

# VIETNAM TRAVEL GUIDE

DISCOVER THE WONDERS



*Đi cho biết đó biết đây, ở nhà với mẹ biết  
ngày nào khôn.*

TRAVEL TO LEARN OF MANY PLACES —  
STAYING HOME TEACHES LITTLE.

— **Vietnamese Proverb**

# *Welcome to Your Glow & Getaway*

## **Vietnam Travel Guide**

Curated by Angelique – Your Travel Expert

*Where luxury travel meets cultural immersion and wellness inspiration.*

This guide was designed for wellness seekers and conscious travelers ready to explore Vietnam's rich layers: from peaceful bays and timeless streets to vibrant cities pulsing with life. Inside, I've highlighted five unforgettable destinations: Hanoi, Ha Long Bay, Da Nang, Hoi An, and Ho Chi Minh City (Saigon).

You'll also find curated insights on:

- \* Best travel times and seasonal highlights
- \* Currency exchange and spending tips
- \* Nightlife, shopping, and local fashion scenes
- \* Culinary must-tries across the regions
- \* Spa and wellness traditions, from ancient therapies to modern aesthetics



As a certified travel advisor with over 20 years in the beauty and wellness industry, I've crafted this guide to blend practical travel insights with a touch of indulgence and self-care.

"As a seasoned traveler and wellness expert, Vietnam amazed me — with breathtaking views, rich culture, and beauty secrets waiting around every corner."

Whether you're planning a solo getaway, joining a Glow and Getaway group journey, or simply looking for your next adventure, this guide is your personal invitation to travel beautifully and intentionally.

Let's glow and getaway, together.

**-ANGELIQUE**

# Best Travel Times & Seasonal Highlights

*Đi một ngày đàng, học một sàng khôn.*

A day of travel brings a basket of wisdom.

— Vietnamese Proverb

Vietnam's geography spans mountains, coastline, and tropical lowlands—meaning its weather varies by region. Use this guide to plan your ideal experience based on comfort, scenery, and seasonal charm.

## Northern Vietnam (Hanoi, Ha Long Bay, Sapa)

**Best time to visit:** October to April

Expect cooler, drier weather — ideal for exploring Hanoi's historic streets or sailing through Ha Long Bay's limestone cliffs.

**Seasonal Highlight:** Crisp mountain air and stunning views in Sapa during the dry season.

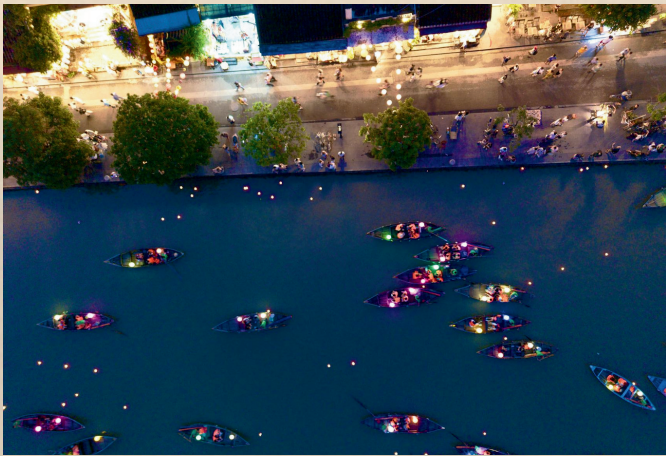


## Central Vietnam (Da Nang, Hoi An, Hue)

**Best time to visit:** February to August

Enjoy warm temperatures and sunny skies — perfect for beach escapes and exploring cultural heritage towns.

**Seasonal Highlight:** Evening walks along the lantern-lit riverside in Hoi An.



## Southern Vietnam (Ho Chi Minh City, Mekong Delta)

**Best time to visit:** December to April

This is the dry season — hot but comfortable, ideal for vibrant city life and river excursions.

**Seasonal Highlight:** Lush tropical scenery and colorful floating markets.



*Every season in Vietnam has something to offer — from misty mountain mornings to golden beach sunsets. Plan with intention, and you'll always find your glow.*

# *Spend with Intention*

## Currency & Spending Tips

*Tiền nào của nấy.*

A price reflects its quality.

— **Vietnamese Proverb**

In Vietnam, every transaction, from a cup of coffee to a custom-made suit, is an opportunity to connect with the local culture. By spending with intention, you can honor the experience and make your money go further. Here are some insights to help you navigate Vietnam's currency and make smart choices.

### **Currency & Quick Calculations**

The official currency of Vietnam is the Vietnamese Dong (VND). It's a joy to be a millionaire for a day! The exchange rate is approximately \$1 USD = ₫26,300 VND.

