

DATABASE

English version

Discover Thainess
Through

*Thai
Wellness*



Preface

The Royal Thai Government has a policy to promote the Thai ways as a national agenda. This has seen a change in the dimension of presenting Thailand from a Product Approach to be one of Value that tourists will receive by travelling in the country, as well as increase the recognition and image of Thailand as a travel destination of happiness by means of these Thai ways that have outstanding uniqueness unlike anywhere else in the world. This also comprises the dissemination of public relations, creating recognition, and stimulating international tourists to travel to and in Thailand.

The Tourism Authority of Thailand (TAT) has an operational plan to promote the health tourism products of Thailand through the Issue Base: Amazing Thailand Health and Wellness to create and promote health and beauty products that emphasise on value addedness. Consideration has been given to the demands of tourists who have displayed interest and pay attention to their well-being. Furthermore, Thailand is another destination for tourists who keep an eye on their health by coming to relax as well as take care of their body and mind. More importantly, the health services and products of Thailand have set standards, uniformity, and use a combination of Western and Eastern science. There is also the utilisation of Thai wisdom and Thai herbs that help in the healing and caring of health, which is especially unique to Thailand.

The Facilities Section, Services Promotion Division has decided to create a Thainess tourist service product package and route database for health and well-being, which reflects being Thai in each region of the country for the tourist group who loves Health and Wellness including various services in all dimensions. This will generate happiness, peace, and natural strength for the spirit for the rejuvenation of the physical health of tourists who utilise these services. This will also create value and precious experiences in tourists travelling to relax and increase revenue in the tourism industry, as well as create recognition and disseminate the promotion of Thai tourist products to the world.

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1. WAT PHO INSCRIPTION, BANGKOK



Stone inscriptions of commemoration

There are numerous well-arranged stone slabs in the area of Wat Phra Chetuphon Vimolmangkharam Rajwaramahaviharn, or as it is known as Wat Pho. If only looking at the surface, you might think that it is only a stone slab that has been decorated as another part of the temple. But in actual fact, this group of slabs is valuable Thai wisdom that is a science and art that has been passed down from ancient times. More importantly, UNESCO registered the 1,440 stone inscriptions of Wat Pho as a Memory of the World, the only one of its kind in Thailand and the world in which there may not be anything to replace it. From history, when King Buddha Yodfa Chulaloke the Great (Rama I) moved the capital from Thon Buri to Rattanakosin or Bangkok at present, he restored Wat Pho to be a royal temple and graciously collected the ancient medicine and scientific arts of Phra Nakhon Si Ayutthaya. He thought about bringing the exercise postures to be a manner of relaxation to solve aches and pains of various parts of the body and applied this with the Thai ways that gave respect to hermits as instructors of various forms of knowledge to be a shape of a hermit exercising that are displayed at the temple. The area of the hermit exercising, or health park, is near the Buddha image hall to the south, so that the general public can widely study and prevent disease. At first, they were made of clay. In the reign of King Rama III in 1836, King Jessadabodindra (Rama III) restored the entire temple and graciously assigned Krom Meun Narong Hariraks (a son of King Rama I the Great) as chief of the artisans in charge of moulding the contorted hermit with the mixture of zinc and tin in 80 positions. Upon completion, the King, his Royal family members, entourage, and scholars wrote pieces of verse of the contorted hermit and those inscriptions were written on a stone slab on a pavilion and walls around the

temple. These were divided into many groups; e.g., literature that displays the story of the Ramakien, traditions that display the Songkran Festival (Thai New Year), Mon way of cooking rice, Thot Kathin procession, etc, in particular, the slab of ancient medicine. This is supposedly a significant highlight that has paid attention to this temple, which is similar to the first university in Thailand. It also repeatedly conducts science as well as treatment in the Thai way. This will help future generations experience this heritage of precious knowledge, as there is no other country in the world that is equivalent.

ADDRESS

Wat Phra Chetuphon Vimolmangkhalararn Rajwaramahaviharn

2 Sanamchai Road, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok 10200

Tel. +66 (0) 2226 0335, +66 (0) 2225 9595

Open: 08.00 – 18.30 Hrs.

2. CHAO PHYA ABHAIBHUBEJHR HOSPITAL AND BAN DONG BANG VILLAGE, PRACHIN BURI



The Power of Thai Herbs

Even though the beautiful yellow building is architecture of the reign of King Rama V the Great, it is admired by people that often stop and are impressed by its classic style. Thus, we must collect all the details as a memory as best as possible; however, the things that are hidden inside this attractive building are more valuable than its exterior design. This is because this is a learning centre of traditional Thai medicine, which is a health science that the Thai people have held onto from the past to the present as well as integrated it with modern medicine. Numerous types of herbs that are used come from an important source of production: Ban Dong Bang, a small village but one that is full of energy of the local people who have wanted to pass on this health science. This location of Thai herbs has been in existence for a long time, and the herbal production process of Ban Dong Bang still has its major foundation from Thai wisdom that has been passed down from the ancestors. This starts with the planting to being applied for use including the way of organic farming that the staff from the Chao Phya Abhaibhubejhr Hospital has conducted. The resulting product is herbs for health without any contaminants. In 2005, Ban Dong Bang was established as a tourist village and is regarded as the first herbal tourist village in Thailand. Tourists will be amazed with Thai wisdom that is conducted in harmony with nature, and learn about the process of producing herbs starting from planting, airing, baking to the creation of various products as well as enjoying herbs for health. The Garden is ready to warmly welcome visitors with a Thai spa, walk to see the herbal gardens, and taste healthy menus; e.g., Yam Pak Krasang that is hard to find. There is also a homestay for those people who really want to learn about the amazing world of this Thai herbal location.

ADDRESS

Chao Phya Abhaibhubejhr Hospital

32/7 Prachin Anuson Road, Amphoe Mueang, Prachin Buri 25000 (about 2.5 kilometres from the city.)

Tel. +66 (0) 3721 1088

Website: <http://www.cpa.go.th>

Open: 08.30 - 16.30 Hrs.

Ban Dong Bang Village

34 Mu 6, Ban Dong Bang, Tambon Dong Khi Lek, Amphoe Mueang, Prachin Buri 25000

Tel. +66 (0) 8 7087 5039

Website: http://www.tat8.com/thai/pj/a_homedongbang.htm

Open: 9.00 – 17.00 Hrs.

3. ORGANIC AGRICULTURE PROJECT, SUKHOTHAI AIRPORT, SUKHOTHAI



A Chemical-free Happy Farm

This airport has an unbelievable story, which was the transformation of the surrounding area of the Airport that only had emptiness and concrete to become extremely green with the charm of Thai agricultural methods. This is full of stories from the rice fields, herds of buffaloes, flocks of ducks and chickens, and numerous species of plants. Moreover, this exquisiteness was arranged from a small molecule to become the “Organic Agriculture Project Sukhothai Airport” that emphasises on learning about Thai ways on 400 rai of land. It presents the concept of a Sufficiency Economy that is a simple life via an outdoor classroom providing opportunities for everyone to spend their life with their back to the sky and face to the ground. Thus, their heart will absorb about being a farmer and realise the hard efforts of the farmers in planting rice for us to eat. This starts with walking and plunging young rice seedlings into the ground to practising to hold a sickle for harvesting amidst a friendly atmosphere of herds of buffaloes that are lying in comfort in the mud waiting to wish someone success. However, there is not only that. You will get to know about a nice, beautiful life and insist on the concept of the Sufficiency Economy of “eat what you grow; grow what you eat”. Begin by planting vegetables, harvesting the fresh vegetables from the plant bed to learning about the method of making micro-organic fertiliser that can be applied to be used in daily life. In addition, see the livestock farm, weaving mill, pottery, and rice mill, as well as before leaving, try organic food at the “Khao Hom Sukho” shop. The premium organic rice that you should choose is Khao Klong Hom Dam,

Khao Klong Hom Daeng, Khao Klong Hom Phasom, and Khao Som Mue Si Chomphu, which are souvenirs for health that should not be missed. There is also homestay accommodation that has all the necessary facilities, and can welcome everyone who wants to learn that true good health with the natural way is the same.

ADDRESS

Organic Agriculture Project Sukhothai Airport

99 Khlong Krachong, Amphoe Sawankhalok, Sukhothai 64110

Tel. +66 (0) 5564 7290

Open: 08.00 – 17.00 Hrs.

Khrua Sukho Restaurant

99 Khlong Krachong, Amphoe Sawankhalok, Sukhothai 64110

Tel. +66 (0) 5564 7144

Website: www.kaohomsukhothai.in.th

Open: 08.00 - 17.00 Hrs.

4. NONG HOI ROYAL PROJECT, CHIANG MAI



Eat Well, Breathe Well, and Live Well

The cool mist, blowing wind, and warm sunshine are the charms of the North in which everywhere will be the same, but in Amphoe Mae Rim, Chiang Mai province, the cold is the only component that is suitable with the beds of chemical-free vegetables, which flaunt their eye-catching greenery that change into the enchantment of the Nong Hoi Royal Project. This is open to welcome tourists who love and want pleasantness and goodness for health together. For certain you will breathe in and fill your lungs with fresh air, enjoy the mountain scenery, as well as have fun with the various activities for health like collecting fresh chemical-free vegetables from the vegetable beds with the panorama of the mountains. Your feet might get dirty treading on the ground, but believe it that your heart will be filled with happiness by releasing the tension to disappear. When the heart is happy, the body will also be happy, right? The Nong Hoi Royal Project was established to be an agricultural cultivation research centre that is environmentally-friendly and utilises the knowledge to disseminate to the local people as the royal grace of His Majesty the King, who is always in the hearts of the people.

ADDRESS

Nong Hoi Royal Project

22/8 Ban Nong Hoi Kao, Mu 7, Tambon Mae Raem, Amphoe Mae Rim, Chiang Mai 50180

Tel. +66 (0) 8 1951 7981

Website: <http://royalprojectthailand.com/nonghoi>

Open: 08.00 - 17.00 Hrs. (Closed on Saturdays)



1. FUNCTIONAL THAI MASSAGE

VAREENA SPA, BANGKOK



Restore Energy through Deep Massage

The ancient Thai way of life that has a relationship with waterways has been an inspiration for the name of this city spa. “Varee” is a Thai word that means “water”, and reflects the Thainess displayed in various forms of massage. The choices of Vareena Spa have complete hydrotherapeutic treatments regardless if it is a sauna or soaking with vortex. This award-winning standard spa has reproduced a contemporary Thai atmosphere in the city for us to escape from the hustle and bustle for a while.

The Vareena Spa, besides using Thai heritage like ancient Thai massage, still conducts research for physiotherapy treatment integrated with the aforementioned Thai massage to initiate this special form of massage. Functional Thai Massage not only creates relaxation with the masseuse, but is a Thai massage that provides a deep experience in taking care of one’s health. It also treats symptoms of muscular pains and other aching points, especially around the neck, back, and shoulders that can relate to office syndrome ailments, as well as improves the balance of the blood’s circulation.

The Thai style massage of the Central Region that is used as fundamental body therapy for us through the principle of Sen Prathan Sip (10 lines) is used with the postures of conducting physiotherapy with the patient by the therapist for 2 hours of relaxation to receive good health once again. This commences with the stretching of the Sen Sip to prepare the body to receive the treatment emphasising on the points.

Stretching of the muscles will relieve fatigue from the toes, knees, arms, palms, and torso. After that, physiotherapy massage techniques from medical principles will help those points that have a problem; e.g., around the muscles, neck, shoulder, back, and down to the thighs, legs, and around the sides divided into the left and the right before conducting the massage through the Thai massage postures that will be the end before massaging the head and face. This will provide the experience of creating liveliness with the patient following the name of the technique that is used, which is healthy massage.

When the body has aches and is tired, the health care from Functional Thai Massage will be a way that can restore the energy and the balance of the body to be perfect.

AWARDS

- Thai Gold Spa Award World Class Standard 2011 by the Ministry of Public Health

PACKAGE

Functional Thai Massage (2 hours) 2,400 Baht ++

ADDRESS

Vareena Spa

8th Floor, The Westin Grande Sukhumvit Hotel, Bangkok

259 between Sukhumvit Sois 17-19, Sukhumvit Road, Bangkok 10110

Tel. +66 (0) 2207 8000 Ext. 8450

Fax: +66 (0) 2254 4989

Email: vareenainfo@yahoo.com

Website: www.westin.com/Bangkok

Open: 10.00 - 23.00 Hrs.

GETTING AROUND

- **Buddhadasa Indapanno Archives:** Learn about Buddhist philosophy as well as participate in numerous activities that will interest both Thai and international visitors. This not only reflects the Buddhist way that is interesting, but also tells about a religion that is close to you and is also contemporary.
 - Address: Wachira Benjathat Park (Suan Rot Fai), Nikhom Rot Fai 2 Road, Chatuchak, Bangkok 10900
 - Tel. +66 (0) 2936 2800
 - Website: www.bia.or.th

- **The Museum of Floral Culture:** Learn about Thai flowers that tell the mightiness of the impressive culture when a small flower was used by well-known Thai floral artists in Thai creations of the past that were complex. The interior is full of various rooms displaying floral culture of various periods of time.
 - Address: 315 Samsen Road Soi 28, Yaek Ongarak 13, Dusit, Bangkok 10300
 - Tel. +66 (0) 2669 3633
 - Website: www.floralmuseum.com
- **Chatuchak Weekend Market:** Shop in the most famous Weekend Market of Bangkok, and have fun buying various kinds of souvenirs ranging from clothing, home decorations to rice and Thai-style odds and ends.
 - Address: Kamphaeng Phet Road 2, Lat Yao, Chatuchak, Bangkok 10900
 - Tel. +66 (0) 2272 4440-1
 - Website: www.chatuchak.org
- **Old Samphraeng:** Walk in an area that is full of original delicacies, be amazed by the menus of Thai aromatic sweets from the past to the present like Khanom Thuai Talai, Khao Niew Mun as well as Thai-style coffee in an atmosphere of admired Colonial-style buildings of the reigns of King Rama V the Great and King Rama VI.
 - Address: Phraeng Phuthon Road, Phraeng Nara Road and Phraeng Sanphasat Road, Phra Nakhon, Bangkok 10200

2. ROYAL THAI TREAT

BANYAN TREE SPA BANGKOK, BANGKOK



Treated with the Magic of Jasmine Rice

Undeniably, rice is fundamentally important to the Thai people. Among a myriad of species, Thai jasmine rice is regarded as one of the most highly regarded varieties due to its tastiness, delicate texture and mildly pleasing fragrance. Moreover, it is also abundant in antioxidants that help nourish the youthfulness of our skin.

Owing to its many health-promoting features, Banyan Tree Spa employs cooked jasmine rice to innovate a new experience for skin treatment by means of applying it to customers' skin. Together with the application of traditional Thai methods of therapy, this eccentric programme is titled the Royal Thai Treat treatment.

Before experiencing this spa, a therapist will clean your feet with a mixture of green tea and honey. Besides their pleasant aromas, both substances help neutralise germs. Next comes the step of massaging along various body spots with an herbal compress pouch filled with a traditional recipe of coriander seeds, cloves and dried lemongrass. During this process, warm sesame oil is also applied for supplementary features. With this method, pores are expanded by the hot vapours in preparation for the skin to be completely exposed to the coming handling.

The following step is the highlight: a mild paste specially concocted of jasmine rice, turmeric and honey is spread and gently rubbed over the surface of the body to allow the skin to absorb its beneficial properties.

As a result, all accumulated stress is diminished and deep muscle and skin relaxation is achieved. For the final step of this first-class spa experience and to create an unforgettable impression, facial and head massaging is performed for the tranquillity and rejuvenation of the entire physique.

AWARDS

- Best Spa Operator (10th Grand Year) in 2014 by TTG Travel
- Global Winner - Best Luxury Spa Group Awards in 2014 by World Luxury Spa

PACKAGE

Royal Thai Treat (2 hours of treatment plus 30 minutes for tea and relaxation) 7,000 Baht++

- Royal Banyan herbal compress ball massage (1 hour)
- Treatment with body scrub and nourishing (45 minutes)
- Facial and head massage (15 minutes)

Please make a reservation one day in advance. (Any cancellations must be made at least 4 hours before the appointment.)

ADDRESS

Banyan Tree Spa Bangkok

Banyan Tree Bangkok, Bangkok

21/100 21st Floor, Tai Wah Tower 2, South Sathon Road, Thung Maha Mek, Sathon, Bangkok 10120

Tel. +66 (0) 2679 1200, +66 (0) 2679 1054

Email: spa-bangkok@banyantree.com

Website: www.banyantreespa.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Royal Barge National Museum:** Be impressed by the work of Thai craftsmen that is superior than all the other forms of art as well as displays the elegant finesse of the beautiful royal barges. This place preserves this beauty for future generations to see.
 - Address: 80/1 Arun Amarin Road, Bangkok Noi, Bangkok 10700
 - Tel. +66 (0) 2424 0004

- **Khlong Bang Luang:** The way of life by the canal is charming and impressive. Khlong Bang Luang has a fascinating way by walking to see the Thai way of life along the canal. Be amazed by the display of Thai puppets that are shown, especially on weekends, as well as have fun with the works of art along the bank of the canal that create various colours for this waterway.
 - Address: Phetkasem Soi 28, Khuha Sawan District, Phasi Charoen, Bangkok 10160
- **Silom Road:** Not only is the Silom area a place for eating and drinking at night, but it is also a shopping venue of Bangkok that tourists know well. It is well-organised with vendors on the roadside selling goods and souvenirs ranging from attractive T-shirts to beautiful Thai silk.
 - Address: Silom, Bangkok 10500
- **Chao Phraya Dinner Cruise:** When the Chao Phraya River and the Thai ways come together as one, come and experience this great river at least once as a memory that you should not miss. A dinner cruise in the middle of the Chao Phraya River is an experience that will take you to see the riverine culture and impress you with the Thai ways in a new aspect that you will remember.
 - Address: Take a boat from the major piers along the Chao Phraya River and tour companies as well as leading hotels in Bangkok provide services.

3. SERENITY OF THE FIVE ELEMENTS

SO SPA, BANGKOK



Relax by Following Your Natural Elements

In spite of its prime location in the heart of the capital's business district, this metropolitan spa haven retains the charm of traditional Thainess as the pillar of its practices. Additionally, this local yet international standard location integrates the service of Thai-style massage with the French aesthetics of beauty care, including the integration of premium-grade products from both countries. The eclectic body and facial treatments here are based on the natural law of the five chemical elements: earth, water, wood, metal and fire. Herbal compression and hammer massage combine to form the primary method here, aiming to achieve full retreat and efficient healing results. This exotic approach is derived from the ancient folk wisdom of Northern Thailand.

Serenity of Five Elements, the spa's most highly acclaimed course, begins with a relaxing oil massage, followed with the gentle rub of a hot herbal compress ball. This stage engages the elements of water, fire and earth together. Next is that of wood, which appears through the use of a small hammer to gently tap tendons throughout the body. Then, as the final touch, the element of metal is engaged through the use of an iron massage ball. From the last two steps, customers will realise perfect relaxation and peace-of-mind with the complete release of all tension.

In addition to the signature course, other innovative treatments are offered. One popular course stretches all muscles throughout the body with the aid of a special cloth for wrapping the body. The cloth is infused with

a mixture of honey and lavender fragrance. This treatment is completed with a massage with oil imbued with the aroma of black pepper. Other choices include a therapy that makes use of 32 sought-after minerals, a skin scrub with herbs and sea salt, and the 'Keyboard Mania Massage', specially designed for those with office syndrome.

Forget the bustling environment of the surrounding concrete jungle and relax at this green oasis in Bangkok. With the spa's recreation of a naturalistic garden featuring décor to resemble heavenly forests and waterways of Thai mythology, you will encounter an exceptional escape.

AWARDS

Thailand Spa and Well-being Awards by the Thai Spa Association:

- Innovative Spa Menu in 2014
- Creative Spa Design and Innovative Spa Treatment (Serenity of Five Elements course) in 2013
- New Spa Awards in 2012

PACKAGE

Serenity of the Five Elements course (1 hour 30 minutes) 4,000 Baht (net)

Please make a reservation one day in advance.

ADDRESS

So Spa

11th Floor, Sofitel So Bangkok Hotel, Bangkok

2 North Sathon Road, Bang Rak, Bangkok 10500

Tel. +66 (0) 2624 0000

Email: H6835-TH2@sofitel.com

Website: www.sofitel-so-bangkok.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Bangkok Folk Museum:** Do you want to know how the people of Bangkok in the past lived in luxury? Then you have to visit a small museum that was established from a large heart that wanted to preserve the story from one perspective in Bangkok for the future generations to see.
 - Address: 273 Soi Charoen Krung 43, Charoen Krung Road, Bang Rak, Bangkok 10500
 - Tel. +66 (0) 2234 6741, +66 (0) 2233 7027

- **Jim Thompson's House:** Be impressed by the value of being Thai through a museum that displays the equipment that is beautifully detailed as well as the display of Bencharong and various chinaware that have been collected from Thailand and Asia. Another highlight is the 100 paintings of the life of the Buddha that are done on cloth and are rare to find.
 - Address: Soi Kasemsan 2, Rama I Road, Wang Mai, Pathumwan, Bangkok 10330
 - Tel. +66 (0) 2216 7368
 - Website: www.jimthompsonhouse.com/
- **Soi La Lai Sap:** Shop and buy numerous goods in Bangkok that have been assembled in one place. Have fun in the atmosphere of the different vendors who invite customers to stop to buy their goods, especially in the middle of the day. This place is specially bustling like an episode of the city people's life that you should not miss.
 - Address: Silom Soi 5, Silom Road, Bang Rak, Bangkok 10500
 - Open Monday – Friday
- **Bang Rak:** Come to enjoy one of the most renowned pleasant areas of food of the capital city that has arranged numerous original cuisine from Khao Yan Wan to Crispy Pomegranate, excellent Sarim to Muslim food like Khao Mok Kai in which here it is very tasty.
 - Address: Bang Rak, Bangkok 10500

4. SIAM 2482 SIGNATURE MASSAGE

ANANTARA SPA, BANGKOK



Relax the Siamese Way

Similar to other renowned establishments around the world, the Anantara Spa integrates special local elements to construct the specific character of its unique offerings. Unsurprisingly, the attribute of Thainess is distinctly reflected in the name of the spa itself. ‘Anantara’ translates as ‘without end’ in the ancient language of Sanskrit and this meaning effectively conveys the sense of generosity and kindness, which directly relates to the traditional Thai identity.

