



Golden Ages



Golden Ages is promoting

Recover, Rejuvenate,
Rediscover Life in Vietnam,

1 to 3-Month
Relaxation & Healthcare
Program .

Escape the cold and step into healing. Our specialized short-term and long-term stays in beautiful Vietnam offers Canadian retirees and others a chance to rest, recover, and revitalize in a warm, welcoming environment; all while receiving top-quality healthcare, wellness services, and rejuvenating treatments.



Why Choose Golden Ages Programs for Your Recovery Stay?

- **Ocean Living That Heals**

Wake up to ocean views, fresh air, and the calming sounds of the sea. Coastal environments have been proven to reduce stress, enhance mood, and accelerate healing naturally. Enjoy warm, sunny days that encourage healing, mobility, and a positive state of mind.

- **Comprehensive Healthcare Monitoring**

Our experienced team provides daily health check-ups, medication management, and support tailored to your recovery needs.

- **Wellness & Optional Spa Services**

Relax with weekly massage therapy, aromatherapy, foot reflexology, and traditional Vietnamese healing techniques, all designed to help reduce stress and enhance your overall well-being and recovery.

- **Resort-Style and 5-Star Living**

Stay in a riverside residence with private or shared rooms and suites, nutritious meals, and personalized care in a peaceful 5-star environment.

- **Dental & Aesthetic Treatments**

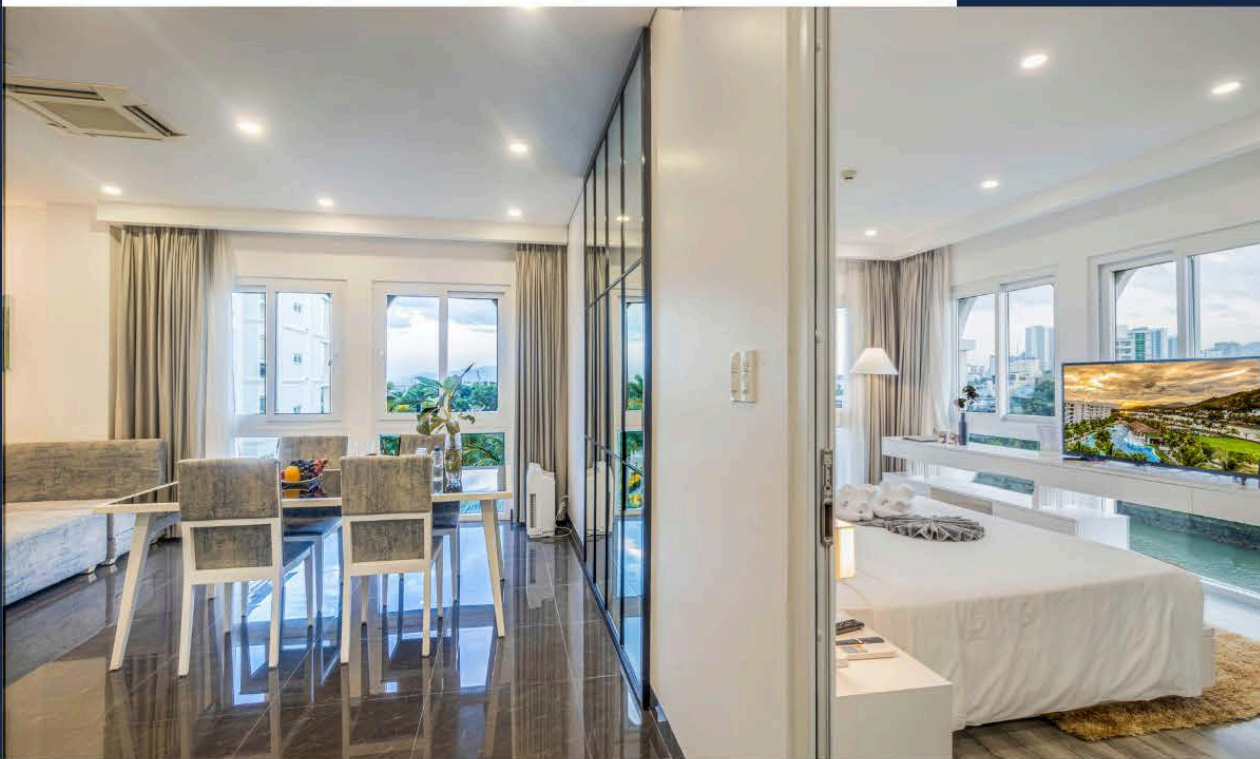
Take advantage of affordable, high-quality dental cleanings, implants, crowns, and cosmetic treatments like facials, manicures, pedicures, hair care, and skin rejuvenation therapies; all arranged conveniently during your stay.

- **Optional Healthcare Support**

We provide 24/7 nursing care, on-site physiotherapy, medication management, and custom recovery plans tailored to your specific needs.



RESORT-STYLE
5-STAR LIVING



HEALTHCARE & SPA





CARE FOR EVERY NEED





DAILY ACTIVITIES



Our goal is to support your physical, mental, and emotional well-being. Each day offers a balance of movement, culture, and community:

- Morning tai chi & beachside stretching
- Guided walks and gentle physiotherapy
- Vietnamese cooking classes
- Arts & crafts workshops
- Music therapy and karaoke socials
- Local market and temple visits
- Garden walks and birdwatching
- Language exchange and cultural sharing with local volunteers
- Group games, film nights, and storytelling circles





Golden Ages Packages

Service	Elite	Super Elite	Super Elite Plus
Room Type	Deluxe Double /Twin	Grand Suite (2 bed rooms)	Grand Suite (2 bed rooms)
Buffet Breakfast	✓	✓	✓
Number of people in a room	2	2	2
Meal Plan (Lunch and Dinner)	Optional	Optional	✓
Afternoon tea time	✓	✓	✓
Complimentary non-alcoholic in-room mini-bar (Daily re-filled)	x	✓	✓
House Keeping cleaning room (3 times a week)	✓	✓	✓
Laundry service	2 times per week	3 times per week	3 times per week
Daily morning activity at beach	✓	✓	✓
Daily morning activity at resort	✓	✓	✓
24/7 health monitoring	✓	✓	✓
Weekly body massage	60 minutes	90 minutes	120 minutes
Access to pool and gym	✓	✓	✓
Music & dance entertain two times a week	✓	✓	✓
Weekly art and handy craft workshop	✓	✓	✓
Professional two hours art workshop per week	x	✓	✓
Professional Yoga class two times a week	Optional	Optional	✓
Professional dance class two times a week	x	✓	✓
Watersports	Optional	Optional	Optional
Sunset cruise dinner , one time	✓	✓	✓
Weekly fruit Basket	✓	✓	✓
Guests welcoming at the airport	✓	✓	✓

LEARN MORE DETAILS ABOUT THE PROGRAM ON THE WEBSITE

THANK YOU FOR CHOOSING GOLDEN AGES

 www.goldenages.ca

 contact@goldenages.ca

