



THE HOI AN POST

ISSUE 07

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HIGHLIGHT

A lifestyle experience

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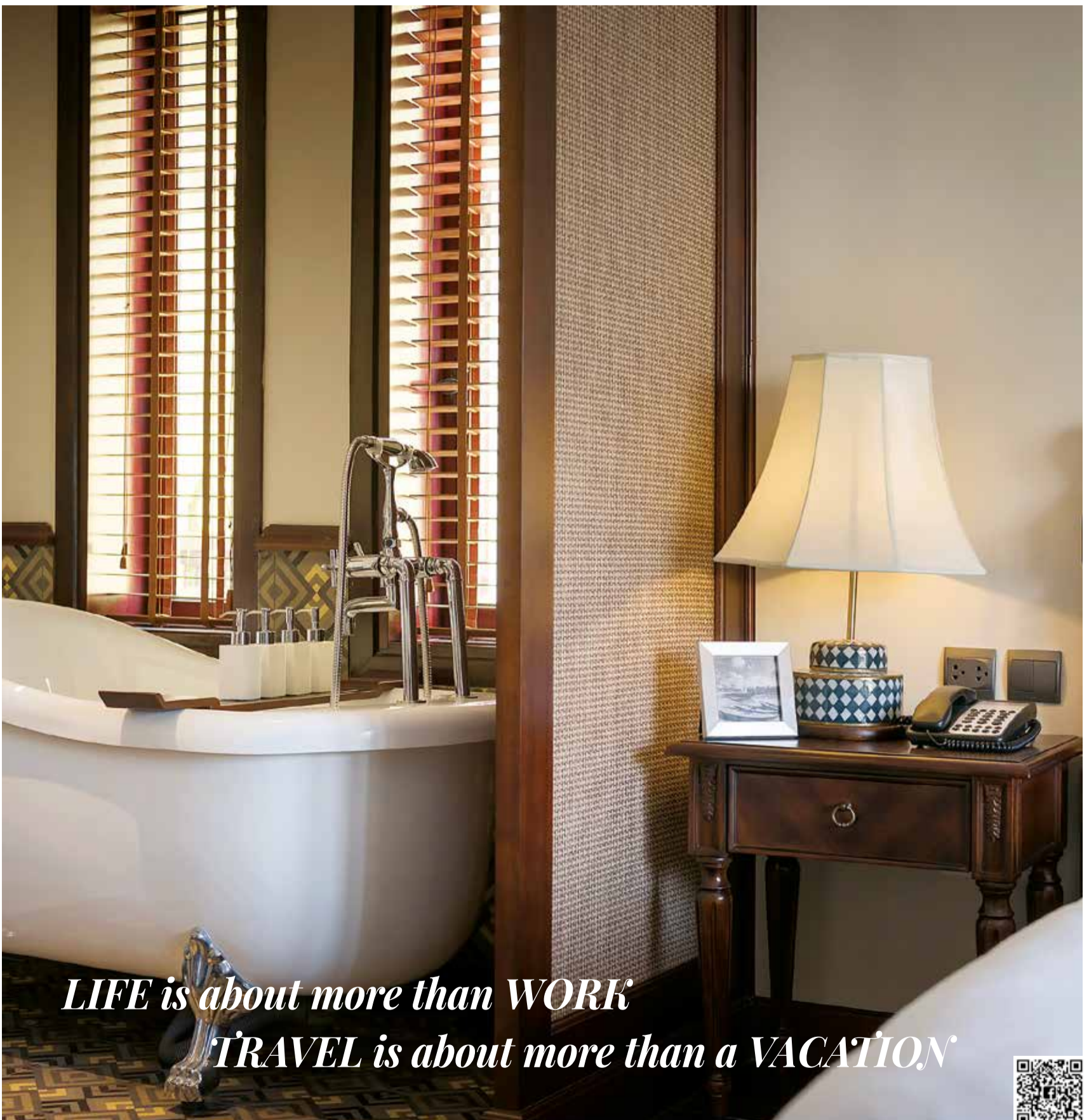
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LIFE is about more than WORK

TRAVEL is about more than a VACATION



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CHAIRMAN'S MESSAGE

A warm welcome to all our Hoi An guests this summertime.