The founders of Bangkok’s Anantara Spa consider it fundamentally important to have their business connected to the larger society that it hopes to represent, and Thai social history is an inseparable characteristic of Anantara. It was in 1939 (2482 Buddhist Era) that the country discarded its old name of Siam and adopted the present one, the Kingdom of Thailand. Therefore, the number of that year has been embraced by Anantara Spa as the title of its signature massage programme. With this titling contrivance, the spa hopes to keep the memory of that important year alive in us all.

Entitled ‘Siam 2482 Massage,’ this course employs two bamboo sticks for kneading, four styles of massaging, eight small hot compress balls for relaxing, and two gold leaves to be applied to the body. Metaphorically, all help conceptualise the idiosyncratic therapy that targets the perfect balance of both body and mind.

To achieve such balance, the client will first be treated with a variety of Thai-style massages, including foot acupressure and massage aided with bamboo sticks for rubbing of the muscles. Next is the soothing

compression with hot herbal balls, of which the compact size and essential oil inside bring about immediate relief. Finally, gold leaf will be applied to the client's wrist or chest after they have been brought to a stress-free condition. It is believed that gold leaves have an innate ability to enhance meditative support.

With special care, all accompanying equipment and ingredients are genuinely natural and organic, including the bamboo sticks, the herbal components inside the compress balls and the outer cloths dyed with natural colours. In conclusion, the Siam 2482 Massage aims for the achievement of full internal and external including physical and mental rest and rejuvenation.

PACKAGE

Siam 2482 Signature Massage (1 hour 30 minutes) 4,900 Baht ++

Please make a reservation for the treatment at least one day in advance.

ADDRESS

Anantara Spa

Anantara Siam Bangkok Hotel, Bangkok

155 Ratchadamri Road, Pathum Wan, Bangkok 10330

Tel. +66 (0) 2126 8866 Ext. 1525, +66 (0) 2651 9312 (Direct line)

Email: spa.asia@anantara.com

Website: www.anantara.com

Open: 10.00 – 22.00 Hrs.

(Treatment can be serviced until midnight for advanced reservation.)

GETTING AROUND

- **Phya Thai Palace:** See the beauty of this palace that is named as being beautiful without comparison. There are numerous throne halls to visit and study; e.g., Phiman Chakri Throne Hall, Waikun Thepasathan Throne Hall, and Sri Sutthaniwat Throne Hall. This place is known as one of the real valuable beauties of Thailand.
 - Address: Ratchawithi Road, Thung Phayathai, Ratchathewi, Bangkok 10400
 - Tel. +66 (0) 2354 7987
 - Website: www.phyathaipalace.org

- **Hua Lamphong Railway Station:** Be impressed by the architecture of the oldest railway station in Thailand, which was built during the reign of King Rama V the Great. It displays the influence of the West that had links with Thailand at that time. The lively bustle of Hua Lamphong is real Thai life that tourists must come to see and collect another image of Thailand as a souvenir.
 - Address: Rong Mueang, Pathumwan, Bangkok 10330
 - Tel. 1690
 - Website: www.railway.co.th
- **Siam Square:** Shop with fun in the most renowned shopping area of Thailand that has a cluster of large department stores, and here you can experience buying Thai brand clothing from the ideas of Thai designers in a chic, noticeable style that cannot be compared to overseas.
 - Address: Rama 1 Road, Pathumwan, Bangkok 10330

5. SIMPLY PENINSULA ROYAL THAI MASSAGE WITH HERBAL COMPRESS

PENINSULA SPA, BANGKOK



Royal Court-Style Exuberance

For those seeking a respite from the urban chaos, this spa, nestled inside a three-storey colonial-style riverside location, may be the solution. Even more impressive than its architectural features is the Royal Thai court-style massage offered by this world-standard spa. Inherited from methods long practiced for generations, this form of rubbing and soothing the body once exclusively reserved for high-ranking courtiers has been keenly modified here to render a treatment for all modern people. The achievement is an inimitable course titled ‘Simply Royal Thai Massage with Herbal Compress’.

Court-style massage focuses on treating and alleviating pain in a gentle, healing manner. Its taboos include any improper postures on the part of the masseur; such as, kneading with the feet or straddling the person receiving the treatment. This practice aims to demonstrate appropriate respect, similarly as the customer is held in a superior status according to Thai etiquette.

With this course, first and foremost, all patrons will be impressed with the gracious welcoming of the therapists. After the feet and calves have been carefully cleansed, the series of kneading all lines of the muscles and tendons with the tender pressure of the fingers follows.

Peninsula Spa masseurs are not only well-skilled in the established discipline of the widely regarded and historical Wat Pho's Thai Traditional Medical and Massage School, but also expert in the techniques of massaging with compress balls for the Simply Peninsula Royal Thai Massage with Herbal Compress. For the Spa's exclusive programme, two balls of a compact size are employed, inside of which are eleven herbal ingredients that have the properties of hot and cold and work in harmony to relieve the muscles and all tension. With the accompanying hot steam, their organic components intensely penetrate the skin's complexion.

At the conclusion of the treatment, each patron will be presented with a compress ball as a take-away, as the condensed aromatic medicinal herbs inside can be reutilised with comparable features after submerging it in a warm bathtub during his or her private bathing. This item serves as a reminder of the blissful moments he or she previously experienced at this exclusive spa.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Hotel & Resort Spa) in 2010 by the Tourism Authority of Thailand

PACKAGE

Simply Peninsula Royal Thai Massage with Herbal Compress (2 hours 30 minutes) 5,400 Baht ++

Please make a reservation for the treatment one day in advance.

ADDRESS

Peninsula Spa

Peninsula Hotel, Bangkok

333 Charoen Nakhon Road, Khlong San, Bangkok 10600

Tel. +66 (0) 2626 1946

Email: spapbk@peninsula.com

Website: www.peninsula.com/bangkokspa

Open: 09.00 – 23.00 Hrs.

GETTING AROUND

- **The Bangkok National Museum:** Is a place that has collected the most stories of Thailand in which you can learn about all aspects of the Thai way of life from the past to the present including various photographs, pieces of important ancient objects, as well as art from abroad.
 - Address: 4 Na Phrathat Road, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok 10200
 - Tel. +66 (0) 2224 1402
 - Website: www.facebook.com/nationalmuseumbangkok
- **Chinese Monks Community:** This is a community of Thai-Portuguese that migrated and settled down here in the Ayutthaya period and established a unique community, especially the Khanom Kuti at the Chinese monk sweets shop (Pa Lek Soi 9). It is an ancient sweet of Bangkok that should be tried.
 - Address: On the bank of the Chao Phraya River, Wat Kalayanamitr, Thon Buri, Bangkok 10600
- **Pahurat:** Is an important shopping area of Bangkok where fashionable clothing, ornaments, trinkets, a variety of styles of cloth, manicuring equipment, and various kinds of Thai suits can be found amidst a charming bustling atmosphere from morning till night.
 - Address: Wang Burapha Phirom, Phra Nakhon, Bangkok 10200
- **Khlong Bangkok Noi:** This will make you know about Bangkok passing every aspect of the waterway of Khlong Bangkok Noi, which will take you to retrace the steps of happiness by the bank of the canal passing old wooden houses. The life on both banks is very lovely with old temples that will make you love this city even more.
 - Address: Bangkok Noi, Bangkok 10700

It is possible to use the Khlong Bangkok Noi tour services. At the Taksin BTS Station, there are numerous tour counters to choose from or buy a tour from the area of Tha Chang.

6. THE MASSAGE OF ANCIENT FEMALE COURTIER

SONNE SECRET SPA, BANGKOK



Reveal the Secret of Herbal Bulb Plants

One method of perpetuating the long-established benefits of aqua therapy is to replicate a natural hot spring with a large tub filled with water infused with herbal bulb plants. This magical species is known in Thai as ‘wan.’ With the support of modern spa technology, contemporary machines efficiently produce herbal steam to caress the body, promote blood circulation and enhance natural beauty.

For Thai people, these pharmaceutical ‘wan’ bulbs are considered a sacred species. Interestingly enough, prior to handling them, skilled pharmacists must perform a rite after taking precepts.

Sonne Secret Spa, a small and cozy locale in Bangkok, is one of the few contemporary spas that continue to utilise the healing power of ‘wan’ plants. The spa owner’s has had a miraculous recovery from thalassaemia following treatment with ‘wan’ as the major supporting evidence for its efficacy. The enchanted content of the herbal water used at the spa contains 21 varieties of organic herbs, each with its own therapeutic benefits; such as, strengthening the vagina, rejuvenating skin, erasing blemishes and revitalising blood health.

While a unique, individual programme is tailored for each customer, all will share one common treatment of being massaged while bathing in a tub of warm water. With this method, the heated mineral-rich stream easily penetrates the skin, resulting in body detoxification and softened skin. Finally, he or she will feel that the lost energy, together with any damaged hormones or other physical imbalances, can be realigned.

PACKAGE

The Massage of Ancient Female Courtiers (2 hours 20 minutes) 4,350 Baht (net)

- Herbal welcome drink.
- Preliminary survey for daily living habits, chronic disease and other personal health symptoms in order to design proper treatment.
- Screening for and assigning of a suitable therapist.
- Bathing in a tub of herbal water following an ancient recipe, aided by a machine to allow the body to be fully exposed to the values of herbal, mineral and oxygen components.
- Being massaged while bathing in the herbal water.
- Skin scrub with a special recipe of herbs to get rid of dead skin cells and to boost the production of new ones.
- Repeating the bathing process, as well as the massaging and scrubbing.
- Taking the herbal drink again, to rehydrate and moisturise the body.

ADDRESS

Sonne Secret Spa, Bangkok

129/3 Thonglor (Soi 7), Khlong Tan Nuea, Watthana, Bangkok 10110

Tel. +66 (0) 2712 5853, +66 (0) 8 6105 7878, +66 (0) 8 3666 6154

Fax: +66 (0) 8 2712 6143

Email: sonnesecretspa@gmail.com

Website: www.sonnesecretspa.com

Open: 10.00 – 19.00 Hrs.

GETTING AROUND

- **Kamthieng House:** See this ancient teakwood house in the Northern style that is more than 200 years old and is hidden in the Sukhumvit Road area. The interior displays Thai flower seedlings as well as various kinds of utensils used in the daily life of Thai farmers and fishermen.
 - Address: 131 Soi Asoke (Sukhumvit Soi 21), Khlong Tan Nuea, Wattana, Bangkok 10110
 - Tel. +66 (0) 2661 6470
 - Website: www.siam-society.org

- **Suan Pakkad Palace:** Is a group of 8 ancient Thai houses that the owner opened to tourists to see the antique collection that comprises numerous artefacts and curios that are full of knowledge and will take you back in time to the past prosperity of Thailand.
 - Address: Si Ayutthaya Road, Ratchathewi, Bangkok 10400
 - Tel. +66 (0) 2245 4934
 - Website: www.suanpakkad.com
- **Kwan Rian Floating Market:** Travel to see the atmosphere of a yesteryear Thai market as well as enjoy eating tasty Thai food from all over the country including ancient Thai tea, Phat Thai Chao Kao, and much more that will make you think of the attractiveness of the past.
 - Address: Ramkhamhaeng Soi 187, Min Buri, Bangkok 10510
 - Tel. +66 (0) 8 3056 1903
 - Website: www.kwan-riamfloatingmarket.com
- **Ancient Thai Food:** Sukhumvit Road is an important tourist area. It is also still a first-class business area, which is full of numerous shops, especially ancient Thai food; e.g., Kaeng Ranjuan, Kaeng Kua Nuea Bai Som Paen, etc. Some menus may not exist now, but you can search for something to eat in this area.
 - Address: Sukhumvit area. Recommended places include The Local by Oam Thong, Sukhumvit Soi 23, Khlong Tan Nuea, Wattana, Bangkok 10110

7. THOR-SAENG BRIGHTENING BODY TREATMENT

PAÑPURI ORGANIC SPA, BANGKOK



Natural Skin Treatment with Tamarind

For centuries, Thais have used tamarind, with its properties as a digestive aid and an expectorants agent, as a medicine. Another advantage of the fruit is its benefits for beauty care. Widely available as a common ingredient in Thai cuisine, this sour fruit with its unique aroma and abundant vitamin C is commonly used for scrubbing the skin to remove dark spots and lighten the complexions of Thai women.

At Pañpuri Organic Spa, tamarind pulp and honey are mixed with yoghurt to create an organic paste for detoxifying the skin at the start of the Thor-Saeng Brightening Body Treatment. Next comes a series of massage to relieve muscle tension and recover energy. This 2.5-hour manipulation combines both Thai tendon kneading and Bali acupressure, which results in a lasting improvement to blood circulation, muscle flexibility and mind strength.

All accompanying elements here are prepared to impress visitors: the accent of modern Thai visual elements in the spa's interior, the wide range of authentic organic products and the practice of the traditional *prana* style of massaging, which focuses on the significant relation between proper breathing and well-being.

Moreover, Pañpuri Organic Spa has multiple courses that have been carefully crafted for your selection. One set features a choice of treatments with herbal fragrances; such as, organic jasmine, organic tea and aromatic lemongrass. All products are 100% natural. In addition, your favoured massaging method can be selected to create the manner of reflexology that perfectly suits you.

AWARDS

- Best Concept Treatment Awards in 2015 by Gala Spa
- Best Facial Spa Awards in 2014 by Irish Tatler
- Day Spa of the Year Awards in 2014 by Asia Spa
- Best Thai Brand Awards in 2014 by the Prime Minister's Business Enterprise
- Thailand Spa and Well-being Awards: Excellent Organic Product in 2013 by the Thai Spa Association

PACKAGE

Thor-Saeng Brightening Body Treatment (2 hours 30 minutes) 3,500 Baht++

- Organic welcome drink and cool refresher towel, especially made for Pañpuri Organic Spa
- Foot therapy with organic salt
- Body scrub and mask with organic tamarind, yoghurt and honey
- 'Prana' stress-relieving massage
- Hot organic tea

Please make a reservation one day in advance.

ADDRESS:

Pañpuri Organic Spa, Bangkok

Gaysorn Shopping Centre, Ploenchit Road, Lumpini, Pathum Wan, Bangkok 10330

Tel. & Fax: +66 (0) 2656 1199

Email: organicspa@panpuri.com

Website: www.panpuriorganicspa.com, www.panpuri.com

Open: 10.30 – 20.00 Hrs.

GETTING AROUND

- **Erawan Shrine:** Pay homage to the deities at a centre of faith of the people of Bangkok. Every day, this place has the aromatic smell of lit joss sticks and many people ask for a blessings. There is also a display of dancing that reflects the faith of this shrine.
 - Address: Ratchaprasong Intersection, Ratchadamri Road, Lumpini, Pathumwan, Bangkok 10330
 - Tel. +66 (0) 2252 8750
 - Website: www.mahaprom.org
- **VR Museum:** Has Buddha images of various eras of Thailand that are on display and blended in with multimedia that makes it interesting. From the important fragment of a small Buddha image that cannot be valued to various Buddha images that have been well kept and are open for tourists to see.
 - Address: King Power Complex, Rang Nam Road, Ratchathewi, Bangkok 10400
 - Tel. +66 (0) 2677 8899
- **Bangkok Art and Culture Centre:** This centre reflects the best of contemporary Bangkok. The interior is full of exhibitions and displays of art from numerous Thai artists on a rotating basis and can be seen year round.
 - Address: 939 Rama I Road, Wang Mai, Pathumwan, Bangkok 10330
 - Tel. +66 (0) 2214 6630-8
 - Website: www.bacc.or.th
- **Pratunam:** Is a souvenir market in a retail format and is also another renowned place of Bangkok. There is a variety to choose from clothing, accessories, home decorations, appliances, silk, and much more that will let you know that Thailand is a land of top-grade handicrafts.
 - Address: Pratunam, Bangkok 10400
- **Yaowarat:** Enjoy eating delectable food till you are full in a well-known eating location of Bangkok, which is China Town or Yaowarat that is full of excellent tasty street food for you to try. Whether it is Krapao Pla, Shark Fin, Kuai Chap, or many other delicious original items, it will never be enough.
 - Address: Yaowarat Road, Samphanthawong, Bangkok 10100

8. TRADITIONAL THAI MASSAGE

WAT PHO, BANGKOK



The Origins of Thai Massage

Being Thailand's first medical 'university,' Wat Pho is the oasis for those wishing to go back to the roots to the origin of the Thai traditional medicines and massage. Constructed as a royal temple during the reign of King Rama I the Great, Wat Pho is the place that has stored the original accumulation of various sciences and knowledge inscribed on stone tablets since the era of King Rama III who ordered those precious tomes to be displayed throughout the main halls of the temple as free education for all Thais.

The vast benefits of the traditional Thai medicines and massage later proved its timelessness and in 2011, those ancient stone inscriptions, along with the original manuscript of the revered 'contorted hermit exercise,' were listed as a UNESCO Memory of the World.

Apart from browsing through those magnificent inscriptions and the temple's intricate sculptures and constructions, visitors can also experience first-hand the original Thai traditional massage at the temple. Founded in 1955, the Thai Traditional Medical and Massage School is the country's first Thai traditional medical school approved by the Ministry of Education. Offering four basic courses in Thai medicine including Thai pharmacy, Thai medical practice, Thai midwife nurse and Thai massage, the School also runs Thai massage services in various locations in Bangkok; one inside Wat Pho and another in Chiang Mai.

Visitors can drop by for an hour or two of massage at their own convenience. The offered massage includes the original Thai massage (available for 30 and 60 minutes), Thai massage with herbs and Thai foot massage. For those wishing to learn the original ways of Thai massage, the School also offers an array of short courses in various massages.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Conservation/Preservation Organisation in 1998 by the Tourism Authority of Thailand

PACKAGE

Traditional Thai Massage

- Thai Massage (30 minutes) 260 Baht (net)
- Thai Massage (1 hour) 420 Baht (net)
- Thai Massage with Herbs (1 hour) 520 Baht (net)
- Foot Massage (30 minutes) 280 Baht (net)
- Foot Massage (1 hour) 420 Baht (net)

ADDRESS:

Wat Pho Thai Traditional Medical and Massage School

Wat Pho, Bangkok

392/33-34 Maharat Road, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok 10200

Tel. +66 (0) 2622 3551, +66 (0) 2622 3533

Website: www.watpomassage.com

Open: 08.00 - 18.00 Hrs.

GETTING AROUND

- **Tha Chang Pier, Tha Phra Chan Pier, and Tha Tian Pier:** are known as the 3 locations for eating well-known delicious food of Bangkok; such as, Roti Mataba, Tao Huai Sut Boran, Thai-style Crispy Bread and much more that will dazzle your eyes. Enjoy the atmosphere by the bank of the Chao Phraya River with the tasty aromatic flavours.
 - Address: Tha Chang Pier, Tha Phra Chan Pier, and Tha Tian Pier, Phra Nakhon, Bangkok 10200

- **Asiatique the Riverfront:** Have fun in a shopping spot on the bank of the Chao Phraya River that will let you enjoy the variety of goods and souvenirs. If you are looking for a cool atmosphere, then the riverbank will fulfill the mood for people who love shopping to be at their maximum.
 - Address: 2194 Charoen Krung Road, Wat Phraya Krai, Bang Kho Laem, Bangkok 10120
 - Tel. +66 (0) 2108 4488
 - Website: www.thaiasiatique.com
- **Museum Siam:** Have a great time at a museum full of creative technology. See the skills of the Thais, the story of Thailand through interactive multimedia technology as well as have lots of fun inside. This place will let you see Thailand from a new perspective unlike before.
 - Address: 4 Sanam Chai Road, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok 10200
 - Tel. +66 (0) 2225 2777
 - Fax: +66 (0) 2225 2775
 - E-mail: webmaster@ndmi.or.th
 - Website: www.museumsiam.org
- **Rattanakosin Exhibition Hall:** Is the best place that will make you know about Thailand in the Rattanakosin Era. It is divided into various rooms that use a combination of multimedia to generate interest as well as has displays of the Royal duties of His Majesty the King.
 - Address: 100 Ratchadamnoen Klang Avenue, Bowonniwet, Phra Nakhon, Bangkok 10200
 - Tel. +66 (0) 2621 0044, +66 (0) 2226 5047-8
 - Fax: +66 (0) 2621 0043
 - Website: www.nitasrattanakosin.com
- **Queen Sirikit Museum of Textiles:** Be impressed by the exquisite beauty of the art of Thai textiles that are meticulously interwoven, attentive, and have admirable uniqueness that you will fall in love with.
 - Address: Ratsadakorn-bhibhathana Building, Phra Borom Maha Ratchawang, Phra Nakhon, Bangkok 10200
 - Tel. +66 (0) 2225 9430
 - Website: www.qsmtthailand.org

9. MANGO STICKY RICE TREATMENT

BREEZE SPA, HUA HIN, PRACHUAP KHIRI KHAN



Delightful Skin with a Sweet Accent

Mango with sticky rice is appreciated worldwide as a favourite choice for Thai-style desserts. A presentation of sweetened glutinous rice topped with coconut cream and ripe mango slices, this sweet dish was traditionally associated with the hot season, but is now available year-round. Despite its popularity, very few people realise the advantages of this fruit with its spectacular yellow flesh as a source of nutrients that help brighten and refresh our skin.

