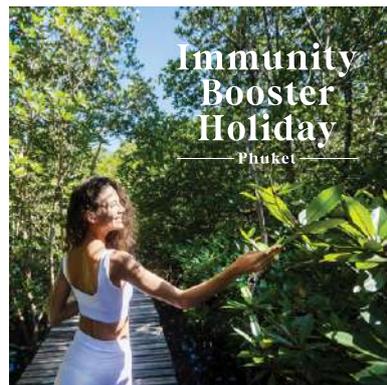
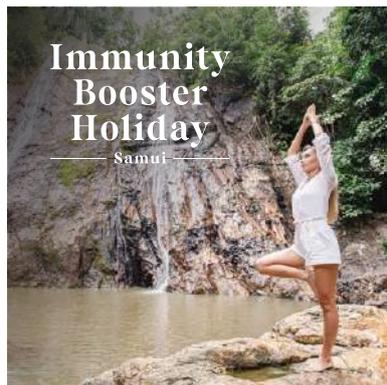
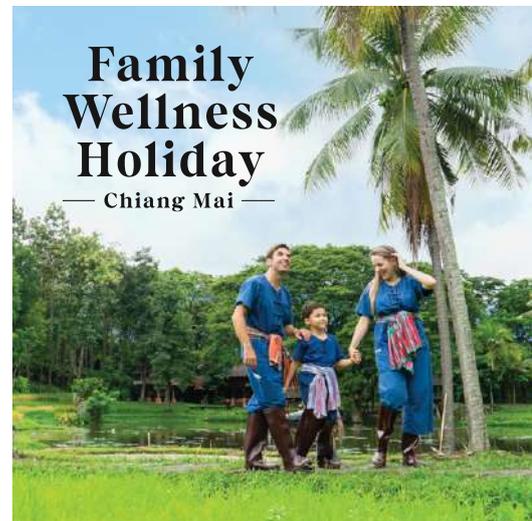
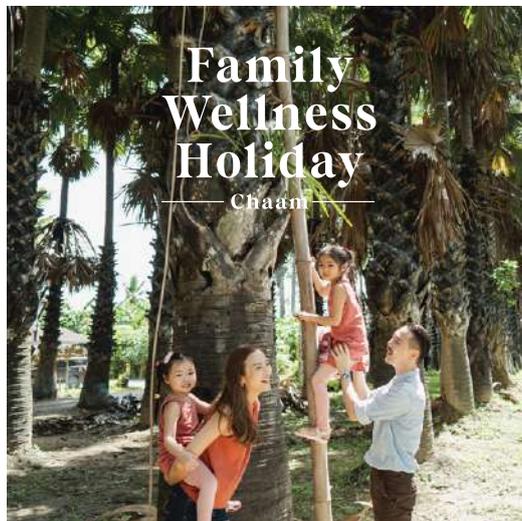
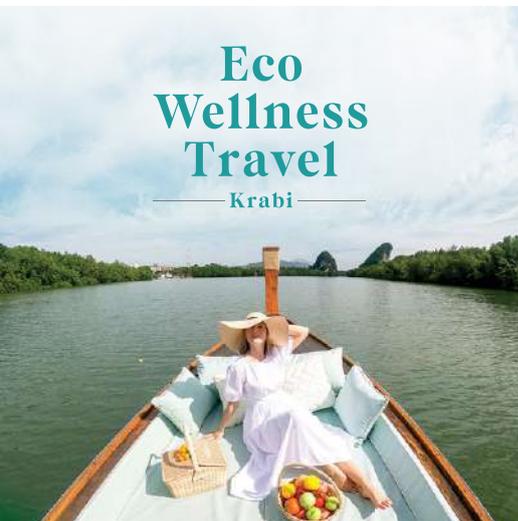
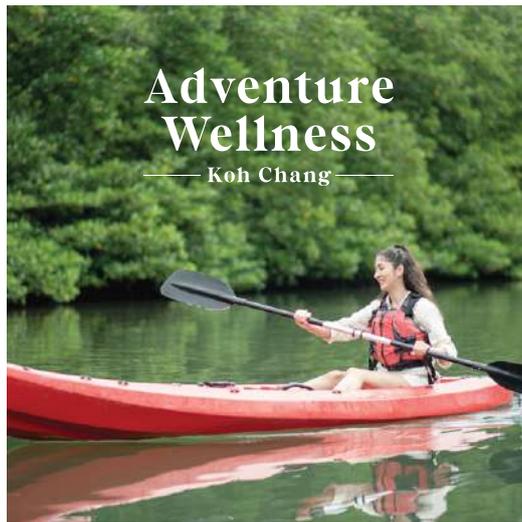
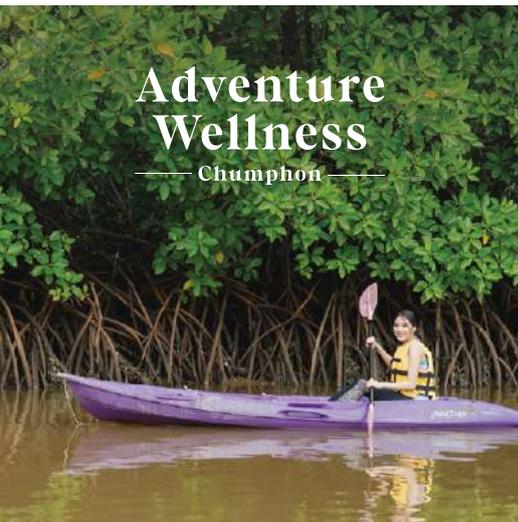


# Product Briefing

## 2021 Products and Services Executive Summary Report on the Implementation of Wellness Tourism Strategy

# 10 Wellness Vacation Trips







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# Adventure Wellness

— Chumphon —

# Trip Idea

Enjoy coral reef snorkeling, cycling by the beach and Flotation Session, followed by Sand Therapy and then get ready to feast your stomach with fresh seafood and authentic southern food in Chumphon.



## Day 1

### Morning

- Arrive in Chumphon Province.
- Eco kayaking program with Tong Tom Yai Homestay.

### Lunch

- Healthy authentic southern lunch at Suannaidum.
- Relax and enjoy Sand Therapy by Armonia Village.

### Evening

- Check-in at Tusita Wellness Resort.
- Dinner at the resort and then at your leisure.



## Day 2

### Morning

- Breakfast at the resort.
- Coral diving to discover the Chumphon Diving by SC Tour.

### Lunch

- Seafood lunch at Panangtak Seafood Restaurant.

### Evening

- Music Therapy by Tusita Wellness Resort.
- Dinner at the resort and then at your leisure.

## Day 3

### Morning

- Breakfast at the resort.
- Visit Ban Thamsing to enjoy Robusta Thamsing Coffee Field.

### Lunch

- Lunch with a view by the beach at Phupanalay restaurant.
- Reboost your energy with a Flotation session by Armonia Village.

### Evening

- Dinner at the resort and then at your leisure.

## Day 4

### Morning

- Breakfast at the resort.
- Yoga class and Meditation on the beach by Yoga Fly Chumphon.

### Lunch

- Lunch at Lungplen Koongluang
- Biking on the beach by Siam Catamaran Tours.
- Safely travel back.

# Adventure Wellness

## Chumphon



**Thamsing  
Coffee Field**



**Tusita Wellness Resort**



**Lungplien  
Koongluang**



**Armonia Village  
Resort & Spa**



**Suannaidum**



**Mo koh Chumphon  
National Park**



**Panangtak Seafood**



**Eco Kayak Tong Tom Yai**



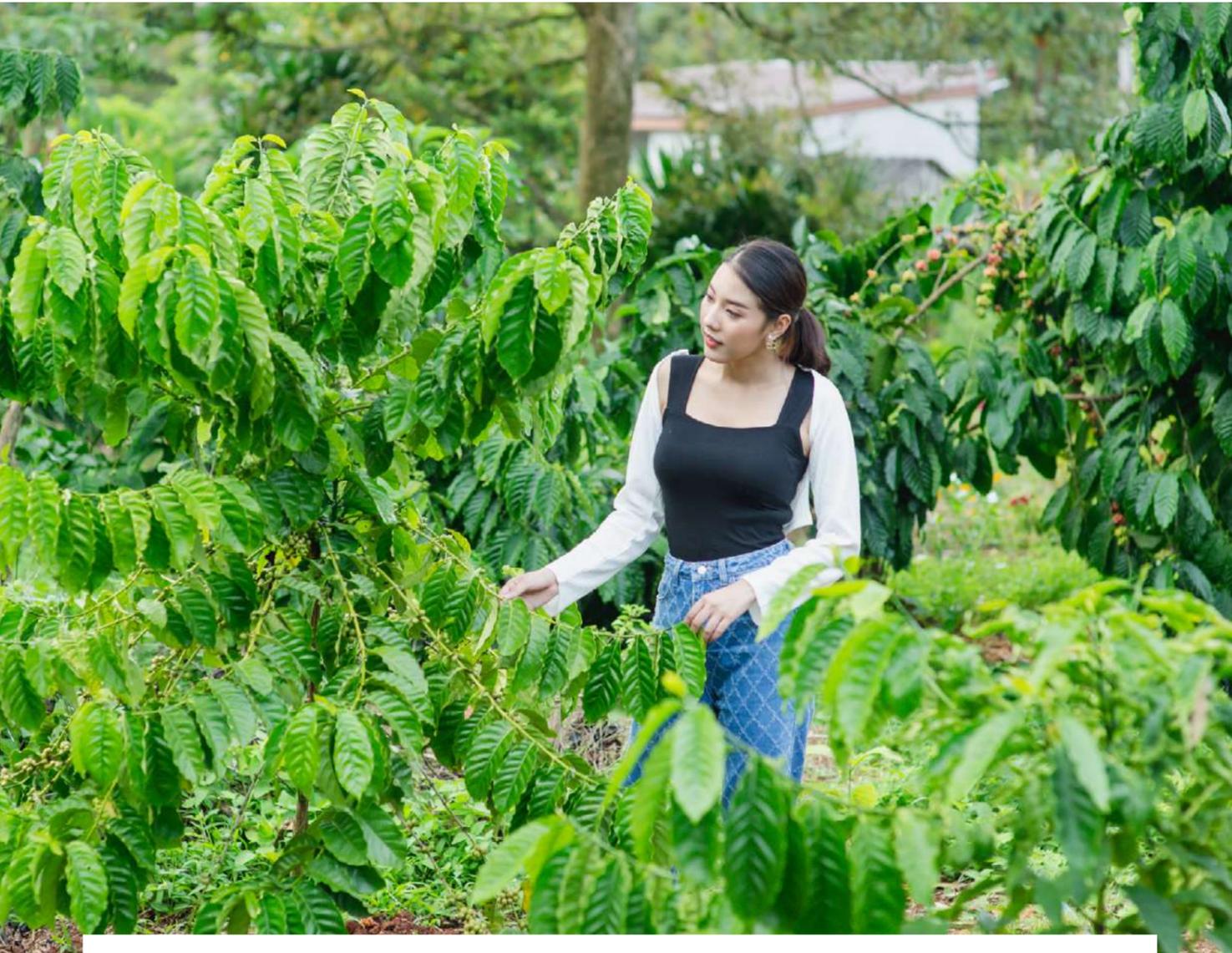
**Pak Nam  
Chumphon Beach**



**Phupanalay**



# Adventure Activities



## Thamsing Coffee Field

Chumphon is well-known for their coffee. With affordable prices offered in their menu, you will be able to know how to make your own coffee - favored to your taste.

- 📍 18 Moo 1, Tham Sing Sub-District, Mueang Chumphon District, Chumphon 86100
- ☎ (+66) 82 480 2131, (+66) 89 292 1919
- ✉ coffeethamsing@gmail.com
- 🌐 tumsingcoffee.blogspot.com



## Chumphon Diving by SC Tour

Experience snorkeling at the Chumphon Sea. Travel on this luxury cruise with provided snorkeling devices for your perfect adventure while exploring various islands in Chumphon.

- 📍 52/3 Moo 6, Pak Nam Sub-District, Mueang Chumphon District, Chumphon 86100
- ☎ (+66) 93 387 3110
- ✉ sc.chumphon@gmail.com



## Biking on the beach by Siam Catamaran Tours

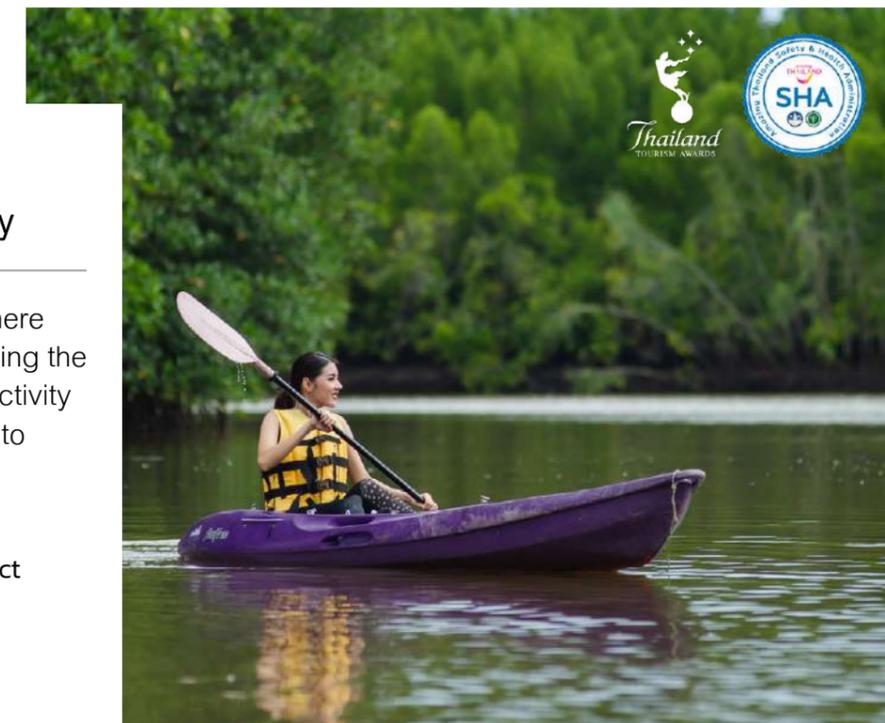
Improve your joint mobility through biking. It gives you the advantage to roam around and do sightseeing in a healthy and productive manner.

- 📍 212 Moo 10, Tha Yang Sub-District, Mueang Chumphon District, Chumphon 86210
- ☎ (+66) 7755 3123
- ✉ info@siamcatamarantours.com
- 🌐 www.siamcatamarantours.com

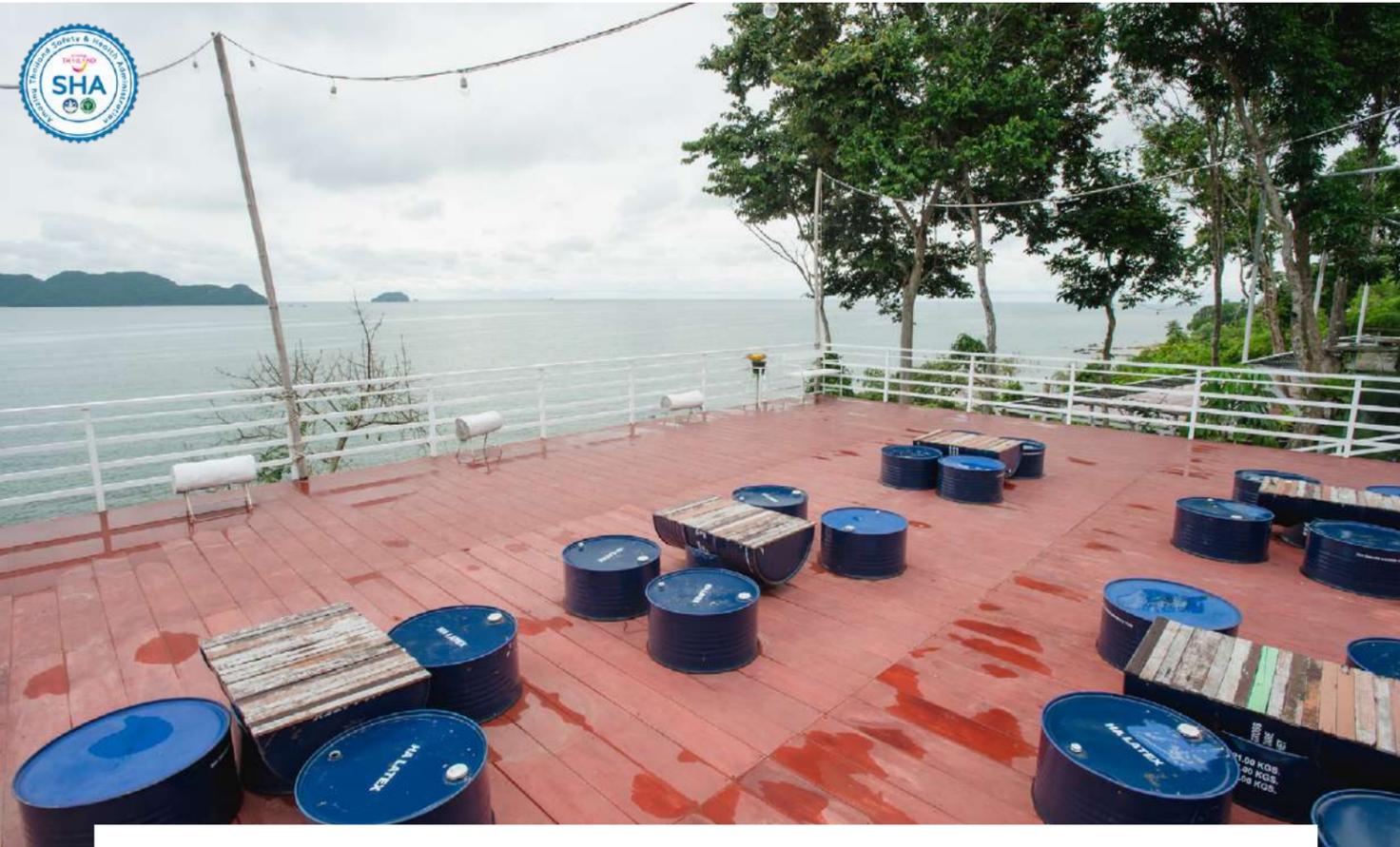
## Eco Kayaking at Tong Tom Yai Homestay

Kayaking is one fun water activity where you can just sit and relax while enjoying the view. The most exciting part of this activity is turtle-releasing, a rare experience to release hatchlings on the shore.

