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Life Resorts Launches new on-the-water Excursions

QUY NHON, Viet Nam (16 Sept. 2009) – Most resort restaurants source all their fish from local suppliers. But at Life Wellness Resort Quy Nhon, they're turning to select guests as suppliers with a novel fishing excursion.

In September, the resort started baiting hooks for guests and ferrying them to Hon Dat Island, poles in hand. With shrimp on the hook, guests cast for and routinely reel in such fish as snapper, amberjack, goatfish and red and gray mullet.

Afterward, the resort's chefs steam, grill or fry the catch, dressing it up with a selection of seasonings (olive oil and lemon, garlic and herb, chili and coriander, etc.) and special Quy Nhon style sauces (sweet and sour, chili and tomato, lemon and dill cream, etc.)

"How much better does seafood taste when you've hauled it in by hand?" queried Life's General Manager Shane McKirdy. "Much better. The experience of fishing for dinner lends so much to the experience of consumption."

In addition to the new fishing excursion, Life has launched a new sunset cruise in a traditional Vietnamese *ghe nang*.

The two-hour cruise features canapés, tropical punch and, occasionally, dolphins.

ABOUT LIFE RESORTS

Life Resorts owns and operates two resorts in Vietnam and manages a third. On Vietnam's central coast, the 94-room Life Heritage Resort Hoi An evokes the colonial splendor of a bygone era on a quiet stretch of the Thu Bon River within walking distance of the trading port's world-famous downtown. On the south-central coast, the 63-room Life Wellness Resort Quy Nhon is dedicated to the tenets of wellness, from yoga, tai chi and Pilates to an ample range of spa treatments and anti-stress and detox programs. Four hours from Ho Ch Minh City, Life manages the 84-room Blue Ocean Resort, featuring a 153-meter private beach, a 26-meter swimming pool and lush tropical grounds.

The Dutch resort company is also developing resort properties in Danang, Halong Bay and Ninh Binh, each scheduled to open in 2010.

For more information, contact the Life Resorts sales and marketing office at (848) 3.844-3605, sales@life-resorts.com or visit www.life-resorts.com.