In addition to its international standards of service provision, Breeze Spa diligently works to create several unconventional treatment options. Inspired by the delicious dish of mango with sticky rice, a special menu offering of the spa intermingles mango butter scrub, finely ground rice grains, rice bran oil, coconut oil and freshly squeezed coconut cream as an exotic recipe for skin treatment. Entitled 'Mango Sticky Rice Treatment,' this 45-minute course makes use of the delight and delicacy of the signature dessert to render dazzling skin.

While the components of the vitamin E-rich mango perform their duty in resolving wrinkles and dark spots, the properties of the coconut oil rejuvenate the skin back to its fair and smooth appearance. The application of rice bran oil restores flexibility and moisture to the surface of the skin.

Concerning treatment standard, the therapists at Breeze Spa are trained to handle each customer in an exceedingly gentle manner. As a result, once the entire programme is executed, the customer will experience refreshing contentment within the time of less than a full hour. Please browse the category of Thai Delights on the spa's menu for many other amazing treatments with a touch of genuine Thainess.

PACKAGE

Mango Sticky Rice Treatment (45 minutes) 1,650 Baht (net)

- Welcome drink
- Foot ritual
- Skin treatment for 45 minutes

Please make a reservation for the treatment at least one day in advance.

ADDRESS

Breeze Spa

Amari Hua Hin Hotel, Prachuap Khiri Khan

117/74, Takiap Road, Tambon Nong Kae, Amphoe Hua Hin, Prachuap Khiri Khan 77110

Tel. +66 (0) 3261 6600

Email: huahin@breeze-spa.com

Website: www.breeze-spa.com

Open: 11.00 – 20.00 Hrs.

GETTING AROUND

- **Muban Silapin:** Greet Thai artists in a village of artists where they live and create their work. Have fun with choosing and buying souvenirs as well as see the works of art that will surely impress you, especially the painting of His Majesty the King. Enjoy the beautiful narration.
 - Address: 81 Mu 14, Tambon Hin Lek Fai, Amphoe Hua Hin, Prachuap Khiri Khan 77110
 - Tel. +66 (0) 3253 4830, +66 (0) 8 7167 3895
 - E-mail: baansillapinhuahin@yahoo.co.th
 - Website: <https://huahinartistvillage.wordpress.com>

- **Thai Sweets:** Arriving in Hua Hin, you must try the ancient Thai sweets including Mo Kaeng, Met Khanun, Fai Thong, and much more that all have a delightful taste. In Hua Hin, there is much to choose to try at 2 or 3 shops, which will entrust their charm from the spoon with the sweetness and aroma of these popular sweets; such as, Khanom Mae Gep, Khanom Mi Chai, etc.
 - Address: Amphoe Hua Hin, Prachuap Khiri Khan 77110
 - Tel. +66 (0) 3253 2740
- **Chatchai Market:** Go shopping in a yesteryear atmosphere of an old market that is the most renowned of Hua Hin and established during the reign of King Rama VII in which Prince Purachatra Jayakara, Prince of Kamphaeng Phet, was the supervisor of the assigned construction.
 - Address: Phetkasem Road, Amphoe Hua Hin, Prachuap Khiri Khan 77110
- **Hua Hin Railway Station:** Is one of the most beautiful railway stations in Thailand, and if arriving in Hua Hin and you do not visit here, then you have not come to Hua Hin. Not far away is a Railway Library that invites you to read in an old classic bogey.
 - Address: Phra Pokklao Road, Tambon Hua Hin, Amphoe Hua Hin, Prachuap Khiri Khan 77110
 - Tel. +66 (0) 3251 1073

10. ORGANIC MON ROSE REVIVAL

ARUSAYA SPA, NAKHON PATHOM



Rooting back to Nature

There is no way one can learn about the real Thai culture without mentioning about the country's deep roots to organic farming. Since the beginning of the day, Thailand has been known the world over for its lush lands and nature's bounty. From the country's rich rice fields to the two sides of her sea coasts and mountaintop plateaus that contribute all to the uniqueness of national well-being, Thailand had always been naturally organic until we adopted industrialisation and allowed it to change everything.

But at Sampran Riverside, one can get a glimpse of, learn about and truly experience Thailand's abundant organic gardening at the resort's green scenery by the Tha Chin River. With its vast IFOAM certified-organic gardens and rice paddies, Sampran Riverside has become the country's role model when it comes to bringing back the country's original agricultural roots that encompass not just the food, but also every other facet of the Thai lifestyle. On the resort's premises, apart from enjoying the Thai Village that presents snapshots of beautiful Thai culture like a living museum, visitors can also enjoy being totally pampered at the Arusaya Spa that curates their treatments from traditional natural remedies.

Their organically grown Mon rose, for example, has become a key therapeutic element of their famous treatments. Extracted into aromatic essential oil, these Mon rose petals have a miraculous property to balance the hormones and relax your mind and soul, especially when combined with an array of other fresh herbs and homegrown products amidst the unique ambiance of the spa, which is situated in a century-old

Thai teak house by the lake. The spa treatment can also be combined with other Thai programmes, so that one can wholly enjoy the way of Thai well-being.

AWARDS

- Excellent Standard of Thai Traditional Massage in 2013 by the Department of Thai Traditional and Complementary Medicine

PACKAGE

Organic Mon Rose Revival (2 hours) 2,800 Baht (net)

- Herbal Steambath (15 minutes) 400 Baht (net)
- Organic Rice Scrub (30 minutes) 800 Baht (net)
- Organic Mon Rose Revival (75 minutes) 1,600 Baht (net)

You can request for any one of the services here separately.

ADDRESS

Arusaya Spa

Sampran Riverside, Nakhon Pathom

Km. 32 Phetkasem Road, Amphoe Sampran, Nakhon Pathom 73110

Tel. +66 (0) 3432 2544, +66 (0) 3432 5478 (Direct line)

E-mail: spa@rosegardenriverside.com

Website: www.sampranriverside.com

Open: 12.00 – 22.00 Hrs. (Closed on Wednesdays)

GETTING AROUND

- **Sukchai Market:** Shop for fresh organic fruit and vegetables from the garden, have fun with the colourful lifestyle that is simple and friendly, try various kinds of Thai sweets including Wun Krati, Khanom Chun, and Khao Kriap Pak Mo that is made to be the best. Experience the Thai ways through this market that is full of real pleasure.
 - Address: Sampran Riverside, Km. 32 Phetkasem Road, Amphoe Sampran, Nakhon Pathom 73110
 - Tel. +66 (0) 2295 3261-4, +66 (0) 3432 2588-93
 - Website: www.sampranriverside.com

- **Sanam Chandra Palace:** Be enchanted by this group of throne halls that is one of the most beautiful of Thailand. Be impressed with the meticulous detailed architecture of the Rattanakosin Era, an intellectual heritage that is worthy to preserve for future generations to admire.
 - Address: Amphoe Mueang, Nakhon Pathom 73000
 - Tel. +66 (0) 3424 4236-7
- **Khlong Mahasawat:** A fun lifestyle by the canal starts here. Take a long-tail boat and follow the canal, shop for agricultural products from the Housewives Group, enjoy eating Khao Tang, and end the trip amidst the embrace of a vast lotus pond. Happiness like this cannot be found anywhere else.
 - Address: Amphoe Phutthamonthon, Nakhon Pathom 73170
 - Tel. +66 (0) 3429 7152, +66 (0) 8 1495 9091
- **Thai Human Imagery Museum:** See the fine details of the Thai craftsmen through moulded fibreglass wax figures that are appropriate for the climate of Thailand. These are replicas of noteworthy people from various circles of the country and are life-like images that are worthy to study.
 - Address: 43/2 Mu 1, Km. 31 Borom Ratchonsee Road, Tambon Khun Kaeo, Amphoe Nakhon Chaisi, Nakhon Pathom 73120
 - Tel. +66 (0) 3423 2820
 - Website: www.thaiwaxmuseum.com
- **Lampaya Floating Market:** Is on the banks of the tranquil Tha Chin River in which you will find unlimited delight with the numerous food menus in the Lampaya Floating Market that vendors have on sale that is freshly cooked. There is also well-known fruit and food; such as, Nakhon Pathom pomelo, Khao Lam, etc. for you to buy.
 - Address: Wat Lampaya, Tambon Lampaya, Amphoe Bang Len, Nakhon Pathom 73130
 - Tel. +66 (0) 3496 7084
 - E-mail: t_sk118@hotmail.com
 - Website: www.lumphaya.com

11. SEA SALT TREATMENT

KANGHUNTONG SEA SALT SPA, PHETCHABURI



Salty Benefits

The copious coast of the Gulf of Thailand is the origin of the country's supplies of sea salt. Although being a key ingredient in the kitchen with a known richness of natural nutrients, natural sea salt has not much seen the lights of day like other products. The selling prices of this sea salt are still low, despite the back-breaking procedures that are required to produce it. Back in 2003, when sea salt prices bottomed out, a group of sea salt farmers gathered and tinkered. Born on the land that produced this under-appreciated natural wonder, these people formed a team to make their sea salt a little more glamorous.

Sea salt is rich in natural benefits. Apart from making food taste better and richer, sea salt is a natural scrubber that restores and balances the skin's moisture and complexion. Phetchaburi's Amphoe Ban Laem has been known as Thailand's largest producer of sea salt; hence, a natural inception of a unique spa that uses their indigenous product as a key therapy.

At Kanghuntong Spa, refined crystalline sea salt is used in their treatments along with other natural ingredients; such as, the anti-inflammatory Plai (Zingibar Cassumunar), the anti-oxidant Turmeric and the detoxifying and soothing aromatic Curcuma. Visitors get a foot rub and scrub with aromatic sea salt and a unique experience with an array of their salt-based products – from herbal and sea salt bath soap, and

body scrubs – before enjoying an hour or two of Thai traditional massage at their homemade spa overlooking the vast sea salt farm. Those who come from afar should note that this is a day spa and you can drop by this place on your way to the seaside beach towns of Cha-am and Hua Hin just to combine the trip together.

PACKAGE

Sea Salt Treatment

- Thai massage or foot massage with foot rub and scrubs using their sea salt products (1 hour) 300 Baht (net)
- Face rub and scrubs using their sea salt products (1 hour) 300 Baht (net)

Please make a reservation for the treatment at least one day in advance.

ADDRESS

Kanghuntong Sea Salt Spa, Phetchaburi

90 Mu 7, Tambon Bang Kaeo, Amphoe Ban Laem, Phetchaburi 76110

Tel. +66 (0) 3240 5100, +66 (0) 8 6544 4473, +66 (0) 9 1705 0926

Website: www.kanghuntong.com

Open: 08:00 – 17:00 Hrs.

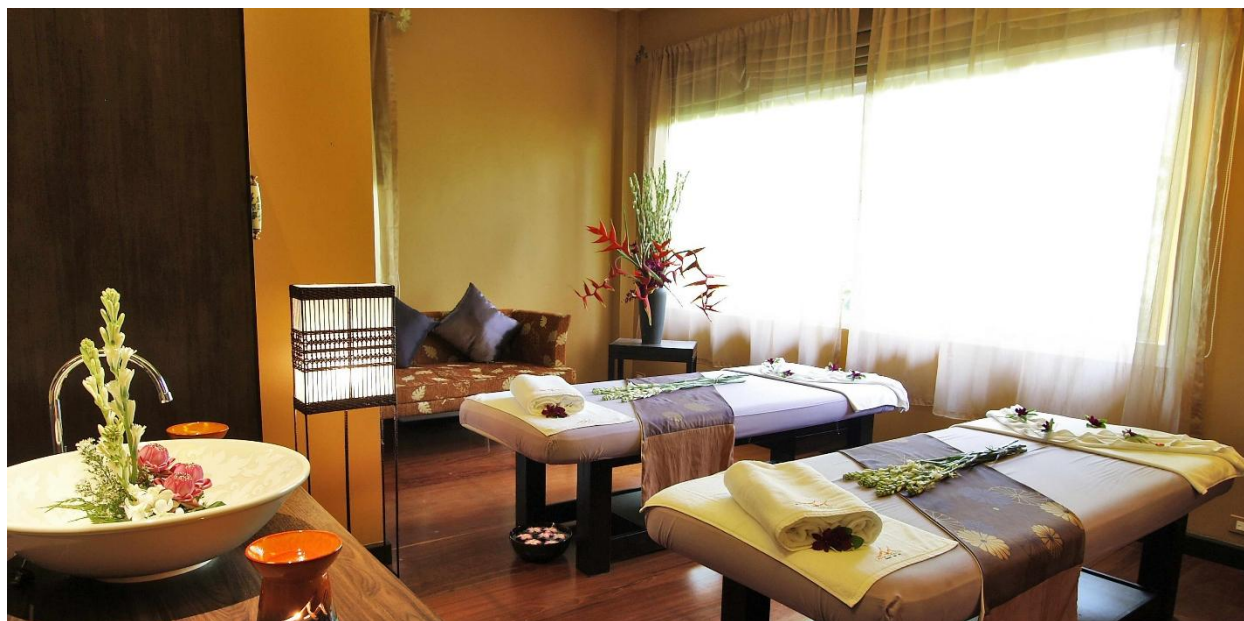
GETTING AROUND

- **Wat Yai Suwannaram:** Is one of the most beautiful temples of Phetchaburi with its wooden buildings that were built in the Ayutthaya Era architectural style.
This reflects the elaborate skills of the artisans of Phetchaburi that many people consider to be number one in Thailand.
 - Address: Phongsuriya Road, Amphoe Mueang, Phetchaburi 76000
 - Tel. +66 (0) 3241 2714
- **Phra Nakhon Khiri Historical Park:** See this ancient respected site of Phetchaburi that is also known as “Khao Wang”. It is located on top of a majestic mountain and can be seen from a distance and is full of valuable memories reflecting the architecture of the reign of King Rama IV. There is also the Phra Nakhon Khiri National Museum that has collected this aspect of Thai history.
 - Address: Amphoe Mueang, Phetchaburi 76000
 - Tel. +66 (0) 3242 5600, +66 (0) 3240 1006

- **Khao Chae Mueang Phet:** The creator of Khao Sae, a unique Thai menu, is accredited to Phetchaburi, especially the other things that are eaten with Khao Sae. It is given this name for its gentleness in each step and must be cooked only with brown sugar; thus, it has become known as Khao Chae Mueang Phet.
 - Address: Found in many shops in Amphoe Mueang, Phetchaburi 76000
 - Tel. +66 (0) 3247 1005-6 (TAT Phetchaburi Office)
 - E-mail: tatphet@tat.or.th
 - Website: www.tourismthailand.org/phetchaburi
- **Khanom Mo Kaeng Mueang Phet:** Is the most bought souvenir of Phetchaburi that you will see when shopping before returning home. There are numerous Khanom Mo Kaeng shops that can be easily found along Phetchkasem Road. Besides Khanom Mo Kaeng, there are other Thai sweets that you can taste and buy; such as, Khanom Chan, Khanom Tan, Wun Kati, etc.
 - Address: Phetkasem Road, Amphoe Mueang, Phetchaburi 76000
 - Tel. +66 (0) 3247 1005-6 (TAT Phetchaburi Office)
 - E-mail: tatphet@tat.or.th
 - Website: www.tourismthailand.org/phetchaburi

12. AMPHAWA HERITAGE

SUPANNIGA SPA, SAMUT SONGKHRAM



Remedy with the Heritage of a River Community

Located in a wooden Thai-style house, this spa is closely associated with the way of living of the locals at Amphawa district and their section of the Mae Klong River. With several awards and credits received as testimony, Supanniga Spa is located in Ban Amphawa Resort and Spa surrounded by natural forest with international standards. It has created its special massage courses in harmony with its surrounding waterway culture. One notable element is its 100% natural massage oil, of which three main ingredients are derived from local plants: sea holly, coconut oil, and pomelo peel. These ingredients have properties that cure dizziness and moisturise the skin.

‘Amphawa Heritage’, the spa’s most popular massage treatment, employs the use of regional herbs. The herbs help relieve muscle strains and other tensions caused by office syndrome and repetitious postures. All stress will disappear with the unique series of Thai-style acupressure and Chinese and Western-style kneading at particular sections, along with the final component of a steamed herbal compress filled with pomelo peel and sea holly.

Meanwhile, the alternative ‘Amphawa Explore’ programme is also available for those seeking an effective approach for detoxification and fatigue relief. At Supanniga Spa, the carefully-prepared welcome drink of pandan leaf juice is indicative of the slow-paced living environment of Amphawa.

AWARDS

- Thailand Tourism Awards - Award of Excellence: Health Tourism (Tourist Accommodation) in 2013 by the Tourism Authority of Thailand
- 3-Leaf Standard in 2012 by the Green Leaf Foundation
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Tourist Accommodation) in 2010 by the Tourism Authority of Thailand
- Consolation prize in the 3rd SMEs National Awards in 2010 by the Office of SMEs Promotion

PACKAGE

Amphawa Heritage Course

- (1 hour 30 minutes) 2,200 Baht (net)
- (2 hours) 2,500 Baht (net)

Please make a reservation at least 15 days for the group of seven or more.

ADDRESS

Supanniga Spa

Baan Amphawa Resort and Spa, Samut Songkhram

22 Bangkapom-Kaewfa Road, Tambon Amphawa, Amphoe Amphawa, Samut Songkhram 75110

Tel. +66 (0) 3475 2222

Email: reservations@baanamphawa.com

Website: www.baanamphawa.com

Open: 10.00 – 20.00 Hrs. (Mon – Thurs), 10.00 – 22.00 Hrs. (Fri - Sun)

GETTING AROUND

- **Amphawa-Chaipattananurak Conservation Project:** Open a large door to the immense happiness of the people of Amphawa that is worthy of preserving and will make you know about a unique wooden row house by the edge of the canal. Experience the simple enchanting lifestyle of the people of the community.
 - Address: 185-191 Tambon Amphawa, Amphoe Amphawa, Samut Songkhram 75110
 - Tel. +66 (0) 3475 2245
 - Website: www.amphawanurak.com

- **Ban Bang Phlap Community:** Bring together the hearts of the people who love a peaceful lifestyle with the pleasantness of a small community that has a big heart. Learn about organic farming, cycle under the trees in the beautiful orchards, and try tasty natural fruits that are a local wisdom.
 - Address: Mu 4, Tambon Bang Phrom, Amphoe Bang Khonthi, Samut Songkhram 75120
 - Tel. +66 (0) 3476 1985, +66 (0) 8 9829 7100
- **Amphawa Floating Market:** Shop and be pleased with the variety of goods and souvenirs from Amphawa. These include attractive screened T-shirts, beautiful designed cloth bags, postcards, to a variety of food of Amphawa, as well as be impressed with the atmosphere of the banks of the canal that is the heart of these waterways.
 - Address: Near Wat Amphawan Chetiyaram, Amphoe Amphawa, Samut Songkhram 75110
 - Tel. +66 (0) 3475 2847-8 (TAT Samut Songkhram Office)
 - E-mail: tatsmsk@tat.or.th
 - Website: www.tourismthailand.org/samutsongkhram
- **Don Hoi Lot:** Samut Songkhram is a source of seafood and will make you have fun buying and trying tasty seafood in an atmosphere by the sea, Vendors sell all kinds of food for you to choose including Dried Squid, Salty Mackerel, Dried Prawns, Khanom Chak, etc.
 - Address: The mouth of the Mae Klong River, Amphoe Mueang, Samut Songkhram 75000
 - Tel. +66 (0) 3475 2847-8 (TAT Samut Songkhram Office)
 - E-mail: tatsmsk@tat.or.th
 - Website: www.tourismthailand.org/samutsongkhram
- **Alms-giving by the canal:** People say that if you reach the place by the water and do not experience the way of life in the early morning of the local people, then it means you have not arrived at that place. Wake up early and you will see another beautiful dimension of the local way of life when the monks will row a boat to receive alms from the local people, which will be an image that you will never forget.
 - Address: On the bank of the canal in Amphoe Amphawa, Samut Songkhram 75110
 - Tel. +66 (0) 3475 2847-8 (TAT Samut Songkhram Office)
 - E-mail: tatsmsk@tat.or.th
 - Website: www.tourismthailand.org/samutsongkhram

13. THAI HERBAL COMPRESS MASSAGE

THE BARAI, HUA HIN, PRACHUAP KHIRI KHAN



The Journey of Spirit

Going to the Barai is like travelling to find inner contentment. Its refined architecture and construction was conceived from a concept designed to inspire an immense feeling of warmth and caring. All of its eight exclusive suites are under the close supervision of the Hyatt Regency Hua Hin. With luxurious, but friendly architectural elements, this spa offers high-end treatment with maximum privacy. Also offered are various services and equipment items, including bathtubs for hydrotherapy treatments, room for Vichy treatments and steam sauna units.

