



VISTA
WALKERHILL
SEOUL

WALKERHILL
**WELL
NESS**

BALANCE DETOX REVITALISE

A healthy way to live that will revitalize you,
the Wellness Program will help you to find a turning point in your life.



CONCEPT

The Wellness Program offers a healthy and balanced way to live for both mental and physical aspects of life according to the trend for a healthier, high quality lifestyle due to an increased life expectancy. Experience an extraordinary way for the daily escape with our professional healthcare service at Walkerhill along with the grandiose nature that it possesses.

SOLUTION

The Wellness Club at Vista Walkerhill Seoul is jointly operated by 'Walkerhill Hotels' and 'Health Connect.' It offers a health management solution that you can keep in the daily life at the differentiated facility for the first time in Korea.



* **Health-on** | Provides 1:1 customized health management service without limitation of space based on the medical examination by Seoul National University Hospital and the health logic of Health Connect.

HOW TO



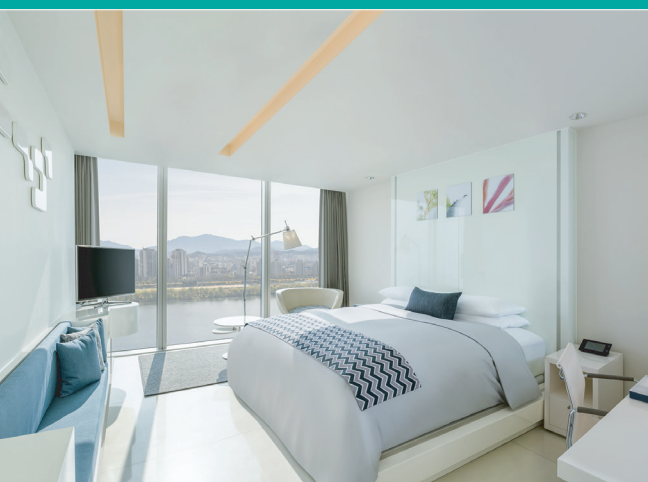
* The Wellness Program is offered to guests staying at the hotel, either the Wellness Exclusive room or the ordinary room. (If you are using regular guestroom, you can make the reservation for the room first and then for the program later.)



WELLNESS PROGRAM

FITNESS & CONSULTING

Our professional nutritionists and trainers will provide an assistance regarding everything, from amount of nutrient intakes to the proper ways of exercising, helping you to learn and maintain the lifestyle through 1:1 PT and Hi-tech Exercise.



ROOM

STAY & RECHARGE @ VISTA WALKERHILL SEOUL

Experience an entirely different way of spending a vacation filled with pleasures in VISTA WALKERHILL SEOUL, with the city's best views and sensuous interiors.



WELLNESS FOOD

HEALTH & WELLNESS

Starting with your diet plan, our Wellness Program will change every part of your quiet daily life.



HEALING & FOREST

REVITALIZE YOUR LIFE

Various programs such as SKYARD, where you can enjoy yoga, meditation, and foot bath, Sauna, Healing Forest, and Facial/Body Treatment will provide a relaxation for your body and mind.



WELLNESS PROGRAM

Enjoy the Wellness Program in many ways according to your purpose, schedule, etc.

Two Nights and Three Days Program

- **BALANCE I** Correct posture through pelvis and spine and learn how to manage correct posture
- **DETOX I** Lose weight and body fat and improve lifestyle
(Program Hours: Follow an individual schedule any time between check-in (15:00) and check-out (12:00))

One Night and Two Days Program

- **FULL DAY I** Follow the individual schedule between check-in (15:00) to checkout (12:00)
- **HALF DAY I** Follow the individual schedule for half the day after check-in

Group Program

- You can be put into groups with your friends or peers, and will be able to select any one of the group activities such as aqua exercise or meditation yoga.
*Room Stay is mandatory, and a group has a limit of maximum 16 people

ADDITIONAL PROGRAM

While in the Wellness Program, you can enjoy a better time by adding the following programs for your free time.
(However, reservation is required for scheduling.)

Wellness Food

- Experience the Wellness Diet that you think about but find it rather difficult to prepare.
Keep the diet in everyday life afterwards.

Treatment

- Experience true resting at V SPA, the premium spa by the world-renowned cosmetics brand, Valmont (Choose 1 from Wellness Facial and Wellness Body)

STAY @ VISTA

Enjoy a refreshing holiday staying at VISTA WALKERHILL SEOUL.

WELLNESS Exclusive Room

- Breakfast is included along with the discounts in the stay of the WELLNESS exclusive room located on the 4th floor of VISTA WALKERHILL SEOUL.
(Rooms are for the guests who are the part of the Wellness Program)

VISTA Room

- VISTA rooms with either the panoramic views of the Han River or the beautiful Mount Acha are available. (You can sign up for the Wellness Program after booking the room.)

WELLNESS PROGRAM DETAIL

Enhance the class of your healthy and beautiful life through the special 'Health Care Concierge Service' created by combining the nature of Walkerhill and science. The wellness program is an optional program for health care and healing of the body you can enjoy while staying at Walkerhill.

• TYPE OF WELLNESS PROGRAM

(Unit: KRW, Excl.TAX)

	Two Nights and Three Days	Full Day	Half Day	Group
Type	Balance / Detox	Depending on the assessment of physical fitness		
Physical Fitness Assessment and Exercise Consulting	○	○	○	Select from GX Programs · Aqua Exercise · Healing Forest Yoga · SKYARD Yoga, etc. * Offered to guests staying at the hotel * Maximum 16 guests
Hi-tech Program	Four Times	Once	Once	
Group Exercise	Once	Once	Once	
Meditative Yoga	Twice	Once		
Price (Won)	770,000	360,000	180,000	350,000/Class

* The program is only offered to guests staying at the hotel either in ordinary guestrooms or Wellness exclusive guestrooms

* Guests participating in the program will have free access to sauna / SKYARD / fitness center / swimming pool

• ADDITIONAL PROGRAM

(Unit: KRW, Excl.TAX)

	Two Nights and Three Days	Full Day	Half Day	Remarks
Wellness Food	170,000/3 Meals	60,000/1 Meal	60,000/1 Meal	Except breakfast
Treatment	120,000			Facial or Body

* The Group Program can be selected depending on schedule and the size of the group

• ROOM

(Unit: KRW, Excl.TAX)

	Two Nights and Three Days	Full Day	Half Day	Remarks
Wellness Exclusive Room	484,000	242,000		* Breakfast include (1 person) * Price listed above is exclusive only for the guests who signed up for the Wellness Program, and is only applied to the 'Wellness Exclusive Room'
VISTA Room (Deluxe or Suite)	The price per stay can be found on the website.			VISTA Room Reservation: 02-2022-0000 or www.vistawalkerhillseoul.com

VISTA

WALKERHILL
SEOUL



RESERVATION AND INFORMATION

(The program reservations can be made one week in advanced.)

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