- 📍 Tong Tom Yai Homestay Moo 1, Dan Sawi Sub-District, Sawi District Chumphon 86130
- ☎ (+66) 81 345 6743
- ✉ watcharin1@msn.com
- 🌐 www.TongTomYai.com



# Wellness Food & Coffee



Phupanalay

Experience local food while enjoying the eye-catching view at Phupanalay. Not only will your tummies be filled but your soul will also be refreshed while you enjoy the top sea view as you dine in.

📍 11 Pak Khlong Sub-District, Pathio District, Chumphon 86210  
☎ (+66) 82 529 2871



Lungplen Koongluang

Lungplen Koongluang is a homemade restaurant run by "Lung Plen". The famous menus of this restaurant are giant prawns and crabs with spicy seafood-dipping sauce.

📍 Lungplen Koongluang, Bang Mak Sub-District, Mueang Chumphon District, Chumphon 86000  
☎ (+66) 89 921 8927  
✉ kanokkan7059@gmail.com



Suannaidum

Love to dine in but conscious of your health? Dine in at Suan Nai Dum. They offer organic foods and healthy local fruit drinks in a fresh and indulgent ambiance.

📍 199 Moo 7, Tako Sub-District, Thung Tako District, Chumphon 86220  
☎ (+66) 89 652 0736  
✉ Suannaidum@yahoo.com



Panangtak Seafood

Eating is essential but health is wealth - try something new for your taste buds: enjoy traditional seafood and southern local style of menus at Panangtak Seafood.

📍 Panangtak Seafood, Na Thung Sub-District, Mueang Chumphon District, Chumphon 86000  
☎ (+66) 83 312 1472

# Wellness Activities



## Music Therapy by Tusita Wellness Resort

Use music as therapy as it promotes a healthy benefit to cure your stress from daily living. With the help of professionals in Chumphon, music therapy will surely be added to your list as one of the best medications to be healthy.

📍 259/9 Moo1, Paktako Sub-District,  
Tungtako District, Chumphon 86220  
☎ (+66) 7763 0920, (+66) 7751 0452,  
(+66) 89 789 1716

✉ info@tusitawellness.com  
🌐 www.tusitawellness.com  
📌 Tusita Wellness Resort  
www.facebook.com/TusitaWellnessResort



## Flotation session by Armonia Village

Experience its benefits as you ease the stress from this pressurized world. Help yourself to boost a healthy and strong immune system and start your day once more with a glowing lifestyle.

📍 85 Moo 5, Nacha Ang Sub-District,  
Mueang Chumphon District,  
Chumphon 86000  
☎ (+66) 7762 2899  
✉ office@armoniavillage.com  
🌐 armoniavillage.com



## Sand Therapy by Armonia Village

Sand therapy an ancient wellness practice that heals and relaxes the body. Compared to saunas or steam baths, this therapy includes a bed massage using the quartz sands that are perfect to make you feel relaxed.

📍 85 Moo 5, Nacha Ang Sub-District, Mueang Chumphon District, Chumphon 86000  
☎ (+66) 7762 2899  
✉ office@armoniavillage.com  
🌐 armoniavillage.com



## Yoga By Yoga Fly Chumphon

What's more relaxing hearing the sound of the waves in the sea - with added Yoga it would be so idyllic to refresh yourself while benefiting healthily.

📍 Studio S, Tha Taphao Sub-District,  
Mueang Chumphon District,  
Chumphon 86000  
☎ (+66) 90 545 0555



# Wellness Stay

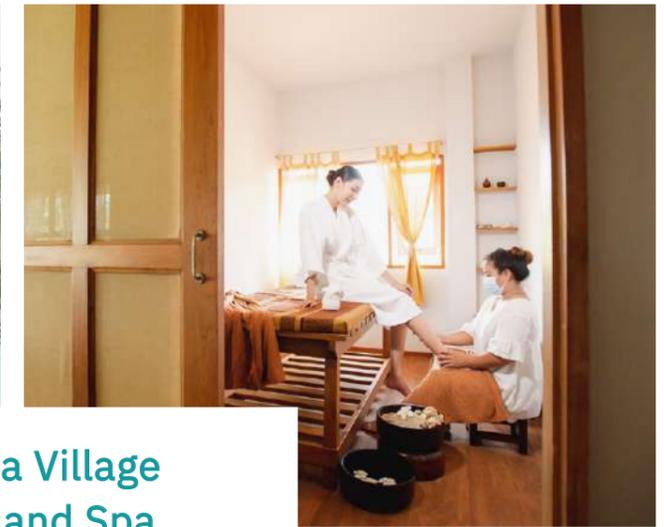


## Tusita Wellness Resort

Trying to escape from a busy life-style? This quiet hotel, is perfect to offer you peace. Go on an island-hopping excursion, explore the underwater kingdom, or lie down on the beach and relax.

📍 259/9 Moo1, Paktako Sub-District,  
Tungtako District, Chumphon 86220  
☎ (+66) 7763 0920, (+66) 7751 0452  
(+66) 89 789 1716  
✉ info@tusitawellness.com

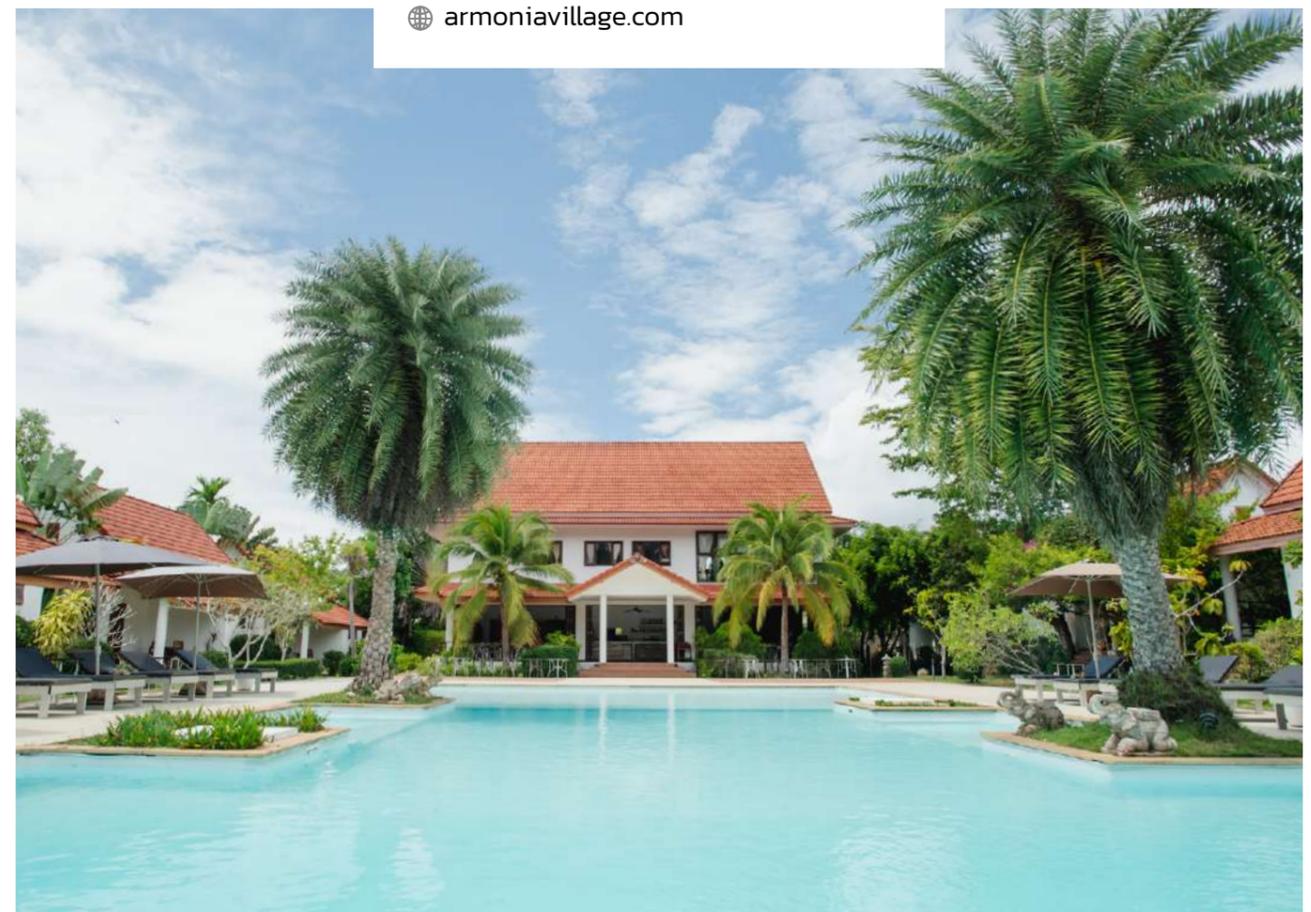
🌐 [www.tusitawellness.com](http://www.tusitawellness.com)  
📘 Tusita Wellness Resort  
[www.facebook.com/TusitaWellnessResort](https://www.facebook.com/TusitaWellnessResort)



## Armonia Village Resort and Spa

Stop at Armonia Village Resort and Spa to discover the wonders of Chumphon. Both business travelers and tourists can enjoy the hotel's facilities and services.

📍 85 Moo 5, Nacha Ang Sub-District,  
Mueang Chumphon District,  
Chumphon 86000  
☎ (+66) 7762 2899  
✉ office@armoniavillage.com  
🌐 [armoniavillage.com](http://armoniavillage.com)





# Adventure Wellness

— Koh Chang —



# Trip Idea

Let's have some fun and challenging adventurous activities on Koh Chang, Trat. Kayaking, Mangrove Forest exploring, Sea Diving, farm-to-table and fresh seafood menus. Complete your trip with massage therapy to re-balance your body with our traditional Thai massage.



## Day 1

### Morning

- Get ready at Natural Bay Pier.
- Travel to Koh Chang.  
This will take approximately 30 – 45 minutes.
- Start your trip with Salakphet Kayak.

### Lunch

- Enjoy a fresh seafood lunch at Salakphet Seafood.
- Visit Somphot Farmstay.
- Relax with a Thai Massage course at Rain Forest Spa.

### Evening

- Check in at AANA Koh Chang.
- Dinner.



## Day 2

### Morning

- Breakfast at the hotel.
- 1 hour cruising to Koh Wai.

### Lunch

- Lunch on the boat.
- Koh Wai Diving by Coral Grand Divers.
- Therapy massage program by Spa Cenvaree.

### Evening

- Farm-to-table style dinner by a popular Chef from Chef Studio Koh Chang.

## Day 3

### Morning

- Breakfast at the hotel.
- Yoga on the beach by AANA Koh Chang to fulfill your wellness experiences.
- Enjoy the scenic bike route with Baandanmai Bike Tour.

### Lunch

- Fuel up with lunch and drinks at Fig Café.
- Travel back to Trat mainland by ferry boat.

# Adventure Wellness

## Koh Chang



Koh Chang Ferry

Somphot Farmstay

AANA Koh Chang

Baandanmai

Spa Cenvaree  
(Centara Tropicana  
Resort)

Rain Forest Spa

Chef Studio  
Koh Chang

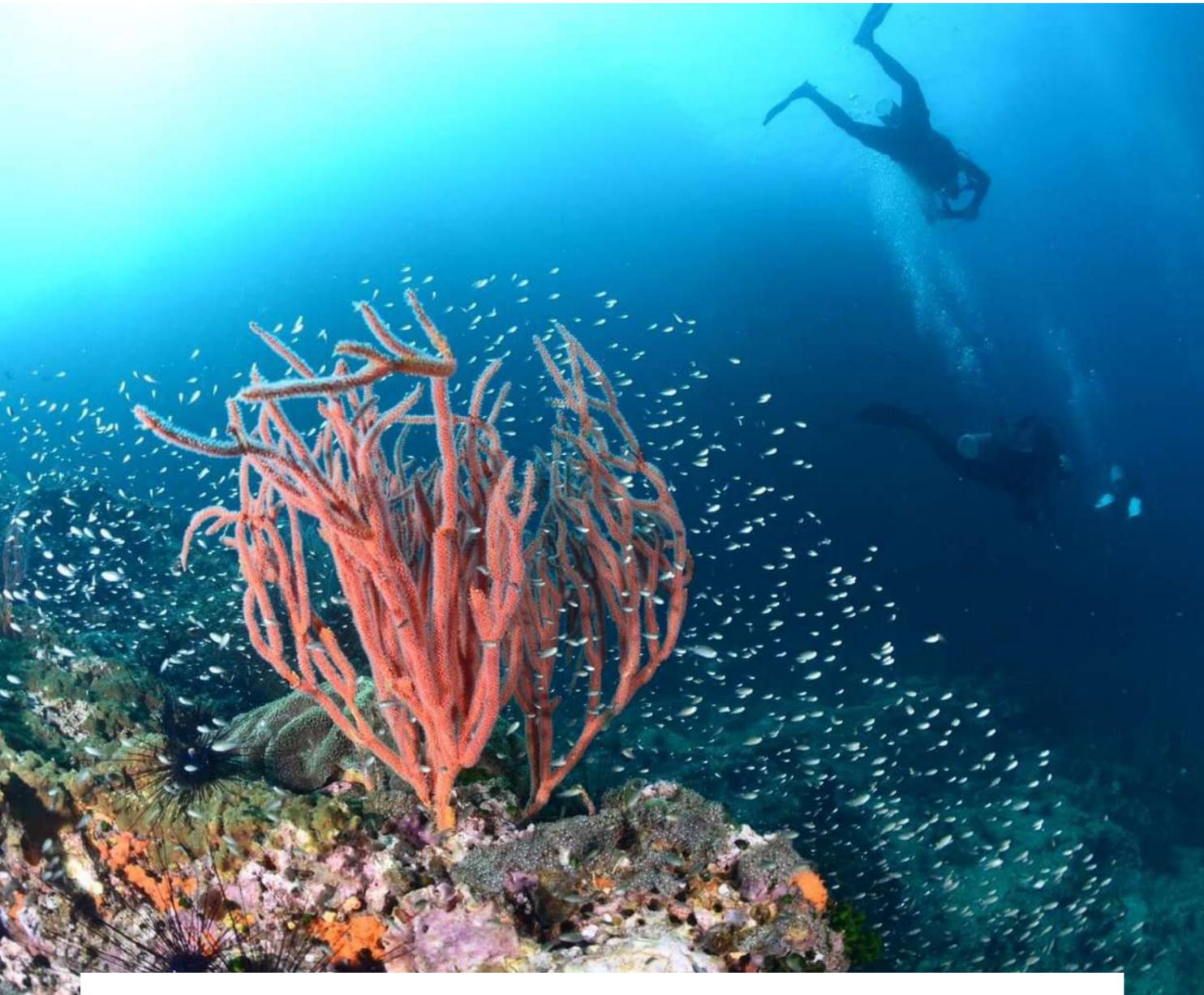
Salakphet

Fig Café

Koh Wai (Bang Bao Pier)

Salakphet Seafood

# Adventure Activities



## Koh Wai Diving

A day trip island adventure running into rich marine nature. Koh Wai Trat has many activities to offer one of them is snorkeling. Go under the sea and make friends with the sea creatures.

📍 Koh Wai, Koh Chang Tai Sub-District, Koh Chang District, Trat 23170  
☎ (+66) 64 054 3651



## Baandanmai Bike Tour

Pedal your bicycle along the east coast of Koh Chang. The lane for your cycling is much more convenient here compared to the west side of Koh Chang.

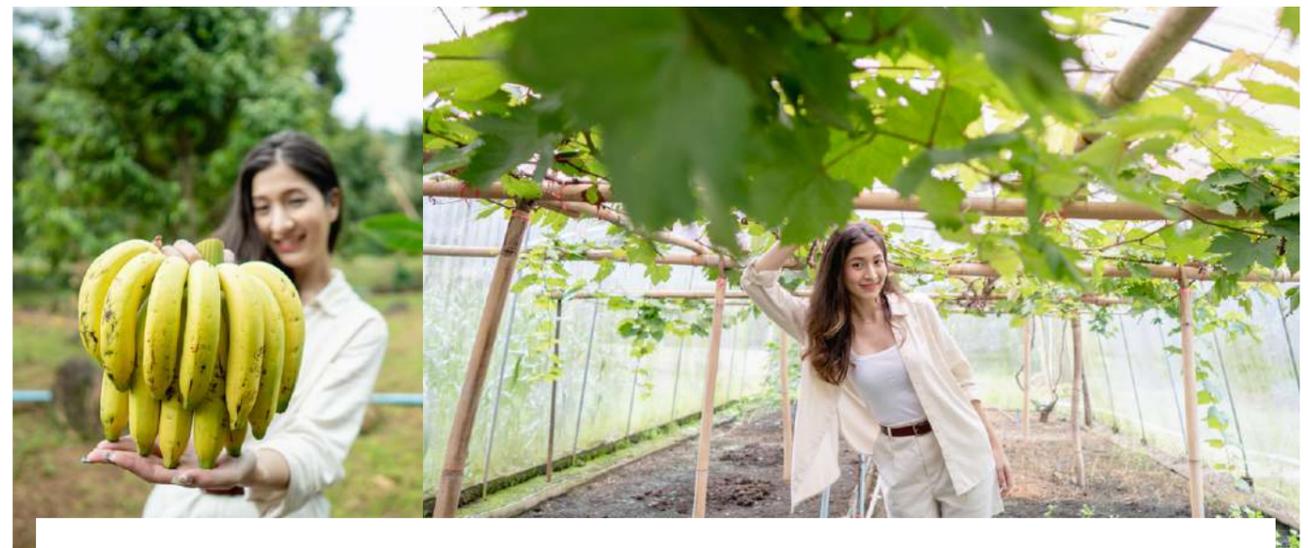
📍 43 Moo 2, Koh Chang Tai Sub-District, Koh Chang District, Trat 23170  
☎ (+66) 3955 3099  
✉ info@kohchangsalakphet.com  
kohchangsalakphet@gmail.com  
🌐 www.kohchangsalakphet.com



## Salakphet Kayak

Get up close with the locals by kayak at Salakphet Bay. Kayak across to the little white sand beach on the latter and the beautiful nature of Koh Chang. This kayaking activity with the locals is truly adventurous.