The Barai's distinctive product is the compressed ball that comprises more than 9 Thai herbs and is traditionally used in the treatment of diseases, alleviation of muscle pain, etc. Each ball will be made from fresh herbs and adjusted with the elements (Earth, Water, Wind, and Fire) of each client who comes to receive the services; e.g., Water will add lotus flower and orange rind in the compressed ball. The lotus flower has the attributes of assisting the heart and blood circulation whereas the orange rind has antioxidants. In other elements, Thai herbs are added in the compressed ball; e.g., ginger to reduce pain, lemongrass to assist the skin and stimulate water circulation in the body as well as the aroma will help relaxation, eucalyptus assists with inflammation, kills bacteria, and eucalyptus oil assists in the relief of pain, as well as

cinnamon that assists in inflammation and eases muscle and joint pain, and headaches that result from a cold.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Hotel & Resort Spa) in 2013 by the Tourism Authority of Thailand
- Thailand Tourism Awards - Award of Excellence: Health Tourism (Hotel & Resort Spa) in 2010 by the Tourism Authority of Thailand
- Best New Spa in 2007 by TTG Asia magazine

PACKAGE

Thai Herbal Compress Massage (1 hour 30 minutes)

- Monday – Thursday 3,500 Baht++
- Saturday – Sunday 3,700 Baht++

ADDRESS

The Barai Spa

The Barai Suites and Spa at Hyatt Regency Hua Hin, Prachuap Khiri Khan

91 Hua Hin – Khao Thakiap, Hua Hin Road, Amphoe Hua Hin, Prachuap Khiri Khan 77110

Tel. +66 (0) 3251 1234

Fax: +66 (0) 3252 1233

Email: huahin.regency@hyatt.com

Website: www.thebarai.com

Open: 10.00 – 20.00 Hrs.

GETTING AROUND

- **Suan Son Pradipat Beach:** The major charm of this spot is its pristine and peaceful environment, of which a small crescent-shaped bay is decorated by rows of tropical pine trees. The beach is composed of white sand and washed over by shallow seawater making it safe for all to enjoy.
 - Address: Phetkasem Road, Tambon Nong Khae, Amphoe Hua Hin, Prachuap Khiri Khan 77110
 - Tel: +66 (0) 3253 6581-3
 - Website: www.suanson.infantry-center.com

- **Cicada Market:** This alternative night market comprises a myriad of creative items with contemporary aesthetics, ranging from handmade crafts, house decoration pieces, clothes, second-hand objects and innovative items from small-scale manufacturers. All are showcased outdoors on ground mattresses and, with the option of participating in fun activities and performances.
 - Address: The Venue at Suan Sri, Khao Thakiap, Amphoe Hua Hin, Prachuap Khiri Khan 77110
 - Tel: +66 (0) 8 0650 4334, +66 (0) 3253 6606
 - Website: www.cicadamarket.com
- **Hua Hin Night Market:** This well-known spot functions as a major traffic route for the tourist community, but it turns into an oasis of street vendors and food hawkers in the evening who literally occupy both sides of the street. Nobody can skip shopping and hunting for delightfully delicious dishes here.
 - Address: Dechanuchit Road (Soi Hua Hin 72), Amphoe Hua Hin, Prachuap Khiri Khan 77110
- **Maruekhathaiyawan Palace:** Is an ancient palace by the sea in which King Rama VI had the palace at Hat Chao Samran demolished and built this new palace in 1923. It was given the name “The palace of love and hope” and is built of golden teak wood. The building is a beautiful blending of the Thai and European architectural styles and should be visited at least once.
 - Address: 1281 Tambon Cha-am, Amphoe Cha-am, Phetchaburi 76120
 - Tel. +66 (0) 3250 8444-5

14. FOUR ELEMENTS MASSAGE

PARADEE RESORT AND SPA, KO SAMET, RAYONG



Therapy Pleasure on a Heavenly Island

According to traditional Thai medicine, our physical body is comprised of four elements: earth, water, wind and fire. The magnitude of each element varies in each individual. The harmonious balance of the elements together results in well-being and the absence of disease. The single element to occupy the largest proportion will be considered as the home or major element of the body's possessor. There are two kinds of such home elements: the innate and the present. Unavoidably, both influence the well-being of all individuals.

Situated at a resort acclaimed for its divine furnishings at Sai Kaeo Beach, which is regarded as the most beautiful on the island of Samet, Paradee Spa takes its supreme natural setting as the backdrop for its therapies. In addition to its celebrated treatments offered in the light of the dawn and dusk, its Four Element Massage course is praised for its application of the principles of the four elements to a luxurious programme of aroma massage.

Massage will be applied to the whole body and focus on the usage of hot compresses on specific points according to an individual's elements. Those with fire as their dominant element will receive a massage and herbal compress around the lower legs and feet, as it is an element that drives the body. The appropriate oil for those individuals should come from flowers; e.g., jasmine and ylang ylang to relieve tension and make the

mind feel relaxed. Those of the wind element should receive massage and a herbal compress at the areas of the stomach and the upper legs to relieve their regular flatulence. These individuals also benefit from treatment with basil, lemongrass and kaffir lime leaves.

Due to their commonly cold physicality, those with the dominant element of water should be massaged and receive a hot compress at the neck and shoulders and be treated with orange and lemon, which will give them a cleansing and refreshed feeling just like a watery current. Finally, individuals with the primary earth element are suggested to be massaged and receive an herbal compress on their back and shoulders that is likely to have problems. The appropriate oil that should be used is gum benjamin and 'plai' (*Zingiber cassumunar*) that gives a feeling of strength like the earth. Moreover, steaming and hot compression is included in this treatment, together with the introduction of light body alignment exercise and meditation practices. All of this is for nothing else but deep relaxation and the comprehensive balance of all four elements in every individual.

AWARDS

- SMEs National Award: Health Business in 2014 by the Office of SMEs Promotion
- Thailand Spa and Well-being Awards: Green Spa in 2014 by the Thai Spa Association
- Thai Spa World Class "Gold" Award in 2009–2013 by the Ministry of Public Health
- SMEs National Award: Health Business in 2010 by the Office of SMEs Promotion
- Thailand Tourism Awards - Award of Excellence: Health Tourism (Destination Spa) in 2008 by the Tourism Authority of Thailand

PACKAGE

Four Elements massage (1 hour 20 minutes) 5,280 Baht (net)

ADDRESS

Paradee Resort and Spa, Ko Samet, Rayong

76 Mu 4, Tambon Phe, Amphoe Mueang, Rayong 21160

Tel. +66 (0) 3864 4283-7

Email: spa@paradeeresort.com

Website: www.paradeeresort.com

Open: 09.00 – 20.00 Hrs.

GETTING AROUND

- **Phra Chedi Klang Nam:** Pay homage to this chedi that is 100 years old and is located on an island in the middle of the Rayong River surrounded by mangrove forest. Besides being a religious centre of the people of Rayong, it is also the symbol of the city as well. On the full moon day of the 12th lunar month of each year, a celebration is held to change the robe covering the chedi.
 - Address: Tambon Pak Nam, Amphoe Mueang, Rayong 21000
 - Tel. +66 (0) 3865 5420-1, +66 (0) 3866 4585 (TAT Rayong Office)
 - E-mail: tatrayong@tat.or.th
 - Website: www.tat-rayong.com, www.tat-chanthaburi.com
- **Wat Ban Don Shadow Play Museum:** Is a culture of Rayong that should be preserved as shadow play was an art that had previously made a name for the province. Even though Rayong's shadow play is very difficult to see nowadays, here has compiled more than 100 shadow play characters that are more than 200 years old.
 - Address: Mu 4, Wat Ban Don, Tambon Choeng Noen, Amphoe Mueang, Rayong 21000
 - Tel. +66 (0) 3862 0127, +66 (0) 8 9401 2012
- **Yomchinda Road:** Return back in time on the first road of Rayong that was constructed parallel with the Rayong River. See the Rayong Museum, simple way of life of the local people, old classic architecture of the buildings, and do not forget to visit the well-known sweet and dessert shops of Rayong.
 - Address: Amphoe Mueang, Rayong 21000 (From Sukhumvit Road, turn onto Phakdi Burirat Road, and then Yomchinda Road at the 2nd intersection on the left.)
 - Tel. +66 (0) 3865 5420-1, +66 (0) 3866 4585 (TAT Rayong Office)
 - E-mail: tatrayong@tat.or.th
 - Website: www.tat-rayong.com, www.tat-chanthaburi.com
- **Taphong Fruit Market:** Buy fruits at your own pleasure like durian, mangosteen, rambutan, and many other kinds of fruit that reflects Rayong as a fruit-growing location of Thailand. Besides this, in the fruit season (May and June), many orchards will be open for tourists to come, buy, and taste fresh fruits.
 - Address: Amphoe Mueang, Rayong 21000
 - Tel. +66 (0) 3865 5420-1, +66 (0) 3866 4585 (TAT Rayong Office)
 - E-mail: tatrayong@tat.or.th
 - Website: www.tat-rayong.com, www.tat-chanthaburi.com

- **Thot Man Yang:** Enjoy the spicy hot mixed with sweetness of Chaeng Lon or Thot Man Yang that is unique to Rayong. If you try this somewhere else, then the taste will not be the same and does not have any oil because they are aromatic round chunks on a stick cooked on a stove.
 - Address: Various markets in Rayong
 - Tel. +66 (0) 3865 5420-1, +66 (0) 3866 4585 (TAT Rayong Office)
 - E-mail: tatryong@tat.or.th
 - Website: www.tat-rayong.com, www.tat-kanthaburi.com

15. THE HEAVENLY NANTHA GARDEN EXPERIENCE

DEVARANA SPA, PATTAYA, CHON BURI



The Allure of Thai Fragrance

Nantha Garden, according to ancient Thai Buddhist literature, is a haven of scented flowers at the gateway to Heaven where angels spend their leisure time. This mythological celestial realm serves as the inspiration for Bangkok's Devarana Spa and its Heavenly Nantha Garden Experience treatment.

For this aromatic therapy, petals from four varieties of exotic flowers are specially selected: pink lotus, White Champaka, ylang-ylang and jasmine. The collected blossoms are mixed with essential floral oils and distributed inside a prepared bathtub. Besides the alluring scent, the exceptional beauty of these local flowers creates an alluring space for the cultivation of luxurious relaxation.

After the sensuous bath, the role of the blossoms continues for another two steps. The next is that of skin scrubbing with fine salt powders combined into a paste with the petals of two flowers. This therapeutic process results in a bright complexion free of oil and dull spots due to the efficacy of the floral oils in moisturising and revitalising. The final step is that of massaging for deep relaxation. Four approaches are employed: traditional Thai, Indian Ayurveda, Japanese Shiatsu and Swedish Aromatherapy. Despite the disparate origins of these cherished techniques from the East and the West, all share the same aim of activating blood circulation and rejuvenating the body's inherent energy.

While the body is treated holistically with abundant pleasing fragrances, the outcome is one of coherence between the relaxed functioning of the body and mind. In brief, Devarana Spa perfectly integrates aesthetics and reflexology, methods conceived by the ancestral generations and newly discovered by the present experts of both the Oriental and the Occidental.

AWARDS

- Country Winner: Best Luxury Spa Group Awards in 2012 by World Luxury Spa
- Crystal Awards: Best Scrub in 2004 by Spa Asia magazine

PACKAGE

The Heavenly Nantha Garden Experience (2 hours and 30 minutes) 5,768 Baht (net)

- Devarana aqua-therapy – Bathing in a tub filled with floating pink lotus petals infused with essential oils of Thai herbs.
- Devarana scrub – Scrubbing and nourishing the skin with pure refined salt and essential floral oils.
- Devarana massage – Exclusive massaging with the accompaniment of fragrant aromas to induce the balance of body and mind.

Please reserve one day in advance. (Drop-in treatment may be possible depending on room availability. Please call to inquire.)

ADDRESS

Devarana Spa

Dusit Thani Hotel, Pattaya, Chon Buri

240/2 Mu 5, Tambon Na Kluea, Amphoe Bang Lamung, Chon Buri 20150

Tel. +66 (0) 3837 1044 or +66 (0) 3842 5611 Ext. 2483 - 2484

Email: pattaya@devaranaspa.com

Website: www.devaranaspa.com

Open: 10.00 – 20.00 Hrs.

GETTING AROUND

- **Sanctuary of Truth:** Is one of the amazing tourist attractions of Thailand that besides its decoration and strange woodcarvings and construction techniques of using only wood, originated from the elaborate skills of the Thai people. Here you can learn about the philosophy of life that is found everywhere.
 - Address: 206/2 Mu 5, Soi Na Kluea 12, Tambon Na Kluea, Amphoe Bang Lamung, Chon Buri 20150
 - Tel. +66 (0) 3836 7229-30, +66 (0) 3836 7815
 - Website: www.sanctuaryoftruth.com
- **Miniature Thai Royal Barge Performance Centre:** The beauty of miniature Thai Royal Barges that reflect the Thai culture and has been close to waterways from the past to the present. It is displayed via modern multimedia. In particular, the highlight is the Royal Barge Procession that should not be missed.
 - Address: 353/54 Mu 9, Sukhumvit Road, Amphoe Bang Lamung, Chon Buri 20150
 - Tel. +66 (0) 8 1865 5353
 - Website: www.miniaturethairoyalbarge.com
- **Lan Pho Na Kluea Market:** Buy salted fish, dried squid, dried shrimp, and seafood that reflects the fishermen's way of life at a spot in Pattaya. You will see the tastiness from these goods at this local market that is located near the Na Kluea community, an old community of Pattaya.
 - Address: Pattaya-Na Kluea Road, Tambon Na Kluea, Amphoe Bang Lamung, Chon Buri 20150
 - Tel. +66 (0) 3842 7667, +66 (0) 3842 8750, +66 (0) 3842 3990, +66 (0) 3842 9113
(TAT Pattaya Office)
 - Website: www.tourismthailand.org/Pattaya
- **Pattaya Floating Market:** Shop with fun at a market that takes you back to yesteryear to see the Thai way of life with water as one. Besides numerous goods and souvenirs from the shops, there are vendors paddling boats selling various food to choose from to eat, or take a boat to see the surroundings.
 - Address: 451/304 Mu 12, Sukhumvit Road, Tambon Nong Prue, Amphoe Bang Lamung, Chon Buri 20150
 - Tel. +66 (0) 3870 6340
 - Website: www.pattayafloatingmarket.com

16. PATTAYA EXOTIC TREATMENT

NA SPA, PATTAYA, CHON BURI



Spa for Beauty

Pattaya, an internationally-recognised tourist city, is located on the east coast of Thailand with an abundant variety of fruits, including mangosteen, which is considered the Queen of Fruits and labelled as the Fruit of the Gods for those living in the French Caribbean. Thais know it well and regard its herbal characteristics as a fruit with the specific attribute of coldness according to the principle of Chinese medicine, and it is often eaten after one has eaten durian, which has the specific hot attribute, in order to balance the digestion. Besides its sweet tastiness, mangosteen has been utilised by Thais as an ingredient for health and beauty care since ancient times. Modern studies inform us that, due to its richness in xanthonenes, it can strengthen human skin and the existence of 43 anti-oxidants can comprehensively counter inflammation and kill bacteria.

Na Spa proudly presents Pattaya Exotic Treatment, in which the major ingredient in several of the treatment steps is mangosteen; they include the scrubbing of the skin masking, massaging with mangosteen oil and compression massaging. So, today Pattaya offers not only sea, sand and sunlight, but also true relaxation during your weekend holiday when you can experience both a high quality spa treatment and health care at the same time.

AWARDS

- The first runner up prize in the Spa Expo in Pattaya 2012-2013 by the Chon Buri Provincial Administrative Organisation in conjunction with Pattaya City and Department of Skill Development, Chon Buri Province Area 3

PACKAGE

Pattaya Exotic Treatment (3 hours) 4,500 Baht (net)

ADDRESS

Na Spa, Pattaya, Chon Buri

571/31 Mu 5, Soi Naklua 16/2, Pattaya-Na Kluea Road, Tambon Na Kluea, Amphoe Bang Lamung,
Chon Buri 20150

Tel. +66 (0) 8 2450 1558

Website: www.naspapattaya.com

Open: 11.00 – 21.00 Hrs.

GETTING AROUND

- **Khao Keow Open Zoo:** This zoo, located in the only forest in Chon Buri province, has a wide variety of wildlife, both domestic and international species, including several on the endangered species list. One of its highlights is the aviary, a huge metal structure with net roofing, covering an area of 5 rai (about 2 acres). This is the largest zoo in the country and covers approximately 5,000 rai (about 1976 acres).
 - Address: 235 Mu 7, Tambon Bang Phra, Amphoe Si Racha, Chon Buri 20111
 - Tel. +66 (0) 3829 8270, +66 (0) 3829 8195
- **Wat Yai Intharam:** Sharing its history with the community, this temple is supposed to have been built in the late period of the Ayutthaya Kingdom. Apart from its highly praised mural paintings, this temple also has a wooden pavilion enshrining a bronze statue of the Lord Buddha, named Luang Pho Chai, wearing magnificent regal attire. A guided tour by educated Buddhist monks is available.
 - Address: 858 Chetjamnong Road, Tambon Bang Pla Soi, Amphoe Mueang, Chon Buri 20000
- **Khao Sam Muk:** This revered Chinese shrine is tucked inside a cliff on the northern corner of this hill, facing the sea. Once located at the western side, this holy spot is worshipped by visitors throughout the year, who come to ask for good fortune and the fulfilment of their wishes. Its highlights are the statues of Lord Buddha and the Guan Yin Bodhisattva on the top floor, as well as the front plaza with a view of the sea.
 - Address: Mu 13 Soi 1, Tambon Saen Suk, Amphoe Mueang, Chon Buri 20130

- **Pattaya Elephant Village:** Study the way of life between humans and elephants by feeding the pachyderms, learning the methods of training elephants, as well as having fun by riding an elephant to see the Elephant Village, demonstrations by elephants, and numerous other activities.
 - Address: 48/120 Mu 7, Tambon Nong Prue, Amphoe Bang Lamung, Chon Buri 20150
 - Tel. +66 (0) 3824 9818, +66 (0) 3824 9853, +66 (0) 3873 4470
 - Website: www.elephant-village-pattaya.com

17. REJUVENATING HERBAL STEAM-BATH

ABHAIBHUBEJHR DAY SPA, PRACHIN BURI



City of Good Health: Prachin Buri

Once one of the major ancient towns in the Eastern region, Prachin Buri has now developed into a modern one due to the enthusiastic application and usage of traditional Thai herbs and medicine encouraged by the active contribution of the Abhaibhubejhr Hospital. This famous medical centre is widely recognised for its holistic approach to healthcare and the manufacturing of premium quality herbs, as well as its role in promoting sustainable self-administered health-care practices through the use of herbs. At this must-visit place, you will be given health scans and participate in consultations with traditional Thai medical experts, while the store of quality herbal products will be made available to you. Moreover, its Abhaibhubejhr Day Spa unit offers a daily service using its quality in-house products.

At the Abhaibhubejhr Day Spa a large amount of traditional Thai knowledge and wisdom is archived, together with traditional Western concepts regarding herbal usage. All are integrated to reinforce Abhaibhubejhr's own formula of body balance. Ladies should not miss the Rejuvenating Herbal Steam-bath, which, with the help of natural silicone, helps boost ones' physical structure. This treatment also heals skin wounds, revitalizes the skin, tightens pores and relieves muscle stress, as well as rejuvenating youthfulness back into our bodies. But above all, the signature programme here is the Physiological Elements Adjustment during which the abdomen of the clients is exposed to mild heat generated by burning herbs. This procedure adjusts blood pressure, circulation and brings back the body's natural balance.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Public Healthcare Centre) in 2008/2010 by the Tourism Authority of Thailand
- Thailand Tourism Awards - Award of Outstanding Performance: Tourism Promotion and Development Project in 2002/2008 by the Tourism Authority of Thailand

PACKAGE

Rejuvenating Herbal Steam-bath

- Rejuvenating Herbal Steambath (30 minutes) 800 Baht (net)
- Rejuvenating Herbal Bath (30 minutes) 800 Baht (net)

ADDRESS

Abhaibhubejhr Day Spa, Prachin Buri

32/7 Mu 12, Tambon Tha Ngam, Amphoe Mueang, Prachin Buri 25000

Tel. +66 (0) 3721 1088 Ext. 3123, +66 (0) 3721 7127 (Direct line)

Website: www.abhaiherb.com

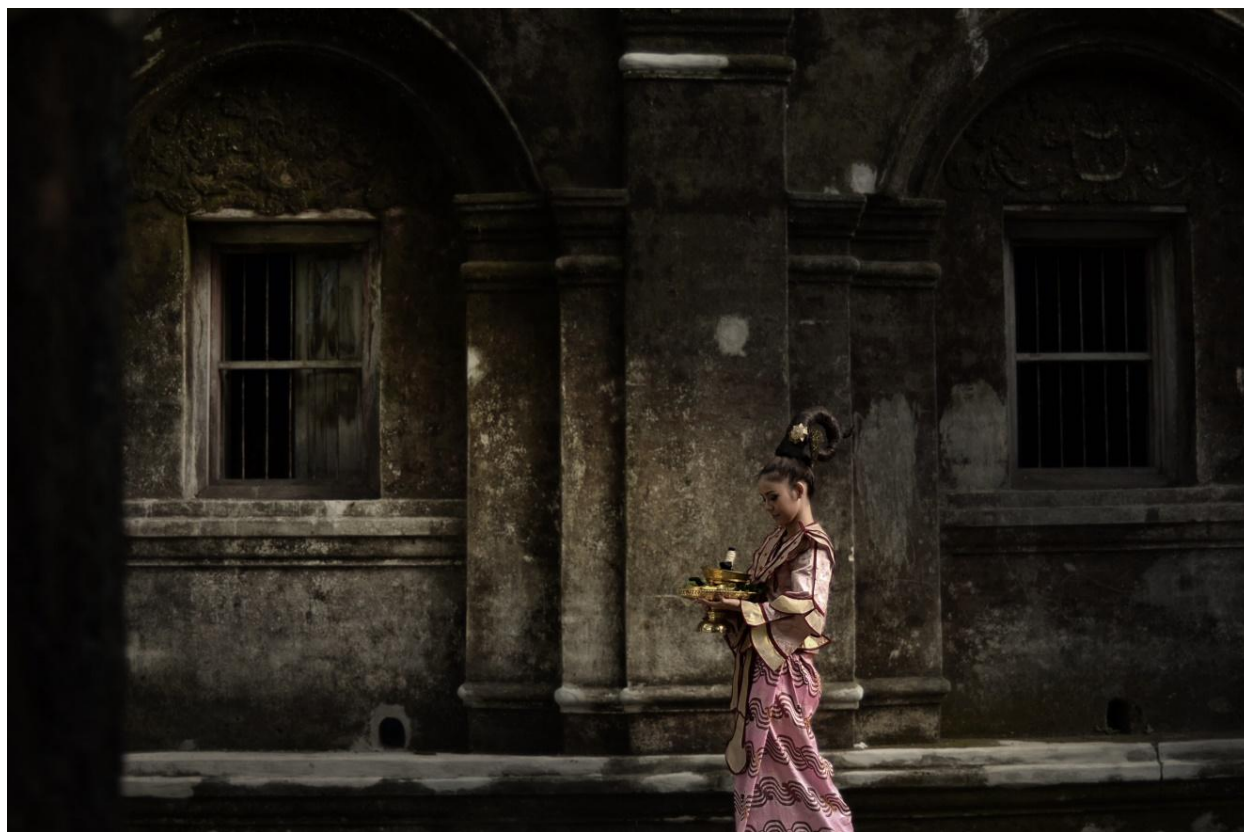
Open: 08.30 – 18.00 Hrs.