Please enjoy this edition of the Hoi An Post, with information on our hospitality group, new initiatives and promotions to help you make the most of your stay with us. In each edition, we also suggest some cultural activities in and around Hoi An.

Stay cool this summer with refreshing F&B offers, special summer cocktails, happy hours and restaurant promotions at Red Bean and The Temple Restaurants. Our F&B section features one of Vietnam's iconic coffee beverages, egg coffee, a Temple specialty. Keeping with the F&B theme why not combine a cycle and market tour with a Red Bean cooking class where you will learn how to conjure up some great Vietnamese dishes. Our Resort with its lifestyle experience offers 11 guestroom types across the Classic and Club Wings and this edition focuses on the villa duplex suites with their great living space. La Siesta Spa pays great attention to the importance of essential oils in the art of massage therapies. Now you have a chance to purchase a bottle of your favorite oil to take home with you.

Our travel section includes an article on the island paradise Cu Lao Cham Marine Park, or the Cham Islands, off the coast of Hoi An. This is a great day out where you can enjoy beaches, crystal blue seas and the islands' diverse ecosystem. Back to the subject of food - when you are strolling the old town and feel hungry grab yourself a Banh My. This is Vietnam's quintessential version of the sandwich baguette introduced during the French colonial period. As with many things, Vietnam adapted this turning it into one of the nation's favorite foods.

In the meantime, EHG and all our staff at La Siesta Resort & Spa wish you a great summer and we hope you enjoy your time in Hoi An.

A handwritten signature in black ink, appearing to be 'Do Van Dan', with a long horizontal line extending to the right.

Do Van Dan (Mr.)
Chairman/CEO

Elegance Hospitality Group



At La Siesta Resort & Spa, every detail is infused with the art of living. Welcoming, special, private and personalized featuring the best amenities and facilities at one's fingertips. The result is a lifestyle experience founded on an intimate collection of stylish guestrooms and suites, a top class dining environment and wellness for the soul.

The Classic Wing styled as an expansive, yet fashionably traditional hotel is home to 70 guestrooms and suites of seven types. The Club Wing is modeled on Hoi An old town characteristics designed as eight terraced townhouse villas. Lying behind their sunshine yellow facades are 37 strikingly period classic suites of four types.

Living spaces are equipped with the best services and features ranging from your own private sauna, herbal bathtub, spacious terraces, split-level living spaces, chic and trendy bathrooms, Samsung soundbars for music lovers, colonial touches, amazingly comfortable beds for