For the most current rate, please refer to a trusted source like [www.xe.com]

### **Spending Smartly**

- **Cash is King for Small Purchases:** While credit cards are accepted at major hotels, restaurants, and larger shops, many street vendors, market stalls, and small cafes operate on a cash-only basis.
- **Keep Small Bills Handy:** Always carry small denominations (₫10,000, ₫20,000, ₫50,000) to pay for street food, taxi rides, and souvenirs. It's a common courtesy and prevents scrambling for change. *(Note: For a safer and more convenient way to get around, a ride-hailing app is recommended. Details on which app to use can be found in the "Stay Ready, Travel Light" section.)*
- **Embrace the Art of Bargaining:** Bargaining is expected at local markets. Start by offering around half of the asking price and then work your way up. Remember to be friendly and respectful; a little humor and a smile go a long way.
- **ATMs and Credit Cards:** When you need to withdraw cash, look for a major international bank's ATM to minimize fees. Always notify your bank of your travel plans to avoid issues with your cards being flagged for fraud.
- **Indulge Intentionally:** Remember the low cost of many experiences. You can enjoy an hour-long massage for as little as ₫250,000 (~\$10 USD) or a custom silk garment for a fraction of the price at home. It's an invitation to treat yourself without a second thought.

# *Spend with Intention*

## Currency & Spending Tips

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### *Travel Style*

*I believe that travel should be a form of rejuvenation. My philosophy is a natural extension of my wellness expertise: I am passionate about crafting journeys that nourish your mind, body, and spirit.*

*With every itinerary, I focus on blending luxurious touches with incredible value. I specialize in finding those "insider" experiences that surprise and delight. For example, finding a ten-dollar massage that feels like a full-service spa treatment, or connecting you with a local tailor who can create the perfect outfit in just two days.*

*My goal is to curate trips that are not just about seeing the world, but about truly experiencing it. I want you to return home not just with stories and souvenirs, but feeling completely renewed.*



# *Flavors Worth the Flight*

## Signature Dishes to Savor

*Ăn Bắc, mặc Nam.*

Eat like the North, dress like the South.

### — Vietnamese Proverb

To travel Vietnam is to embark on a culinary adventure. The country's cuisine is a perfect harmony of fresh ingredients, vibrant colors, and deep flavors, with each region offering its own unique take on national staples. This is a journey for your palate, and a beautiful way to connect with the local culture.

#### ***Phở: The Soul of a Nation***

Phở is arguably Vietnam's most famous dish, and for good reason. This fragrant noodle soup, which originated in Northern Vietnam, is a bowl of pure comfort. Its star is the savory, clear broth, slow-simmered for hours with warming spices like star anise and cinnamon. Served with flat rice noodles and either tender beef (phở bò) or chicken (phở gà), it's a bowl of nourishment and a daily ritual for many Vietnamese people.



#### ***Bún Chả: A Hanoi Original***

This is the dish that captured the world's attention when Anthony Bourdain and President Barack Obama shared a meal in Hanoi. Bún chả features small patties of seasoned grilled pork and slices of marinated pork belly, served in a bowl of warm, sweet, and tangy fish sauce broth. You'll get a side of rice vermicelli noodles and a basket of fresh herbs to add. The experience is all about the balance: take a bit of everything and dip it all into the flavorful broth before each bite.



#### ***Bánh Mì: The World-Famous Sandwich***

This iconic sandwich is a perfect fusion of Vietnamese and French culture. Served on a light, airy baguette, a bánh mì is a delicious and quick meal filled with a savory pâté, meat, fresh herbs, and pickled vegetables. A truly essential street food experience, it offers a perfect balance of crispy, savory, and fresh flavors.



# *Flavors Worth the Flight*

## Signature Dishes to Savor

*Ăn Bắc, mặc Nam.*

Eat like the North, dress like the South.

— Vietnamese Proverb

### ***Bún Bò Huế: The Spicy Royal Noodle***

For those who love a bit of heat, bún bò Huế is a must-try. This signature noodle soup from the former imperial capital of Hue is rich, spicy, and incredibly complex. It's built on a deeply aromatic beef and lemongrass broth and served with thick rice noodles, sliced beef, and pork sausage. It's often accompanied by a variety of herbs and vegetables, allowing you to customize each bowl to your liking.



### ***Bánh Xèo: The Sizzling Crêpe***

Known as the "sizzling pancake," bánh xèo is a savory crêpe made from a crispy, turmeric-infused rice batter. Filled with shrimp, pork, and bean sprouts, it is served with a large platter of lettuce and fresh herbs. To eat it like a local, you tear off a piece of the pancake, place it in a large lettuce leaf with some herbs, wrap it into a roll, and dip it in the sweet and savory fish sauce. It's a fun, hands-on, and delicious experience.