📍 43 Moo 2, Koh Chang Tai Sub-District, Koh Chang District, Trat 23170  
☎ (+66) 3955 3099  
✉ info@kohchangsalakphet.com  
kohchangsalakphet@gmail.com  
🌐 www.kohchangsalakphet.com



## Somphot Farmstay

You and your family can experience the simplicity of living through the design of a farm-stay that focuses on nature and the lifestyle.

📍 49/2 Moo 2, Koh Chang Tai Sub-District, Koh Chang District, Trat 23170  
☎ (+66) 86 022 6346  
✉ thecop.kang@gmail.com

# Wellness Food & Coffee



## Salakphet Seafood

Traveling can be tiring and make you feel like you're starving. Check out Salakphet Seafood restaurant and enjoy freshly caught seafood ready to cook and fill your rumbling tummies.

📍 43 Moo 2, Koh Chang Tai Sub-District, Koh Chang District, Trat 23170  
☎ (+66) 3955 3099

✉ info@kohchangsalakphet.com  
kohchangsalakphet@gmail.com  
🌐 www.kohchangsalakphet.com



## Chef Studio Koh Chang

Chef Studio on Koh Chang offers a cuisine of Japanese with a twist concept and European food. If you are curious for something new to add on your menu of choice.

📍 19/5 Moo 4, Khlong Phrao Beach, Ko Chang District, Trat 23170  
☎ (+66) 85 875 5323  
✉ chefbill.kohchang@gmail.com



## Fig Café

Fig Cafe will serenade you not only with its offered snacks in the bar but also with its beautiful mountain view.

📍 51/62 Moo 4, Koh Chang District, Trat 23170  
☎ (+66) 81 410 4747

✉ kohchangresidence@gmail.com  
📌 Fig Cafe  
www.facebook.com/figcafekohchang

# Wellness Activities



Rain Forest Spa

Take some time to enjoy every moment of life with Thai massage in Rain Forest Spa; you will be healed with their healing Thai massage, water-spa therapy and experience its modern spa facilities in their special haven.

📍 63 Moo 4, Koh Chang District, Trat 23170  
 ☎ (+66) 3955 2815  
 ✉ spa@seaviewkohchang.com

🌐 seaviewkohchang.com/spa  
 📘 Rainforest Spa  
 www.facebook.com/Rainforestspa.Seaview



Yoga on the beach  
 by AANA Koh Chang

Go for a yoga on the beach at AANA Koh Chang, while perceiving the air in the sea that would boost your serotonin, it will lead you to feel happier and relaxed.

📍 19/2, Koh Chang District, Trat 23170  
 ☎ (+66) 92 802 5611, (+66) 81 702 2455  
 ✉ rsvn@aanaresort.com

🌐 www.aanaresort.com  
 📘 AANA Villas Koh Chang  
 www.facebook.com/AANAVilla



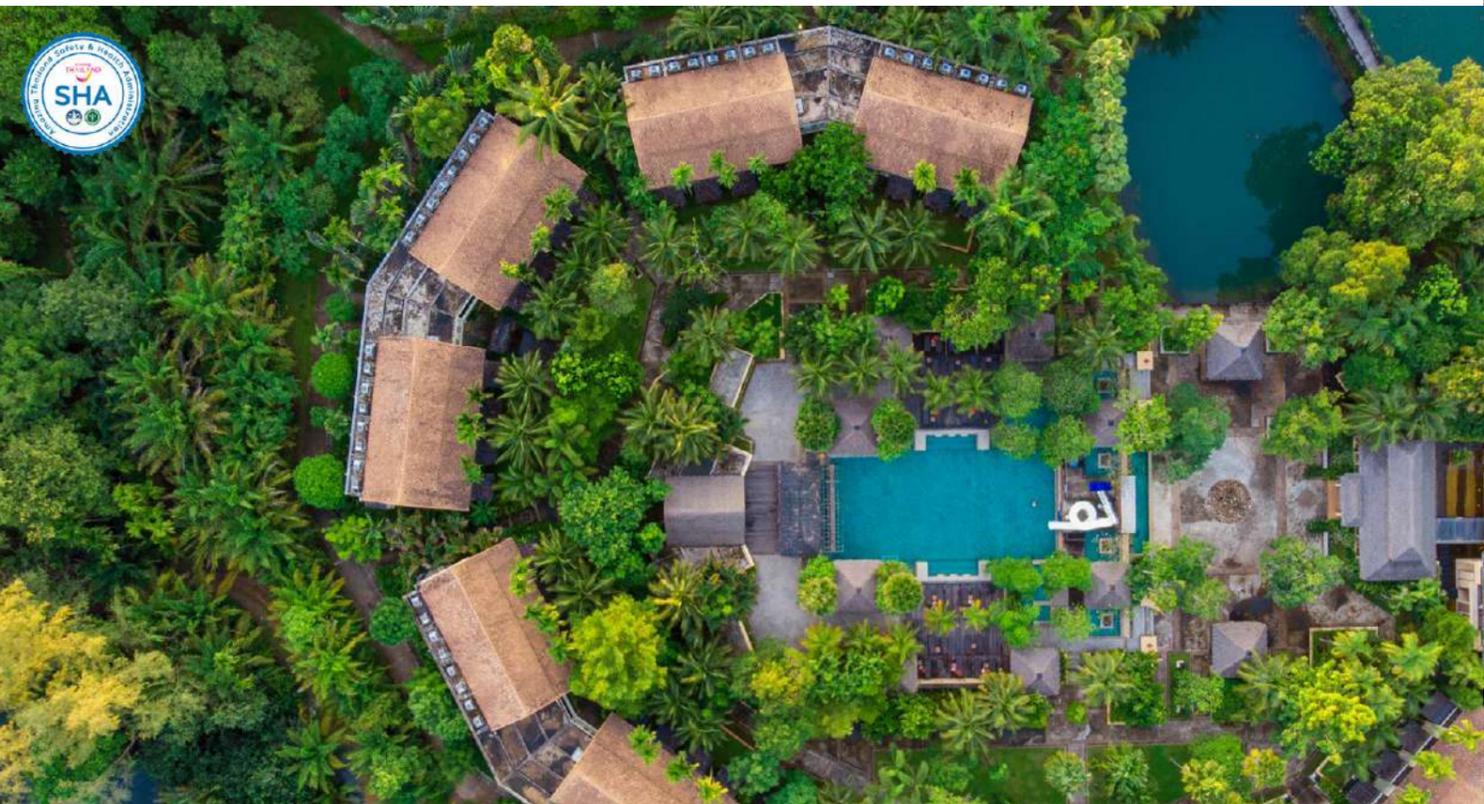
Spa Cenvaree

Give oneself up to pleasure at a spa that includes a range of treatments using natural ingredients that restrain your mood while relaxing. This spa at Centara will surely rejuvenate you.

📍 26/3 Moo 4 Klong Prao Beach,  
 Koh Chang District, Trat 23170  
 ☎ (+66) 3955 7122, (+66) 3955 7124  
 ✉ ckc@chr.co.th

🌐 www.centarahotelsresorts.com/centara/th/ckc/aU1  
 📘 Centara Koh Chang Tropicana Resort  
 www.facebook.com/centara.ckc

# Wellness Stay



## AANA Koh Chang

This resort and spa also has their own private jacuzzi and pool right on your doorstep. It allows you to have your own privacy while letting you ponder on your pace.

- 📍 19/2, Koh Chang District, Trat 23170
- ☎ (+66) 92 802 5611, (+66) 81 702 2455
- ✉ rsvn@aanaresort.com
- 🌐 www.aanaresort.com
- 📘 AANA Villas Koh Chang
- 🌐 www.facebook.com/AANAVilla/

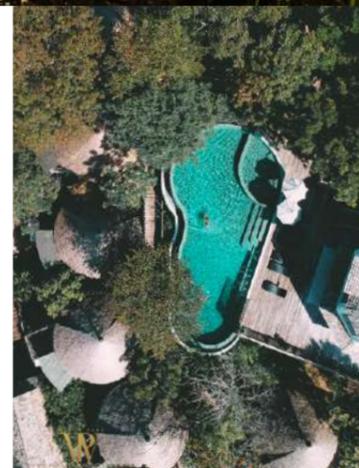


## Centara Koh Chang Tropicana Resort

Hop in with their cozy rooms, have a sumptuous meal nearby the shore and enjoy their facilities on your own convenience. Treat your family in this homey resort and experience a good bond once more.

- 📍 26/3 Moo 4 Klong Prao Beach, Koh Chang District, Trat 23170
- ☎ (+66) 3955 7122, (+66) 3955 7124
- ✉ ckc@chr.co.th

- 🌐 www.centarahotelsresorts.com/centara/th/ckc
- 📘 Centara Koh Chang Tropicana Resort
- 🌐 www.facebook.com/centara.ckc





# Cultural Wellness Holiday

— Ranong —



# Trip Idea

Visit Rattanakrongsan Palace and a 100-year-old Tien Sue house. Follow the historical story of the very first ancient Thai - Chinese settlement in the city. Learn a culturally based activity-mineral-panning at Som Pan Community. Blissfully complete the activities by soothing your body with a spa program from our natural hot springs, this city's signature.



## Day 1

### Morning

- Welcome all travelers at Ranong airport.
- Start a blessing trip by visiting an aesthetic of the largest tinned Buddha statue in the world at Wat Ban Ngao Temple.

### Lunch

- Home-grown organic lunch at Ratcha Farm.

### Evening

- Hot spring bath at Namnong Hotspa.
- Dinner at Numsai Khaosuay Resort
- Check-in at Numsai Khaosuay Resort and enjoy your own leisure.



## Day 2

### Morning

- Breakfast at the hotel.
- Visit Tien Sue Ancient House, a cultural heritage site of Ranong province that has endured up to 150 years.
- Admire the exquisite beauty of Rattanakrongsan Palace, built and structured from teak and iron wood.

### Lunch

- Lunch at FarmHouse Ranong.

### Afternoon

- Culture learning at Som Pan Community Based Tourism with mineral-panning activity.

### Evening

- Join a Spa therapy program to relax your body with natural mineral water by Taryn Hotspings.
- Dinner at Kun Lin Restaurant.

## Day 3

### Morning

- Breakfast at the hotel.
- Join Thai vegetables and herbs Gastronomic Cooking Class by Numsai Khaosuay Resort.
- Check-in, indulge in coffee at Naimong Cafe..

### Afternoon

- Travel back safely.



FarmHouse Ranong



Kun Lin Restaurant



Numsai Khaosuay Resort



Organic Food by Ratcha Farm



Wat Ban Ngao temple

Tien Sue Ancient House



Ban Naimong Cafe



Rattanaarangsana Palace



Som Pan Community Based Tourism



Namnong Hotspa



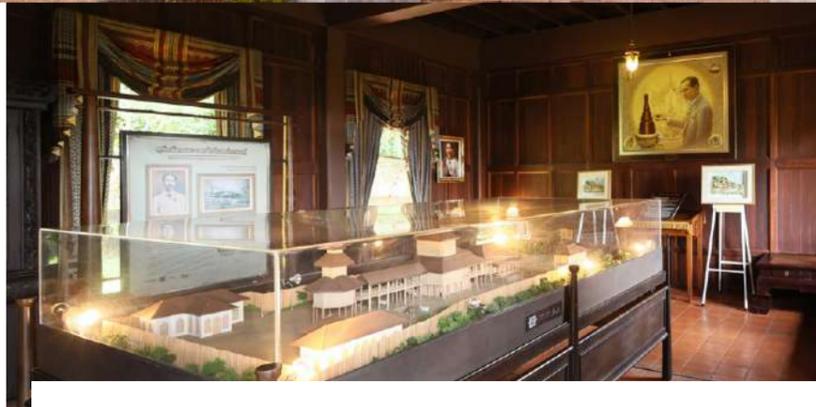
Taryn Hot Springs



# Cultural Wellness Holiday

Ranong

# Cultural Activities



**Rattnarangsan Palace**

A large brown wooden infrastructure with bronze statues that reflects the lifestyle of the Ranong people. If you want to be further educated about the area, this palace is a must-visit.

📍 Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000  
 ☎ (+66) 7781 1422



**Wat Ban Ngao Temple**

Wat Ban Ngao is an astonishing temple with a small museum and fishing lake or you can hike up the concrete steps for a more attractive view of the valley.

📍 Wat Ban Ngao Temple Moo 1, Ngao Sub-District, Mueang Ranong District, Ranong 85000

☎ +66) 84 630 0788  
 ✉ bigjodss@hotmail.com





**Tien Sue Ancient House**

Tien Sue Ancient House or also known as Ban Tien Sue is a significant cultural and architectural gem of Ranong that shouldn't be missed.

7 Dupkadee Road, Khao Niwet Sub-District,  
Mueang Ranong District, Ranong 85000  
(+66) 81 088 2629



**Som Pan Community Based Tourism**

Hat Som Pan is located in a highland surrounded by valleys and has a peaceful atmosphere. This reservoir is perfect for recreational activities.

Hat Som Pan Community, Hat Som Pan Sub-District,  
Mueang Ranong District, Ranong 85000  
(+66) 7786 1623



**Gastronomic Cooking Class**  
by Numsai Khaosuay Resort

Learn cooking with the locals at Gastronomic Cooking Class in Ranong. Educate yourself to cook Thai food, vegan foods or any other foods of your choice.

14/19 Permphon Road, Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000  
(+66) 7798 9855  
info@numsaikhaosuay.com

www.numsaikhaosuay.com  
Numsai Khaosuay Resort Ranong  
www.facebook.com/Numsai-Khaosuay-Resort-Ranong-111862737274972

# Wellness Food & Coffee



Naimong Cafe

Are you an adventurous person? Try this unique cafe at Naimong Cafe. Experience the thrill in the resort while digesting your ordered menu from the cafe. They offer local cuisines at the venue.

📍 Naimong Cafe, Bang Non Sub-District,  
Mueang Ranong District, Ranong 85000  
☎ (+66) 93 387 9955



FarmHouse Ranong

FarmHouse Ranong has various menus. Both foods and desserts are provided with the use of top quality ingredients.

📍 311/1 Reungraj Road, Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000  
☎ (+66) 89 202 0738  
✉ thefarmhouse.hotel@gmail.com  
🌐 www.farmhouseranong.com





### Organic Food by Ratcha Farm

Ratcha Farm offers organic foods perfect for your healthy lifestyle diet. You can also take a look at their organic farm in the vicinity.

📍 23/256 Bang Rin Sub-District, Mueang Ranong District, Ranong 85000  
 ☎ (+66) 89 569 2494  
 ✉ maytanan@hotmail.com



### Kun Lin Restaurant

Eat Drink Smile the slogan of the famous restaurant in Ranong which their signature dishes are with baegu leaves, a queen of local vegetables.

📍 Kun Lin Restaurant, Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000  
 ☎ (+66) 7782 2863  
 🌐 www.kunlinrestaurant.com

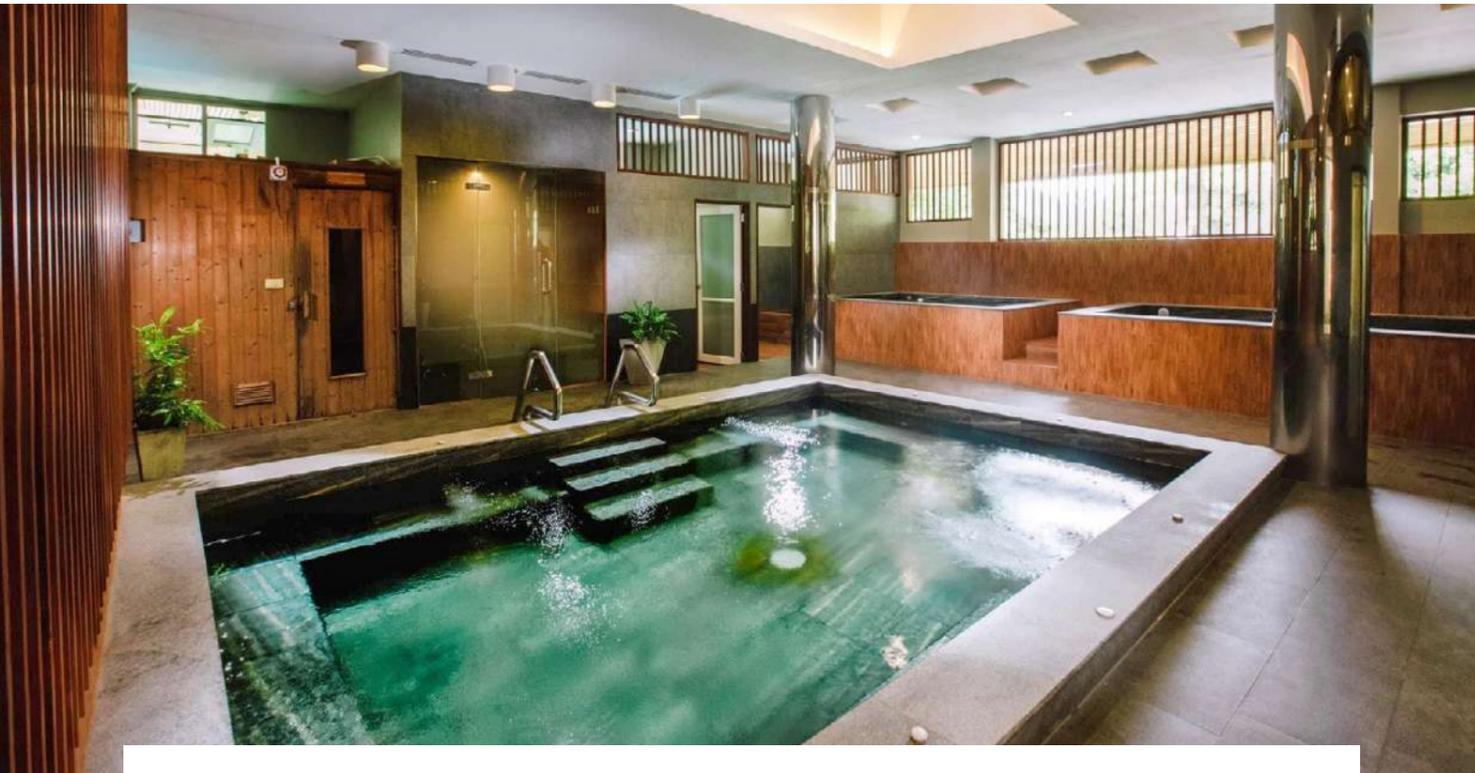


### Local Food by Numsai Khaosuay Resort

Ban Rai Arun serves some of the best local foods in Ranong District; aside from its beautiful vicinity you can enjoy their sumptuous healthy menu cuisine.