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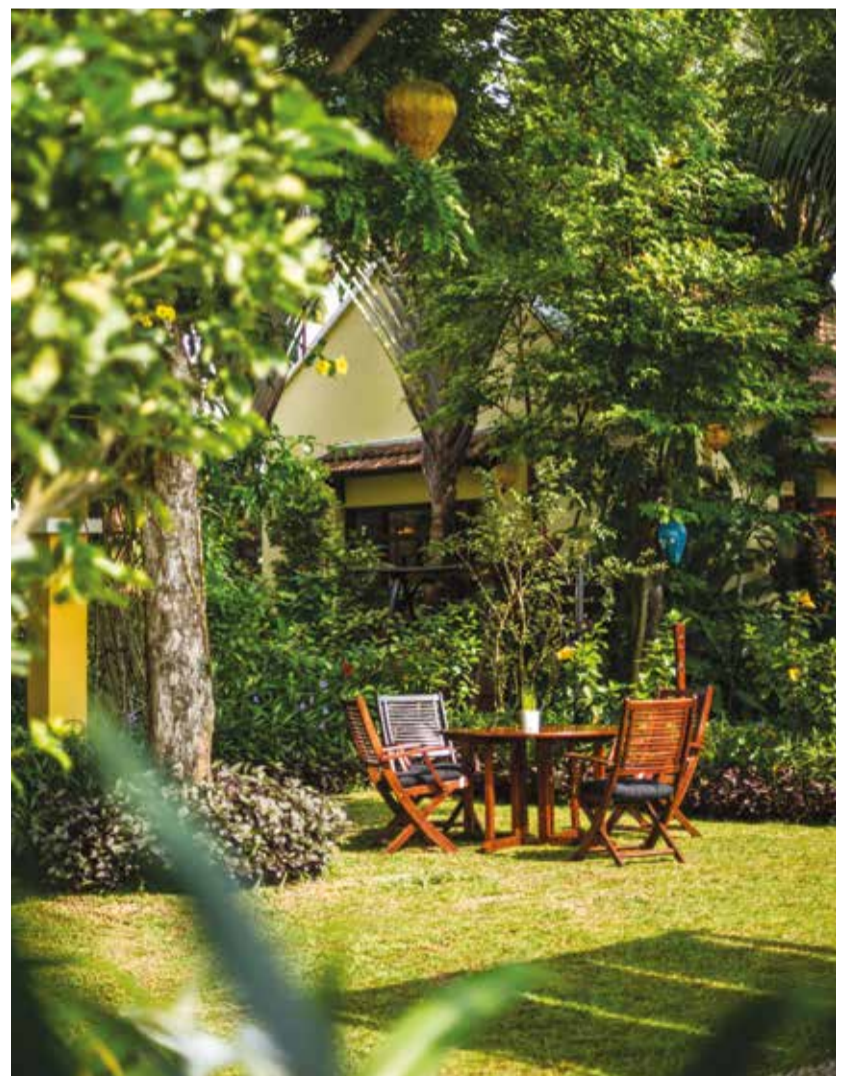
A lifestyle experience

the best night's sleep, luxury pillow menus, soothing color schemes and a peaceful environment.

Delight in the art of dining at Red Bean, with its courtyard garden, and The Temple restaurant opening onto the twinkling saltwater pool. Savor traditional evening BBQs, some of the best Vietnamese dishes, inspired international fusion fare, happy hours, cocktail demonstrations and poolside drinks.

Let La Siesta Spa take you on a journey to relax the mind, body and soul, and experience the best spa treatments you will ever have.

Resting within colorful tropical gardens, La Siesta Resort & Spa pampers the senses and envelopes you in a true living experience. We are experts in the cultural art of luxury hospitality in Hoi An.



F&B promotions

Here comes the summer (Jul-Aug 2018)



Scan here, get there!

EHG's restaurants and bars have a great selection of food and beverage offers to quench one's thirst and tempt the taste buds this summer.

SUMMER PROMOTIONS

World Cup live

Special food and beverage menu as you cheer your team on during this year's World Cup
Available 14 June-15 July during match times
Feliz Bar

Cocktail Specials @ THE TEMPLE

Cocktails of the month

Jump in the Wild cocktail (for July)
Rosa Viva (for August)
The Temple Bar

Autumn Breeze

Bringing a little bit of autumn to cool the summertime heat. Enjoy a refreshing sparkling cocktail accompanied by two kinds of canapés
Available July and August
The Temple Bar

Hoi An special egg coffee

Paying homage to Vietnam's legendary milk coffee alternative
Available during July and August
The Temple Bar

Larue Package

Buy 2 bottles of Larue Beer get 1 free
Available during July
Available daily 10:00-23:45
Red Bean Restaurant

Monthly wine promotion

Enjoy 10% discount on the first bottle of wine and 15% on a second
Available during August
Available daily 10:00-23:45
Red Bean Restaurant