### ***Cơm Tấm: The Soul of Saigon***

A staple of Southern Vietnamese street food, cơm tấm or "broken rice" is a beloved dish that originated from resourceful farmers who cooked the fractured rice grains left over from the milling process. This seemingly humble dish is anything but. It is a hearty platter of broken rice served with a perfectly grilled pork chop (sườn), a steamed egg cake (chả), and shredded pork skin (bì). The entire dish is drizzled with a sweet and savory fish sauce and is a true testament to how simple ingredients can create an unforgettable, deeply satisfying meal.



# *Flavors Worth the Flight*

## Restaurants to try

### Ho Chi Minh City

#### ***De Tham Restaurant - Vietnamese cuisine & vegetarian Food***

258 Đề Thám, Phường Phạm Ngũ Lão, Quận 1, Thành phố Hồ Chí Minh  
<https://dethamrestaurant.com>

#### ***AN CUA SAIGON- Vietnamese Seafood***

196 Lê Thánh Tôn, Phường Bến Thành, Quận 1, Thành phố Hồ Chí Minh, Vietnam  
<https://ancuasaigon.sapofnb.vn>

#### ***Truffle & Co. Mac Thi Bui- Italian Restaurant Pizza & Pasta***

Who would've thought, delicious Italian food in Ho Chi Minh City  
36 Mạc Thị Bưởi, Bến Nghé, Quận 1, Thành phố Hồ Chí Minh, Vietnam  
<https://www.truffleco.vn>

### Hanoi

#### ***Banh Mi 25- This has to be one of the most successful banh mi restaurants in Hanoi.***

25 Hàng Cá, Hoàn Kiếm, Hanoi 10000 Vietnam  
<https://banhmi25.net/>

#### ***Pho Thin- Opened in 1979***

13 P. Lò Đúc, Ngõ Thì Nhậm, Hanoi 10000 Vietnam

#### ***Bun Cha Dac Kim- Open in 1965- Bun cha is one of Hanoi's core regional dishes***

1 Hang Manh Street, Hang Gai Ward, Hoàn Kiếm District, Hanoi, 11015, Vietnam  
<https://bunchahangmanh.vn>

### Da Nang

#### ***My Quang Ba Mua- Mi Quang is arguably the most important dish in Danang's local culinary culture***

44 Đ. Lê Đình Dương, Phước Ninh, Hải Châu, Đà Nẵng 550000, Vietnam

#### ***Thia Go- Homestyle Vietnamese food that seems a bit more refined than the average restaurant***

53 Phan Thúc Duyệt, Bắc Mỹ Phú, Ngũ Hành Sơn, Đà Nẵng 50507, Vietnam  
<http://danang.thiagorestaurant.com/>

#### ***Bread & Butter Bakery- Great way to experience the French influence on Vietnamese pastries***

192 Nguyễn Văn Thoại, Bắc Mỹ Phú, Ngũ Hành Sơn, Đà Nẵng 550000, Vietnam  
<https://bbbakery.vn/>

# *Wellness, Ritual, and the Art of Rest*

## Spa Culture & Rejuvenation Highlights

*Khỏe là vàng.*

Health is gold.

### — Vietnamese Proverb

Vietnam has quickly become a global leader in wellness tourism, catering to a new generation of travelers seeking a "reset" for their mind, body, and spirit. The country's unique appeal lies in its blend of ancient traditions, tranquil landscapes, and modern, luxurious spas, all offered at an exceptional value. Here, wellness is not just a trend; it's a way of life.

### ***Signature Treatments to Experience***

Vietnam's spa culture draws from rich traditions, including Chinese, Thai, and Ayurvedic practices, blended with local herbal knowledge. Here are a few essential experiences to try:

#### **Traditional Vietnamese Massage**

A must-try therapeutic massage that combines acupressure and kneading to release tension and restore your body's energy flow.

#### **Herbal Steam Bath**

A deeply detoxifying tradition that uses a blend of local herbs like lemongrass and ginger to soothe muscles and calm the mind.

#### **Foot Reflexology**

The perfect way to unwind after a long day of exploring. This ancient practice targets pressure points to provide a deep sense of relief and promote overall wellness.

### ***Unique Wellness Services***

Beyond the traditional massages and spas, Vietnam offers some unique and fascinating services that are worth considering for a truly local experience.

