



Must-Go 25 Spots in Korea
KOREA WELLNESS TOURIST MAP



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01
SEOUL
**Sulwhasoo
Flagship Store & Spa**

Sulwhasoo Flagship Store & Spa is a beauty space that offers not only a wide range of the brand's Korean herbal medicine cosmetic products but also a rounded sensual experience including an introduction to the brand's history and two different spas.

INQUIRIES +82-2-548-9272 (Sulwhasoo Spa), +82-2-541-9273 (Balance Spa)
OPERATING HOURS 10:00 - 21:00 (closed every second Monday and on Chinese Thanksgiving) **PROGRAM** Ultimate Restorative Journey 650,000 KRW, Vitality Care 100,000 KRW **ADDRESS** 18, Dosan-daero 45-gil, Gangnam-gu, Seoul
WEBSITE www.sulwhasoo.com

02
SEOUL
**Cheong Kwan Jang
SPA G**

The healing spa operated by Korean red ginseng brand Cheong Kwan Jang offers special programs that recharge costumers with the energy of 6 year-old red ginseng and diverse treatments for mind, body and beauty.

INQUIRIES +82-2-557-8030 **OPERATING HOURS** 09:00-23:00
PROGRAM SPA G SIGNATURE 475,000 KRW
ADDRESS KIBG Tower B2, 1002 Daechi-dong, Gangnam-gu, Seoul (Daechi branch), Hotel Skypark Central B1, Myeongdong 9-gil, Jung-gu, Seoul (Myeongdong branch)
WEBSITE www.spag.co.kr

03
SEOUL
Olivine Spa

Whether weight problems, age or chronic fatigue, Olivine Spa provides stress relief for modern people. In cooperation with the Olivium postnatal care center the facilities also offer differentiated pre- and postnatal spa massage programs for mothers.

INQUIRIES +82-2-730-8719
OPERATING HOURS Monday and Friday 10:00-22:00, Tuesday to Thursday 10:00-20:00, Weekends 10:00-17:00
PROGRAM treatment for before 141,000 KRW, after pregnancy 170,000 KRW, Facial Spa 82,500 KRW **ADDRESS** 4-1, Jongil-ro 16-gil, Jangno-gu, Seoul
WEBSITE www.olivine.co.kr

04
BUSAN
**Spa Land
Centum City**

A must visit for any urbanite who wants to enjoy the diversity of 18 natural hot spring water baths, saunas, aesthetic spa programs as well as various additional wellness services.

INQUIRIES +82-51-345-2900
OPERATING HOURS 06:00-24:00 (last entry before 22:30)
PROGRAM adult admission fee weekdays 15,000 KRW, weekend 18,000 KRW
ADDRESS Shinsegae Centum City, W. 35, Centumnam-daero, Haeundae-gu, Busan
WEBSITE department.shinsegae.com

05
DAEGU
**Resort
Spa Valley**

The resort offers a variety of facilities including thermal spring water pools, spas and traditional herbal baths, a zoo and a botanical garden, a nature theme park and the popular Hotel de forRe, which is constructed of cypress trees and red clay bricks.

INQUIRIES +82-588-8511 **OPERATING HOURS** Water Park 09:00-19:00, Nature Park and Botanical Garden weekdays 10:00-21:00, weekends 10:00-22:00, Zoo 10:00-20:00
PROGRAM adult admission fee for Water Park 24,000 KRW, Nature Park 10,000 KRW
ADDRESS 891, Gachang-ro, Gachang myeon, Daegu-gu, Daegu
WEBSITE www.spavalley.co.kr

09
GYEONGGI-DO
**Cypress Forest
Healingtophia**

Cypress sawdust and various medicinal herbs create the base for a microbe-fermented cypress enzyme spa that naturally helps to increase body temperature and enhance blood circulation and metabolism. An eco-friendly healing place based on natural medicine.

INQUIRIES +82-152-0555 **OPERATING HOURS** 10:00-21:00
PROGRAM Basic 50,000 KRW **ADDRESS** 250-1, Sangjeok-dong, Sajong-gu, Seongnam-si, Gyeonggi-do **WEBSITE** www.hinika.com

10
CHUNGCHONGBUK-DO
**Resom Forest Have9
Healing Spa**

More than 30 healing spa programs with 9 different healing themes. The eco-friendly resort offers complex and systematic forest and water therapies, including a nature treatment, an alternative treatment, a traditional herb treatment and various therapies.

INQUIRIES +82-41-649-6861 **OPERATING HOURS** 10:00-20:00 (Have9 Beauty Spa)
PROGRAM Have9 Beauty Spa early bird package 160,000 KRW
ADDRESS 365 Geumbong-ro, Baegan-myeon, Gyecheon-si, Chungcheongbuk-do
WEBSITE resom.co.kr

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SEOUL
Tea Therapy

A traditional herbal medicine cafe where ordinary people can leisurely enjoy Korean herbal medicine tea in form of a herbal tea experience. A cultural space where visitors can not only have tea, but also enjoy foot baths with Korean herbal medicine as well as simple snacks made from healthy recipes. Find Tea Therapy at two locations: Appujeong and Jongno Haengnang.

