



FAIRMONT, HANOI VIETNAM'S NEW WELLNESS BENCHMARK?

Review by Cate Mercer

The debut of the first Fairmont hotel in Vietnam, the Fairmont Hanoi, marks a watershed moment for Vietnam's capital. Enjoying a commanding presence at the gateway of the historic Old Quarter at the edge of the Hoàn Kiem Lake, the property has been thoughtfully and meticulously designed by Perkins Eastman and Aston Design. The property strikes a sophisticated balance between modern architecture and traditional Vietnamese artistry, and mirrors the city's enduring dialogue between its storied past and dynamic present.

Opening in March 2026, the hotel offers 241 elegantly appointed guest rooms, 38 Fairmont Gold rooms, 12 spacious suites, 8 bars and restaurants, and Hanoi's largest pillarless ballroom, making it an attractive option for MICE enquiries. At the same time, the hotel is positioning itself as the city's definitive social hub by attuning to Hanoi's vibrant urban pulse. However it is through a wide array of curated experiences that the Fairmont is poised to usher guests into a new chapter of Vietnamese luxury hospitality. The true *piece de résistance* felt by this writer, lies within its subterranean wellness ecosystem: the Cirua Spa, Fitness & Wellness Club and its crown jewel, The Lake House Bath House.



CIRUA SPA, FITNESS & THE LAKE HOUSE BATH HOUSE

Spanning an impressive \$3,500m², Cirua Spa is redefining the parameters of urban wellness. Designed to nurture both physical restoration and inner balance, the facility highlights holistic wellbeing at its finest.

Beyond its state-of-the-art fitness studio, the wellness facility features a signature bathhouse with hot, vitality, and cold plunge pools; saunas, steam and ice rooms; Vichy showers and meditation pods; ten private, dedicated treatment rooms; a spectacular indoor lap pool, and a comprehensive hydrotherapy circuit.

It is a space designed for transition, inviting guests to step away from the external world and enter a highly introspective, water-centred dream space.

Here water is not decorative - it is symbolic. In ancient Vietnamese belief, water is the elixir of life and a source of purity, vitality, and renewal. The Lake House Bath House translates this philosophy into spatial form, shaping an immersive ritual that guides guests from arrival to inner stillness.



Precision Fitness and Biohacking

The moment you step into the fitness pavilion, transformation begins. Moving past rows of standard treadmills, you will find Technogym an ecosystem driven entirely by biometric data:

The Diagnostic Phase

Your journey begins by undergoing a series of advanced digital scans and physical tests. This assessment evaluates the body across six core sectors: mobility, balance, cardio, strength, body composition, and cognitive focus (mind).



Human Optimisation

Rather than navigating the floor alone, personal trainers are available to show you how to use this real-time data to construct a bespoke exercise regimen tailored to your physiological gaps.

Longevity Beyond the Stay

The true innovation lies in its permanence. By syncing these metrics to the Technogym app, you can essentially 'biohack' your health long after checking out. By leveraging lifestyle adjustments, tailored nutrition, and technology back home, the stay becomes the launchpad for long-term longevity and self-experimentation.

The journey starts for guests at the bath house reception area, and is the beginning of a transition from the fast and loud urban energy to a more contemplative calm. The design of the changing areas and wet zones with seasonal flora, softened tones, and layered natural textures assist this process as your senses gradually start to slow and quieten down.

As you move through the different spaces and to the Open Lounge, you come across a collection of thermal cabins which are a cultural reference to the Korean *jjimjilbang*. Internationally known for its communal thermal rooms and cyclical heat-cool-rest ritual, the *jjimjilbang* is a cornerstone of Korean wellness culture, designed to promote circulation and recalibrate the nervous system.

At Fairmont Hanoi, this concept is reinterpreted through a refined, luxury lens, transforming a traditionally social and accessible experience into an intimate, design-forward thermal sanctuary.



Sanctuary in the Pod: Celestial Sound Meditation

Whilst the fitness pavilion and bath house are designed to optimise the physical vessel, the mind and mental wellness have not been overlooked. The Celestial Sound Meditation Pods are a unique architectural and sensory innovation exclusive to this property. And although these beautifully designed, self-contained capsules might look futuristic, they feel deeply organic. Once inside, you are entirely insulated from the outside world and can experience personalised sound therapy - the sensory immersion available is totally customisable. You can curate your own micro-environment, selecting from an array of guided meditations and ambient lighting frequencies. The result is a profound state of mindful restoration, enabling you to master your own biology and completely unplug and recalibrate.





A Confluence of Traditions

A distinguishing point of the Fairmont Hanoi Bath House is its sophisticated synthesis, as it gracefully weaves together three distinct wellness heritages:

- Vietnam's spiritual reverence for water as a source of life
- European hydrothermal sequencing methodologies
- Korea's social, cyclical *jjimjilbang* culture

Rather than merely replicating these traditions, the property translates them into a contemporary design language. Throughout the Lake House Bath House, Vietnamese craftsmanship subtly shapes the atmosphere: rich lacquer finishes evoke the sheen of water under sunlight, woven textures recall traditional bamboo and rattan techniques, and fine metallic details hint at dynastic artistry. Complemented by a living lighting design - ranging from simulated daylight over the pools to subdued, chromatic shifts within the thermal cabins - this sanctuary stands as a masterclass in atmospheric luxury.

In a city defined by its reflections, Fairmont Hanoi has created the ultimate sanctuary of stillness, and for the modern traveller looking to optimise both mind and body, the Lake House Bath House isn't just an escape - it's an essential upgrade to human performance.

