Wellness Korea

Whether you are interested in a relaxing spa experience, exploring ancient wisdom and traditional medicine, immersing yourself in a lush green forest, or recharging with meditation, in South Korea there is something for everyone!

Beauty and spa fans should definitely consider a visit to the Sulwhasoo Flagship Store in Seoul! Treat yourself to the popular "Intense Ginseng Journey." It is an intensive anti-aging program that combines the energy of ginseng and Sulwhasoo's technique to revive youthful energy deep in the skin.

Another must is Spa Land Centum City, a huge spa facility that features hot spring water from a thousand meters underground, as part of its offering.

In traditional Korean medicine there is a belief that everybody is born with a certain physiology. Sasang physiology divides people in four types and each type has its own health caring methods and lifestyle habits that go along with it. Spas such as Yeo Yong Guk, use over a hundred natural plants to develop personalised treatments based on individual physiology.

For those wanting to connect with Korea's stunning nature, the healing programs provided by Jeongnamjin Cypress Forest Woodland include yoga in the forest, meditation, and barefoot walking. Don't miss the Cypress Salt Sauna, a cave located on the highest point in the woodlands.

Still needing some healing and meditation? The Hanwha Resort Geoje Belvedere Wellness program follows the '3R' system. Refresh your body, relax your mind, reset your lifestyle. The water workouts at the infinity pool are a must!

JOIN OUR KOREA FRIENDSHIP SERIES AND WIN!

As part of South Korea's 60th anniversary of diplomatic ties with Australia, Korea Tourism Organization (KTO) Sydney Office will be hosting a series of conversations, with interesting Australians who all share a special link to the destination. Watch our final conversation with Sydney creative, Tara Whiteman, better known as @TaraMilkTea on 26 May 6:00PM (AEST) and win a return flight to Korea!

CLICK HERE to register.

Imagine your **Korea**

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