GETTING AROUND

- **Ban Dong Bang Herb Community:** This lively and educational village plays a significant role in traditional Thai medicine circles today. Not only visits to its herb orchards and environmentally - friendly exploration routes are offered, but also the opportunity to observe the local manufacturing process of herbal medicine in the traditional folk fashion. Following the concept of healthy eating, one must savour the signature dish of the area, a spicy salad which uses the leaves of the locally grown Peppromia bush.
 - Address: 34 Mu 6, Tambon Dong Khilek, Amphoe Mueang, Prachin Buri 25000
 - Tel. +66 (0) 8 7087 5039
- **Yusuksuwan Museum:** A large number of classical style lanterns are kept at this private museum, waiting for the appreciative enjoyment of avid fans of antique items. Other collections of vintage objects from by-gone days are well categorised and stored in various rooms, to illustrate the value of conserving the concept and uniqueness of being Thai.
 - Address: 135 Prachintakam Road, Tambon Dong Khilek, Amphoe Mueang, Prachin Buri 25000
 - Tel. +66 (0) 3721 7551-2
- **Wat Kaeo Phichit:** At this temple, the visitors will have a chance to worship the unique statue of Lord Buddha displayed in the posture signifying forgiveness. This religious sculpture is the only one of its kind in the world, which amalgamates the visual arts of four countries. Built during the reign of King Rama V, the Great its main hall is artistically idiosyncratic and a hidden gem of Prachin Buri province.
 - Address: Mu 4, Tambon Bang Boribun, Amphoe Mueang, Prachin Buri 25000 (on the right bank side of the Prachin Buri River)
 - Tel. +66 (0) 3721 2795
- **Nong Cha-om Fruit Market:** Specifically providing quality fruits grown in Prachin Buri, the vendors here prepare zalacca, durian, pomelo, custard apple and so on for the visitor to pick up as souvenirs. The signature vegetable bamboo shoot is also available at this always bustling shopping spot.
 - Address: On the side of Highway No. 33, Amphoe Mueang, Prachin Buri 25000

18. CHII-SHAN THERAPY

CHIIDA SPA, CHIANG MAI



The Blend of Two Ethnic Therapies: Shan and Lanna Thai

Two major ancient wisdoms play a significant role in the physical therapeutic traditions of Northern Thailand: *juu-kang* and *chii-shan*. The former engages the application of steamed herbal compresses from the heritage of Lanna, an ancient kingdom of the North, while the latter employs the reflexology techniques of the Shan people of Northern Thailand and Northeastern Myanmar. Aiming to achieve a proper breathing manner, as conveyed by the term '*chii*', this ethnic-based approach emphasises a series of stretches of various muscle groups, similar to that of yoga practices. At Chiida Spa, both disciplines are embraced and combined to form its unique approach.

Unlike the methods of Central Thailand that largely rely on finger-press techniques, Chiida Spa's course focuses on truly deep relaxation. An important component of the adopted *chii-shan* treatment is heat compression with a steamed herbal ball following the massaging. Several organic components are carefully blended to create the aromatic compresses. Each ball is composed of signature ingredients to balance the major personal physiological elements of each person.

Before being applied, each compress is lightly submerged in warm, green-coloured oil processed from special Thai herbs within a bronze container. Next is the step of hot-pressing along the recipient's body parts, from the top of the back to the end of each limb. This strategy precisely follows the traditional Lanna science of *juu-kang*, referring to a form of massage with hot compresses.

From this programme, a refined series of massaging movements like a choreographed dance is realised. In addition, the results of several effective remedies are experienced, including muscle relief, spinal adjustment, joint strengthening, personal physiological balancing and blood circulation rehabilitation.

Customers will be greeted with the sights of green nature and the sounds of waterfalls prior to the commencement of the treatment. Additionally, the accompaniment of colour therapy is utilised during the stay in the therapy room.

PACKAGE

Chii-Shan Therapy Massage (2 hours) 4,500 Baht++

Please make a reservation 3 days in advance.

ADDRESS

Chiida Spa, Chiang Mai

12/2 Mu 8 Mae Rim Road, Amphoe Mae Rim, Chiang Mai 50200

Tel. +66 (0) 8 1928 8511

Fax: +66 (0) 8 1884 7404

Email: service@chiidaspa.com, jirapan.sugunasil@chiidaspa.com

Website: www.chiidaspa.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Ton Kwaen Temple:** Be impressed by the classic style of this ancient temple of Chiang Mai that you should not miss. The beautiful architecture will catch your eye, especially the tetrahedron pavilion that is the only one of its kind in the North. It is regarded as a worthy model of Lanna architecture and has received recognition as an Outstanding Preserved Building by the Association of Siamese Architects under Royal Patronage.
 - Address: Mu 4, Tambon Nong Khwai, Amphoe Hang Dong, Chiang Mai 50230
 - Tel. +66 (0) 5311 2671, +66 (0) 8 1884 9566

- **Khum Chao Burirat:** See this old residence that will take you back in time to the prosperity of Lanna in the past in which its uniqueness is the mixture of the Western and local Lanna styles to be Western architecture that was built in Chiang Mai in the initial period.
 - Address: Phra Pokklao Road that adjoins Ratchadamnoen Road, Tambon Sri Phum, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5327 7855
- **Worarot Market:** Fill your stomach, fill your eyes at the most renowned market of Chiang Mai that is full of dazzling local food like delicious Sai Ua, tasty Naem Mo, Mu Yo Cheu Kong, as well as agricultural products that can be souvenirs from the North including mushrooms, strawberries, and numerous other items.
 - Address: Kuang Men Road, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org
- **Ping Riverbank:** Walk through an old area that is full of ancient wooden row houses intermingled with Colonial-style brick buildings that still look majestically outstanding and have withstood time. Many of them have been adapted to be souvenir shops, charming cafes, as well as stylish restaurants that will make you feel happy with the Ping River from another perspective.
 - Address: 105/1 Chiang Mai- Lamphun Road, Tambon Wat Ket, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org

19. HEALING HARMONY CHI NEI TSANG TOK SEN

TAO GARDEN HEALTH SPA AND RESORT, CHIANG MAI



Rehabilitation with Thai and Chinese Balance

Numerous cultural elements in Northern Thailand are related to those also found in China. Among these, traditional components of health and well-being are connected. Similarly, Thai Buddhism shares many aspects with Taoism. It is known that the ancient Chinese religious philosophy of Taoism has profoundly conceptualised the laws of life force for all living organisms for centuries. One of its attributes is the practice of *qigong*, which works to align our individual body, breath, and mind through several health and meditation lessons. All of these are used to inform the canon of treatments at the Tao Garden Health Spa and Resort.

At this truly Oriental spa located in Chiang Mai, in addition to the décor of stunning gemstones and Taoist gods especially designated for each room, a harmonious incorporation of Thai, Chinese and Indian medical approaches exist. Of the spa's signature Chi Nei Tsang Toksen course, the combination of Northern Thai-style hammer massage and Taoist-approached belly massage is highly regarded for its originality.

With the belief that the navel is the focal point of all internal energies, this exotic treatment starts with soft rubbing at the belly section, then finger-pressing along the shoulders, collarbone and chest spots to unblock the flow inside the lungs and heart. Next is massaging the belly again with warm oil to release harmful substances, as well as to arrange the intestines so as to increase metabolism and ease defecation.

At this stage, the skilled therapists will use their fingers and palms to knead various spots around the navel before proceeding to the shoulders and upper thighs, applying proper pressure accordingly. A coordinated series of massages will then be conducted with the help of a small hammer, before ending with the application of a hot herbal compress at both sides of the body as the final touch.

Apart from the intensive course elaborated above, other beneficial activities are also offered; such as, a detoxification programme, blood group-based meal preparation, and light-less retreat inside a darkroom for deep relaxation. For those who desire an extensive health scan, a team of expert physicians are on-hand at one corner of the spa in the Pakua Clinic.

AWARDS

- Thailand Tourism Awards - Award of Excellence: Health Tourism (Destination Spa) in 2010/2013 by the Tourism Authority of Thailand
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Destination Spa) in 2008 by the Tourism Authority of Thailand

PACKAGE

Healing Harmony Chi Nei Tsang Tok Sen (1 hour 20 minutes) 3,000 Baht (net)

Please make a reservation one day in advance. Day-to-day visit is possible during the low season (April 1 – October 31)

ADDRESS

Tao Garden Health Spa and Resort, Chiang Mai

274/1 Mu 7, Tambon Luang Nuea, Amphoe Doi Saket, Chiang Mai 50220

Tel. +66 (0) 5392 1200, +66 (0) 5392 1211 (Direct line)

Fax: +66 (0) 5349 5852

Email: pakua@tao-garden.com

Website: www.tao-garden.com/pakua-clinic

Open: 08.00 – 19.00 Hrs.

GETTING AROUND

- **Khao Soi:** Is an outstanding Northern dish that everyone knows well, and in Chiang Mai, there are several well-known Khao Soi vendors. The sweet aroma of the soup that is flavoured with spices regardless if it is Khao Soi Kai or Khao Soi Neua will make you addicted; Khao Soi Samerjai, Khao Soi Lamduan Faham etc.
 - Address: Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org
- **Long-tail Boat Trip:** Take an ancient wooden boat that will take you along the Ping River, the main river of Chiang Mai. See numerous cultures along the river, experience the cool breeze, and see the view along both banks that are blooming with the local people's way of life.
 - Address: Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org
- **Borsang Umbrella Handicrafts:** Have fun painting an umbrella with various colours that is a handicraft connected to Chiang Mai since the past and has established renown as one of the identities of Chiang Mai today. The Borsang umbrella is very beautiful in which you can experience life in full.
 - Address: Borsang Umbrella Making Centre, Amphoe San Kamphaeng, Chiang Mai 50130
 - Tel. +66 (0) 5333 8195
 - Website: www.handmade-umbrella.com
- **Ton Lamyai Market:** Directly opposite the Worarat Market is a smaller market, but it is still packed. Goods that you can shop for before returning home include dried fruit, beautiful woven cloth, and souvenirs from the North.
 - Address: Wichayanon Road, Tambon Chang Moi, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org

20. LANNA EXOTIC TREATMENT

LANNA COME SPA, CHIANG MAI



Lanna Radiance, Treatment of the Primes

Since Thai traditional medicine pays significant attention to the prime lines that run throughout the body, the practices go towards honing on how to best keep those key systems balanced and well. Apart from Thai traditional massage that kneads and soothes those inner body lines, there is also an ancient therapeutic technique called Tok Sen. Originating from the North, Tok Sen is a century-old therapeutic massage that applies a gentle tapping tool to ease the knotted tendons and stimulate the well-being of the muscles and important body systems.

Exotic and healing, this special Lanna Exotic Treatment brings the best of traditional therapeutic practices to pamper their guests with beautiful and soothing touches. The two-hour treatment begins with a session of Tok Sen – the unique and somewhat sacred Lanna-style curing massage – after which the guest will enjoy an aromatic Thai herbal steam and body scrub away to prepare them for a truly pampering Thai aromatic massage in a doused ambiance with the soothing background of Thai Lanna melodies.

With highlights including the aromatic and anti-oxidant properties of the native and organically-grown Amomum plant that is rich in natural moisture and anti-oxidant properties, the pampering Lanna exotic treatment is an excellent therapeutic and comforting package. While the Thai-style acupunctural massage relaxes the whole body from stiffness, Tok Sen taps away the tensed body muscles and ensures a total blissful glow at the end.

Lanna Come Spa is a day spa in Chiang Mai outstanding for its historical Sipsongpanna architecture. The special Lanna exotic treatment is an award-winning spa treatment derived from old Thai healing wisdom with a careful selection of organic herbs that provide a natural remedy for your vitality and radiance.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Thai Wisdom Spa) in 2013 by the Tourism Authority of Thailand
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Day Spa) in 2010 by the Tourism Authority of Thailand
- Quality Spa for Health Award in 2010 by the Department of Health Service Support, Ministry of Public Health

PACKAGE

Lanna Exotic Treatment (2 hours) 2,500 Baht++

- Begin with a soaking foot rub.
- Herbal steam for 10-15 minutes.
- Herbal body scrub with fine natural bamboo cream for 45 minutes.
- Aroma therapeutic Lanna exotic oil massage with essential
- Amomum (wan sao long) oil.
- Tok-Sen therapy for 10 minutes.

ADDRESS

Lanna Come Spa, Chiang Mai

88/4 Sridonchai Road, Tambon Changklan, Amphoe Mueang, Chiang Mai 50000

Tel. +66 (0) 5327 4377, +66 (0) 5328 4092

Fax: +66 (0) 5323 5768

Email: info@lannacomespa.com

Website: www.lannacomespa.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Wat Umong:** Is an old temple of Chiang Mai, which should not be missed. The highlights of the temple is a tunnel in which visitors can walk through to the peaceful interior as well as see the ancient wall that in some parts has murals that are rather faded. Outside, there is the shady Suan Buddha Dhamma.
 - Address: 135 Mu 10, Tambon Suthep, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5332 8054
 - Website: www.watumong.org
- **Nimmanhaemin Road:** Experience the contemporary lifestyle along a hip road of Chiang Mai that is a shopping location that you should come to see. Here is full of galleries, community malls, charming cafés, stylish tea shops as well as art shops for people that want to experience Chiang Mai in an ultra-modern aspect.
 - Address: Nimmanhaemin Road, Tambon Suthep, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org
- **Northern cuisine:** Do you know that Chiang Mai is the source for eating very delectable Northern food including Kaeng Kae, Kaeng Ho, Kaeng Hang Le, Namphrik Num, and Lap Kua, in which you can appreciate the way of dining of the Northern people. Enjoy the cuisine that transmits its spicy aroma, cooking methods, and gentleness in every step of selecting the raw ingredients from the garden that can be easily found in the area; such as, Huean Jai Yong, Arun Rai, etc.
 - Address: Most shops can be found in Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org
- **City Centre:** Be impressed by the culture in the Chiang Mai city centre that is full of numerous ancient temples; such as, Wat Phra Singh, Wat Phan Tao, Wat Inthakhin, and Wat Chedi Luang. Then you will understand about Lanna society very deeply.
 - Address: The area of the inner city moat: Singharat Road, Ratchadamnoen Road, Intawaroros Road, Phra Pokklao Road, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org

21. THAINESS FOR WELLNESS

JIRUNG HEALTH VILLAGE, CHIANG MAI



Magic of Thai Wellness

Lanna is a beautiful and ancient culture of the Thai North. With a series of distinguished attributes, Lanna culture is the root of what makes the northern region of Thailand different from other parts of the country. Among those illustrious examples of Lanna culture is the long-forgotten and now slowly revived 700-year-old ancient martial arts of Fon Joeng – a unique set of combatting techniques that was said to have had protected the majestic Lanna territory from invaders during the past centuries.

But Fon Joeng martial arts are not back for a belligerent reason. It was not until recently that a group of Lanna locals revived this martial art and hoped to sustain it by retrofitting it into daily life as a form of physical exercise. Composing of a beautiful and fluid set of combative postures and dances that encourage a total bodily exercise, from the inside (breathing correctly) and out (bodily functions), this ancient art of Fon Joeng requires strong yet delicate and nimble physical exertions that brings about a lot of health benefits, and more people are now practicing Fon Joeng, the martial art that has been dubbed the ‘Thai Lanna Tai Chi’.

At the expansive and lush Jirung Health Village in the scenic Mae Rim area of Chiang Mai, Fon Joeng is now being offered as a part of the 'Thainess for Wellness' package. Guests will learn from a Fon Joeng master while enjoying many other Thai cultural and well-being activities created to allow them to immerse and learn from the Thai ancient and natural way of well-being.

Apart from Fon Joeng, the Thainess for Wellness package at the Jirung Health Resort also encompasses a good variety of Thai traditional therapeutic treatments, from Lanna's unique line tapping massage or Tok Sen, which you can choose as a part of your pampering spa treatment and Yam Kang, hot oil Lanna massage to Thai boxing, meditation, hermit exercises, planting vegetables, flower arranging, cooking, aromatherapy, and Thai traditional four-element health analysis.

The package runs from two nights, three days or longer. Below is an example of the prospective activities offered by the resort although, you can still mix and match your own.

AWARDS

- Outstanding Exporters and Service Award: Excellent Service Business in 2007 by the Office of the Prime Minister

PACKAGE

Thainess for Wellness (3 Days 2 Nights) 34,500 Baht (net)

Reserve in 3 days in advance.

Good for groups of 4 -12 persons and up.

Includes service charge, food, lodgings. Does not include transportation.

- Day 1 12.00 – 13.00 hrs. – Lunch.
 13.00 – 14.00 hrs. – Relaxation.
 14.00 – 15.00 hrs. – Thai traditional four-element health analysis.
 15.00 – 18.00 hrs. – Thai traditional four-element spa (Massage, steam, herbal compress and herbal bath).
 18.00 – 19.30 hrs. – Dinner.
 20.00 – 21.00 hrs. – Pyramid meditation to balance the body and mind.

- Day 2 08.00 – 09.00 hrs. – Breakfast.
 09.30 – 12.00 hrs. – Thai yoga and light snack.
 12.00 – 13.00 hrs. – Lunch.
 13.30 – 15.30 hrs. – Fon Joeng as a stretching exercise plus snack.
 16.00 – 17.30 hrs. – Experience Thai Lanna therapeutic treatments; such as, Tok Sen
 and Yam Kang.
 18.00 – 19.30 Hrs. – Dinner.
 20.00 – 21.00 Hrs. – Pyramid meditation to balance the body and mind.

- Day 3 08.00 – 09.00 hrs. – Breakfast.
 09.30 – 12.00 hrs. – Choose between Thai yoga or Thai cooking.
 12.00 – 13.00 hrs. – Lunch.
 14.00 – 16.00 Hrs. – Aromatherapy oil massage according to your host element.
 16.30 Hrs. – Group photo and check out.

ADDRESS

Jirung Health Village, Chiang Mai

99 Mu 7, Tambon Rim Tai, Amphoe Mae Rim, Chiang Mai 50180

Tel: +66 (0) 5386 1511, +66 (0) 8 0802 6622

Email: reservations@jirunghealthvillage.com

Website: www.jirunghealthvillage.com

Open: 10.00 – 19.00 Hrs.

GETTING AROUND

- **Nong Hoi Royal Project Development Centre:** Follow a windy road in which you will see the view of the sea of mountains to this Royal Project Development Centre that is full of numerous activities as well as buy fresh fruit and vegetables from the Royal Project. See a view of Doi Mon Long and learn about the way of life of the Thai hill tribes.
 - Address: Ban Nong Hoi Kao, Mu 7, Tambon Mae Raem, Amphoe Mae Rim, Chiang Mai 50180
 - Tel. +66 (0) 8 1950 9767, +66 (0) 8 3324 0610
 - Website: www.thairoyalprojecttour.com

- **Patara Elephant Farm:** This high quality elephant farm invites you to learn and experience the deep relationship between the mahout and his elephants. One of the unforgettable experiences that should not be missed!
 - Address: Ban Maeha, Tambon Ban Pong, Amphoe Hang Dong, Chiang Mai 50230
 - Tel. +66 (0) 8 1992 2551, +66 (0) 8 1671 0958
 - E-mail: pataraelephantfarm@hotmail.com
 - Website: www.pataraelephantfarm.com
- **Daraphirom Palace Museum:** Learn about the exquisite art and culture; experience Thailand of the past through an exhibition of ancient equipment that tells about the memories that are greater than anything else.
 - Address: Amphoe Mae Rim, Chiang Mai 50180
 - Open Tuesday-Sunday 09.00 - 17.00 Hrs.
 - Admission: Adults 20 Baht, children/students 10 Baht
 - Tel. +66 (0) 5329 9175
- **The Queen Sirikit Botanic Garden:** Has a compilation of Thai and international plant species. It is also the conservation centre of local and rare species of the North. See the various species of plants in the glasshouses in which each glasshouse displays interesting art.
 - Address: 100 Mu 9, Amphoe Mae Rim, Chiang Mai 50180
 - Tel.: +66 (0) 5384 1000
 - Website: www.qsbg.org
- **Ton Phayom Market:** Try the tasty local food and be amazed with the souvenirs of food in a market that is not too large, but is convenient and cannot be compared to anywhere else, especially look for Sai Ua, Khaep Mu, Namphrik Num, etc. that is the real thing.
 - Address: 363 Tambon Suthep, Amphoe Mueang, Chiang Mai 50200
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org

22. THE VOYAGE OF GOLDEN LANNA TREATMENT

OASIS SPA, CHIANG MAI



Herbal Secrets, Floral Powers

Thai medical healing always involves the uses of local herbs and flowers. Among the staple therapeutic recipes are local fragrant herbs and flowers that not only give just distinctive aromas, but also potent healing powers. For example, the soothingly fragrant kaffir lime leaves and the ylang ylang flower that are packed with various health benefits have become the two potent components widely applied into the practices of Thai well-being. While the kaffir lime that is rich with anti-oxidant properties boosts the digestive system, the extracted oil from a bouquet of ylang-ylang scent helps brighten the mood and clear the mind.