📍 14/19 Permphon Road, Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000  
 ☎ (+66) 7798 9855  
 ✉ info@numsaikhaosuay.com  
 🌐 www.numsaikhaosuay.com  
 📘 Numsai Khaosuay Resort Ranong  
 www.facebook.com/Numsai-Khaosuay-Resort-Ranong-111862737274972

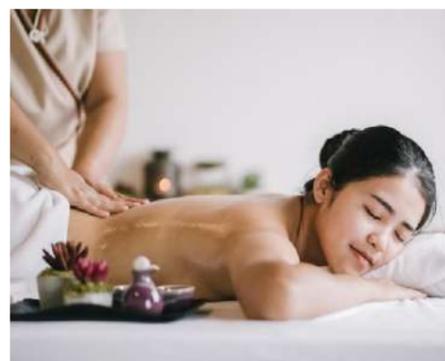
# Wellness Activities



Namnong Hotspa

Release your stress by slipping yourself into a natural hot spring. Massage and treatment services according to the folk wisdom of the Ranong people are provided.

📍 Nam Nong Hot Spa, Khao Niwet Sub-District,  
Mueang Ranong District, Ranong 85000  
☎ (+66) 84 625 3444



Taryn Hot Springs

Relax the body from fatigue and reduce stress from work. A spa program offers a treatment with mineral water for health for real relaxation.

📍 124, Bang Rin Sub-District,  
Mueang Ranong District, Ranong 85000

☎ (+66) 7782 6726  
✉ tarynhot springs.ranong@gmail.com

# Wellness Stay



## Numsai Khaosuay Resort

“A private life is a happy life” - this resort, designed as a boutique resort is perfect for people who are privately living in life. With the harmonious ambiance you would feel your own privacy while reconnoitering around.

- 📍 14/19 Permpnon Road, Khao Niwet Sub-District, Mueang Ranong District, Ranong 85000
- ☎ (+66) 7798 9855
- ✉ info@numsaikhaosuay.com
- 🌐 www.numsaikhaosuay.com
- 📘 Numsai Khaosuay Resort Ranong  
www.facebook.com/Numsai-Khaosuay-Resort-Ranong-111862737274972



## FarmHouse Ranong

FarmHouse Ranong brings back the experience of living in a countryside in a modern and simple way. This hotel's view and amenities such as cuisines are most likely similar to a farm experience.

- 📍 311/1 Reungraj Road, Khao Niwet Sub-District, Mueang Ranong District, Ranong
- ☎ (+66) 89 202 0738
- ✉ thefarmhouse.hotel@gmail.com
- 🌐 www.farmhouseranong.com





# Eco Wellness Travel

— Krabi —

# Trip Idea

Sense the power of Krabi's ocean and dive deep in a bath of eco-wellness travel. Cycling and kayaking by the sunset will get your mind ready for the most relaxing massage therapy with the sounds of crystal. Our community-based tourism offers you a batik-painting workshop, an experience in organic rice farming, and prow-model making. Reward yourself with a hot spring detoxify and private dip in a salted spring.



## Day 1

### Morning

- Welcome our group of travelers at Krabi International Airport.
- Eco Cycling Tour to Na-teen by the Tubkaak Krabi Boutique Resort.
- Take a break to sip a coffee with sweets at Baantonmai Cafe Krabi.

### Lunch

- Southern style lunch at the Arundina.
- Afternoon tea at Silaphet Afternoon Tea.

### Afternoon

- OMTRI Energy Healing by the Tubkaak Krabi Boutique Resort .

### Evening

- Check in at the Tubkaak Krabi Boutique Resort.
- Dinner at the hotel and then enjoy at your leisure.



## Day 2

### Morning

- Off to the Mangrove Forest by Krabira long-tailed boat.
- Have a healthy breakfast on a boat from Tobiko Restaurant.
- Visit Koh Klang Community Based Tourism:
  - Batik painting workshop
  - Organic rice farming
  - Boat prow-making workshop

### Lunch

- Have lunch at Wareerak Hot Spring & Wellness.
- Relieve your travel-weary and detoxify body at Wareerak Hot Spring & Wellness.

### Evening

- Dinner and then at your leisure.
- Kayaking near the Krabi beach to enjoy the sunset.

## Day 3

### Morning

- Breakfast at the hotel.
- Salted spring by the Tubkaak Krabi Boutique Resort to relax your body and get your blood flowing.

### Lunch

- Lunch at Sanehya restaurant.
- Travel back.

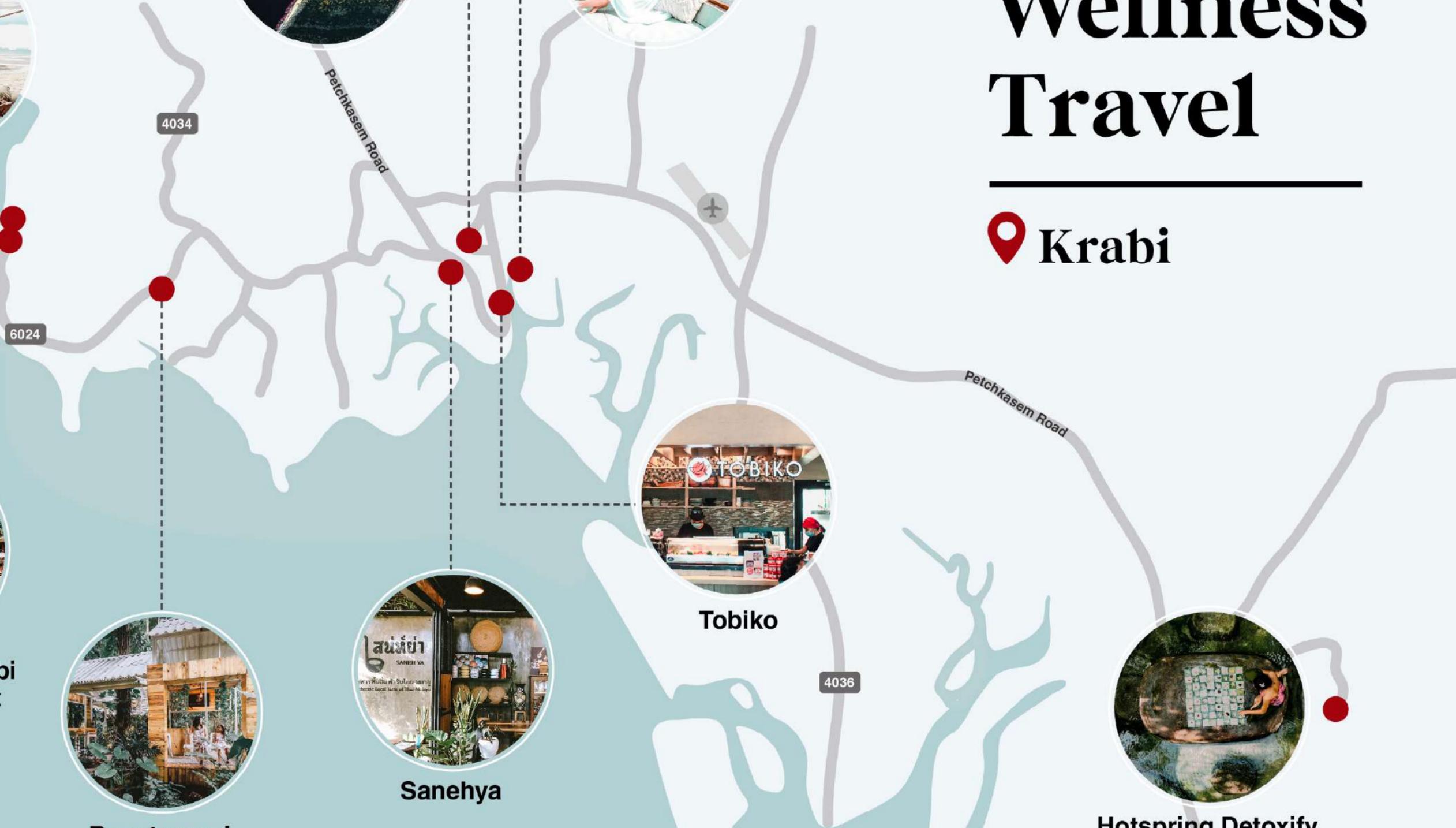
# Eco Wellness Travel

 Krabi

Koh Klang Community Based Tourism

Krabira

The Arundina



The Tubkaak Krabi Boutique Resort



Baantonmai Cafe Krabi



Sanehya



Tobiko



Hotspring Detoxify by Wareerak Hot Spring & Wellness



# Eco Activities/ Responsible/Low carbon



**Picnic on Long Tail Boat**  
by The Krabira

Explore the fertile mangrove forests on a beautiful and luxurious long-tail boat decorated with flowers. While aboard, you can enjoy a special and healthy meal from Tobiko.

- 📍 Khao Khanab Nam, Pak Nam Sub-District, Mueang Krabi District, Krabi 81000
- ☎ (+66) 85 589 1743
- 📍 Krabira
- 🌐 [www.facebook.com/Krabira-106408991755091](https://www.facebook.com/Krabira-106408991755091)



**Koh Klang Community Based Tourism**

Experience the way of life of the villagers of Koh Klang by participating in a batik-painting workshop, growing organic rice, and making a replica of a prow of a boat.

- 📍 111 Moo 1, Khlong Prasong Sub-District, Mueang Krabi District, Krabi 81000
- ☎ (+66) 83 391 9103



**Kayaking**  
by The Tubkaak Krabi Boutique Resort

The beach and coastline here is spectacular. You will definitely love exploring it in a kayak and witness just how clear the sea water is beneath you.

- 📍 123 Moo 3, Nongtalay Sub-District, Mueang Krabi District, Krabi 81180
- ☎ (+66) 7562 8456
- 🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)
- 📍 The Tubkaak Krabi Boutique Resort
- 🌐 [www.facebook.com/thetubkaakkrabiboutiqueresort](https://www.facebook.com/thetubkaakkrabiboutiqueresort)



**Eco Cycling Tour to Na-teen**  
by The Tubkaak Krabi Boutique Resort

This eco-cycling tour to Na-teen gets you up close to the nature and culture of this beautiful area to explore beautiful beaches, islands, mangrove forests and much more.

- 📍 123 Moo 3, Nongtalay Sub-District, Mueang Krabi District, Krabi 81180
- ☎ (+66) 7562 8456
- 🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)
- 📍 The Tubkaak Krabi Boutique Resort
- 🌐 [www.facebook.com/thetubkaakkrabiboutiqueresort](https://www.facebook.com/thetubkaakkrabiboutiqueresort)

# Wellness Food Locally

## sourced food



The Arundina



Tobiko

Beach resto never goes wrong at The Arundina. Ready your ravenous tummy with their amazing delectable Thai foods and authentic Italian pizzas, not to mention the stunning sight of the coast.

- 📍 123 Moo 3, Nongtalay Sub-District, Mueang Krabi District, Krabi 81180
- ☎ (+66) 7562 8456
- 🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)
- 📌 The Tubkaak Krabi Boutique Resort [www.facebook.com/thetubkaakkrabiboutiqueresort](http://www.facebook.com/thetubkaakkrabiboutiqueresort)

Do yourself a favor and pop in at Tobiko Sushi wherein bright, fresh color sushi addicts are welcome. Let it melt in your mouth and savor every luscious bit of it as you enjoy the great vibe.

- 📍 239/2-3 Utarakit Road, Pak Nam Sub-District, Mueang Krabi District, Krabi 81000
- ☎ (+66) 95 421 9423
- 📌 Tobikosushi Krabi [facebook.com/Tobikosushi.K](https://facebook.com/Tobikosushi.K)



Baantonmai Cafe Krabi

Are you a nature enthusiast searching for a calm and peaceful environment to stay in with mouthwatering foods, hospitable staff, and excellent amenities? Get lost in the forest of Baan Tonmai Cafe' Krabi.

- 📍 218 Moo 6, Ao nang, Mueang Krabi District, Krabi 81180
- ☎ (+66) 81 891 4849



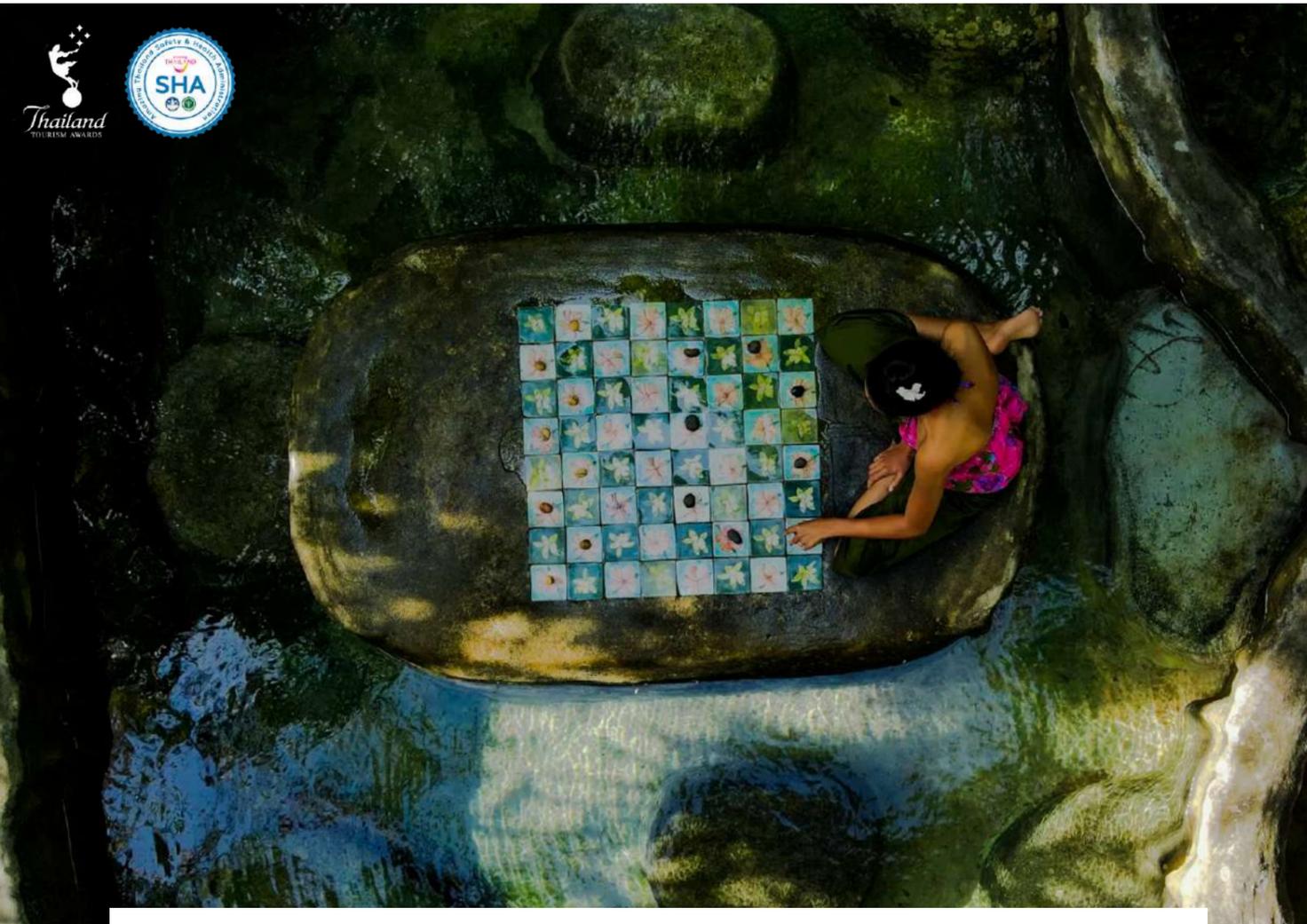
Sanehya

Sanehya brings to you an appetizing authentic Thai-Melayu cuisine that will absolutely engross a foodaholic like you. Don't delay the chance to gorge your stomach with good food as well as pretty great service.

- 📍 102 Soi Pisanpop, Pak Nam Sub-District, Mueang Krabi District, Krabi 81000
- ☎ (+66) 81 080 7799



# Wellness Activities Natural made



**Hotspring Detoxify**  
by Wareerak Hot Spring & Wellness

Pack your things and wander to a far flung spectacular Hotspring Detoxify by Wareerak Hot Spring & Wellness. Soak into the relaxing feeling of natural hot springs as well as loosen up and unwind to the beauty of nature.

