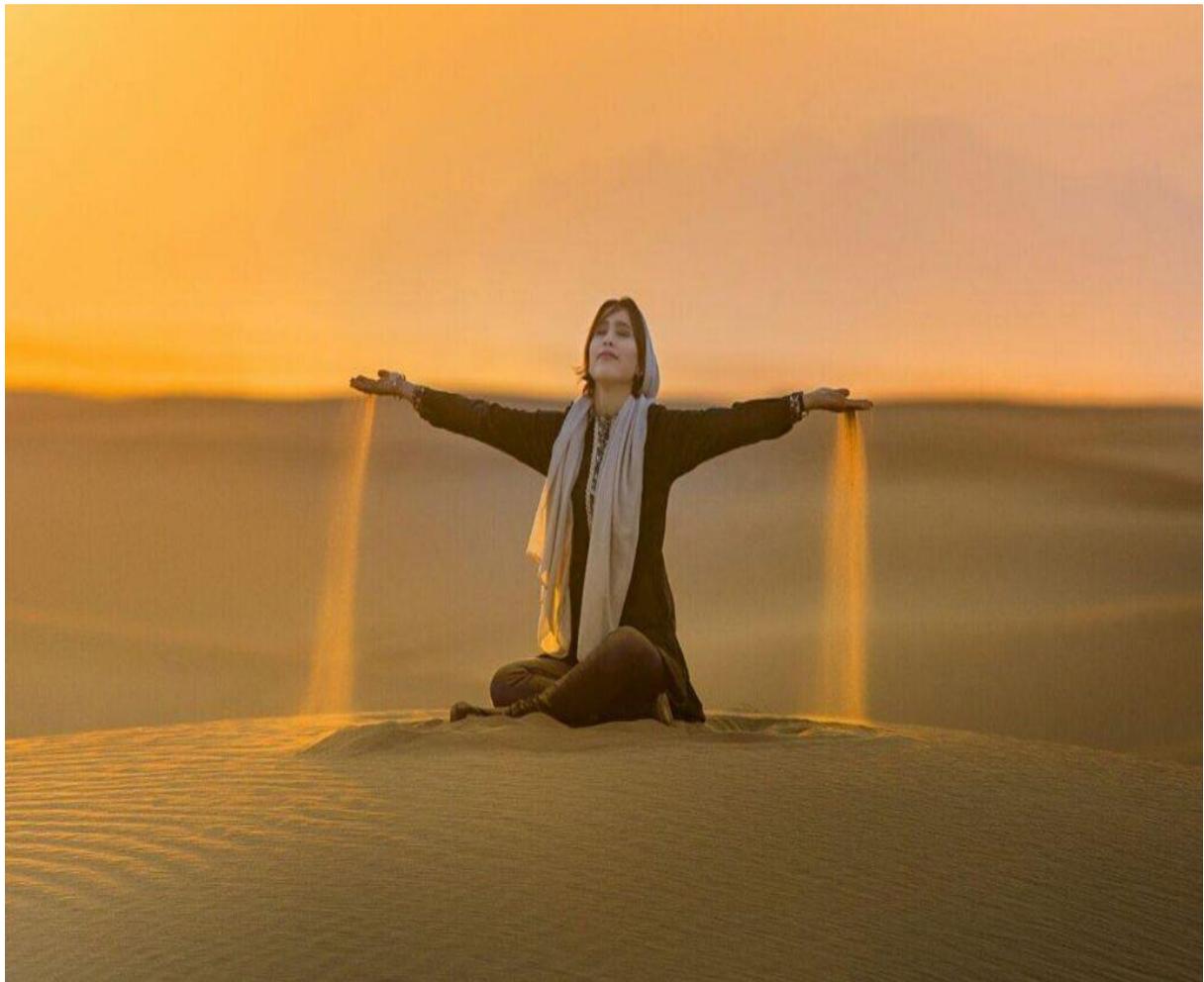


Iran Wellness Journey: Healing for Body, Mind & Soul

Friendly Iran - 7-day Iran Tour

Tehran-Tehran



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Sazandegi Street, in front of alley number 3, Shiraz, Iran

Why Choose a Wellness Tour in Iran?

Travel is not only about seeing places – it can also be about **healing**. Iran is one of the best-kept secrets for **wellness travel**. Here, nature, tradition, and science meet to give you a journey that restores your **body, mind, and soul**.

- **Why Iran?**
Because Iran has a unique mix of **ancient healing traditions**, natural **hot springs**, peaceful **mountains & deserts**, and a culture of **hospitality** that makes you feel at home.
- **Why Wellness Travel?**
Modern life is full of stress. A wellness tour is a chance to **disconnect**, recharge your energy, and find balance again.
- **Why With Us?**
We design wellness journeys that are more than sightseeing. Every detail – from spa experiences to meditation spots – is made for your **inner peace**.

Highlights of the Iran Wellness Tour

Hot Springs & Natural Spas

Relax in Iran's mineral-rich hot springs. For centuries, Persians believed in the power of these waters to heal skin, muscles, and even the spirit.

Persian Herbal Medicine & Aromatherapy

Discover ancient **Attari shops** (Persian herbal stores) where natural remedies, saffron teas, rosewater, and healing oils are still used today.

Silence of the Desert

Spend time in the desert under a sky full of stars. The quiet space is perfect for meditation, yoga, or simply **finding peace within yourself**.

Mountains & Clean Air

Take gentle hikes in Iran's green mountains. Fresh air, crystal-clear rivers, and beautiful landscapes help you breathe deeper and feel lighter.

Cultural Healing

Visit traditional Persian gardens, UNESCO sites, and Sufi music gatherings – experiences that **feed your soul** as much as your body.

7 Days of Wellness in Iran

Day 1-2: Arrival in Tehran – Traditional hammam & spa rituals.

Day 3: Travel to Sarein – famous hot spring town – thermal bath & massage.

Day 4: Visit Ardabil mountains – light hiking & meditation.

Day 5: Drive to Kashan – explore herbal Attari shops & rosewater distilleries.

Day 6: Desert night in Varzaneh – meditation under the stars.

Day 7: Return to Tehran – farewell dinner with healthy Persian food.

Who Is This Tour For?

- Travelers looking for **stress relief**
- People who enjoy **spa, yoga, or meditation**
- Nature lovers who want **quiet and beauty**
- Anyone who needs a reset for **body & mind**

