



Senna Wellness Retreat joins Healing Hotels of the World

Vietnamese Healing Traditions and the Cultural Heritage of Kinh Bac



A hillside retreat brings together Vietnamese cultural heritage, mindfulness and the restorative power of nature.

October 23, 2026, Germany / Vietnam -- Healing Hotels of the World is pleased to welcome Senna Wellness Retreat, its first member in Vietnam, to its curated international collection. Senna sits on five hectares of Ong Tu Hill in Bac Ninh, in the historic Kinh Bac region, about 40 minutes from Hanoi. The location was chosen to bring healing into everyday life for travelers and the local community alike. Guided by three principles, Nourish, Rest and Empower, it brings together Vietnamese cultural heritage, nature and contemporary healing experiences.

Each stay is shaped around the individual guest. Days can include yoga, meditation, breathwork and restorative movement, alongside nourishing cuisine and time outdoors among the hill's trees. Senna's signature experiences center on sound: singing bowl meditation, the Floating Sound Bath and the Aerial Sound Bath.

Kinh Bac is the home of Quan Ho folk singing, recognized by UNESCO, and of craft villages known for pottery and folk painting. Senna reflects this heritage in its design, with a ceramic wall inspired by Phu Lang pottery, Dong Ho painting motifs and traditional Quai Thao hats. A temple dedicated to General Tran Luu, a memorial stele and a meditation space stand on the grounds. Guests can try local crafts on site or visit the nearby Dong Ho and Phu Lang villages.

The retreat has kept the hillside's mature and heritage trees as habitat for birds and wildlife, and it recruits and trains its team locally.

The announcement falls during Senna's fourth anniversary celebrations, from October 18 to 25, 2026. To mark the occasion, the retreat has prepared offers on its Floating Sound Bath and Aerial Sound Bath, along with exclusive stay privileges and wellness memberships.

“Joining Healing Hotels of the World marks an important step in Senna’s journey to share a distinctly Vietnamese approach to wellness hospitality with a global audience. We believe that healing and wellbeing should not be limited to remote destinations or occasional retreats. A sanctuary can exist close to the heart of a city, where people live, work and navigate the demands of everyday life. What matters is not how far we escape, but how meaningfully we reconnect with ourselves. Rooted in the cultural heritage and natural landscape of Kinh Bac, Senna was created to make wellness a more accessible part of everyday living, both for travelers and for our local community. We are proud to join a global community that shares our belief that wellness is not simply a treatment or a destination, but a way of living.” — Vu Thien Ha, CEO & Founder, Senna Wellness Retreat

“Senna brings something new to our collection: healing shaped by the songs, crafts and temples of Kinh Bac. We are delighted to welcome Senna and its team to our community,” says Anne Biging, Co-Founder of Healing Hotels of the World.

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, its curated collection of Urban and Resort member hotels is Healing Certified against the brand's Healing Excellence Standards. Through expert consulting and training, the online magazine JUST BREATHE MAG, and the annual HEALING SUMMIT, Healing Hotels of the World shares its vision of healing travel that restores body, mind, and soul.

www.healinghotelsoftheworld.com

Senna Wellness Retreat, Vietnam

Located approximately 40 minutes by road from Hanoi, Senna Wellness Retreat is a five-hectare hillside sanctuary in Bac Ninh, Vietnam. The retreat offers 34 rooms, a two-bedroom villa and a three-bedroom villa, set across distinct accommodation areas inspired by the five elements. Facilities include a year-round indoor saltwater swimming pool, an outdoor swimming pool, herbal steam room, Himalayan salt sauna, infrared sauna and Pilates studio. Guests can enjoy Vietnamese cuisine at Mộc Dining, Asian and European dishes at Sola Kitchen, and herbal drinks and wellness teas at Vu Bar. Vegetarian and vegan options are available. Welcoming children, couples, solo travelers and guests traveling with pets, Senna offers a tranquil setting for rest, reconnection and holistic wellbeing.

[WEBSITE](#)

For image material, please visit our [image library](#).

For further information, please contact: Elisabeth Ixmeier, e.ixmeier@healing-hotels.com

Healing Hotels of the World

Cologne, Germany

Phone: +49 221 20531175

www.healinghotelsoftheworld.com