At the Oasis Spa in the heart of Chiang Mai's gorgeous old quarter, guests will enjoy total relaxation in a 90 minutes therapeutic four-hand massage that applies the benefits of the two herbs in a dreamlike setting of a therapeutic musical ambiance. Divided into the five well-paced steps, the massage embodies a journey into the Lanna exoticness by encompassing all the beautiful cultural elements you would expect while in the city. From the serene sounds of the wind chimes at the iconic Wat Doi Suthep that will immediately calm your mind and the traditional Lanna melodies that will transport you back into the past, to the healing sounds of temple bells, the sounds of the wind whispering through the rice field through to the awakening tone of a rooster's crow, during the whole time, guests will be in total bliss under the spell of the relaxing four-handed massage.

The four-handed massage and musical therapy that is the core of the Voyage of Golden Lanna can be described as a manifestation to the Thai well-being regimen. While the fragrant herbs play a key in the soothing benefits of the treatments, the Thai traditional massage that takes care of the aching muscles is the key to a total blissful result – from head to toe. Also for their musical masterpiece that is rooted back in the glorious days of the Lanna Kingdom, the treatment is designed to heal even the exhausted body and mind by reviving the core, entire energy – physically and mentally - from within.

AWARDS

- Thailand Tourism Awards - Award of Excellence: Health Tourism (Day Spa) in 2008/2010/2013 by the Tourism Authority of Thailand
- Thailand ICT Excellence Awards for Implementing an Innovative Spa Management System™ in Customer Service in 2010 by the Thailand Management Association (TMA) in conjunction with the College of Innovation, Thammasat University
- Thai Spa Gold Class Award in 2009 by the Ministry of Public Health
- Thailand Prime Minister's Award: Best Service Provider as the Most Recognised Service in 2007 by Foreign Patrons
- SMEs Best Brand Award: Thailand's Most Outstanding Brand in 2007 by the Office of SMEs Promotion in conjunction with the Thailand Management Association (TMA)

PACKAGE

The Voyage of Golden Lanna Treatment (1 hour 30 Minutes) 5,900 Baht++

The therapeutic four-handed massage that can be divided into 5 relaxing phrases:

1. Welcoming – with the soothing sounds of the wind chimes of Doi Suthep and Temple of Tibet calling you to a state of calmness at the beginning of the soothing massage.
2. Relaxing – with traditional Lanna music that goes hand in hand with the muscle-melting massage.
3. Healing - with the sounds of temple bells, Tibetan chimes, and monks chanting blessings with deeper massages from the two therapists.
4. Energising – with the natural sounds of the wind whispering through rice paddies, the rustling of leaves fluttering in the wind with the invigorating movements of twenty fingers.
5. Awakening – with the awakening sounds of daybreak, a rooster's crow along with the sounds of the Earth and its residents stirring and coming alive with the massage that coaxes guests into the sunrise of a better day.

ADDRESS

Oasis Spa, Chiang Mai

4 Samlan Road, Tambon Suthep, Amphoe Mueang, Chiang Mai 50000

Tel +66 (0) 5392 0111

Website: www.oasisspa.net

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Wat Sri Suphan:** Is the only temple in Thailand with a silver ubosot or ordination hall in which the interior is decorated with finely crafted reliefs. This is the uniqueness of Wua Lai Road, a silver-making road of Chiang Mai, in which it is difficult to see this art elsewhere.
 - Address: Wua Lai Road, Tambon Hai Ya, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5320 3332
 - Website: <http://watsrisuphan.org>
- **Wat Ket Museum:** Search the hidden past of the community on the Ping Riverbank in the area of Wat Ket, which used to be prosperous in the past as it was an ancient riverbank community that traded goods. Here you will return to the past to a time of happiness.
 - Address: Wat Ketakaram, Ban Wat Ket, Charoenrat Road, Tambon Wat Ket, Amphoe Mueang, Chiang Mai 50000
 - Open 08.00 - 16.00 Hrs.
 - Tel. +66 (0) 8 9850 1252
- **31 Century Museum of Contemporary Spirit (Station):** Be impressed with the Buddhist spirit that is reflected through the contemporary art inside containers that have been modified to be an exhibition room of the works of chic artists.
 - Address: 100/6 Mu 10, Soi Wat Umong 11, Suthep Road, Tambon Suthep, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 5381 1555
 - Website: <http://31century.org>

- **Akha Ama:** Enjoy the fragrant aroma of coffee that comes from the hard efforts of a community at the Akha Ama shop in which the Arabica coffee here has been produced by the Akha people. All products have received awards of pride for the community including world-class accolades.
 - Address: At present, there are 2 branches: Hussadhisewee Road Soi 3 and near Wat Phra Singh, Amphoe Mueang, Chiang Mai 50000
 - Tel. +66 (0) 8 6915 8600
 - Website: www.akhaama.com
- **Tha Phae Walking Street:** Is a shopping street in Chiang Mai that is held on Sunday. Besides buying souvenirs, you can see the cultural fun of the local people who perform together for tourists.
 - Address: Tha Phae Road, Amphoe Mueang, Chiang Mai 50000
 - Only on Sunday 17.00 - 22.00 Hrs.
 - Tel. +66 (0) 5324 8604-5 (TAT Chiang Mai Office)
 - E-mail: tatchmai@tat.or.th
 - Website: www.tourismthailand.org/chiangmai, www.tourismchiangmai.org

23. HALF DAY OF BLISS-BRIGHTENING GRAPE EXFOLIATE

TUSCAN SENSES SPA, KHAO YAI, NAKHON RATCHASIMA



Therapy Spell in the Vine Jungle

Thailand's Khao Yai and the Tuscany region in Italy have many things in common, including their pristine atmospheres, comprehensive natural touches, and abundances of vineyards and wineries. It has long been acknowledged that grape juice of both red and white varieties is high in anti-oxidants. The juice can be used as a powerful component of well-being and beauty care. One of the special advantages of this marvellous elixir is its ability to not only nourish and revitalise dried skin, but also hair.

At Tuscan Senses Spa, freshly squeezed grape juice is served as a welcome drink, which not only helps quench the thirst, but also relieves pains and boosts heart performance. The Spa's Half Day of Bliss course combines the best of court-style, folk-style and Northern Thai-style body massage as its unique approach. Particularly, the last one is executed with proper pressure and weight by skilled therapists to activate all internal circulation systems.

Once treated muscles achieve relaxation from the primary massage, the stage of bringing fresh grapes and their components begins. First is at the facial area, which will be nourished with essential oils from grape seeds — rich in vitamin C and E substances. Next is the body scrub with fresh grapes. This variety of vine fruit promotes the production of collagen, exfoliates skin surfaces, removes dead skin cells, and promotes the arrival of new healthy cells.

Throughout the course, customers will experience full contentment, resulting in a fatigue-free body and vibrant skin. Moreover, their minds, previously weary prior to treatment, will be rejuvenated and fuelled with strong energy.

PACKAGE

Half Day of Bliss-Brightening Grape Exfoliate (3 hours) 3,999 Baht (net)

- Fresh grape juice as a welcome drink
- Modified Lanna Thai massage (1 hour)
- Gorgeous Grape facial treatment (1 hour)
- Brightening Grape Exfoliate body skin scrub treatment (1 hour)

Please reserve two days in advance.

ADDRESS

Tuscan Senses Spa

Toscana Valley Khao Yai, Nakhon Ratchasima

223 Mu 11 Ban Noen-Thong, Tambon Pong Talong, Amphoe Pak Chong, Nakhon Ratchasima 30130

Tel. +66 (0) 4475 6664, +66 (0) 9 1069 0366 (For spa treatment reservation)

Email: spa@toscanavalley.com

Website: www.toscanavalley.com/spa

Open: 10.00 – 19.00 Hrs.

GETTING AROUND

- **Khao Yai Art Museum:** Is a museum that has collected contemporary art from Thai artists, which has its own uniqueness. It includes paintings and sculpture for you to see in the art galleries that cover an area of 1,700 square metres.
 - Address: Tambon Musi, Amphoe Pak Chong, Nakhon Ratchasima 30130
 - Tel. +66 (0) 4475 6060-6
 - Website: www.khaoyaiartmuseum.com

- **Farm Chokchai:** Taste fresh cow's milk from the farm that was established by the efforts of the Thai people who had the intention to change the area of Khao Yai to be full of life. Have fun with the numerous agro tourism activities, sit on a tractor and horse carriage to see the surrounding environment of the farm, watch the animal shows, and enjoy many other items that is fun for all the family.
 - Address: Mitraphap Road, Amphoe Pak Chong, Nakhon Ratchasima 30130
 - Tel. +66 (0) 4432 8485
 - Website: www.farmchokchai.com
- **Suwan Sweet Corn Farm:** Try the tastiest and freshest corn milk from the farm that is sold out every day, as well as the sweet corn for you to buy – either fresh or boiled. But you can also buy various souvenirs to eat; such as, Kun Chiang, Mu Yong, Mu Daet Diao, Namphrik, etc.
 - Address: 298 Mu 1, Mitraphap Road, Tambon Klangdong, Amphoe Pak Chong, Nakhon Ratchasima 30130
 - Tel. +66 (0) 4421 3030, +66 (0) 4421 3666 (TAT Nakhon Ratchasima Office)
 - E-mail: tatsima@tat.or.th
 - Website: www.tourismthailand.org/nakhonratchasima
- **Thai Samakkhi Agricultural Market:** For those of you who love to be healthy, do not miss the Thai Samakkhi Agricultural Market, a large chemical-free market of Thailand. Shop for goods at your own pleasure include Grapes, fresh Shiitake Mushrooms, Oyster Mushrooms, Phutharanom, salad vegetables, and much more that you should buy.
 - Address: Entrance to the route to Tambon Thai Samakkhi, Amphoe Wang Nam Khiao, Nakhon Ratchasima 30370
 - Tel. +66 (0) 4421 3030, +66 (0) 4421 3666 (TAT Nakhon Ratchasima Office)
 - E-mail: tatsima@tat.or.th
 - Website: www.tourismthailand.org/nakhonratchasima

24. KINNAREE EXPERIENCE

WAREERAK HOT SPRING SPA, KRABI



Hot Spring Hydrotherapy

Inscribed on the exquisite walls of the UNESCO listed Wat Pho in Bangkok are hundreds of posts we have come to know as ‘the contorted hermit’ – an ancient form of traditional Thai exercise that has become the utmost basic yet very effective form of exercise one can perform to relieve their own physical discomfort. Composing of a series of nimble and slow acts that require not just inner physical strength, but also long and deep breaths, the contorted hermit has been revived along with many other tried-and-true forms of Thai traditional exercises in many of the top-notch facilities throughout the country.

At Wareerak Hot Spring Spa in Amphoe Khlong Tom of Krabi province, a selection of the contorted hermit exercises is combined with a modern day hydrotherapeutic session. Located in a tropically lush area of the popular Southern province, Wareerak Hot Spring Retreat features natural, mineral-rich spring water. Passing a series of clinical tests that assure the quality of the spring water here to be equal to the standard of Labor Romeis Bad Kissenger of Germany, Wareerak Hot Spring Retreat is the place where you can relax in a hot pool, receive well-practiced services and natural benefits along with the Thai historical exercise all in one place.

Their full-day spa package features a full experience of the Thai culture, a full session (1hours 30 minutes) of Thai traditional exercise of the contorted hermit, and an herbal body scrub to open the skins pores before a session of hydrotherapy in their hot spring followed by relaxing with a Thai massage amidst nature after having a health meal and walking around the orchard. Visitors who come to Krabi can stay at other places and book a day of a hot spring spa at Wareerak or those wishing to get steeped into the lush land of Krabi

and enjoy yet another exotic scenery the province has to offer can also book a room and stay at the Retreat and enjoy their full-range of Thai traditional healing treatments they also have to offer.

AWARDS

Thailand Spa and Well-being Awards in 2012 by the Thai Spa Association

- Amazing Day Spa
- Traditional Thai Experience

PACKAGE

Kinnaree Experience

Minimum: 2 PAX

Kinnaree Long Song Package Price: 2,800 Baht (net)/Adult

2,000 Baht (net)/Child (Below 12 years old)

The package includes:

- Visit to the local fruit market.
- Hydrotherapeutic bath.
- Practice the art of Thai yoga.
- Full relaxation massage in one of the riverside cabanas.
- Explore the hot waterfall and the tropical plantation.
- A healthy Thai lunch and unlimited herbal drink and tea.
- Free round-trip transfer from the hotel – Wareerak Hotel.
- Body scrub treatment with fresh ingredients.

Open: 09.00 - 16.00 Hrs.

Tour includes: Swimming costumes, herbal lunch, fruit, drinking water, walking shoes, first aid kit, insurance and English speaking guide.

Please bring: Sunglasses, sun lotion, camera, and dry clothes to change.

ADDRESS

Wareerak Hot Spring Spa, Krabi

Mu 5, Tambon Khlong Tom Nua, Amphoe Khlong Tom, Krabi 81000

Tel. +66 (0) 7563 7136, +66 (0) 9 8017 9680

Email: wareerak@vacationvillage.co.th

Website: www.vacationvillage.co.th

Open: 09.00 - 17.00 Hrs.

GETTING AROUND

- **Ban Ko Klang:** Learn about the Muslim community's way of life on Ko Klang, try your hand at Batik, have fun making a replica of a local Hua Thong boat, taste the local specialty of Khao Sang Yot, as well as experience the Southern way of life that is full of stories.
 - Address: Tambon Khlong Prasong, Amphoe Mueang, Krabi 81000
 - Tel. +66 (0) 8 5788 4546, +66 (0) 8 1569 0224, +66 (0) 8 6072 7860
- **Ban Na Tin Hua Thong Boat and Products:** Shop for coconut shell products of value beyond your expectation with various designs. The coconut shell from Ban Na Tin will amaze you, and you will want to buy it as a souvenir. Besides this, there are also replicas of a local Hua Thong boat made from the elaborate craftsmanship and care.
 - Address: Tambon Ao Nang, Amphoe Mueang, Krabi 81000
 - Tel. +66 (0) 7563 7390
 - Website: www.artofkingdom.com
- **Chaofa Pier 24-hour Market:** "Arriving here is not complete" is considered to mean that you have not arrived yet because this place is full of delectable local cuisine arranged for you to choose at your own satisfaction including ice cream, Tao Huai, Phat Thai, local food, Muslim food, etc.
 - Address: In the area of Chaofa Pier, Khongkha Road, Tambon Pak Nam, Amphoe Mueang, Krabi 81000
 - Tel. +66 (0) 7562 2163, +66 (0) 7561 2811-2 (TAT Krabi Office)
 - E-mail: tatkrabi@tat.or.th
 - Website: www.tourismthailand.org/krabi
- **Khlong Thom Beads Museum:** Go to study the renowned beads of Amphoe Khlong Thom, see the ancient valuable cultural heritage of Krabi that is about 5,000 years old. This is a reflection of this marine community of the past.
 - Address: In the area of Wat Khlong Thom, Km. 71-72 Phetkasem Road, 1 kilometre from the Khlong Thom District Office.
 - Tel. +66 (0) 7569 9223

25. PHANGAN UNIQUE PACKAGE

PANVIMAN SPA, KO PHANGAN, SURAT THANI



Glimpse of Cozy Nature

Coconut and banana are two of the most common species on most of Thailand's islands, including Ko Phangan. Settled in the embrace of a pristine seaside environment, the islanders here have long known how to take advantage of this abundant vegetation. Besides their alimental benefits, both plants also have their own virtues for skincare. Coconut meat, with its ample amount of antioxidants, can brighten and soften the skin. Meanwhile, young banana leaves provide an efficient remedy for dark spots on the skin. Also, the distinguished scent of both plants is a perfect choice for aromatherapy.

As a proud member of this island's community, Panviman Spa brings this vernacular intelligence to render its Unique Package treatment. The therapists here mix fresh coconut flesh with yoghurt and black sesame. This amalgam well supplements the feature of collagen, contributing to skin flexibility. Clients are covered with this secret blend, then wrapped in smoked banana leaves. With this method, derived from old medical wisdom of the community, the treated skin will be exposed to copious amounts of potassium and vitamin E. As a result of this therapy, softer and brighter skin will be achieved, as well as reduced muscle inflammation.

Following the organic skin nourishment is massaging. The uniqueness of this spa's treatment continues with the application of coconut shells to be pressed along various areas of the body, eased with the accompaniment of pure coconut oil. With all of these exclusive natural components, unmatched elsewhere, clients will realise significant tranquillity of mind and body. Metaphorically speaking, after achieving physical refreshment and spiritual contentment, they will feel as if they reside within a celestial castle. This feeling directly relates to the spa's name, Panviman, which means 'like a heavenly palace' in Thai.

AWARDS

- Outstanding Spa Award in 2014 by Holidaycheck.com
- Thailand Spa and Well-being Awards: Winner Amazing Resort Spa in 2014 by the Thai Spa Association

PACKAGE

Phangan Unique package (2 hours 30 minutes) 1,900 Baht++

Please make a reservation for the treatment one day in advance.

ADDRESS

Panviman Spa

Panviman Resort, Ko Phangan, Surat Thani

22/1 Mu 5, Hat Thong Nai Parnnoi, Tambon Ban Tai, Amphoe Ko Phangan, Surat Thani 84280

Tel. +66 (0) 7744 5101-9, +66 (0) 9 2270 6100 (Direct Line)

Fax: +66 (0) 7744 5100

Email: Panvimanspa_kohphangan@panviman.com

Website: www.panviman.com

Open: 10.00 – 19.00 Hrs.

GETTING AROUND

- **Wat Khao Tham (Suan Suwan Choti Karam):** Is a peaceful place that the Thai people admire, especially those who search for peace of mind. The area of the temple is beautiful and shady and in the interior, there is a replica of the Buddha's Footprint and a Buddha image, as well as a spot to see the beautiful view of Ko Phangan.
 - Address: On top of Khao Khao Haeng, Mu 1, Tambon Ban Tai, Amphoe Ko Phangan, Surat Thani 84280

- **Than Sadet Ro 5. Waterfall:** Learn about the relationship between the Thai people and King Rama V the Great regarding the tour of the King, who visited this waterfall 16 times in which there is a stone inscription with the initials Po Po Ro inscribed on it. Kings Rama VI and VII also visited this waterfall.
 - Address: Tambon Ko Phangan and Tambon Ban Tai, Amphoe Ko Phangan, Surat Thani 84280
 - Tel. +66 (0) 8 1796 3902
 - Website: http://park.dnp.go.th/visitor/nationparkshow.php?PTA_CODE=9143
- **Ko Phangan Shrimp Paste:** Find the time to taste local food like shrimp paste that is made from small shrimp from the sea and fermented with salt until it gives off a pleasant aroma. More importantly, Ko Phangan shrimp paste, besides having a good taste, is believed to be the most expensive in the world.
 - Address: All over Ko Phangan, especially in the communities.
- **Hat Choloklum:** See the simple way of life of the fishermen as well as enjoy the buying of seafood that is fresh or already processed, especially dried squid that is really well-known.
 - Address: Located to the north of Ko Phangan.

26. DVARAVATI TRADITIONAL ENERGY RETREAT

SUKKO SPA, PHUKET



The Dvaravati Way of Therapy, Way of Bliss

Dvaravati was a prosperous civilization of Suwannaphum in ancient times, and this era is considered as a source of the Thai way that includes the knowledge of traditional Thai medicine. This form of traditional medicine comprises the philosophy and skills of Oriental medical practitioners, who believe that the body has breath (life force), which circulates in the life lines throughout the body. If the circulation flows without any obstruction, this will result in the individual having good health in both the body and mind. However, if there are any obstructions, then the body and mind will incur an imbalance that will result in various diseases.

According to the traditional Thai medical practitioners, the prevention of illness emphasizes on stimulating the circulation of the body through the use of numerous natural treatments; e.g., massaging, pressing, steaming, and bathing as well as the use of various herbs and treatments.

Sukko Spa, a Thai spa, has received numerous awards for more than 10 years for its services, and presented the Dvaravati Traditional Energy Retreat, a Thai spa treatment that has its roots coming from the Dvaravati civilization.

The Dvaravati Traditional Energy Retreat's basis for improving a well-balanced body that comes from the traditional Thai medical practitioners has been integrated with international spa methods. Essential oils and salt are used with Thai herbs following the steps of massaging, pressing, steaming, and bathing in the Thai style, so that the circulation will not be obstructed. This will result in a well-balanced body and mind.

The Dvaravati Traditional Energy Retreat is appropriate for individuals who are stressed from work or traveling, do heavy workouts, suffer from various contaminants, or those who constantly use a computer, mobile phone, or other electronic devices.

The Sukko Spa provides the Dvaravati Traditional Energy Retreat in a private spa villa that comprises a dressing room, sauna, Jacuzzi, treatment room, restroom, and toilet. In this villa, guests will have increased happiness for 20 minutes from the time specified on the menu, so to experience the meticulous special services that have been prepared. These start with a foot scrub with herb oils until relaxing after enjoying the spa service as well as herbal tea and fresh fruit in one's own private restroom. This will make guests be delighted with complete happiness in a Thai spa.

