resort stay. The resort's 22-treatment room wellness center is an expansive oasis amid tropical gardens, with an adults-only pool, studios for yoga, breathwork and HIIT; an ice bath, and relaxation areas. The property features 87 private villas each with

their own plunge pool. TIA is the first Vietnamese resort to score a spot in the 'Top 20 Destination Spa Resorts in the World' category in the most recent *Condé Nast Traveler* Readers' Choice Awards.

This retreat is ideal for beginners, fitness lovers, busy professionals, and frequent travelers seeking physical transformation, resilience, and sustainable lifestyle change.

'Strength & Recovery' is designed for single stays only given the tailored nature of the retreat. Prices start at USD 2,753++ for the four night option and USD 4,353++ for a seven night stay.

For more information visit <https://tiawellnessresort.com/en/private-retreats/> or email [wellness@tiawellnessresort.com](mailto:wellness@tiawellnessresort.com).