



ALBA WELLNESS VALLEY BY FUSION, HUE INTIMATE & PEACEFUL

Review by Cate Mercer

Located at the foot of the Truong Son mountain range in Central Vietnam, Alba Wellness Valley by Fusion is a special and unique resort that combines Japanese-style onsen bathing, spa treatments, and nature-based healing in the heart of Central Vietnam. Situated 30kms north of Hue in Central Vietnam, it takes about one and a half hours to get there by car from the airport in Hue, or if you are coming from Da Nang on the coast, it is about a 3 hour drive (I enjoyed the coast road rather than the new highway).

Alba Wellness Valley is a pioneer in wellness destinations in Vietnam, offering a unique experience due to its natural mineral hot springs and authentic Japanese onsen.

Alba Wellness Valley is an integrated wellness retreat where mineral hot springs, Japanese onsen traditions, mindfulness, movement, nutrition, and natural therapies come together to support lifelong health and wellbeing.

Thanh Tan Hot Springs, which runs over 1,200 metres underground, is rich in natural minerals including silica, sulfate, fluoride, calcium, bicarbonate, magnesium and other elements which are beneficial for health and wellbeing. Discovered in 1928 by French doctor and researcher Albert Sallet, Thanh Tan Hot Springs has long been treasured for its healing properties. During wartime, the spring served as a site for a field hospital, and then following Vietnam's reunification, government-led studies confirmed the water's therapeutic value, leading to its official recognition in 1983.



"Every corner of Alba Wellness Valley invites you to unwind, reconnect and immerse yourself in the healing embrace of nature."

ACCOMMODATION

Alba Wellness Valley features 30 deluxe rooms and 20 bungalows in an intimate setting, designed with a minimalist approach and crafted in a fusion of Vietnamese and Japanese styles. Inspired by the surrounding tranquility, the accommodation reflects warm wooden textures and delicate touches of nature to create a peaceful sanctuary for those seeking calm, balance and renewal.

MY EXPERIENCE

Bathing in the thermal waters from the local hot spring – either indoors in the onsen, or outdoors in one of the streams, I found very calming. The land itself seemed to invite and allow me to reflect and fully let go - to trust in the environment to be my safe space. At Alba Wellness Valley everything suggests and supports you to reconnect with yourself, to leave your fast-paced life behind, to ground yourself on the land, to let it restore and renew you, and just let yourself be.



The thermal baths and onsen provide relaxing and therapeutic experiences, with the hot mineral water known to help people recover from illness. The result of spending time in these waters is a totally relaxed and rejuvenated body.

Alba Wellness Valley offers a daily Traditional Afternoon Tea Ceremony held at the Binh An Temple. Guests can enjoy rich tea flavours while listening to birds and experiencing a quiet, peaceful atmosphere in this tranquil corner of the resort.





Integral to my experience was the way I was looked after by the Spa & Wellness Director, I Nyoman Yastama. And this was not just him showing me around, checking in on me, or helping me with my program. I was actually lucky enough to have a few one-on-one treatments with Nyoman, who is himself a master healer. This included Water Therapy in one of the outdoor bathing areas, and a treatment where he used Tibetan bowls, aromatherapy, chanting and meditation techniques, which all helped slow my mind and reconnect me to my self.

Originally from Bali, Indonesia, Nyoman is passionate about helping people connect to nature, mindful living, and evidence-informed wellness practices. Nyoman pioneered the development of Water Therapy at Alba Wellness Valley, which he describes as “an innovative wellness approach that harnesses the healing potential of water through mineral immersion, hydrotherapy principles, mindful movement, breath awareness, and temperature-based experiences.”

Designed to support individuals at different stages of their wellness journey, from stress management and recovery to healthy ageing and longevity, his Water Therapy methodology integrates traditional wisdom with contemporary wellness practices, helping people improve their wellbeing and quality of life.

Throughout his career, Nyoman has collaborated with international retreat leaders, wellness practitioners, healthcare professionals, and hospitality organisations to create meaningful wellness experiences rooted in authenticity, sustainability, and human connection. His mission is simple yet profound:

“Wellness is not a destination. It is a lifelong journey of cultivating balance, resilience, and purpose. By reconnecting with nature, embracing mindful practices, and harnessing the healing power of water, we empower people to live healthier, happier, and longer lives.”

Through his work at Alba Wellness Valley by Fusion and his international collaborations, Nyoman continues to inspire individuals, organisations, and destinations to redefine wellness - not merely as the absence of illness, but as a pathway to vitality, longevity, and a more meaningful way of living.