



Intercontinental Danang Sun Peninsula Resort IN YOUR LIFETIME DON'T MISS THIS!

The InterContinental Danang Sun Peninsula Resort is about a 20km drive from the Danang International Airport, and you'll get a brief look at the local city of Danang (population 1.27 million, 2024) and the coastline on the way to the property. It is also halfway between Hanoi and Ho Chi Minh City and the UNESCO World Heritage sites of Hoi An (27km from Danang), My Son Sanctuary (44km from Danang), and Hue (86km from Danang).

Weatherwise, Danang enjoys a tropical climate with two seasons: a wet season from mid-September to mid-December, and a dry season from mid-December to mid-September.

The InterContinental Danang Sun Peninsula Resort was opened in June 2012 and is built on 39 hectares over its four levels which rise up the forested hillside and are named Sea, Earth, Sky and Heaven - all linked by a funicular train called the Nam Tram which transports guests between levels.





There are a total of 189 residences on the property with 84 guest rooms, 88 suites, and 17 villas. The property includes 5 restaurants including the Citron, La Maison, Tingara, the Long Bar and the Barefoot bar.



Visually, the InterContinental Danang Sun Peninsula Resort reflects many influences by famed architect and designer Bill Bensley, from the traditional Vietnamese culture, French in some villa styles and the restaurant La Maison (which also boasts one Michelin Star), and even Japanese styling shown in the Japanese Restaurant Tingara. Bensley loves unconventional design - often

with a splash of whimsy, but always with impeccable attention to detail. The colour theme is mostly classic black and white which also encompasses the spirit of yin and yang, with big open spaces, high ceilings and regular views of the glorious vista creating a majestic atmosphere. Wherever you go you're likely to see something that stops you in your tracks, for example a giant pen-and-ink bird portrait, striking

geometric floor tiles, or a statue of the Ky-Lan, a mythical creature that's half-dragon, half-dog. Bensley has woven his magic throughout every space, each resided over by temple motifs of dragons, elephants, lions and the lotus flower and inspired by features of local temples. He has also shown respect to the Chinese elements of Earth, Fire, Air, Water and Metal in his design.



NATURE AND WILDLIFE

Surrounded by the unspoiled Son Tra Nature Reserve with more than 2,500 hectares of old-growth forest and a marvellous diversity of flora and fauna, the InterContinental Danang Sun Peninsula Resort boasts more than 1,000 species of plants, many types of birds and butterflies, and dozens of mammals and reptiles. When the property was built, a concerted effort was made to preserve the natural integrity of the site and to avoid the removal or cutting of trees as much as possible. A team of over 100 landscapers and gardeners now work to maintain the property.

The most illustrious residents however, are the two kinds of primates – the macaques and the rare and beautiful red-shanked douc langurs, a

species of colobinae monkey. The douc langurs have a family structure that usually includes one alpha male, multiple females, and several non-dominant males. They live in small groups of about 5–10 members, and spend most of their time in the canopy, rarely descending to the ground. So it is a really special experience to see them in their natural habitat, which is usually early in the morning or later in the day. They are skilled jumpers or ‘flyers’, being known to leap 4–6 metres. They are also folivores (leaf-eating), with their favourite food being the tropical sea almond. There are around 200 sea almond trees at the InterContinental Danang Sun Peninsula Resort which are specifically protected for them to eat.



MI SOL SPA AND TREATMENTS

Mi Sol Spa is named after the tones in the musical scale (*do, re, mi, fa, sol, la, and ti*), with each note having a specific vibrational frequency. For example, *Mi* has a frequency of 528 Hz that reinstates equilibrium and stimulates love, whilst *Sol* (741 Hz) cleanses the mind and body from blockages and toxins. The tuning forks are used to obtain these different frequencies and initiate a new path to vibrant wellbeing.

Three rituals on the spa menu which are specific to Mi Sol Spa are called The New You (3 hours), The Ultimate You (2 hours) and The Two of Us (2 hours). Whilst I didn't experience any of these myself during my stay, I was taken by the novel concept and the length of treatment time. The New You for example, is a ritual to cleanse and heal, and an opportunity to set a new intention for yourself.

This treatment is ideal when you are undergoing a transition in life or when you are seeking a shift or change, and includes:

- Relaxation and focus through guided Pranayama (a breathing exercise)
- An inner cleanse and healing ceremony for you to leave behind what you no longer need and set new intentions
- Detoxifying scrub for purification and cleansing
- Rasayana detox body wrap for boosting the detoxifying and uplifting effect from the scrub, leaving your skin with a glow
- manifest and digest your new intentions



The Mi Sol Spa is named after the frequencies in the musical scale. Using tuning forks, the spa specialises in providing healing and relaxation with the use of vibrations and sounds.