📍 18 Moo 7, Klong Tom Nue Sub-District,  
Klong Tom District, Krabi 81120  
☎ (+66) 62 457 6350, (+66) 98 017 9680,  
(+66) 7563 7130

🌐 [www.wareerak.co.th](http://www.wareerak.co.th)  
📘 Wareerak Hot Spring and Wellness  
[www.facebook.com/Wareerakhotspringandwellness](http://www.facebook.com/Wareerakhotspringandwellness)

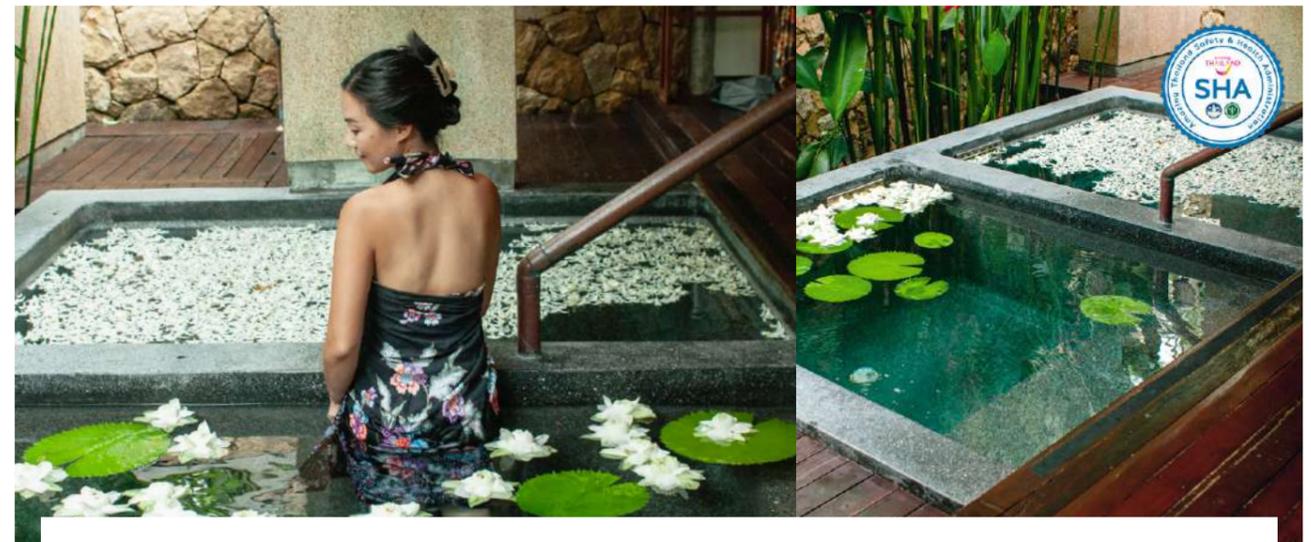


**OMTRI Energy Healing**  
by The Tubkaak Krabi Boutique Resort

The Tubkaak Krabi Boutique Resort provides massage therapy with special techniques. The resort combines traditional massage therapy and the use of crystal sound waves to relieve fatigue and restore body balance.

📍 123 Moo 3, Nongtalay Sub-District,  
Mueang Krabi District, Krabi 81180  
☎ (+66) 7562 8456

🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)  
📘 The Tubkaak Krabi Boutique Resort  
[www.facebook.com/thetubkaakkrabiboutiqueresort](http://www.facebook.com/thetubkaakkrabiboutiqueresort)



**Salted Spring**  
by The Tubkaak Krabi Boutique Resort

Missing the ocean breeze, the waves, and your footprints in the sand? The beach is calling; get your skin kissed by the sun at the Hot Sea Water Onzen by the Tubkaak Krabi Boutique Resort.

📍 123 Moo 3, Nongtalay Sub-District,  
Mueang Krabi District, Krabi 81180  
☎ (+66) 7562 8456

🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)  
📘 The Tubkaak Krabi Boutique Resort  
[www.facebook.com/thetubkaakkrabiboutiqueresort](http://www.facebook.com/thetubkaakkrabiboutiqueresort)

# Eco Friendly Wellness Resorts



**The Pavilions Anana Krabi**

The Pavilions Anana Krabi offers a wellness opportunity unlike any other. Exclusive spa treatments, natural volcanic water pools, farm to table culinary experiences.

📍 1004 Moo 2, Soi Suan Tu Rian,  
Ao Nang Sub-District, Mueang Krabi,  
Krabi 81000  
☎ (+66) 7568 0580

🌐 [www.pavilionshotels.com/anana-krabi](http://www.pavilionshotels.com/anana-krabi)  
📌 The Pavilions Anana Krabi  
[www.facebook.com/ThePavilionsAnanaKrabi](https://www.facebook.com/ThePavilionsAnanaKrabi)



**The Tubkaak Krabi Boutique Resort**

Visit the spa for a relaxing experience, personally designed for you. A wide selection of courses designed for your physical and spiritual experience.

📍 123 Moo 3, Nongtalay Sub-District,  
Mueang Krabi District, Krabi 81180  
☎ (+66) 7562 8456

🌐 [www.tubkaakresort.com](http://www.tubkaakresort.com)  
📌 The Tubkaak Krabi Boutique Resort  
[www.facebook.com/thetubkaakkrabiboutiqueresort](https://www.facebook.com/thetubkaakkrabiboutiqueresort)





# Family Wellness Holiday

— Chaam —



# Trip Idea

Perfectly fun for a family wellness trip is waiting for you at Chaam. You'll find Sugar palm tree plantation as a playground, an Organic farm as your new family favorite shopping spot and ATV riding is the newest family activity that will bring out all your laughter. We also tailor a massage therapy program for mothers. This trip will satisfy all your family members' needs.



## Day 1

### Morning

- Get ready at meeting point in Chaam and welcome all travelers with refreshing snack.
- Try climbing palm tree and making Toddy Palm Cake at Lung Thanom Sugar Palm Plantation.

### Lunch

- Healthy lunch at WOODS Kitchen & Bar.

### Afternoon

- Check-in to Regent Chaam Hotel.

### Evening

- Dinner at hotel.



## Day 2

### Morning

- Breakfast at the hotel.
- Sand Bath Therapy and Jacuzzi Spa by Regent Chaam.

### Lunch

- Lunch at Leleaf Organic Farm Hua Hin.

### Afternoon

- Chaam Horse Riding
- ATV Riding by Chaam ATV Park.

### Evening

- Special dinner at Regent Chaam Hua Hin.

## Day 3

### Morning

- Breakfast at the hotel.
- Family activity at Sirindhorn International Environmental Park.
- Kids friendly cooking class by Chivasom Cooking Class.

### Lunch

- Lunch at Chivasom International Restaurant.

### Afternoon

- Enjoy coffee and sweets at Drip Rim Lay Café.
- Travel back.

# Family Wellness Holiday

 **Chaam**



**Leleaf Organic Farm Hua Hin**



**Cha-am ATV Park**



**WOODS Kitchen & Bar**



**Lung Thanom Sugar Palm Plantation**



**Drip Rim Lay Café**



**Regent Chaam Hua Hin**



**Chivasom International Health Resort**



**Sirindhorn International Environmental Park**



**Chaam Beach**



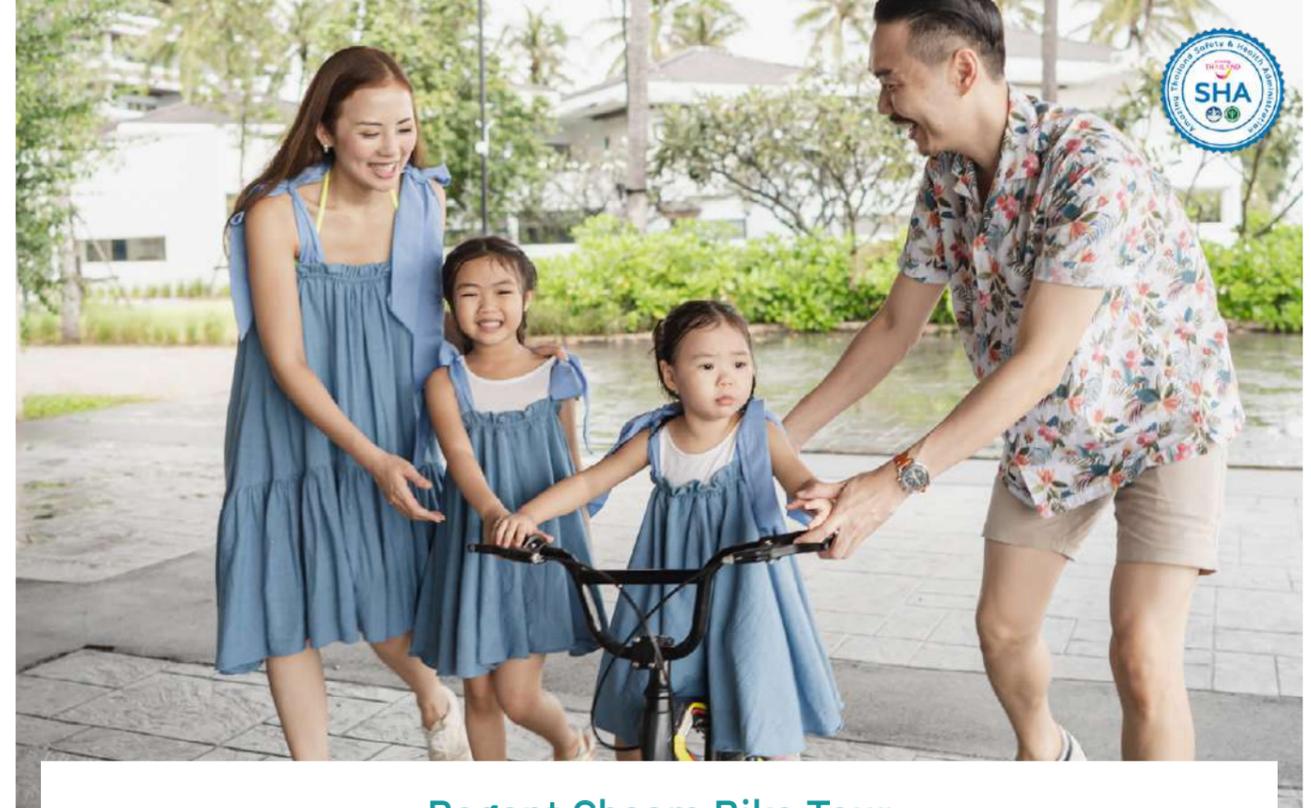
# Family Activities



Chaam Horse Riding

Feel the freedom as you gallop and traverse together under the brushing cold wind at Chaam Horse Riding.

📍 Chaam Beach  
☎ (+66) 95 845 2282

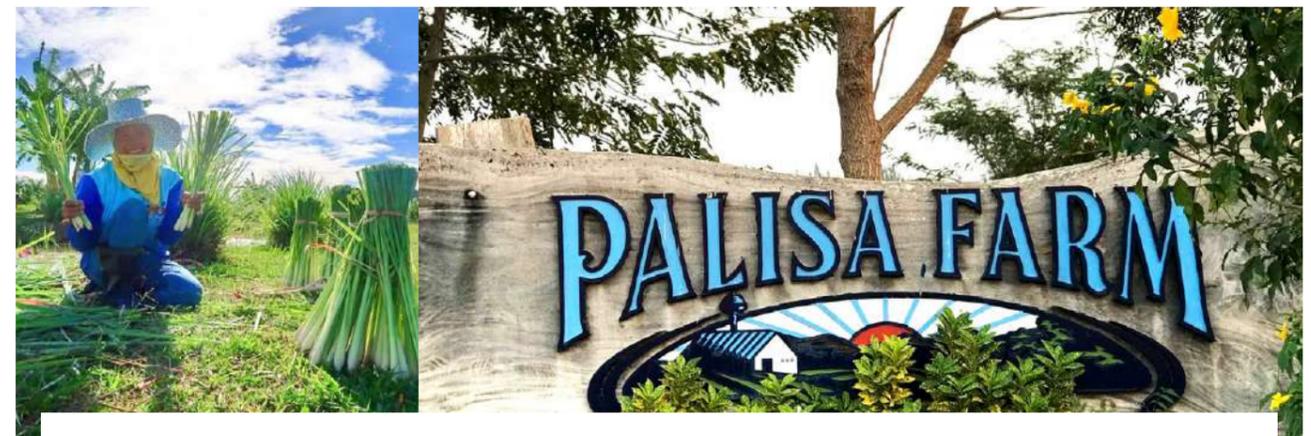


Regent Chaam Bike Tour

Explore Regent Chaam bike park. One of the biggest bike park in Chaam. Enjoy the scenic route by the beach and beautiful garden.

📍 849/21 Petchkasem Road, Chaam District, Phetchaburi 76120  
☎ (+66) 3245 1240  
✉ reservation@regent-chaam.com

🌐 regent-chaam.com/th  
📱 The Regent Cha Am Beach Resort  
www.facebook.com/theregentchaambeachresort/



Palisa Farm

Be confident albeit self-assured by the naturally derived products from nature at Palisa Farm, where 100% of what you'll ingest is pesticide-free.

📍 389/9 Tubtai Sub-District, Hua Hin District, Prachuap Khiri Khan 77110  
☎ (+66) 95 494 6556



## Sirindhorn International Environmental Park

Maintaining the continuous production of the blue crabs and to promote eco-tourism in the area, the officials in Hua Hin conducted an activity by releasing blue crabs to preserve the species.

📍 1281 Rama VI Camp Chaam District,  
Phetchaburi 76120  
☎ (+66) 3250 8352  
✉ siep@sirindhornpark.or.th

🌐 sirindhornpark.or.th  
📘 The Sirindhorn International  
Environmental Park  
www.facebook.com/siepchaam



## Lung Thanom Sugar Palm Plantation

Educate yourself about how sugar and palm juice are grown and produced to create numerous first-rate products.

📍 Uncle Tanom Palm Orchard, Tham Rong Sub-District,  
Ban Lat District, Phetchaburi 76150  
☎ (+66) 7795 2621



## ATV Riding by Cha-Am ATV Park

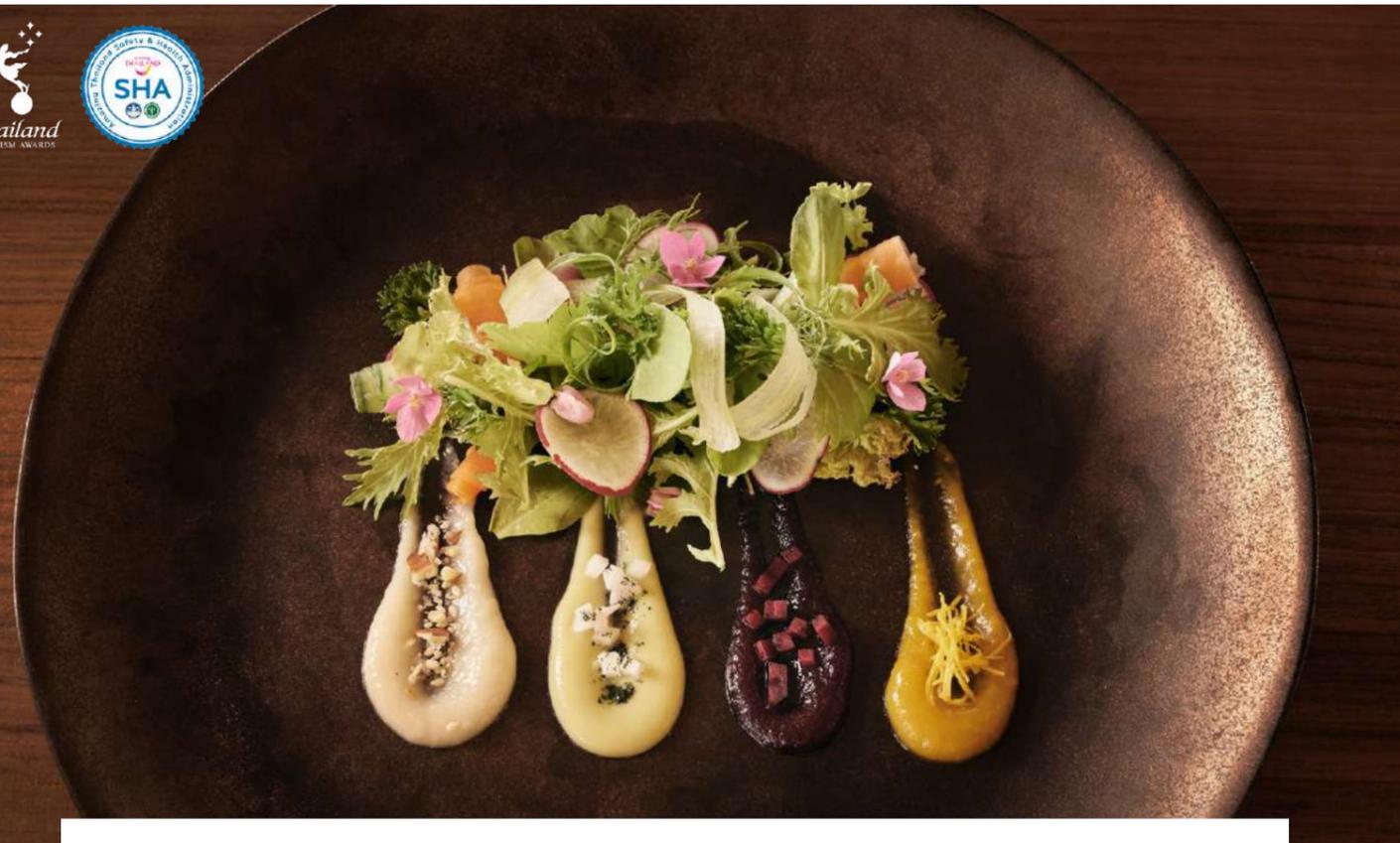
Experience thrilling adventure like riding ATVs in Cha-Am's ATV Park. Aside from riding ATVs, there are also other outdoor activities like archery and paintball that will surely bring enjoyment to all.