Chef's special of the day

Check the specials board
Available during July
Red Bean Restaurant

A twist on the original

Vietnamese Egg coffee (ca phe trung) was invented in 1946 to compensate for a shortage of milk during the French War. At the time, Nguyen Van Giang was a bartender at the Sofitel Legend Metropole Hanoi Hotel. He decided to experiment with using chicken egg yolk instead of milk when making coffee. It turned out that customers loved his creation so much he decided to leave the hotel and open his own café - Giang Café, which is still going strong in Hanoi's Old Quarter. By the 1950s egg coffee's popularity had spread to most Hanoi and Saigon cafes. Fast forward to today's coffee scene where it still tops the list, much loved by Vietnamese and tourists alike.

The original recipe perfected by Giang uses beaten egg yolk, phin drip-style filter Vietnamese coffee, condensed milk, butter and even cheese. The cup sits in a bowl of hot water to maintain the temperature. Nowadays there are many versions on the original recipe including the addition of different ingredients such as chocolate etc. and slightly different ways of preparing and serving this beverage.

The Temple's egg coffee is an enhanced version of the original. We use organic Cavalry roasted coffee grown in the Central Highlands. This has a rich strong taste and pure aroma, a perfect complement to the creamy egg base made with egg yolk, condensed milk, vanilla syrup and lemon peel. Another touch is we keep the coffee hot by placing the cup over an elegant candle warmer. Enjoying egg coffee at The Temple is more than just drinking Vietnam's 70-year old iconic beverage. It is an artistic presentation stimulating the senses of sight, taste and smell.

DOUBLE DELIGHTS



The Club Wing, based on eight sunshine yellow townhouse villas which opened in January 2017, features 37 exceptionally superior guest suites. All embody a mix of luxury and modern design across four accommodation types. These include nine 3rd floor Duplex Balcony Suites spanning villas 1, 2, 3, 5, 6 and 7. This loft-style accommodation with two-level design provides both separated and connected space - ideal for a family or a small group of friends. Taking center stage on the lower level is the master double bed (or twin beds) and bathroom featuring rainforest shower, toilet and chic vintage-style/free-standing bathtub. The wooden staircase leads to the mezzanine rooftop

bedroom with king size bed, ensuite walk in shower and toilet. The lower floor opens onto a spacious balcony overlooking the Club Wing saltwater pool, tropical gardens and Thanh Ha Communal Community House, which borders the Resort grounds. As with all Club Wing guestrooms, the Duplex Suites are equipped with high-end amenities and facilities including a Samsung sound bar for music lovers, a luxurious pillow menu, premium espresso machine and free mini bar replenishment.

La Siesta Resort & Spa Duplex Balcony Suites - a split-level luxurious experience for all.



Scan here, get there!



Traditional Oils from La Siesta Spa

Let us introduce you to the massage oils we use here in La Siesta Spa, and which are available for you to purchase to take home.

The use of oils in massage is critical, to ensure a smooth massage technique, avoiding friction between the therapist's hands and the client's skin. The oils used depend on the type of massage, as each has different properties.

We use two categories of oils, essential oils and carrier oils, which dilute the essential oils and absorb them into the skin. At La Siesta Spa the four essential oils used are Fokienia, Citriodora, Holy Basil and Cajeput. The two carrier oils we use are Olive Oil and Tamanu Oil.

Olive Oil is most beneficial in combating the signs of aging, containing Vitamin E and antioxidant ingredients to protect the skin.

Tamanu Oil, the traditional Vietnamese equivalent of olive oil has many benefits for skin conditions including anti-aging, healing of wounds, burns and cuts.

Fokienia Essential Oil is a great addition to anti-aging formulas, it is anti-inflammatory, used as physical pain relief and as an aid to psychological problems.

Citriodora Essential Oil is a natural insect repellent and can assist in destroying viruses responsible for respiratory infections. It is also used to treat skin conditions such as burns, wounds and dermatitis.