AWARDS

- World Quality Standard: Thailand Trust Mark 2012–2015 by the Ministry of Commerce
- Platinum Thai Spa World Class Standard Award in 2010–2013 by the Ministry of Public Health
- Thailand Tourism Awards - Award of Excellence: Health Tourism (Destination Spa) in 2008/2013 by the Tourism Authority of Thailand
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Destination Spa) in 2010 by the Tourism Authority of Thailand
- The Excellent Spa of Thailand Award in 2008–2010 by HAPA
- The Best Spa in Southeast Asia Award in 2008–2010 by HAPA
- 150 World-Class Spas Award in 2008 by the Spa Asia magazine
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Day Spa) in 2008 by the Tourism Authority of Thailand

PACKAGE

Dvaravati Traditional Energy Retreat (3 hours) 6,000 Baht (net)

- Steam: Infusion with the steam of Thai herbs for muscle treatment.
- Bath: Bathing in a jacuzzi with ion power-enhanced salt water.
- Hot Press: Being delicately pressed with warm clay pots filled with a traditional Thai recipe of salt water.
- Massage: Receiving massage with 'Pran Symphony' herbal oil that is massage style from the South.

Please make a reservation one day in advance.

ADDRESS

Sukko Spa, Phuket

5/10 Mu 3, Chaofa Road, Tambon Wichit, Amphoe Mueang, Phuket 83000

Tel. +66 (0) 7626 3222

Fax: +66 (0) 7626 4533

Email: rsvn@sukkospa.com

Website: www.sukkospa.com

Open: 10.00 – 20.30 Hrs.

GETTING AROUND

- **Wat Phra Thong:** There is a legend about a Buddha image appearing here in Phuket and is also one of the Unseen Thailand that can only be seen in this country where half of the body of a gold Buddha image emerged from the ground.
 - Address: Mu 7, Tambon Thepkrastri, Amphoe Thalang, Phuket 83110
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket
- **Jui Tui Shrine:** Be impressed with the culture of the Chinese people through the most well-known shrine and the largest one in Phuket as well. During the Vegetarian Festival, here is full of ceremonies and excitement, which you can only see once a year.
 - Address: Soi Phuthon, Ranong Road, Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket

- **Wat Na Kha Market:** Shop in an atmosphere of an enormous night market that is the most liveliest and colourful in Phuket. This market is full of various kinds of goods as well as local food and souvenirs for visitors to select and buy.
 - Address: Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket
- **Cashew Nuts:** Come to try a type of cultural nut that is aromatic and oily that the people of Phuket call Kayi, see the roasting of cashews in the local way as well as the processing of numerous products that is the work and wisdom of the people of Phuket.
 - Address: There are various shops to choose from on Phuket.
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket
- **Ko Yao Noi:** Is a homestay of a Muslim community that has a way of life nestled with the wind and the sun and is peacefully simple. Experience rice farming, see the rearing of prawns in baskets and the small sailboat of the people of the Ko Yao Noi community in which they will take you about.
 - Address: Ko Yao District Phang Nga province. From Phuket, get into a boat at Bang Rong Pier
 - Tel. +66 (0) 8 1968 0877, +66 (0) 7659 7244 (Ko Yao Noi Community-based Ecotourism Club)

27. THAI NORA THERAPY

TARN TARA SPA AND HEALTH CUISINE, PHUKET



Southern Dance Therapy

The exquisite Nora dance is a beautiful cultural facet reflecting the particular lushness of the Thai South. With an exotic combination of fluid, nimble, yet vigorous poses, Nora dance requires inner physical strengths and strenuous disciplines of the dancers who need to gently flow along the alternate tunes of the quick-paced melodies.

The beauty of the Nora dance is that most of the time the dance occurs spontaneously, requiring the dancers to match their wits and their operating muscles to the accompanying musicians.

But those stretching, bending and flexing, beautiful poses in the traditional Nora, have now become useful for a therapeutic massage. With medical research to support that many key poses of the ancient dance, when combined with the Thai traditional massage, can relieve and heal the tired muscles and body, the result is a unique Thai Southern style therapeutic spa package designed to not only relieve you from daily stress, but also to restore your inner strength.

The Thai Nora Spa Therapy at Tarn Tara Spa in Phuket is a relaxing four-handed pampering massage that includes in its one-of-a-kind experience a selected set of the Thai cultural dance poses and the acupunctural precision of the Thai traditional massage. While the guest only needs to lie down and relax, the masseuse will apply his/her magic hands to sooth and boost the tiring body. Combining local Southern folklore wisdom, Tarn Tara's Thai Nora massage begins with a herbal bath and mask, applying a combination of local cooling

herbs to soothe the body, before applying the nourishing Thai Southern 'Sang Yot' rice oil in the relaxing four-hand massage that emphasises on a selection of the beautiful postures of the Thai Nora dance.

Developed from ancient Thai medicinal knowledge and modern day medicines, the Thai Nora Spa Therapy is a research-based therapeutic spa that relies mostly on herbs, Thai traditional remedies and natural healing, and the Nora dancing poses. All of this is applied based on the ancient Thai traditional massage for the healing benefits. According to research, the Thai Nora massage applies best to those with office syndrome and those with problems with tiring and aching muscles from conducting activities for a long period of time.

AWARDS

- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Thai Wisdom Spa) in 2013 by the Tourism Authority of Thailand

PACKAGE

Thai Nora Therapy (2 hours 30 minutes) 6,700 Baht (net)

- 30 minutes of body soaking in cooling herbs; namely, aromatic Hua Klum (Donax canniformis or Alaro), Hua Kla (Catathea) and Bai Phak Phet (Alligator Weed) native to the lush land of the Thai South.
- 30 minutes of body mask with Thai herbal cream made from Asiatic Pennywort and Marlstone Powder that will cool down the entire body.
- 1 hour 30 minutes of the sour-handed Thai Nora therapeutic oil massage that bends, stretches and presses according to the Thai traditional massage therapy. Also, the application of Sang Yot rice oil distilled from Sang Yot rice indigenous to Phatthalung province of Thailand, which is also rich with vitamin E, helping to embalm the skin and protect it from ultraviolet rays.
- A light and healthy snack of Asiatic Pennywort salad Thai Southern style served in fresh tomato and ice jasmine water.

ADDRESS

Tarn Tara Spa and Health Cuisine, Phuket

58/11 Mu 6, Chaofa 42 Road, Tambon Chalong, Amphoe Mueang, Phuket 83130

Tel. +66 (0) 7652 1746, +66 (0) 7652 1750, +66 (0) 8 9724 9563

Fax. +66 (0) 7636 7317

Website: www.tarntaraspa.com

Open: 09.00 – 19.00 Hrs.

GETTING AROUND

- **Wat Chalong:** Pay homage to Luangpho Chaem, Luangpho Chuang, and Luangpho Klueam, teachers of Wat Chalong who were well-known people that would provide support to Phuket city in the past. See the shady environment in the temple that has the outstanding majestic Phra Mahathat Chedi Phra Chom Du.
 - Address: Chaofa Tawan Tok Road, Tambon Chalong, Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket
- **Kathu Mining Museum:** Even though the mining business in Phuket has already ended, it was still the foundation that made Phuket prosper to be what it is today. See the replica of mining in Phuket in the past as well as examples of various ores that were excavated in Phuket. The interior of the Museum has been created in the Sino-Portuguese style.
 - Address: Mu 5 Kathu-Nako Road, Tambon Kathu, Amphoe Kathu, Phuket 83120
 - Tel. +66 (0) 8 8766 0962, +66 (0) 7632 1073
 - E-mail: museum@kathutin.com
- **Mae Ju Phuket:** is a shop selling the most well-known souvenirs of Phuket. Inside be amazed by the must-buy souvenirs in which each has its own cultural identity of Phuket; such as, Namphrik Kung Siap, Batik cloth, Himaphan cashews, etc.
 - Address: 159/21 Mu 5, Thepkrasatri Road, Tambon Thepkrasatri, Amphoe Thalang, Phuket 83110
 - Tel. +66 (0) 7662 1226-7
 - Website: www.khunmaejuphuket.com
- **Mi Sapaum:** is a local noodle of Phuket. In Phuket, there are famous vendors that will allow you to try it in various places. Mi Sapa is a Hokkien noodle that is fried with seafood like prawns or squid. This reflects the unity between the Chinese culture and the sea.
 - Address: Mi Sapaum Khunyai Jian, Amphoe Mueang, Phuket
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Email : meesapam@hotmail.com
 - Website: www.tourismthailand.org/phuket

28. TIN STONE TREATMENT

RAINTREE SPA, PHUKET



Of Tin and Treatment

With a long history of tin mining shaping up its glorious past, Phuket, as the Southern trading post for Thailand, has been interacting with foreign merchants for centuries, resulting in its beautifully unique and eclectic cultures.

The tin mining background brought not merely a larger economy for the town, but also the stark varieties of cultural influences. For example, Phuket's food is a tasty composition of Thai Southern cuisine, Chinese with a little Malay. The mixture of cultures has also reflected the magnificent Sino-Portuguese architecture that still lines the Phuket Old Town where you can walk around and reminisce back into the past.

At Raintree Spa – the one and only day spa in Phuket Town, the memorable substance; such as, tin has been applied into a healing spa treatment that heals the chronic pains from office syndrome. Thanks to the tin's ability to retain heat better than other materials, the 2-hour Tin Stone Treatment, created a couple of years ago under strenuous clinical testing, has been proved to help reduce the recurring discomforts of the body. Together with pure sesame oil, warmed to penetrate into the skin layers, cure and restore better the tendons and joints, the full two-hour massage is designed for a total relaxing therapy.

During the whole process, pure tin stone moulded in different shapes and sizes, will be heated and pressed on different areas throughout the body. For those needing an effective deep tissue massage, the heated tin stones induce better retained heat that heals or lessens the pain; hence, a longer-lasting comfort once the treatment ends.

PACKAGE

Tin Stone Treatment (2 hours) 5,000 Baht (net)

ADDRESS

Raintree Spa, Phuket

1 Montri Road, Tambon Talat Yai, Amphoe Mueang, Phuket 83000

Tel. +66 (0) 7623 2054

Website: www.theraintreespa.com

Open: 10:00 - 21:30 Hrs.

GETTING AROUND

- **Phuket Old Town:** Stroll along the arches of the old Sino-Portuguese buildings that are found on both sides of the road. Today, some buildings are charming cafes, souvenir shops, stylish residences, or just sit and watch the surroundings like you were going back in time to the Phuket of the past.
 - Address: 91 Thalang Road, Tambon Talat Yai, Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7621 1036, +66 (0) 7621 2213 (TAT Phuket Office)
 - Website: www.tourismthailand.org/phuket
- **Lok Thian, the local food centre of Phuket:** Enjoy the tasty food of Phuket including Loba, Mi Phat Hokkien, Mi Hun Phat, Mi Sek, or Mi Hokkien with soup that reflects the menus of the people of Phuket. This food centre in which almost every menu is served has been open for many decades.
 - Address: Intersection of Dibuk and Yaowarat Roads, Tambon Talat Neua, Amphoe Mueang, Phuket 83000
 - Tel. 66+ (0) 8 7387 3703
- **Phuket City Museum, Thavorn Hotel:** is a place that will take you back in time to Phuket's prosperity in tin mining. This is the first hotel of Phuket that has preserved this memory of the province. Here is full of old items that were used during that period of time as well as paintings and photographs that tell about the past in a fun way.
 - Address: 74 Ratsada Road, Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7621 1333, +66 (0) 7621 1539

- **Blue Elephant:** This restaurant was renovated from Ang Mo Lao or a wealthy Sino-Portuguese styled house, Phuket's main identity and taste authentic Thai cuisine. It is an internationally renowned Thai cookery school.
 - Address: 96 Krabi Road, Tambon Talat Nuea, Amphoe Mueang, Phuket 83000
 - Tel. +66 (0) 7635 4355-7
 - Website: www.blueelephant.com/phuket/index.html

29. AN INDIGENOUS COCONUT EXPERIENCE

MELATI BEACH RESORT AND SPA, KO SAMUI, SURAT THANI



The Indigenous Coconut Experience

Besides the stunning sea and white sandy beaches that have been mentioned about Ko Samui, the view of rows of coconut palms is another distinctive charm of the island. This is because coconuts are another aspect of Samui before it became known as a popular tourist destination like nowadays. Also Samui's heart has been with coconuts since time immemorial and is still a source of production, as they have been an economic crop of the island since the past.

Without a doubt, coconut milk is also an important ingredient of Thai cuisine of many dishes while other parts of the coconut have innumerable benefits for health. Samui coconuts are not like others elsewhere as they are bigger; consequently, the shell is large and has special importance, as it is a first-class material and has been developed to create special experiences from unique massages like the Indigenous Coconut Experience of here. Regardless if compressing on a point using the right amount of weight to disintegrate tension along various points, stimulating the circulation system, taking care of the skin's complexion, or doing holistic healing.

Melati Spa Samui is one of the top ten best hotel spas. Adorned with a jasmine garden on Ko Samui, this place has taken the word "Melati" from the Indonesian language in which the neighbours have given it a special meaning of "Dok Mali" or jasmine that communicates it being Thai. This is because jasmine is a Thai flower that has a special aroma and helps to generate relaxation in the surrounding area.

As such, the treatment from coconut has outstanding menus providing benefits from the various parts of the coconut and is used for actual therapy. The flesh that is scraped from the shell is suitable for cleansing the skin to be brighter. Not only will the oil from the flesh result in a beautiful outcome, but also when the oil is used on the skin or massaged on the body, it will help restore the skin and restore moisture, so it is soft and not dry or rough. The oil also assists in reducing the symptoms of various skin inflammations. In addition, the ancient people thought highly of using coconut oil for their hair and head to have a good condition.

Between the therapeutic methods and sweet aroma of natural coconut that is a special ingredient of the treatment, Melati Spa Samui provides happiness and creates a balance of true relaxation.

AWARDS

- Best Luxury Resort Spa Award in 2014 by World Luxury Spa
- Standard of Service World-class Thai Spa Certified Award in 2012-2014 by the Ministry of Public Health
- Thailand Tourism Awards - Award of Outstanding Performance: Health Tourism (Thai Wisdom Spa) in 2013 by the Tourism Authority of Thailand

PACKAGE

An Indigenous Coconut Experience (2 hours 30 minutes) 3,200 Baht ++

- Coconut Chaco Body Scrub.
- Massage with coconut oil to relieve the body using warm coconut shell and coconut compress filled with herbs.
- Before the treatment, stimulate your body with a head massage using coconut oil.
- Welcome with a chilled coconut drink to replenish the nutrients.
- Acupressure by coconut shell to stimulate the body with reflexology
- Warm foot bath with signature Thai herbs and coconut to relieve fatigue.
- Coconut Shell body scrub to deep clean the skin and ensure a glowing appearance.
- Massage with fresh coconut to nourish and moisturise the skin.
- Massage with a coconut shell to loosen tight muscles.
- Compress with Thai herbs in a coconut shell for skin rejuvenation and relaxation.
- Warm coconut oil head massage to revitalise and nourish hair follicles.

ADDRESS

Melati Beach Resort and Spa, Ko Samui, Surat Thani

9/99 Mu 5, Tambon Bophut, Ao Thong Son, Amphoe Ko Samui, Surat Thani 84320

Tel. +66 (0) 7724 8111, +66 (0) 7791 3400-20 Ext.7

Fax: +66 (0) 7791 3444

E-mail: spa@melatiresort.com

Website: www.melatiresort.com

Open: 10.00 - 22.00 Hrs.

GETTING AROUND

- **Namtok Na Mueang:** Is a well known waterfall on Ko Samui with a cliff face that is 30-40 metres high. In the past, King Rama V the Great, King Rama VII and the present King came to visit this waterfall.
 - Address: About 14 kilometres from the Nathon Boat Pier, Amphoe Ko Samui, Surat Thani 84140
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Ban Boran:** The classic ways of the agriculturists on Ko Samui still exists and has left traces for us to see because this house is the oldest house on the island built entirely of wood without any nails.
 - Address: From Ban Turian, you will come to an intersection. Turn left and enter Route 4173 to the Hat Ban Kao Intersection. Then turn left and from there, go straight ahead till reaching Ban Boran.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Fisherman's Village Walking Street:** Shop and be pleased with the goods in the shops that are decorated in a chic style along the road that has a cool breeze blowing gently from the sea. Besides this, there are beautiful chic restaurants for you to choose from to have a special tasty dinner.
 - Address: Hat Bo Phut, Amphoe Ko Samui, Surat Thani
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

- **Hat Bang Po:** Whoever does not know the local food of Ko Samui must come to try here in which there are restaurants with various menus, especially Namphrik Mung Mang, Kaeng Phalok Maphrao, Khai Hoi, Men Yam, and many other assorted dishes of Southern Thai cuisine that has a hot and spicy taste.
 - Address: The northeast route of Ko Samui
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

30. SALT POT MASSAGE COMPRESS

BANDARA RESORT AND SPA, KO SAMUI, SURAT THANI



Mystery and Miracle of Salt

In the past, during the pregnancy period and delivery time, new Thai mothers have been closely monitored by a traditional midwife who long followed the practice of Thai-approach obstetrics science. They also had to receive postpartum treatment, considered compulsory for nearly all. The process, which lasted anywhere from three days to a month, involved lying above a heated surface with herbal steam in order to restore the uterus and overall vitality.

In addition, the application of a heated, salt-filled clay pot around the mother's abdomen area was also a regular practice. It is believed that such process relieves sprains and benefits muscle tone and edematous conditions. It also helps decrease belly fat and cleanse the amniotic fluid efficiently.

Located amid the serenity of a natural sea setting with temple trees in abundance, Bandara Spa has adopted and modified this traditional process of maternal care as its signature practice, as well as its application of salt pot strategy. A special recipe of components prepared by experts is filled inside. Its secret is that the salt can well maintain the heat throughout the whole process of treatment. The well-selected rock salt is blended

with essential oil to deliver its mild pink colour and lavender fragrance, which capably relieves the existing tension and any insomnia.

The hours of this aesthetical treatment will start with the kneading of all ten lines where major tendons and nerves exist. Then is the application of the heated salt pot throughout the body. Due to its coolness-absorbing surface, the clay pot will protect the treated skin not to get red by the over-irritation effect. The focused areas go to the lower abdominal section, back and hips, specially aiming at the inner organism. For those with muscle tone, this sort of heat will get rid of all deep tensions

This programme of heated compression with salt-filled clay pots at Bandara Spa is available with the service lasting 90 minutes-to-two hours, which is suitable for those experiencing heavy fatigue, complications with blood circulation and back and waist pain. All symptoms will disappear as a result of the treatment.

AWARDS

- Gold Thai Spa World Class Awards in 2009-2015 by the Ministry of Public Health
- Awards for Excellent Service in 2010–2014 by TripAdvisor
- First Runner-up in the Best Therapist Award in 2011 and Honorary Prize in 2010 by Ko Samui

PACKAGE

Salt Pot Massage Compress (1 hour 30 minutes) 2,900 Baht (net)

Please make a reservation one hour in advance.

ADDRESS

Bandara Resort and Spa, Ko Samui, Surat Thani

178/2 Mu 1 Tambon Bo Phut, Amphoe Ko Samui, Surat Thani 84320

Tel. +66 (0) 7724 5795 Ext. 807-808

Fax: +66 (0) 7742 7340

Email: spa@bandarasamui.com

Website: www.bandarasamui.com

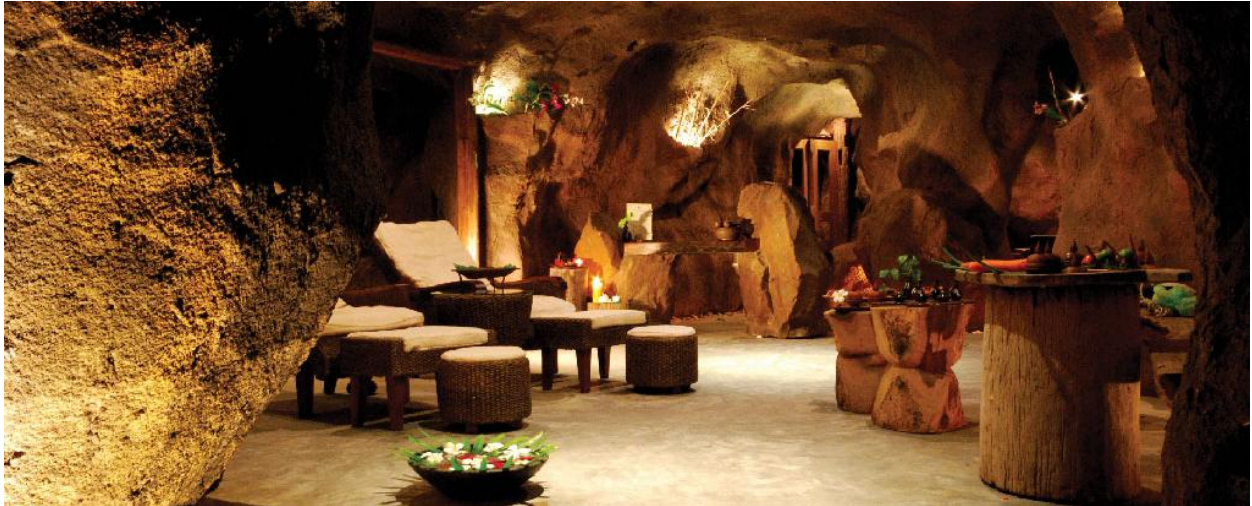
Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Wat Khunaram:** See the amazing renowned mummified Buddhist master of Ko Samui “Luangpho Daeng” who passed away more than 20 years ago, but whose body has not decomposed. The body of the monk is in the meditation pose and has been displayed for Thai and international tourists to see.
 - Address: Wong Waen 4169 Road between Namtok Na Mueang and the main road.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourism Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Southern noodle with curry:** Taste Southern noodle that is served with various vegetables or as they are known as “Phak Nao” including Luk Niang, pickled Sato, bean sprouts, etc. Eat with Nam Ya, Nam Phrik, or Kaeng Khieo Wan with its strong taste in which you can find shops selling Khanom Chin on Ko Samui that have sold it for ten years or more: Khanom Chin Pa Maitri
 - Address: 217/2 Mu 1, Tambon Mae Nam, Amphoe Ko Samui, Surat Thani 84310
 - Tel. +66 (0) 7724 7075
- **Ko Taen:** The quiet and peaceful atmosphere on Ko Taen will make you feel relaxed with the pleasing simple way of life of the local people. Have fun with cycling around the island, get to know about the local fisherman’s life, and the different lifestyles on this island.
 - Address: Mu 2, Tambon Taling Ngam, Amphoe Ko Samui, Surat Thani 84310
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourism Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Nathon Walking Street:** Nathon is not only bustling as a ferry port for tourists, but there is also a shopping street that you can buy souvenirs along the street that is more than a kilometre long, which use to be an ancient community in the past amidst an atmosphere of the original old houses that can still be seen.
 - Address: West part of Ko Samui, Surat Thani
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourism Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

31. SHIVA ASHRAM

CAVE RAI RA BEACH SPA, KO SAMUI, SURAT THANI



Yoga-Style Thai Massage for Well-Being

Situated in a simulated seaside grotto, Cave Rai Ra Beach Spa stuns with its naturally-lit, Thai-style rooms. Patrons experience an immediate sense of calm and relaxation upon hearing the resonance of running water streams from the spa's mock waterfall. Moreover, the special location brings to life a magical cave from the ancient Srivijaya Kingdom, which long ago flourished with mercantile transportation on the sea.