📍 760/7 Soi Borkam, Petkasem Road  
KM.#198, Chaam District, Phetchaburi 76120  
☎ (+66) 95 828 9454  
✉ Cha-amATVpark@gmail.com

🌐 www.Cha-amatvpark.net/en/index.php  
📘 Cha-Am ATV Park  
www.facebook.com/Cha-AmATV  
parkThailand/



# Wellness Food & Coffee



## Chivasom International Health Resort Restaurant

Experience A1 amenities and facilities with their phenomenal holistic gastronomic experience committed to excellently deliver a balance of mind, body and soul.

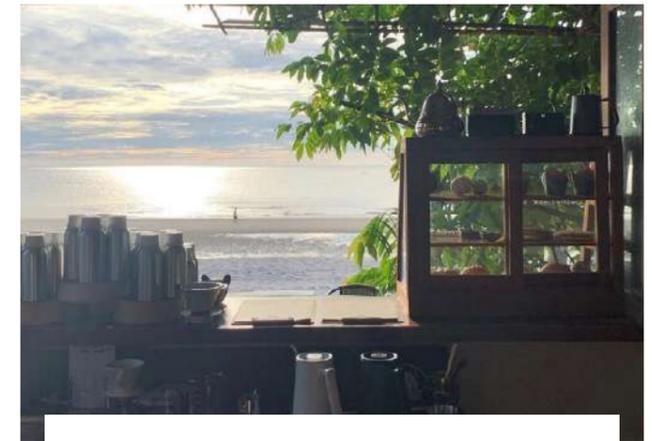
- 📍 73/4 Petchkasem Road, Nong Kae Sub-District, Hua Hin District, Prachuap Khiri Khan 77110
- 🌐 [www.chivasom.com](http://www.chivasom.com)
- ☎ (+66) 3253 6536
- 📱 Chiva-Som International Health Resort [www.facebook.com/ChivaSomResort](https://www.facebook.com/ChivaSomResort)
- ✉ reservation@chivasom.com



## Leleaf Organic Farm Hua Hin

Feed your soul on healthy meals and devour your favorite foods while staying fit. Love Organic, Live Organic! Come and visit Leleaf Organic Farm Hua Hin.

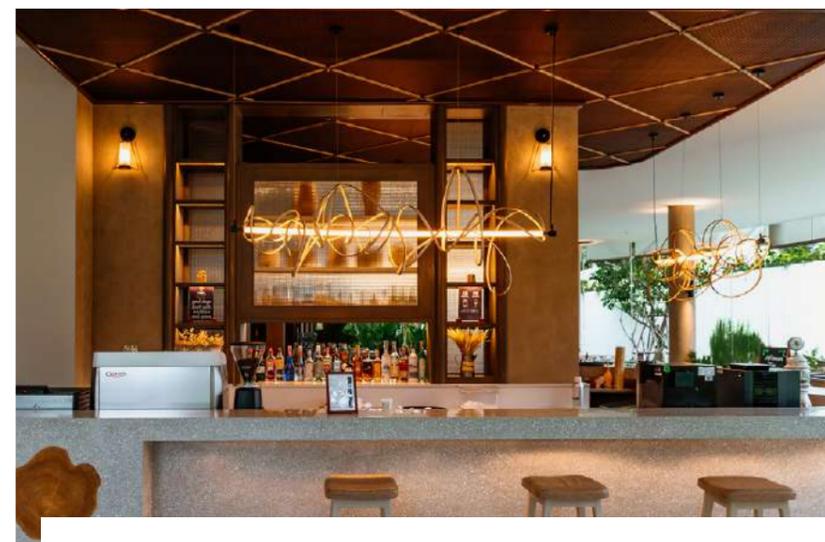
- 📍 42/51 Hin Lek Fai Sub-District, Hua Hin District, Prachuap Khiri Khan 77110
- ☎ (+66) 90 978 5839



## Drip Rim Lay Café

For the caffeine-addicted one, fall in love at Drip Rim Lay coffee shop. On top of that, you can choose a variety of milk coffee flavors that suit your preference.

- 📍 Soi Hua Hin 67, Hua Hin District, Prachuap Khiri Khan 77110
- ☎ (+66) 85 114 0829
- 📱 DRIP RIM LAY [www.facebook.com/DRIP-RIM-LAY-101281201875722](https://www.facebook.com/DRIP-RIM-LAY-101281201875722)



## WOODS Kitchen & Bar

Savor and feast at the lavish international buffet at Woods Kitchen and Bar as the tropical breeze touches and soothes your skin.

- 📍 849/21 Petchkasem Road, Chaam District, Phetchaburi 76120
- 🌐 [www.valahuahin.com](http://www.valahuahin.com)
- ☎ (+66) 2651 9080
- 📱 [www.facebook.com/valahuahinTH](https://www.facebook.com/valahuahinTH)

# Wellness Activities



**Sand Scrub Therapy**  
by Kang Han Thong

Remove and exfoliate dry dead skin, combined with aroma oils that help relax and soothe your mood. This aids in treating joint pain and balancing the nutrients within the body.

📍 90 Bangkeaw Sub-District,  
Banleam District, Phetchaburi 76110

☎ (+66) 91 705 0926  
🌐 [www.kanghantong.com](http://www.kanghantong.com)



**Jacuzzi Spa**  
by Regent Chaam

The relaxed, inviting ambiance of the Regent Chaam Beach Resort is perfect for families. The wide range of facilities provide a diverse selection of activities for parents and children alike.

📍 849/21 Petchkasem Road, Chaam District,  
Phetchaburi 76120  
☎ (+66) 3245 1240  
✉ [reservation@regent-chaam.com](mailto:reservation@regent-chaam.com)

🌐 [regent-chaam.com](http://regent-chaam.com)  
📘 The Regent Cha Am Beach Resort  
[www.facebook.com/theregentchaambeachresort/](http://www.facebook.com/theregentchaambeachresort/)



**Sand Bath Therapy**  
by Regent Chaam

As ocean breeze puts a mind at ease. Take the ancient therapeutic way of healing and alleviating pain as you acquaint yourself with the magnificent Sand Bath Therapy at Chaam Beach Resort.

📍 849/21 Petchkasem Road, Chaam District,  
Phetchaburi 76120  
☎ (+66) 3245 1240  
🌐 [reservation@regent-chaam.com](mailto:reservation@regent-chaam.com)  
📘 The Regent Cha Am Beach Resort  
[www.facebook.com/theregentchaambeachresort/](http://www.facebook.com/theregentchaambeachresort/)

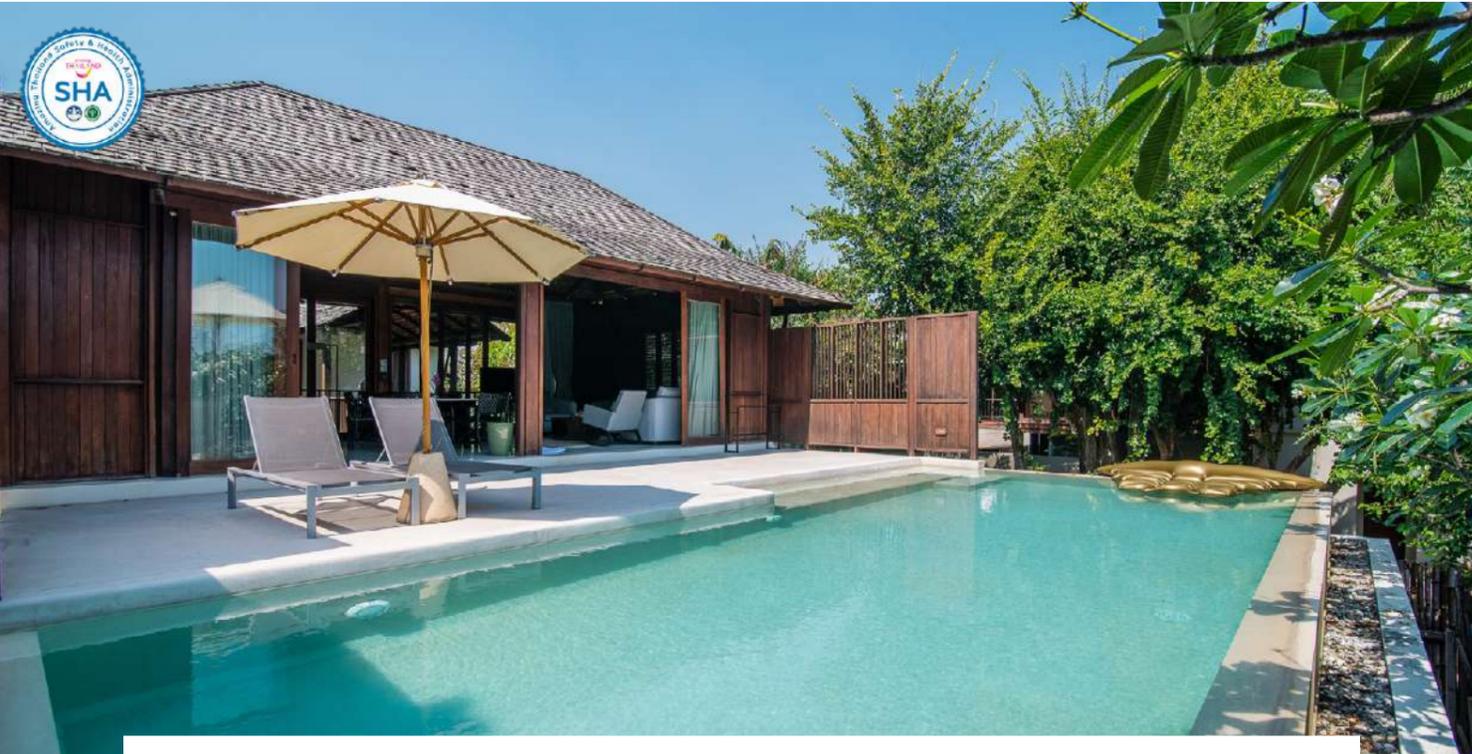


**Chivasom Cooking Class**

Chivasom offers a cooking class to help one maintain a healthy lifestyle. They are devoted and dedicated to providing excellent wellness recipes to balance a diet while eating happily without anxiety.

📍 73/4 Petchkasem Road, Nong Kae Sub-District,  
Hua Hin District, Prachuap Khiri Khan 77110  
☎ (+66) 3253 6536  
✉ [reservation@chivasom.com](mailto:reservation@chivasom.com)  
🌐 [www.chivasom.com](http://www.chivasom.com)  
📘 Chiva-Som International Health Resort  
[www.facebook.com/ChivaSomResortchaambeachresort/](http://www.facebook.com/ChivaSomResortchaambeachresort/)

# Wellness Stay



## The Palayana Hua Hin

The Palayana offers a feeling of true comfort to revive your senses. Alongside the shimmering Gulf of Thailand waters that make for an enchanting holiday destination.

📍 1390/19 Petchkasem Road,  
Cham District, Phetchaburi 76120  
☎ (+66) 63 212 2535  
✉ booking@thepalayana.com

🌐 www.thepalayana.com  
📘 The Palayana  
www.facebook.com/thepalayana



## Regent Chaam

The Regent Chaam is known for their outstanding service, the largest inventory of rooms, and an outstanding beach that is perfect for stress-reducing walks.

📍 849/21 Petchkasem Road,  
Cham District, Phetchaburi 76120  
☎ (+66) 3245 1240  
✉ reservation@regent-chaam.com

🌐 regent-chaam.com  
📘 The Regent Chaam Beach Resort  
www.facebook.com/theregentchaambeachresort/



## Ace of Hua Hin Resort

A boutique inspired lifestyle beachfront resort catering to high-end travellers in search of a stylishly cool escape and immersive local experiences in Chaam and Hua Hin.

📍 1392 Petchkasem Road, Cham District,  
Phetchaburi 76120  
☎ (+66) 3242 1777  
✉ info\_aohh@mhg.co.th

🌐 www.aceofhuahinresort.com  
📘 Ace of Hua Hin Resort  
www.facebook.com/aceofhuahinresort



# Family Wellness Holiday

— Chiang Mai —



# Trip Idea

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## Day 1

### Morning

- Welcome all travelers from Chiang Mai International Airport.
- Pottery-Painting Workshop at Chiang Mai Celadon.

### Lunch

- Lunch from Organic Farm Chiang Mai.

### Afternoon

- Family horse-riding activity to enjoy the mountain scenery at Pong Horse Park.

### Evening

- Dinner at Ginger Farm Kitchen.

### Night

- Check-in at Onsen @ Moncham Kitchen.

### Activities

- Onsen (Providing Indoor and Outdoor gender-separated Onsen rooms).
- Relaxation Massage.
- Japanese cuisine.



## Day 2

### Morning

- Breakfast at the hotel.
- Walking and Cycling Trails by Four Seasons.

### Lunch

- Family Cooking by Rim Thai Cooking Academy Four Seasons.

### Afternoon

- Paper making at Elephant POOPOOPAPER Park.

### Evening

- Onsen and Massage by Onsen @ Moncham and be at your leisure.

## Day 3

### Morning

- Breakfast at the hotel.
- Visit Bosang Handmade Umbrella Village, a community enterprise to create umbrella-painting for kids.

### Lunch

- Lunch with locals in Bosang Handmade Umbrella Village.

### Afternoon

- Organic farming workshop at Punpon Farm.

## Day 4

### Morning

- Breakfast at the hotel.
- Enjoy wellness activities Onsen @ Moncham

### Lunch

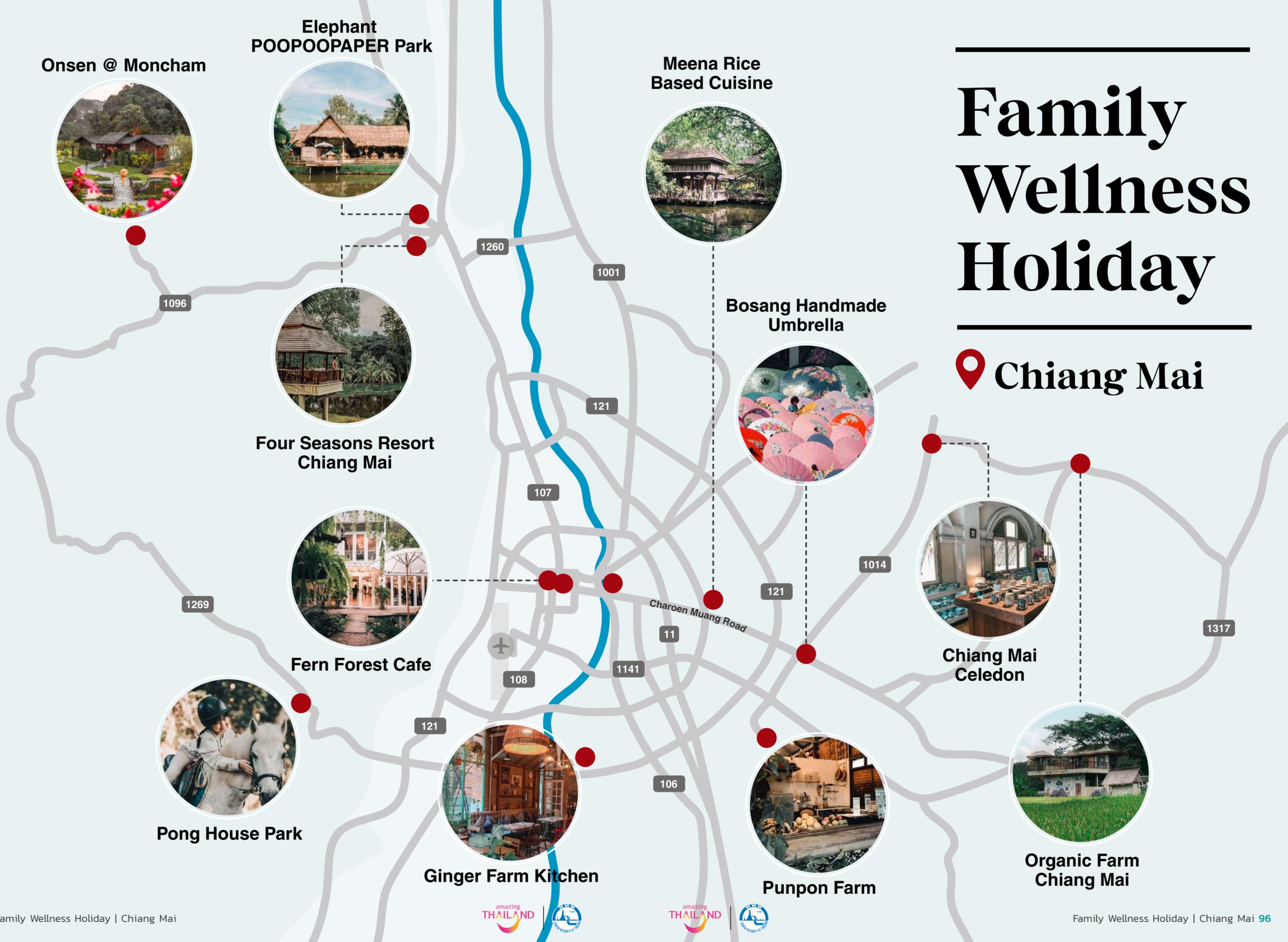
- Lunch at Meena Rice Based Cuisine, a local northern restaurant with home-grown vegetables.

### Afternoon

- Take afternoon coffee and freshen up the kids with Pancakes and fresh strawberries at Fern Forest Cafe.
- Travel back to the airport.

# Family Wellness Holiday

 **Chiang Mai**



**Onsen @ Moncham**

**Elephant POOPOOPAPER Park**

**Meena Rice Based Cuisine**

**Bosang Handmade Umbrella**

**Four Seasons Resort Chiang Mai**

**Fern Forest Cafe**

**Chiang Mai Celedon**

**Pong House Park**

**Ginger Farm Kitchen**

**Punpon Farm**

**Organic Farm Chiang Mai**

# Family Activities



E-6 - 06-E&69, :

Create your own celadon ceramics at Chiang Mai Celadon. Meet local experts in making celadon ceramics and create your own products as a newbie craftsman by joining Celadon Clay Workshop.