Holy Basil Essential Oil is rich in Vitamins A and C, is anti-aging and helps prevent eczema, psoriasis and acne.

Cajeput Essential Oil is a strong insecticide, an anti-inflammatory, also used in cosmetics and antiseptic creams.



Scan here, get there!



INSPIRED COOKING



Vietnam has one of the world's most delicious and healthy cuisines. What better way to learn how to cook some of the country's and Quang Nam Province's favorite dishes than combining a cycle tour with a visit to the local wet market, and possibly Tra Que Vegetable Village (if you have time), before a fun few hours perfecting one's cooking skills.

Red Bean Hoi An offers two options, with or without a visit to Tra Que Village, and choice of two menus. One of Red Bean's chefs, both your instructor and food guide, will lead you on a bike ride to the local market (and Tra Que Vegetable Village first if you choose class 1). Learn how to select prime ingredients for the dishes you will create and take the opportunity to chat with the stallholders. Chef will help you bargain for the best price and teach you some useful words in Vietnamese in the process.

Ingredients purchased, cycle back to the Resort and head to your Red Bean cooking station. Chef will guide you through the intricacies and principles of making each dish - from how to roll Fresh Spring Rolls stuffed with shrimp and pork to the secrets of making the best Pho Bo (beef noodle soup). Chef will explain how to serve and decorate the dishes you have created, the correct way to eat them and what the accompanying garnishes should be.

Finally, sit down in Red Bean restaurant and savor the meal you have created.

Class 1 - 09:00-13:00 (lunch)
(includes Tra Que Vegetable Village)
Class 2 - 10:00-13:00 (lunch)
Class 3 - 15:00-18:00 (dinner)

Fresh spring roll with shrimp and pork
Beef Pho noodle soup
Banh Xeo (crispy savory pancake)
Grilled marinated fish in banana leaf
Banana Flambe
(vegetarian menu also available)



Scan here, get there!



THE ULTIMATE BAGUETTE

Banh My is both the word for bread in Vietnamese and the nation's favorite iconic sandwich baguette.

The French introduced the concept of the sandwich to Vietnam during the colonial period (1887-1954). A popular French dish at the time was casse-croute "to break the crust" which consisted of a traditional French baguette served with a plate of cold meats, pate, ham, cheese and butter. This would appear to be the forerunner of Vietnam's Banh My.

Today's version can be traced back to a Hanoian family who fled south to Saigon after the first Indochina war in 1954. It is said their Banh My shop was the first to use shorter bread rolls instead of the traditionally longer French version. They also substituted expensive meats for vegetables making the baguette more affordable for the ordinary people.

Street vendors started selling Banh My, its popularity spread even to France - introduced by the Vietnamese community there, while after the American War returning soldiers took it to the US.

Banh My is lighter than its French counterpart with a thinner crust and is made from rice and wheat. There is a multitude of fillings including pate, chicken, cheese, fried eggs, omelet, tofu, cucumber slices, coriander, pickled carrot, white radish, pickled daikon, chili and mayonnaise, making it a meal in itself or an anytime snack

Hoi An town is famous for some of Vietnam's best Banh My. Two of the most popular stalls are food icon Madam Khanh 'The Banh My Queen' on Tran Cao Van Street, and Madam Phuong Banh My Restaurant on Phan Chu Trinh Street. Opinions are divided as to who is best - try them both out and let your taste buds decide.

Cham Islands – a crowd free paradise



Cu Lao Cham Marine Park, also known as Cham Islands, is a group of eight islands. Only one, Hon Lao (Pearl Island) is inhabited. They lie eight nautical miles off Hoi An's coast. Archaeologists believe the Cham people were the first island settlers around 3,000 years ago, when they traded the islands' rich resources with the rest of the world.