INQUIRIES +82-2-588-7506-7 **OPERATING HOURS** 10:00-22:00 (closed on holidays)
MENU Herbal Tea 5,000 KRW, Tolu Salad and Flying Fish-Rice 7,000 KRW
PROGRAM Foot Bath 5,000 KRW, Tea Class 50,000 KRW (class needs at least 2 applicants) **ADDRESS** 686-6, Shinsa-dong, Gangnam-gu, Seoul, Korea
WEBSITE www.teatherapy.com

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SEOUL
**Yeo Yong Kuk
Korean Spa**

At Yeo Yong Kuk's traditional Korean herbal medicine center visitors are treated with 600 year-old wisdom and therapies that are individually designed for each specific physical and health conditions.

INQUIRIES +82-2-482-0900 **OPERATING HOURS** reservation only
PROGRAM Face from 60,000 KRW, Body from 90,000 KRW
ADDRESS Hong Seong Building, 60, Seokichon-ro 12, Songpa-gu, Seoul
WEBSITE yeoyongkuk.modo.co.kr

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JEOLLABUK-DO
**Suncheon Bay
National Garden &
Wetland Reserve**

The Suncheon Bay Gardens are the No.1 national gardens with diverse festivals and numerous experience programs to enjoy all around the year. Furthermore, the bay includes a designated wetland reserve area, the Suncheon Bay Wetland Reserve, which can be visited as well.

INQUIRIES +82-41-749-6052 **OPERATING HOURS** 08:00-sunset
PROGRAM Suncheon bay wetland 8,000 KRW, Suncheon bay boat tour 1,000 KRW (adult) **ADDRESS** 513-25 Suncheonman-gil, Suncheon-si, Jeollabuk-do
WEBSITE www.suncheonbay.go.kr

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JEOLLANAM-DO
**Cypress Forest
Woodland**

A healing forest of cypress trees that date back to the 1940s offers cypress and salt themed therapies and woodcraft programs.

INQUIRIES +82-61-864-0065 **OPERATING HOURS** 08:00-16:00
PROGRAM Forest healing program <Cypress Stress Relief> starting at 5,000 KRW
ADDRESS 180 Woodland-gil, Jangheung-eup, Jangheung-gun, Jeollanam-do
WEBSITE www.thewoodland.co.kr

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JEJU ISLAND
**WE Hotel
Wellness Center**

A health resort in the midst of the pure forests of Jeju. Wellness programs include beautiful forest and walking paths as well as forest and water therapies.

INQUIRIES +82-64-730-1462 **OPERATING HOURS** 06:30-20:30
PROGRAM Haem Hydo program 152,000 KRW (prices can vary)
ADDRESS 435-95 100-ro, Seogwipo-si, Jeju **WEBSITE** www.wehotel.co.kr

06
INCHEON
**Cheongna
Spaex**

A Hanok-style spa complex held in traditional Korean interior including spa, sauna, massage and bath facilities. Branches are in Cheongna, Dongmyo and Dongdaemun.

INQUIRIES +82-52-568-2244
OPERATING HOURS 24 hours, swimming pool 10:00-19:00
PROGRAM adult admission fee during the day 8,000 KRW, at night 10,000 KRW
ADDRESS 75, Cheongsacanal-ro 260, Seo-gu, Incheon
WEBSITE not available

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JEOLLABUK-DO
**Spa LaQua Jeonju
Hot Spring**

The LaQua spa not only offers natural hot spring water baths but also a variety of Hanok experiences such as traditional pavilions and a market-style food court.

INQUIRIES +82-63-225-0020 **OPERATING HOURS** Hot spring sauna and spa 24 hours, water park only during the week
PROGRAM Hot spring sauna, spa, swimming pool, aroma massage starting from 8,000 KRW **ADDRESS** 54, Sinchon 3-gil, Wansan-gu, Jeonju-si, Jeollabuk-do
WEBSITE www.spalaqua.com

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JEOLLABUK-DO
**Jinan
Red Ginseng Spa**

The Jinan Red Ginseng Spa offers five different red ginseng-based programs, including open-air baths and bubble experiences by the Maisan mountain.

INQUIRIES +82-588-7597
OPERATING HOURS 09:30-20:30 (closed every 1st Monday) (last entry 17:00)
PROGRAM Gaejeok bubble sense therapy, Herb therapy 15,000 KRW
ADDRESS 16-10 Wae-sayang-gil, Jinan-eup, Jinan-gun, Jeollabuk-do
WEBSITE www.redginsengspa.kr

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SEOUL
**Herb Lab
Bomdong**

A healing space created by a group of young traditional herbal medicine doctors who provide medicinal teas that aid any physical, symptom-specific and stress-related needs for the body and mind.

