

Services



Supportive Living Services

At Golden Ages, we take pride in offering comprehensive and personalized services that make your stay safe, relaxing, and enriching. Our team is dedicated to supporting your physical wellness and overall well-being through a carefully curated selection of services. Your health and comfort are our utmost priorities. Enjoy round-the-clock access to compassionate, licensed healthcare professionals who provide attentive monitoring and personalized consultations. Your bespoke wellness plan integrates physiotherapy, restorative therapies, and holistic treatments designed to gently restore your strength and vitality. Experience nutritious, gourmet meals prepared daily, combining the freshest local ingredients with international flavors to delight your palate and nourish your body.



Comfort and Convenience

- Private or shared deluxe rooms or suites with full amenities
- Nutritious meals prepared fresh daily
- Weekly housekeeping and laundry services
- Airport pickup and drop-off
- Local transportation for medical visits or cultural outings

Healthcare and Wellness Services

- 24/7 health monitoring powered by mCare Health's platform
- Licensed medical professionals available for consultations
- Personalized wellness plans tailored to your needs
- Physiotherapy and mobility support



Rejuvenation and Lifestyle

- Spa and massage therapy
- Professional yoga, fitness and dance classes
- Dental checkups and aesthetic skin & beauty treatments available

- Assistance with travel coordination and insurance support
- Cultural immersion opportunities including cooking classes and local excursions

Activities

Engaging Daily Activities:

Note: Activities marked with * are optional activities available at an additional cost to your chosen package.

- Morning activities such as tai chi, yoga, & beachside stretching
- Guided walks and gentle physiotherapy
- Vietnamese cooking classes *
- Arts & crafts workshops *
- Entertainment such as music nights and karaoke socials
- Local market and temple visits
- Nature walks in scenic areas
- Language exchange and cultural sharing with local volunteers
- Group games, movie nights, and storytelling circles





Exclusive VIP Wellness Experience

For discerning guests seeking the pinnacle of comfort and personalized attention, our VIP Wellness Experience offers an unparalleled stay defined by exclusivity and luxury.

- **Private Ocean-View Suite and Villa:** Enjoy a spacious, elegantly appointed villa with panoramic sea views, private garden, and dedicated concierge service.
- **Personal Wellness Concierge:** A dedicated wellness coordinator will design and oversee your customized health and relaxation itinerary.
- **Private Chef & Gourmet Dining:** Indulge in bespoke menus crafted by a personal chef, featuring nutrient-rich, locally sourced ingredients.
- **Exclusive Spa & Therapy Access:** Priority booking for premium spa treatments including hydrotherapy, aromatherapy, and therapeutic massage.
- **Cultural Immersion:** Personalized cultural excursions, private guided tours, and exclusive workshops designed to enrich your stay.
- **Enhanced Medical Oversight:** Direct access to senior healthcare specialists with comprehensive wellness assessments and daily consultations.

Experience the ultimate in healing and luxury tailored just for you. Ask for more detail

For your convenience, detailed brochures and **catalogues** outlining each of our wellness packages are available for download. These documents provide comprehensive information on services, accommodation, and additional options to help you make the best choice for your stay.



Why Choose Our Program?

Advantages That Set Golden Ages Apart

At Golden Ages, we go beyond traditional care to offer Canadians a transformative blend of healthcare, comfort, and cultural discovery in Vietnam. Here's why our wellness stay programs and packages stand out:

1. Exceptional Value for Premium Care

Receive attentive, quality healthcare and wellness services at a fraction of Canadian costs – all without sacrificing comfort, safety, or medical integrity.

2. Customized Wellness Journeys

Every guest receives a personalized care plan tailored by medical professionals based on your needs – whether it's recovery support, preventive wellness, or stress relief.

3. Flexible Stay Options

Tailor your experience to your needs—enjoy a restorative short-term stay (1 to 3 months) or indulge in an extended health retreat (3+ months) designed for long-term rejuvenation. With premium care and the flexibility to extend anytime, your wellness journey is always in your hands.

4. All-Inclusive Packages

Our packages cover everything from healthcare monitoring and accommodations to meals, activities, airport transfers, and local transportation – so you can focus entirely on healing and enjoying.

5. Premium Add-On Services

Optional access to dental care, beauty and anti-aging treatments, private tours, and exclusive spa experiences – all offered conveniently onsite or with trusted local partners.

6. Culturally Immersive Environment

Experience Vietnam's warm hospitality, vibrant culture, and nourishing cuisine, while also joining language exchanges, excursions, and hands-on workshops.

7. Peace of Mind for Families

Your loved ones can rest easy knowing you're in a supportive environment, with daily health monitoring, professional staff, and secure, resort-style living.

8. Ideal for All Life Stages

Whether you're easing into retirement, recovering from a procedure, or simply need a break from life's demands – our program is open to all Canadians looking to prioritize their health in a beautiful, enriching setting.

Premium Add-On Services



Dental Care

Maintain or improve your oral health while enjoying your stay. Our optional dental care services are provided by certified local dental clinics with international standards of hygiene and care at very competitive prices. Services may include:

- Check-ups and cleanings
- Fillings and root canals

- Cosmetic dentistry (e.g., teeth whitening, veneers)
- Denture fittings and repairs
- Implants and advanced restorative procedures

Affordability: Enjoy top-quality dental care from certified professionals—at a fraction of what you'd pay in North America. World-class smiles start here, without the premium price tag.

Convenience: Transportation and scheduling assistance are provided.

Partner Clinics: Carefully selected based on quality, cleanliness, and English-speaking staff

Beauty & Anti-Aging Treatments

Look and feel your best with professional aesthetic and rejuvenation services offered either onsite or at nearby trusted facilities. Available treatments include:

- Facials and skin care therapy
- Botox and dermal fillers
- Non-surgical facelifts
- Hair restoration and scalp treatments
- Manicures, pedicures, and salon services

Affordable Indulgence: Premium beauty and anti-aging services offered at highly competitive prices to North America, making luxury more accessible.

Customization: Individual consultations to ensure treatments match your skin type and personal goals.

Safety First: All services are delivered by licensed professionals in a sanitized environment.





Private Tours

Discover the culture, history, and natural beauty of Vietnam with personally guided small-group or one-on-one tours. Options include:

- Cultural heritage tours (temples, historical sites)
- Food and market tours with local chefs
- Ocean and countryside excursions
- Breathtaking destinations through premium sightseeing trips
- Wellness and nature retreats

Explore more for less: Our customized private tours offer

exclusive experiences at unbeatable value compared to North American tour.

Flexibility: Tours are tailored to your interests, pace, and mobility.

Comfort: Private transportation and bilingual guides included.

Exclusive Spa Experiences

Rejuvenate your body and mind with our luxury spa and wellness services, offered right at the residence or with VIP access to top local resorts. Experiences include:

- Traditional Vietnamese and Thai massages
- Aromatherapy and hot stone therapy
- Herbal steam baths and mud wraps
- Wellness rituals and holistic healing sessions
- Couples or group spa packages

Affordable Luxury: High-end spa treatments at exceptional value – enjoy 5-star quality services for a fraction of Canadian prices.

Atmosphere: Tranquil settings designed for ultimate relaxation.

Therapists: Trained experts using high-quality, natural products.