With expertise accumulated over the past two decades, this spa resembles a Shiva ashram where both Eastern and Western philosophies have been combined. Here, meditation, Ayurvedic asana and yoga lessons are practiced together along with the applications of Thai massage and herbal medicine.

As a result, a singular treatment that assimilates yoga and Thai physical rehabilitation together is rendered as a series of massaging patterns. Following the massage is body rubbing with aromatic oil and tendon kneading with hot, natural sea pebbles containing mineral content that is beneficial for both the skin and blood circulation. All components are suitable for those with limited physical strength and muscle tone issues, especially in the back, neck and shoulder areas.

At this spiritual sanctuary, all treatments are conducted by keen therapists who perform their roles like physician-cum-Brahman priests according to the principles of traditional therapeutic practice. Their special secret is the massage oil concentrated from various herbal essences, which brings absolute physical and mental balance to all participants.

AWARDS

- Green Spa Award: Level 3 for the Leelawadee course in 2012 by the Ministry of Public Health
- Gold Award for Thailand Spa Grading in 2011 by the Ministry of Public Health
- The Samui Spa Association's Awards in 2009: No. 1 Spa Visual Display: The Best Spa Therapist, Chilled Healthy Drink, and Hot Healthy Drink

PACKAGE

Shiva Ashram (3 hours) 4,500 Baht++

- Herbal tea welcome drink
- Thai herbal steam
- Thai herbal Jacuzzi
- Yoga-style Thai massage
- Aromatic massage with hot stones
- Herbal tea drink

Please make a reservation one day in advance.

ADDRESS

Cave Rai Ra Beach Spa

Royal Muang Samui Villas, Ko Samui, Surat Thani

89 Mu 5 Hat Choeng Mon, Tambon Bo Phut, Amphoe Ko Samui, Surat Thani 84320

Tel. +66 (0) 7742 8700

Email: spa_mgr@muangsamui.com

Website: www.royalmuangsamuivillas.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Laem So Chedi:** Experience the beauty of Srivijaya art that is reflected in this majestic glittering gold chedi by the sea. This chedi is entirely decorated with gold tiles, and inside is enshrined the Buddha's Relics. It was built by Luangpho Daeng, a well-known lame monk that the people of Samui highly respect.
 - Address: Between Tambon Taling Ngam-Na Mueang Wat Khunaram (Wat Khao Po) Km. 13
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Southern Thai cuisine:** Enjoy the excellent tastes of Southern menus that include Bai Liang Phat Kai, Kaeng Leuang, Pla Krapong Rot Chit Chat, Namphrik Kung Siap, and many other local dishes that will make your holiday be very tasty.
 - Address: On Ko Samui, there are many original Southern Thai restaurants: Jun Hom Restaurant, Sabeinglae Ko Samui etc.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Secret Buddhist Garden:** or as it is known as the Magic Garden, is full of sculptures reflecting Buddhist philosophy that came from the concept of the creator, who was an agriculturist but understood the philosophy of life very well. Besides this, there is also a viewpoint to see one of the most beautiful spots in Ko Samui.
 - Address: On the high mountains, so requires a 4-WD vehicle to access
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Coconut Shell Products:** Ko Samui is full of coconuts, so it is not strange that it is also a source of interesting coconut shell products. This has resulted in numerous home decorations including coffee sets, glasses, lanterns, etc.
 - Address: At souvenir shops throughout the island; Ran Lung Sonthon, Ban Sagate.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

32. SIAM TEN SENSES TREATMENT

NATURAL WING HEALTH SPA AND RESORT, KO SAMUI, SURAT THANI



Coconut Lusciousness

As a tropical country, Thailand is known all over the world over for its rich coconut groves and the beautiful intrinsic cultural applications derived from an indigenous plant. Coconut, found in most parts of Thailand, has become a crucial element in the Thai culture, from our staple diet; such as, Massaman and green curries to homegrown remedies and beauty regimens. While the natural richness of the coconut makes our traditional cuisine unique and delicious, the plant's intrinsic Vitamin E and anti-oxidant elements makes the virgin coconut oil an outstanding nourishing ingredient in many of the country's distinguished wellness therapies.

The third largest island of the Kingdom of Thailand, Ko Samui is known for its rich coconut plantations. In fact, the locals on the island have been making their entire lives around this one plant. Nourished with Thailand's tropical sun and the island particular terrain, coconuts on Samui are among the best coconuts to be found in the country.

At the Natural Wing Health Spa and Resort, one of the well-operated spas on Ko Samui, rich and luscious coconut oil is applied together with the Thai traditional therapeutic massage. The result is the best of both worlds: the traditional therapeutic massage, which is a century-long basic of the traditional Thai medicinal miracles, and best naturally enriching oil the land has to offer.

Applying to the ten most important senses or the prana (breathing) lines that run through the entire body, the Siam Ten Senses massage at the Natural Wing Health Spa and Resort on Ko Samui is the upped version of the bare bones and essentials of Thai massage. While emphasising to offer the benefits of an ancient

medicinal treatment, the Ten Senses Spa soothes the body with a special blend of Samui native virgin coconut oil infused with aromatic anti-inflammatory local herbs; such as, Plai (*Zingiber cassumunar*) and Taowan Priang (*Derris scandens Benth*) warmed to enhance the relieving effects for the muscular pain and stress.

According to Thai traditional medicine, the ten senses in our body are the most important basics of our well-being. While guarding the balance of the entire body, their smooth system has effects on our nerves and overall condition. With the proper caretaking techniques of the ten senses inscribed on the stonewalls of ancient Wat Pho in Bangkok, the award-winning Ten Senses spa treatment perfectly reflects the true traditional Thai way of healing and nursing our inner soul.

AWARDS

- Gold Spa Award in 2013 by the Ministry of Public Health
- Creative South Award: Creative Economy SMEs in 2010 by the Office of Small and Medium Enterprises Promotion

PACKAGE

Siam Ten Senses Treatment (2 hours 30 minutes) 4,200 Baht++

- 30 minutes of herbal steam or ozone bath.
- 2 hours of the Siam Ten Senses treatment that is composed of exquisite Thai traditional oil massage that emphasises on the core lines of the body, relieving the muscles knots and pain while improving blood circulation and the overall bodily functions.

ADDRESS

Natural Wing Health Spa and Resort, Ko Sumui, Surat Thani

11/5 Mu 6, Hat Bang Po, Tambon Mae Nam, Amphoe Ko Samui, Surat Thani 84330

Tel. +66 (0) 7760 2111, +66 (0) 8 1968 2796

Fax: +66 (0) 7744 7241

Website: www.naturalwing.com

E-mail: info@naturalwing.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Lamai Kalamae:** Hat Lamai not only has the Grandfather and Grandmother Rocks, but also has a sweet that you must try. This is Kalamae with its perfect sweet taste, but sticky and larger than other regions of Thailand.
 - Address: Hat Lamai, Amphoe Ko Samui
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Ko Samui Walking Street:** No matter if you shop, look, and taste, here has everything for you with various activities together with goods for you to choose to buy including local goods, handicrafts, second-hand goods, clothing, souvenirs, etc.
 - Address: There is a market every day alternating with various important tourist destinations of Ko Samui; such as, Hat Chaweng, Hat Bo Phut, Mae Nam Na Thon and Hat Lamai.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Lamai Cultural Hall:** Is located in a temple that is more than 200 years old, and the local culture of Samui has been compiled here including ancient lanterns, iron, musical instruments, buffalo leather shoes, and numerous equipment that lets us study the life of the people of Samui of the past.
 - Address: Wat Lamai, Hat Lamai, Amphoe Ko Samui
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Private Museum of M.L. Arachawa Worawan:** This is a place that keeps one of the largest collections of ancient objects from the Ban Chiang period in Thailand. Not only that, you will be impressed with the Southern Thai architecture of the ancient wooden house that has been brought here on display for you and future generations to admire.
 - Address: Near Wat Sawang Arom, Phru Chaweng
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

33. THAI SILK FACIAL

SIX SENSES SAMUI, KO SAMUI, SURAT THANI



Brightening with Thai Silk

The inspiration of the fishermen's lifestyle of utilizing vernacular materials like coconut wood, bamboo and sedge panels have been replicated by the Six Senses Spa that resembles a charming cluster of Thai wooden houses nestled under palm leaf roofs in a natural and peaceful environment. This is like a place that is an absolute sanctuary from a bustling outside world with complete therapy services.

In order to create a balance for the clients, the Six Senses Spa offers an herbal welcome drink comprising a selection of four kinds of juices: lemongrass, roselle, bale fruit and safflower. Each is suited to the assigned element of every individual visitor, following the traditional Thai medical principle of the four physiological elements: Earth, Water, Wind and Fire. Likewise, the stage of massaging offers four choices of oil for the client's selection.

Widely recognized at Six Senses is the spa's signature course: the Thai Silk Facial features the application of silk cocoons as the primary attribute. Being the foundation of Thai silk manufacturing, cocoons are rich in anti-oxidants, collagen and Sericin. The last component corrects many issues of skin cell imperfections, including melisma and pimples, and also destroys microbes that induce inflammation.

During the treatment, the silk cocoons function as sponges absorbing moisture. Their fibres deeply cleanse the skin and remove degenerating cells. With the accompaniment of additional nourishing products, this cocoon therapy results in a firmer and more vibrant facial appearance. Because the cocoons perfectly fit on the index and middle fingers, therapists can efficiently massage them around the facial surface, resulting in a boost to blood circulation.

Apart from the offerings featuring silk cocoons, the Six Senses Spa also provides other treatments based on traditional Thai wisdom. One of note is a court-style facial massage that incorporates a compressed ball made with herbs freshly gleaned by the nearby villagers.

AWARDS

- Thailand Tourism Awards - Award of Excellence: Health Tourism (Hotel & Resort Spa) in 2010/2013 by the Tourism Authority of Thailand
- Winner Spas in Overseas Hotels: Six Senses Spa Conde’Nast Traveller Award in 2011 by the UK Readers’ Travel

PACKAGE

Thai Silk Facial (1 hour) 2,900 Baht++

- Herbal welcome drink, of which ingredients and recipes are suited to the physiological elements of each visitor.
- Therapeutic facial cleansing.
- Facial treatment and massage with four pieces of prepared silk cocoon as a treatment highlight.
- Silk cocoons used in the treatment, which can be reused 3–4 times with abundant skin nutrients by the therapists for cleansing. These are offered to clients as a special take-home souvenir.

Please make a reservation one day in advance.

ADDRESS

Six Senses Samui, Ko Samui, Surat Thani

9/10 Mu 5, Ban Plailaem, Tambon Bo Phut, Amphoe Ko Samui, Surat Thani 84320

Tel. +66 (0) 7724 5678

Email: wellm-samui@sixsenses.com

Website: www.sixsenses.com

Open: 10.00 – 22.00 Hrs.

GETTING AROUND

- **Wat Khao Suwat Pradit:** See the belief in Buddhism of the Thai people at a small community temple but one that has importance. This temple was built by Phra Khru Suwat Pradit or Luangpho Choi Phra Kechi, a well-known monk of the South. It has a chedi of the Buddha's Relics that came from Wat Phra Kiert, Amphoe Hot, Chiang Mai province.
 - Address: Located 1 kilometre from the community of Amphoe Don Sak.
- **Chak Phra Tradition:** See the spectacular parade of the Buddha image that is an identity of the South and is a local tradition held annually on Ko Samui during Ok Phansa (End of Buddhist Lent). The highlight is the beautiful floral floats that are paraded around the city.
 - Address: Amphoe Ko Samui, Surat Thani.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui
- **Coconut Oil:** Experience the marvel of coconut oil that has impressive properties that are good for the body from the head to the toes. Cool coconut oil is a souvenir that you should buy when you come to Ko Samui.
 - Address: At souvenir shops around the island.
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui

- **Grandfather and Grandmother Rocks:** See the amazing nature that has created a surprise for people to see. This has become an identity of Ko Samui that tourists must come to see this beautiful sight at least once.
 - Address: Tambon Maret, Amphoe Ko Samui, Surat Thani 84320
 - Tel. +66 (0) 7742 0504, +66 (0) 7742 0722 (Ko Samui Tourist Coordination Centre)
 - E-mail: tatsamui@tat.or.th
 - Website: www.tourismthailand.org/koh-samui



1. HERBAL BALL



A Gift from Wisdom

Because traditional Thai medicine is a health science and art that is a heritage of Thai wisdom that has been relayed from one generation to another, this reflects that the Thai people are refined in using life as well as know and see the benefits on things close to them. This has also included numerous Thai herbs that were planted around the house in ancient times and knowledge of therapy. We have used herbs close to us as medicine for the treatment of various symptoms that have arisen with the body. Depending on heat and cold is a stimulus of the properties of those herbs wrapped in a white tied tightly packed cloth and then steamed to initiate the heat before using it on various points of the body. This is an herbal ball that at present has been adapted and developed to be in line with the times, as well as become a souvenir for health lovers in a Thai style. The core concept of the herbal ball that most of them have is evaporating aromatic oil. When being heated, the herbs will release the oil when it is massaged on various parts of the body. Besides assisting to resolve any symptoms or aches and pains, it can stimulate the circulation system as well. In Thailand, herbal balls are produced in many places and sent for widespread sale throughout all regions of the country in important tourist cities; e.g., Chiang Mai and Phuket, to be a souvenir that makes everyone experience another aspect from the value of being Thai that has paid attention to health from the past to the present.

2. THAI HERBAL MEDICINE



A Gift from Nature

Even though Thailand is a hot country, the good point of being like this refers to being a country with an abundance of numerous herbs. Those herbs have already existed side by side with the Thai people for 100 years, and the Thai people know them well by planting them in every house in large quantities in every garden. These have been used as medicine for various symptoms, which has originated from the knowledge that has come down over time and been relayed from one generation to another. This is similar to traditional Thai medicine that is becoming more accepted and being integrated with modern-day medical treatment. Thailand has herbal medicine that has thousands of different types of formats and qualities of treatment in which in the past, it was taken fresh, but at present, science has progressed with improved Thai herbal medicine that is in line with the market and is more convenient in purchasing. These various herbs; such as, turmeric assists in reducing flatulence and colic; Tears of the Black Tiger that resolves ulcers and inflammation, Indian gooseberry that has a lot of vitamin C and opposes free radicals, etc. Some of these have been produced in the form of capsules and lozenges in accordance with their appropriateness, and they are sold everywhere so everyone can receive and understand that herbs from these Thai ways are full of miracles and are a gift from nature that has been bestowed on everyone equally

3. THAI COSMETICS



The Beauty of Being Thai

Experience beauty like the Thais from the wisdom in maintaining the skin's complexion that has been improved and reflects the knowledge of using herbs as an advantage. These Thai herbs are a secret of traditional Thai medicine using a natural method that relates to beauty of maximum value. This knowledge has been passed on from generation to generation, and finally, when time changes, the format of herbal cosmetics has also changed to be contemporary. In the past, we used fresh herbs, but now we have processed them to be in an attractive package and made them be more convenient for use. This might be the main core of the various qualities from these herbs. The producing of effects that does not result in allergic reactions or even the price that has value and is inexpensive will allow herbal cosmetics to begin to be more accepted by the new generation. There are also numerous herbal cosmetics in Thailand of interest including skin creams from tamarind or turmeric, aloe vera lotion for moisture, black sesame hair conditioner that assists the roots of the hair to be stronger, and kaffir lime oil shampoo that maintains the hair and the scalp. Even coconut oil can be found in Thailand in abundance and is full of numerous benefits for beauty from the head to the toes. It is often found in a cool natural distilled format and still has various values that you can use for the hair, skin, etc. And this emphasises the beauty of the Thais. Are you ready to experience beauty like the Thais?

4. ORGANIC PRODUCTS



Shopping with Pleasure for Health

People at present are paying more attention to their health and the environment. Thus, the trends of organic products have become very popular with the new generation that has “green” on their minds. For Thailand, in the global organic circle, we may only be a small child just starting to walk on this route; however, it can be believed that each step forward is different like a rhythm that is stable and absorbed so to create the best products into the hands of consumers. As such, most organic products in Thailand have been developed to take care of health and beauty. This does not only include various spa products, oils that stimulate the body’s respiratory system, organic herbal soap that treats acne and blemishes, organic jasmine rice that is full of vitamins and minerals, germinated brown rice that is full of gamma-amino butyric acid or GABA that helps the nervous system and memory, but also organic mulberry that helps the heart. These are not only natural raw materials that have not been contaminated, but we also have to control every step of the production process from planting till packaging. They must also integrate with Thai wisdom in some steps; for example, using Thai herbs to control insects instead of chemicals in which the Thai people have known the benefits from herbs for at least 100 years. Sometimes it is impressive when only a single organic product can be the key in taking us to the amazing secrets of numerous Thai ways.



1. HERBAL TEA



Drink for Betterment

Drinking and producing tea is a wisdom and culture with roots coming from China, but the Thai people know how to adapt and integrate the production techniques with herbs in our own home. The differences can be obviously seen between Thai tea and other teas. That is Thai herbal tea is a beverage that does not have any caffeine, which this has changed to endless well-being of the drinkers. It also has numerous benefits depending on the type of herb used. Some popular ones are lemongrass tea that assists the digestive system; bale fruit tea that maintains health; pandus tea that takes care of the heart; guava tea that helps to kill bacteria; cat's whiskers tea that kills bacteria; safflower tea that helps to reduce fat in the blood; Rang Juet tea that expels toxins out of the body, and many more that have been widely accepted for their properties. At present, the format of production and packaging is full of creative ideas that are noticeable and used in the format for tea as well as give increased convenience. Also the warm aromatic steam evaporates from the mild tea before releasing it to permeate the tip of the tongue when sipping. Believe it or not . . . drinking tea at this point in time for something good is much better for sure.

2. ORGANIC FOOD



Eat Healthily without Fear

There is a saying that we may have heard from time to time “Food is medicine”. This does not only refer to eating various kinds of food and selecting food to eat that has lots of benefits, but we must also pay attention to the process or the source of that food as well by passing some of the steps. This is the origin of the words “organic food”. In our country, we call it “organic farm food”, which is food that has passed the production steps starting from growing without using chemicals as well as not using seeds that come from genetic modification, or scientific synthesis. If we look back into the past, the Thai people have lived with organic farming for a long time already because we eat what we plant ourselves at home, plant rice that does not need chemicals, we plant what we eat, and we plant those things in the right quantities. It was not important to use chemicals like at present, but time has changed like as though we have blown the simple life away with that wind of change. However, the trend of eating organic food has continued to become very popular and is of interest to the new generation who are paying more attention to their health. Furthermore, in Thailand, especially in large cities like Bangkok or Chiang Mai, you can find organic food restaurants that are decorated in a contemporary style. They serve organic food that focuses on fresh vegetables and herbs that comprise numerous types of Thai food, and more importantly, it is not dangerous to the body.

3. Vegetarian Food



When Feeling Comfortable, the Heart is Happy.

The Thai people have known vegetarian food for a long time in which this type of food has no meat mixed in it including fried items or soup. Thus, it does not have any animal remains; e.g., bones or fat from animals mixed in the food. Most of the food that vegetarians like to eat comprises of rice and rice or bean products; such as, tofu, or seeds like pumpkin seeds and sunflower seeds. Vegetarians also reduce the risk of getting serious diseases. We believe that eating food without meat will assist in reducing acidity and increase the balance of the body. In addition, there are the effects of the mind that exclude the slaughtering of animal life similar so to cleanse the mind to be pure in another way. You can find numerous vegetarian restaurants in Thailand that not only prepare extremely delectable food for Thai people that are gourmets, but they return and establish a vegetarian restaurant with a variety of dishes similar to the food we eat every day with a few slight differences, so that consumers have the same feeling over and over again. Today, the trend of being healthy has become much stronger; as such, must we change our thinking again to eat to live or live more to eat, or eating to be full that creates a full mind together. That answer probably lies on the plate of vegetarian food that is in front of us.