📍 38 Moo 10, Ton Pao Sub-District,  
San Kamphaeng District, Chiang Mai 50130  
☎ (+66) 5333 1526  
✉ [siam-celadon@hotmail.com](mailto:siam-celadon@hotmail.com)

🌐 [siamceladon.com](http://siamceladon.com)  
📘 Siam Celadon Pottery - Since 1978  
[www.facebook.com/SiamCeladon](http://www.facebook.com/SiamCeladon)



R':,,: H'!..

Explore the beauty of the farm by interacting with the different domesticated animals that you will surely enjoy. Come and visit the Punpon Farm in Chiang Mai, Thailand.

📍 105 Moo 5, Pa Bong Sub-District,  
Saraphi District, Chiang Mai 50140  
☎ (+66) 93 192 4951

📘 Punpon Farm  
[www.facebook.com/punponfarm/](http://www.facebook.com/punponfarm/)



D'6 - J6 9.69&W.7'&6

A place where you can experience how to create traditional paper umbrellas and put your own design on it together with the experienced umbrella makers.

📍 111/2 Moo 3 Bor Sang-Doi Saket Road,  
Tonpao Sub-District, San Kamphaeng District,  
Chiang Mai 50130  
☎ (+66) 5333 1526

✉ [romborsang@yahoo.com](mailto:romborsang@yahoo.com)  
🌐 [handmade-umbrella.com](http://handmade-umbrella.com)

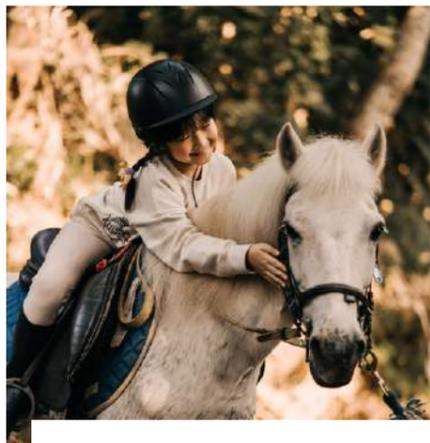


## G&-6' RQQRQQRGT R6'

Elephant POOPOOPAPER Park in Chiang Mai, Thailand offers you not just enjoyment but also knowledge about making paper from elephant poop. Learn the process of creating papers from elephant manure together with your family.

📍 87 Moo 10 Maeram Sub-District,  
Mae Rim District, Chiang Mai 50180  
☎ (+66) 5329 9565  
✉ info@poopoopaperpark.com

🌐 [www.poopoopaper.com/pages/poopoopaper-park-chiang-mai-thailand](http://www.poopoopaper.com/pages/poopoopaper-park-chiang-mai-thailand)  
📌 Elephant Poopoopaper Park  
[www.facebook.com/PoopoopaperPark/](https://www.facebook.com/PoopoopaperPark/)



## R:- J," &R6'

Visit Pong Horse Park in Chiang Mai, Thailand, and experience one of a kind adventure together with the horses. Learn how to raise horses in the barn and explore the picture-perfect view of the park.

📍 119 Moo 1, Ban Pong Sub-District,  
Hang Dong District, Chiang Mai 50230  
☎ (+66) 81 882 8899

✉ [infoponghorsepark@gmail.com](mailto:infoponghorsepark@gmail.com)  
🌐 [www.horsethai.com](http://www.horsethai.com)



## H6.~ E,,\_÷-

by Rim Thai Cooking Academy Four Seasons

Visit the Four Seasons Resort in Chiang Mai in which you can experience Thai cooking class with perfect scenery for the people who need to unwind.

📍 502 Rim Tai Sub-District, Mae Rim District,  
Chiang Mai 50180  
☎ (+66) 5329 8181  
✉ [reservations.thailand@fourseasons.com](mailto:reservations.thailand@fourseasons.com)

🌐 [www.fourseasons.com/ChiangMai](http://www.fourseasons.com/ChiangMai)  
📌 Four Seasons Resort Chiang Mai  
[www.facebook.com/FourSeasonsResortChiangMai](https://www.facebook.com/FourSeasonsResortChiangMai)



# Wellness Food & Coffee



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Q'-& 8H6'..E-& - 06-



H&: H''&' E6&

They say, "Good Food is Good Mood". Pick up your mood at Fern Forest Cafe and grab a bite of their organic luscious foods that will totally rock your empty tummy.

- 📍 54/1 Singharat Road, Si Phum Sub-District, Mueang Chiang Mai District, Chiang Mai 50200
- 📞 (+66) 84 616 1144
- 🌐 fernforestcofe.restaurantwebexperts.com
- 📌 FERN FOREST CAFÉ
- 🌐 www.facebook.com/fernforestcafe



I÷-&'H6'..M8&

Aside from staying healthy, Ginger Farm Kitchen is helping the environment with sustainable farming. They grow organic products and serve delicious food at the resto.

- 📍 One Nimman, Nimmanahaeminda Road, Suthep Sub-District, Mueang Chiang Mai District, Chiang Mai 50200
- 📞 (+66) 5208 0928
- ✉ gingerkitchenbkk@gmail.com
- 🌐 www.gingerfarmkitchen.com
- 📌 Ginger Farm Kitchen
- 🌐 www.facebook.com/gingerfarmkitchen

# Wellness Activities



## น้ำ : 606' 6 &

by RarinJinda Wellness Spa

A spa experience within a wellness studio featuring a pool, saunas, and relaxation areas. Enjoy the relaxing environment, while eliminating the stress of the outside world, returning your sense of balance.

- 📍 1, 14 Chareonraj Road, Chang Moi Sub-District, Mueang Chiang Mai District, Chiang Mai 50000
- ☎ (+66) 5324 7000, (+66) 5330 3030, (+66) 20 91 9088
- ✉ rsvn@rarinjinda.com
- 🌐 www.rarinjinda.com/resort
- 📘 RarinJinda Wellness Spa and Resort www.facebook.com/rarinjinda.official/



## Y6\_÷- 6 9E8÷- V6'÷ by Four Seasons

The Four Seasons Resort offers you these trekking trips where to spend time together with family and friends.

- 📍 502 Rim Tai Sub-District, Mae Rim District, Chiang Mai 50180
- ☎ (+66) 5329 8181
- ✉ reservations.thailand@fourseasons.com
- 🌐 www.fourseasons.com/Chiang Mai
- 📘 Four Seasons Resort Chiang Mai www.facebook.com/FourSeasonsResortChiang Mai



## Q' & 6 906' 6 & by Onsen @ Moncham

A one-of-a-kind blend of Japanese Onsen rituals and Northern Thai culture, Onsen Moncham has created an environment that allows you to experience oneness with nature.

- 📍 293, Pong Yaeng Sub-District, Mae Rim District, Chiang Mai 50180
- ☎ (+66) 5211 1606
- ✉ reservations@onsenmoncham.com
- 🌐 www.onsenmoncham.com
- 📘 Onsen At Moncham www.facebook.com/OnsenAtMoncham/



## V-6-J&76 06' 6 & by Fah Lanna

Induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, improves circulation of blood and lymph and stimulates the internal organs.

- 📍 58/1 Wiang Kaew Road, Sri Phum Sub-District, Mueang Chiang Mai District, Chiang Mai 50000
- ☎ (+66) 88 804 9984
- ✉ fahlannaspa@gmail.com
- 🌐 fahlanna.com
- 📘 Fah Lanna Spa www.facebook.com/fahlannaspa

# Wellness Stay



## Hotels: 4 Seasons - 06

Nestled among the emerald rice fields of northern Thailand, Four Seasons Resort Chiang Mai is a sanctuary of well-being and perfect for unwinding.

- 📍 502 Rim Tai Sub-District, Mae Rim District, Chiang Mai 50180
- 📞 (+66) 5329 8181
- ✉ reservations.thailand@fourseasons.com
- 🌐 www.fourseasons.com/Chiang Mai
- 📌 Four Seasons Resort Chiang Mai
- 🌐 www.facebook.com/FourSeasonsResort Chiang Mai



## Hotels: Rarin Jinda - 06

A hideaway in midtown of Chiang Mai City, this is truly a paradise that takes the visitor beyond standard wellness experiences.

- 📍 1, 14 Chareonraj Road, Chang Moi Sub-District, Mueang Chiang Mai District, Chiang Mai 50000
- 📞 (+66) 5324 7000, (+66) 5330 3030, (+66) 20 91 9088
- ✉ rsvn@rarinjinda.com
- 🌐 www.rarinjinda.com/resort
- 📌 RarinJinda Wellness Spa and Resort
- 🌐 www.facebook.com/rarinjinda.official/



## Hotels: Onsen Moncham - 06

An early morning outdoor Onsen, in one of our newly updated Grand Terrace suites, is the perfect way to begin a day.

- 📍 293, Pong Yaeng Sub-District, Mae Rim District, Chiang Mai 50180
- 📞 (+66) 5211 1606
- ✉ reservations@onsenmoncham.com
- 🌐 www.onsenmoncham.com
- 📌 Onsen At Moncham
- 🌐 www.facebook.com/OnsenAtMoncham/



# Healthy Honeymoon

— Pranburi —



# Trip Idea

Experience 3 days & 2 nights of Romance & Healthy Honeymoon activities with sea, and the rhymes of waves where you can forever capture the moment of love from our private dinner by the beach. Enjoy the cozy vibes of Pranburi and take a slow ride around this town by bicycle. SUP boarding and Lovebirds cooking class are also romantic bonding activities for couples. Continue letting go of the outside world with Detox treatment and Sound therapy to totally enjoy your honeymoon in Pranburi with your loved one.



## Day 1

### Morning

- Get ready at the meeting point in Pranburi.
- Coffee Glamping at Taweekarn Farm.

### Lunch

- Healthy lunch at Taweekarn Farm.

### Afternoon

- Check-in to Aleenta Hua Hin - Pranburi Resort & Spa.
- Couple Spa Treatment by Aleenta Hua Hin - Pranburi.

### Evening

- Chill dinner at Ley cafe Pranburi.



## Day 2

### Morning

- Breakfast at the hotel.
- Boost the day with Sup Board by Sup Pranburi.
- Lovebirds Cooking Class by Aleenta Hua Hin - Pranburi Resort & Spa.

### Lunch

- Organic lunch at Chicken and Bee (Good food and Organic Farm).

### Afternoon

- Biking Tour by Aleenta Hua Hin - Pranburi Resort & Spa to enjoy the scenic view of Pranburi.

### Evening

- Romantic private Dinner at Aleenta Restaurant.

## Day 3

### Morning

- Breakfast at the hotel.
- Detox, Sound Therapy by Aleenta Hua Hin - Pranburi Resort & Spa.

### Lunch

- Lunch in a beautiful hut at Srisanor Cafe.

### Afternoon

- Travel back.

# Healthy Honeymoon

 **Pranburi**



**Taweekarn Farm**



**Ley cafe Pranburi**



**Aleenta  
Hua Hin - Pranburi  
Resort & Spa.**



**Sup Pranburi**



**Chicken and Bee  
(Good Food and  
Organic Farm)**



**Srisanor Cafe**

# Honeymoon Activities



**Lovebirds Cooking Class**  
by Aleenta Hua Hin - Pranburi Resort & Spa

Add some spice to your relationship and drag your partner to Lovebirds Cooking Class at Pranburi. It allows you to be with your partner like lovebirds in their nest; both can learn how to cook organic foods with the help of the locals.

📍 183 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3261 8333  
✉ fom.ahh@aleenta.com

🌐 [www.aleenta.com/luahin](http://www.aleenta.com/luahin)  
📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](http://www.facebook.com/aleentahuahin/)



**Biking Tour**  
by Aleenta Hua Hin - Pranburi

Feel your sweat through healthy biking. While roaming around the shore, try doing an adventure using your bicycles. An outdoor activity that most people do while enjoying the beautiful sites of their journey.

📍 183 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3261 8333  
✉ fom.ahh@aleenta.com

🌐 [www.aleenta.com/luahin](http://www.aleenta.com/luahin)  
📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](http://www.facebook.com/aleentahuahin/)



**Coffee Glamping**  
at Taweekarn Farm

Try out this Glamping in Pranburi, a must awaited experience that you shouldn't miss. Experience making coffee outdoor in an extra ordinary way.

📍 Taweekarn Farm Huai Sat Yai Sub-District,  
Hua Hin District, Prachuap Khiri Khan 77110  
☎ (+66) 62 136 1362





### Sup Board by Sup Pranburi

Balance your life with an entertaining recreational activity such as SUP boarding. It is a light sporting activity where you balance yourself on the board while the cold wind hits you.

📍 Por. Kor. 4020 Sam Roi Yot Sub-District,  
Sam Roi Yot District, Prachuap Khiri Khan 77120  
☎ (+66) 89 107 9044

📍 SUP Pranburi  
[www.facebook.com/SUP-Pranburi-106769404276524/](https://www.facebook.com/SUP-Pranburi-106769404276524/)



### Private Dinner @ Aleenta Hua Hin - Pranburi

Put more flavor in your dining experience through private dining at Aleenta Hua Hin Resort, where any request to make your dining more magical will be served to you.

📍 183 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3261 8333  
✉ [fom.ahh@aleenta.com](mailto:fom.ahh@aleenta.com)

🌐 [www.aleenta.com/huahin](http://www.aleenta.com/huahin)  
📍 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](https://www.facebook.com/aleentahuahin/)



# Wellness Food & Coffee



**Aleenta Restaurant**

Aleenta Restaurant will allow you to try something unique that you might not have encountered from any other cuisine.

📍 183 Moo 4, Pak Nam Pran Sub-District, Pranburi District, Prachuap Khiri Khan 77220  
 ☎ (+66) 3261 8333  
 ✉ fom.ahh@aleenta.com

🌐 [www.aleenta.com/huahin](http://www.aleenta.com/huahin)  
 📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](http://www.facebook.com/aleentahuahin/)



**Chicken and Bee (Good Food and Organic Farm)**

From its restaurant name to its vicinity, this extraordinary dine-in area serves you healthy organic food good for your healthy lifestyle. Every menu served has its own story to tell.

📍 Chicken and Bee, Sam Roi Yot Sub-District, Sam Roi Yot District, Prachuap Khiri Khan 77120  
 ☎ (+66) 92 054 5645  
 📘 Chicken and Bee : good food & organic farm  
[www.facebook.com/chickenandbee](http://www.facebook.com/chickenandbee)



**Srisanor Cafe**

Visit the vintage Srisanor Cafe and break out your cameras as you will surely be having lots of shots to take after exploring around while trying their appetizing menus.

📍 217 Sue Suk Road, Mueang Prachuap Khiri Khan District, Prachuap Khiri Khan 77000  
 ☎ (+66) 61 524 2626  
 ✉ srisanorpc@gmail.com



**Taweekarn Farm**

Rai Taweekarn serves you a menu of organic foods which is ideal for your healthy eating lifestyle. With its good ambiance you can enjoy and relax while they serve you your chosen menu.

📍 Taweekarn Farm Huai Sat Yai Sub-District, Hua Hin District, Prachuap Khiri Khan 77110  
 ☎ (+66) 62 136 1362



**Ley cafe Pranburi**

A friendly and cozy cafe in the Pranburi area, Ley Cafe brings an international approach to services, where you can also enjoy listening to a live band ready to uplift your mood.

📍 1695 Pak Nam Pran Sub-District, Pranburi District, Prachuap Khiri Khan 77220  
 ☎ (+66) 3263 0564  
 📘 LEY Paknampran  
[www.facebook.com/leycafepranburi](http://www.facebook.com/leycafepranburi)

# Wellness Activities



**Detox, Sound Therapy**  
by Aleenta Hua Hin - Pranburi Resort & Spa

Aleenta Spa gives key importance to their guests to have a good sleep while having a luxurious holiday. The resort's rooms are designed for optimal sleeping ambiance.

📍 183 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3261 8333  
✉ fom.ahh@aleenta.com

🌐 [www.aleenta.com/huahin](http://www.aleenta.com/huahin)  
📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](https://www.facebook.com/aleentahuahin/)



**Couple Spa Treatment**  
by Aleenta Hua Hin - Pranburi  
Resort & Spa

Put spice in your relationship and get to know more about you and your partner while experiencing the couple spa therapy. This will boost your healthy lifestyle with your partner.