#### **Herbal Hair Wash**

A deeply detoxifying tradition that uses a blend of local herbs like lemongrass and ginger to soothe muscles and calm the mind.

#### **Professional Ear Cleaning**

A surprisingly popular local self-care service, performed by a trained professional for a uniquely satisfying and refreshing experience.

# *Wellness, Ritual, and the Art of Rest*

## Spa Culture & Rejuvenation Highlights

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Wellness in Vietnam is an adventure in itself, with each region offering a unique experience.

### **Hanoi & The North**

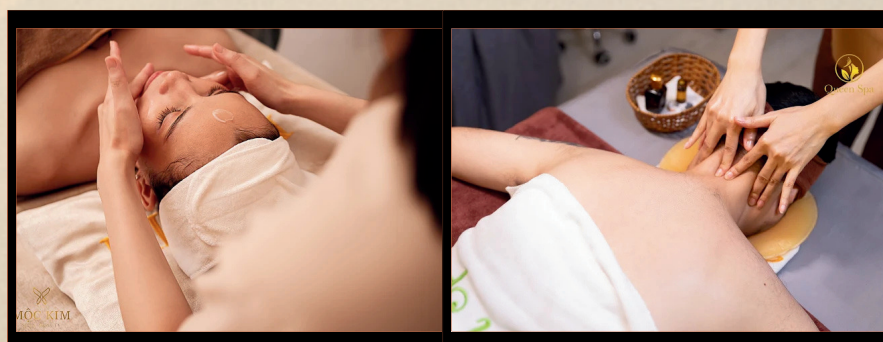
Explore the tranquil side of this bustling city at boutique spas that blend modern and traditional techniques.

### **Hoi An & The Central Coast**

This region is a top destination for holistic spas, with a focus on relaxation in a peaceful, serene setting.

### **Da Nang & Nha Trang**

Indulge in luxurious spa resorts and mineral mud baths that combine rest with rejuvenation on Vietnam's beautiful beaches.



### ***Practical Tips for Your Spa Journey***

#### **Ebrace the Value**

High-quality spa treatments are incredibly affordable in Vietnam. An hour-long, high-quality massage can cost as little as \$10-\$20 USD, allowing you to indulge in self-care more often.

#### **Book Ahead**

For popular spas and resorts, it's a good practice to book your treatment in advance, especially during peak seasons.

#### **Tipping Etiquette**

While not mandatory, a tip of 10-20% is a thoughtful way to show your appreciation for your therapist's work. It's often best to give the tip directly to the therapist to ensure they receive it. (Some establishments will include the tip in the price; this will usually be clearly stated.)

#### **Check Hygiene**

Always look for clean, well-reviewed establishments to ensure a safe and professional experience.

# *Graceful Travel*

## Cultural Etiquette & What to Avoid

*Lời chào cao hơn mâm cỗ.*

A polite greeting is worth more than a feast.

— **Vietnamese Proverb**

Vietnam is a country rich in tradition, hospitality, and quiet dignity. To make the most of your journey and show appreciation for the culture, here are a few essential etiquette tips to keep in mind.

### **Greet with respect**

A gentle nod or slight bow is a polite way to greet. Handshakes are common but should be soft and calm.

(Fun fact: In Vietnam, the two-finger "peace" gesture is a popular photo pose because it signifies the number two, which is pronounced "hai"—like "hi" or "hello"!)

### **Dress modestly**

Especially when visiting temples, pagodas, or traditional homes. Cover shoulders and knees.

### **Remove your shoes**

Before entering someone's home and certain businesses or temples. (Consider carrying an extra pair of socks to keep your feet and shoes clean.)

### **Avoid touching the head**

The head is considered the most sacred part of the body in Vietnamese culture.

### **Be mindful of volume**

Speak calmly and avoid raising your voice in public.

### **Keep public displays of affection minimal**

Modesty is appreciated in most social settings.

### **Smile and say thank you**

“Cảm ơn” (pronounced gahm uhn) is a simple way to show gratitude.

Traveling with cultural awareness brings deeper connections and more enriching experiences.



# *Stay Ready, Travel Light*

## Packing Tips, Apps & Essentials

*Cẩn tắc vô ưu.*

Preparedness brings peace of mind.

— **Vietnamese Proverb**

The key to a successful journey is being well-prepared without being weighed down. In Vietnam, where you can travel from cool mountains to hot beaches, a light and adaptable packing strategy is your best friend. With the right essentials and a few key apps, you'll be ready for anything and free to fully immerse yourself in the adventure.

### ***Packing for the Climate & Culture***

#### **Lightweight, Breathable Clothes**

The southern and central regions are hot and humid year-round. Focus on natural fabrics like cotton and linen. Long-sleeved tops and pants are great for sun protection and for staying cool.