INQUIRIES +82-70-4639-2221 **OPERATING HOURS** 11:00-23:00 (closed on Mondays)
MENU Standard tea 12,000 KRW, Pumpkin rice cake 6,000 KRW
PROGRAM Foot bath 10,000 KRW
ADDRESS 12-15, Worldcupbuk-ro 5-gil, Mapo-gu, Seoul
WEBSITE not available

17
DAEGU
**Skylake
Cosmetic Cafe**

The Skylake traditional medicinal cosmetic cafe offers various programs to make natural soaps, shampoos, mask sheets and lip balms for each individual's needs.

INQUIRIES +82-55-253-2580
OPERATING HOURS 11:00-20:00 (closed on Lunar New Year's Day, Chinese Thanksgiving) **MENU** Americano 3,500 KRW **PROGRAM** Making traditional herbal cosmetics 15,000 KRW **ADDRESS** 58-12, Dongseong-ro 3-gil, Jung-gu, Daegu
WEBSITE skylake.products.kr

21
GYEONGSANGBUK-DO
**National Center
for Forest Therapy**

The center offers various forest experience programs for visitors of different age and individual preference, from light forest tracking to water therapy and meditation as well as tea therapy and programs that include accommodation.

INQUIRIES +82-54-639-3400 **OPERATING HOURS** Reservation only
PROGRAM Healing Forest 125,000 KRW (for 2)
ADDRESS 205, Therapy-ro, Bonghyeon-myeon, Yeongju-si, Gyeongangbuk-do
WEBSITE dsfm.tbnl.or.kr

07
GWANGJU
**Pyeonbaeknara
Hyo So Gung**

A small oasis in the heart of the city offering a 5-step healing experience program using cypress, herbs and enzymes in different wellness baths.

INQUIRIES +82-62-372-5888 **OPERATING HOURS** 10:00-20:00
PROGRAM 5-step healing experience 35,000 KRW
ADDRESS 162-7, Marek-dong, Seo-gu, Gwangju **WEBSITE** hoxuntrunmodo.co.kr

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JEJU ISLAND
**Osulloc Tea Museum
& Innisfree Jeju House**

The Osulloc Tea Museum includes a tea culture room, world tea cups, a brand story display, a tea shop and a cafe. The Tea Stone offers tea classes and maturing spaces through which visitors can experience and learn about the Korean tea culture.

INQUIRIES +82-64-794-5702-3 **OPERATING HOURS** 09:00-18:00
MENU Green tea Milk Spread 8,500 KRW **PROGRAM** Tea Time & Tea Stone Tour 30,000 KRW (at least 2 visitors) **ADDRESS** 15 Sinhaejeoksa-ro, Andeok-myeon, Seogwipo-si, Jeju **WEBSITE** www.osulloc.com

18
GYEONGSANGNAM-DO
**Sancheong
Donguibogam Village**

The country's biggest herbal medicine theme park includes a Hanok stay, a traditional as well as a toothpaste and a scented pouch making program.

INQUIRIES +82-55-970-7206 **Operating hours:** 09:00 - 18:00 (closed on Mondays, New Year's Day and nat. holidays)
MENU Herb and mushroom Shabu-Shabu 15,000 KRW
PROGRAM Themed park, Herbal Medicine Museum 2000 KRW (adult), Experiential Themed Park, Medicinal Herb Hall etc. free entry
ADDRESS 45-6, Donguibogam-ro 555-gil, Geumsa-myeon, Sancheong-gun, Gyeongangnam-do **WEBSITE** donguibogam-village.sancheong.go.kr

23
GANGWON-DO
**Heallience
Zen Village**

Healing and science combined to create the base for healthy food and training as well as a balanced soul and life rhythm, which enables a healthier aging process.

INQUIRIES +82-648-9985 **OPERATING HOURS** Check out until 12:00
PROGRAM Changing Lifestyle Program 1,200,000 KRW, Total Healing Program 1,350,000 KRW
ADDRESS 102, Jongjisan-gil, Seo-myeon, Hongcheon-gun, Gangwon-do
WEBSITE www.heallience.co.kr

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CHUNGCHONGBUK-DO
**Godowon Healing
Center**

Under the motto "stop for a moment" Godowon Healing Center offers various meditation programs based on daily meditations.

INQUIRIES +82-644-8421, +82-41-725-2055
OPERATING HOURS Tuesday to Saturday 09:00-12:30, 13:30-18:00 (closed on Mondays) **PROGRAM** Happy Family Soul Vacation 520,000 KRW (for 2), One-day meditation 120,000 KRW
ADDRESS 204-61 Wazong 1-gil, Naeun-myeon, Chungju-si, Chungcheongbuk-do
WEBSITE www.godowoncenter.com

08
GYEONGGI-DO
**Herb Island Herb
Healing Center**

A herb expericen center by the country's largest herb garden. The center offers various herb detox programs using 10 natural wellness methods as well as herb-based making programs.

INQUIRIES +82-644-8997 **OPERATING HOURS** 10:00-21:00
PROGRAM Basic Herb Detox Program - Gonggi Healing 120,000 KRW
ADDRESS 35, Cheongjin-ro 540-gil, Shinbuk-myeon, Pocheon-si, Gyeonggi-do
WEBSITE www.herbhealingcenter.co.kr

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