The islands have a diverse ecosystem and rich aquatic resources including coral, seaweeds, tiger shrimps and shellfish. The local people's main sources of livelihood are rice cultivation, fishing and trading in pepper, cinnamon bark, ivory and wood, the products of which are traded through Hoi An's port. There is also a lucrative trade in swallows nests, which are the main ingredient for bird's nest soup.

While there are a number of ways to reach Cham Islands, tourists commonly opt for an organized day trip from Hoi An. Alternatively, take a speed boat, or one of the colorfully chaotic public boats which deliver supplies to the island. If you opt for this method, you must be prepared to stay overnight, as the boat returns immediately to Hoi An, and does not come back until the following morning.

Visitors to Hon Lao will find sandy white beaches and the chance to dive or snorkel in the sparkling waters. The island's two villages are on the sheltered western side. The main harbor is located in Bai Lang village while Bai Huong fishing village is near the southern tip. The eastern side of the island is very much the military's domain.

Previously, staying overnight was discouraged, although it has always been possible to camp on the beaches. Nowadays however, a number of reasonable homestays have sprung up to cater for a select number of visitors who want to sleep over. It should be noted that as the majority of visitors leave on the afternoon tourist boats, most shops and eating-places close around 4pm in the afternoon.

The best time to visit Hon Lao is midweek from March to September. Weekends tend to be busier with local tourists. From October to February the seas can be too rough making the sea crossing potentially dangerous.



Hoi An Express
Expressions Of Indochina



HOI AN CYCLO TOUR IN VIET NAM TRADITIONAL AO DAI

Price: **USD 89/pax**

A cyclo tour with a difference. A fun way to tour the beautifully preserved UNESCO World Heritage Site of Hoi An Ancient Town. Dress for the experience in an elegant Ao Dai - Vietnam's traditional national costume.