#### **Modest Attire**

To respect local customs, especially when visiting temples and pagodas, pack outfits that cover your shoulders and knees. A sarong or a lightweight scarf is a versatile item that can be used for both modesty and sun protection.

#### **A Light Jacket or Sweater**

If your journey takes you north to Hanoi or the mountainous regions of Sapa, a light jacket or sweater is a must, especially during the cooler months from November to March.

#### **Comfortable Footwear**

You'll be doing a lot of walking. Pack a pair of comfortable, worn-in walking shoes or sneakers. A pair of sandals or flip-flops is also essential for a more casual setting and for relaxing.

#### **Rain Gear**

Sudden downpours are common, particularly during the rainy season. A compact, lightweight rain jacket or poncho will be a lifesaver.

# *Stay Ready, Travel Light*

## Packing Tips, Apps & Essentials

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### ***Essential Apps & Technology***

Having the right apps on your phone can make navigating Vietnam incredibly easy and stress-free.

#### **Grab**

This is the most essential app for transportation in Vietnam. Think of it as the local version of Uber or Lyft. You can book a car or a motorbike taxi (GrabBike) with fixed, upfront pricing, eliminating the need to negotiate with drivers. It also offers food delivery (GrabFood) and other services.

#### **Google Maps**

While you probably already have it, Google Maps is your best friend in Vietnam. Its offline map feature is invaluable for navigating without a data connection.

#### **Google Translate**

English is spoken in tourist hubs, but for local markets or rural areas, this app is a lifesaver. Its camera-translation feature lets you point your phone at a menu or sign to get a quick translation.

#### **XE Currency**

The XE app is highly recommended for its reliable, real-time exchange rates, helping you quickly calculate prices in your home currency.

# *Stay Ready, Travel Light*

## Packing Tips, Apps & Essentials

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### ***Important Documents & Essentials***

#### **Passport**

Ensure your passport is valid for at least six months from your arrival date.

#### **Visa**

For up-to-date visa requirements, be sure to check the official Vietnamese visa website: [evisa.gov.vn](http://evisa.gov.vn). While the process can be quick, it's highly recommended to apply well in advance to ensure you receive your visa in plenty of time before your trip.

#### **Copies of Documents**

Keep digital and physical copies of your passport, visa, and flight information in a separate, secure place from the originals. This is a crucial backup in case of loss or theft.

#### **Power Bank**

With all the photo-taking and app-using, a portable power bank is essential to keep your devices charged on the go.

#### **Travel Adapter**

Vietnam primarily uses Type A, C, and F outlets, with a standard voltage of 220V. While many hotels and establishments have dual plugs that accommodate US (Type A) plugs, a universal all-in-one travel adapter is a great solution to ensure you can charge your devices anywhere.

# *The Glow Continues*

## Final Reflections

*Đi nhiều hiểu rộng.*

The more you travel, the more you understand.

— Vietnamese Proverb

THANK YOU FOR EXPLORING THIS GUIDE AND FOR CONSIDERING A JOURNEY WITH US. EVERY DETAIL WITHIN THESE PAGES WAS CRAFTED WITH A SINGLE PURPOSE: TO HELP YOU DISCOVER A DIFFERENT WAY TO TRAVEL—ONE FILLED WITH INTENTION, A FOCUS ON WELL-BEING, AND A LASTING GLOW.

OUR MISSION IS TO HELP YOU FIND MOMENTS OF PEACE AND PERSONAL GROWTH IN THE WORLD, AND THERE IS NO BETTER PLACE TO DO SO THAN IN VIETNAM. THIS COUNTRY'S VIBRANT CULTURE, BREATHTAKING LANDSCAPES, AND WELCOMING PEOPLE HAVE THE POWER TO NOT ONLY CHANGE YOUR SCENERY BUT TO REJUVENATE YOUR SOUL.

I TRULY BELIEVE THAT THE TRUE GLOW OF A TRIP DOESN'T FADE WHEN YOU GET HOME. IT LIVES ON IN THE NEW PERSPECTIVE YOU GAIN, THE PEACE YOU HOLD ONTO, AND THE MEMORIES YOU'LL CHERISH FOREVER.

AS YOU CLOSE THIS GUIDE AND BEGIN TO DREAM OF YOUR OWN ESCAPE, KNOW THAT YOUR JOURNEY TO A MORE RADIANT YOU HAS ALREADY BEGUN.

WITH WARMTH AND GRATITUDE,



ANGELIQUE FOSTER  
FOUNDER, GLOW AND GETAWAY