HOI AN COUNTRYSIDE BY ELECTRIC SCOOTER

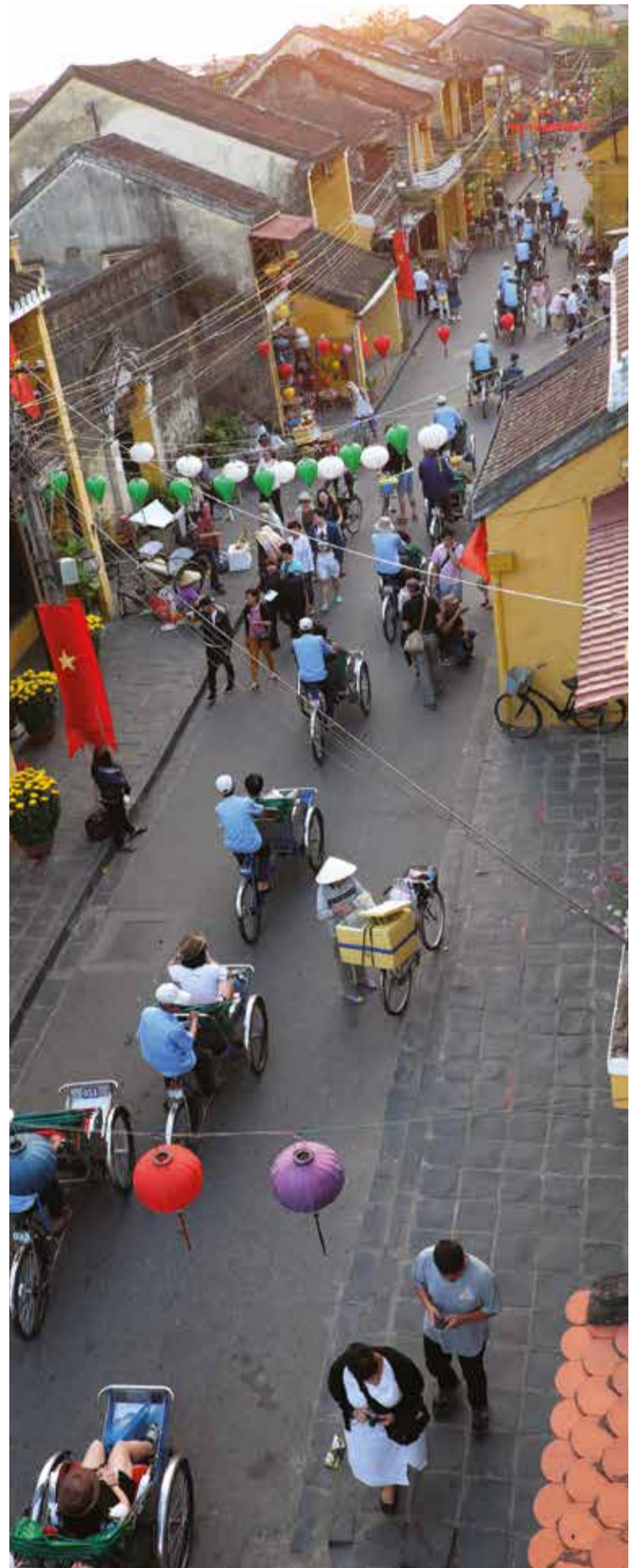
Price: **USD 56/pax**

A unique eco-tour experience exploring Hoi An's captivating countryside by comfortable electric scooter. Discover some of Hoi An's most beautiful hidden spots, meet locals and learn first-hand about their daily routines. This is the only scooter tour in Vietnam where clients can legally drive themselves!

Hotline: +84-938 405 917 (whatsapp; viber; kakaotalk; imess; line)
Email: dailytour@hoianexpress.com.vn

Speaking Vietnamese

1. Hello! - Xin chao! (sin chow!)
2. Goodbye - Tam Biet
3. How are you? - Ban co khoe khong? (ban co kwe khome?) also, Ban the nao?
4. I'm fine, thank you! - Cam on ban toi khoe (gahm un ban thoy kwe)
5. And you? - Ban thi sao? (ban ty sao?)
6. What's your name? - Ban ten gi? (ban thane zee)
7. My name is... - Toi la (thoy la...)
8. Thank you - Cam on (gahm un)
9. You're welcome - Khong co' gi (khom go zee)
10. Yes - Vang (vung)
11. No - Khong (khome)
12. Excuse me/Sorry... - Xin loi (seen loy)
13. Can you help me? - Ban giup toi duoc khong? (ban zoop thoy duc khom?)
14. I'd like to eat - Toi muon an (thoy moowan un)
15. I'd like a drink - Toi muon uong (thoy moowan oowanh)
16. Good - Tot (thote)
17. Bad - Khong tot (khome thote)
18. What is this? - Cai nay la gi (guy nai la zee)
19. How much? - Bao nhieu? (bow nyew)
20. Too expensive - Mac qua (mahk qwa)
21. Where is the nearest internet shop? - Cho internet o dau? (choh internet uh doh)
22. Where is the nearest bank? - Nha bang o dau? (nya bung uh doh)
23. Hotel - Khach San (khack san)
24. Too hot - Nong qua (nom qwa)
25. Too cold - Lanh qua (lang qwa)
26. Coffee - Ca phe (cah feh)
27. Hot black coffee - Ca phe nong (cah feh nom)
28. Hot Coffee with milk - Ca phe sua nong (cah feh sua nom)
29. Tea - Tra (chah)
30. I like - Toi thich (thoy tick)
31. I am happy - Toi vui (thoy vuoy)
32. I am tired - Toi met (thoy mate)
33. Where is an ATM - Cay ATM o dau ? (kei a te mo uh doh)



ABOUT EHG

Elegance Hospitality is a group of hotels renowned for our well-equipped facilities and sophisticated service. Founded in the early 2000s, we have developed from our first hotel in Hanoi to the current chain of 5 boutique hotels in Hanoi's Old Quarter and one outstanding resort in Hoi An Town. Our distinctive collection of properties redefines the very concept of boutique and luxury hospitality.

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