📍 183 Moo 4, Pak Nam Pran  
Sub-District, Pranburi District,  
Prachuap Khiri Khan 77220

☎ (+66) 3261 8333

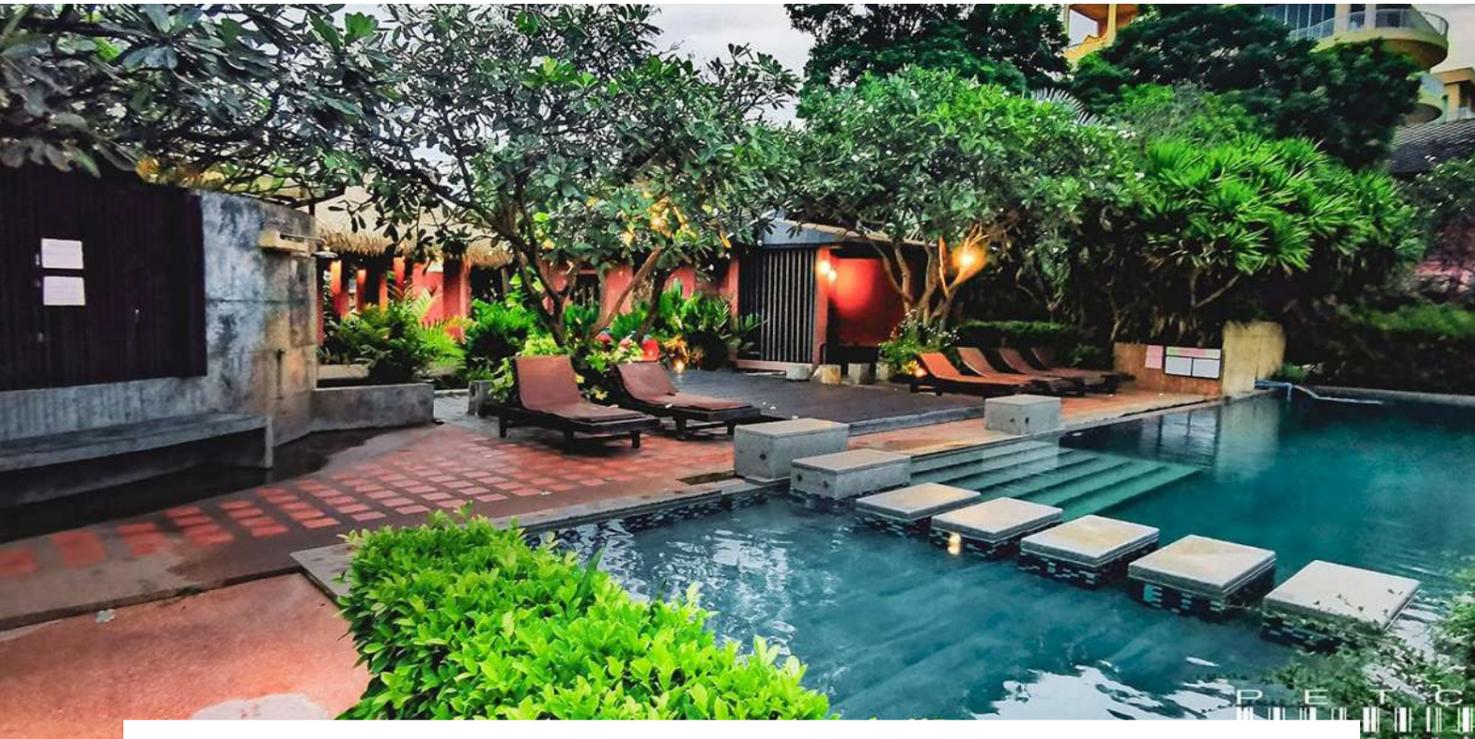
✉ fom.ahh@aleenta.com

🌐 [www.aleenta.com/huahin](http://www.aleenta.com/huahin)

📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](https://www.facebook.com/aleentahuahin/)



# Wellness Stay



**Purimuntra Resort & Spa**

Feel the heat while relaxing in an oriental-style beach resort here in Hua Hin - Purimuntra Resort and SPA. A private beach resort with tranquil atmosphere perfect for lightening up your mood from a busy working life.

📍 97 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3263 0550 3  
✉ info@purimuntra.com, rsvn@purimuntra.com

🌐 [www.purimuntra.com](http://www.purimuntra.com)  
📘 Purimuntra Resort and Spa  
[www.facebook.com/purimuntra](https://www.facebook.com/purimuntra)



**Aleenta Hua Hin - Pranburi Resort & Spa**

Reward yourself by experiencing a good quality service in this resort and spa, enjoy the overlooking sea view from its infinity pool and draw in the fresh sea breeze and experience the organic cuisine from the area.

📍 183 Moo 4, Pak Nam Pran Sub-District,  
Pranburi District, Prachuap Khiri Khan 77220  
☎ (+66) 3261 8333  
✉ fom.ahh@aleenta.com

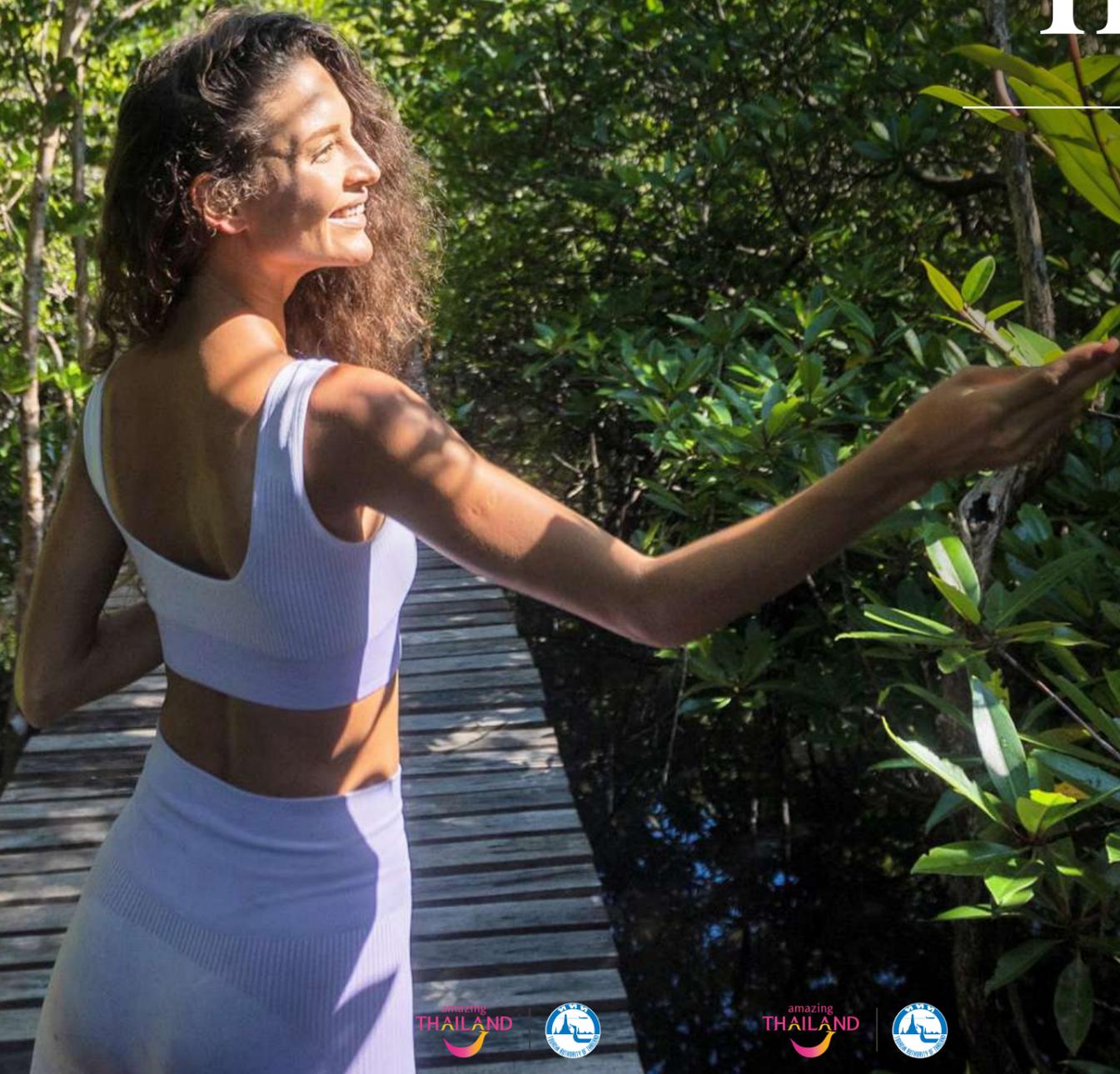
🌐 [www.aleenta.com/huahin](http://www.aleenta.com/huahin)  
📘 Aleenta Hua Hin - Pranburi  
[www.facebook.com/aleentahuahin/](https://www.facebook.com/aleentahuahin/)





# Immunity Booster Holiday

— Phuket —



# Trip Idea

Boost your immunity and boost your power with the Phuket Immune Booster trip. Clear up your brain by kayaking and experience the aroma of wild nature; your chakras will be duly realigned. Don't forget to increase your muscle strength with some surfboarding and release your weary mind with therapeutic Acupressure and Herbal Compress Massage.



## Day 1

### Morning

- Welcome all travelers to Phuket International Airport.
- Join Green living workshops by Amatara Wellness Resort and Thai Healthy Cooking Class to create your own healthy menu.

### Lunch

- Have a comfort lunch at Boost Cafe.
- Relax with Hydrotherapy by Oasis Spa Turquoise Cove Spa.

### Afternoon

- Check-in at Trisara Hotel.
- Have dinner at the hotel.



## Day 2

### Morning

- Have breakfast at the hotel.
- Join the Ocean therapy/Surf by Amatara Wellness Resort.
- Experience Sound therapy by Amatara Wellness Resort.

### Lunch

- Fine healthy lunch at Divine Restaurant.

### Afternoon

- Enjoy Salt Clay Pot by Cool Spa, an award winning spa at Sri Panwa.

### Evening

- Special dinner at Hotel restaurant.

## Day 3

### Morning

- Have breakfast at the hotel.
- Enjoy kayaking in mangrove at Tha Chat Chai community-based tourism.

### Afternoon

- Lunch by Chef Jimmy at PRU.

### Evening

- Relax yourself with Cheva Massage by Banyan Tree and Thai acupressure program to boost your immunity.
- Have dinner at Trisara Hotel and enjoy your leisure.

## Day 4

### Morning

- Have breakfast at the hotel.
- Experience Chakra Crystal Balancing by Anantara Mai Khao Phuket Villas.

### Lunch

- Taste the true southern style cuisine at Ta Tauy restaurant.

### Afternoon

- Safely travel back.



**Tha Chat Chai  
community-based  
tourism**



**TaTuay Restaurant**



**Anantara Mai Khao  
Phuket Villas**



**Trisara**



**Divine Restaurant**



**PRU**



**Banyan Tree**



**Oasis Spa  
Turquoise Cove Spa**



**Amatara  
Wellness Resort**



**Cool Spa,  
Sri Panwa**

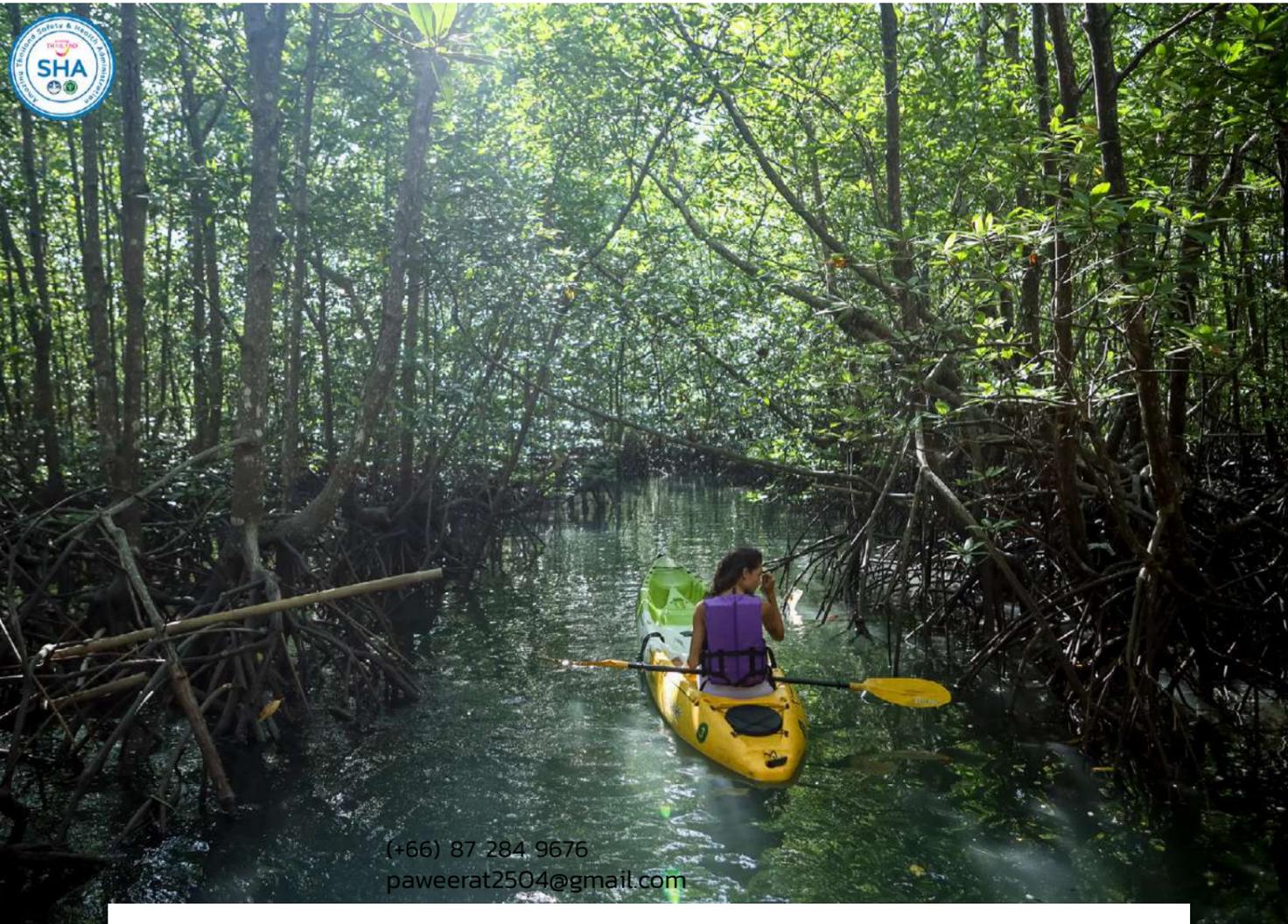


**Boost Cafe**

# Immunity Booster Holiday

 **Phuket**

# Immunity Booster Activities



(+66) 87 284 9676  
paweerat2504@gmail.com

## Kayaking in Mangrove and Tha Chat Chai community-based tourism

Are you a nature lover? Experience thrills and adventure together with the professional kayakers and learn more about mangrove ecosystems.

📍 Baan Thachatchai, Moo 5 Mai Khao Sub-District,  
Thalang District, Phuket 83110

☎ (+66) 87 284 9676  
✉ paweerat2504@gmail.com



## Thai Acupressure by Banyan Tree

Let's travel to the south and reward yourself with an amazing Thai acupuncture experience by Banyan Tree to release stress and to regain lost energy from exhaustion.

📍 33, 33/27 Moo 4, Srisoonthorn Road  
Cherngtalay Sub-District, Talang District,  
Phuket 83110

🌐 [www.banyantree.com/en/thailand/phuket](http://www.banyantree.com/en/thailand/phuket)

📱 Banyan Tree Phuket

[www.facebook.com/BanyanTreePhuketTH](https://www.facebook.com/BanyanTreePhuketTH)

☎ (+66) 7637 2400

✉ corporate@banyantree.com,  
phuket@banyantree.com



## Thai Healthy Cooking Class by Amatar Wellness Resort

Time to take it on since Thai Healthy Cooking Class is ready to rescue your passion and dedication. Learn together with your family and friends and enjoy an unforgettable experience.

📍 84 Moo 8, Sakdidej Road, Vichit Sub-District,  
Mueang Phuket District, Phuket 83000

🌐 [www.amataraphuket.com](http://www.amataraphuket.com)

📱 Amatar Wellness Resort

[www.facebook.com/amatarawellnessresort](https://www.facebook.com/amatarawellnessresort)

☎ (+66) 7631 8888

✉ reservations.phuket@amataraphuket.com



## Green living workshops by Amatara Wellness Resort

Wander and explore the pristine Andaman sea and at the same time luxuriate to a first-class Amatara Wellness Resort where health is wealth.

📍 84 Moo 8, Sakdidej Road, Vichit Sub-District, Mueang Phuket District, Phuket 83000  
 ☎ (+66) 7631 8888  
 ✉ reservations.phuket@amataraphuket.com

🌐 [www.amataraphuket.com](http://www.amataraphuket.com)  
 📘 Amatara Wellness Resort  
[www.facebook.com/amatarawellnessresort](https://www.facebook.com/amatarawellnessresort)

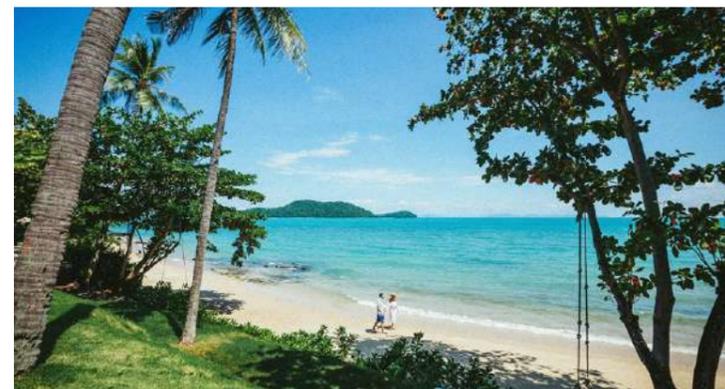


## Ocean therapy/Surf by Amatara Wellness Resort

Do you want your family to experience serenity and peace of mind while having fun? Choose Amatara Wellness Resort to encounter these once in a lifetime experiences.

📍 84 Moo 8, Sakdidej Road, Vichit Sub-District, Mueang Phuket District, Phuket 83000  
 ☎ (+66) 7631 8888  
 ✉ reservations.phuket@amataraphuket.com

🌐 [www.amataraphuket.com](http://www.amataraphuket.com)  
 📘 Amatara Wellness Resort  
[www.facebook.com/amatarawellnessresort](https://www.facebook.com/amatarawellnessresort)



# Wellness Food & Coffee



## PRU

Fresh local market seafood, fresh vegetables from PRU's own farm. Healthy, farm-to-table celebration of the local people. Simple, yet extraordinary.

📍 60/1 Moo 6, Srisoonthorn Road, Chergtalay Sub-District, Thalang District, Phuket 83110

☎ (+66) 7631 0100

✉ pru@trisara.com

🌐 www.prurestaurant.com

📘 PRU Restaurant

www.facebook.com/PruRestaurant/



## TaTuay Restaurant

TaTuay Restaurant is a delicious local Thai restaurant on Phuket Island. The main ingredients of the restaurant are from local farms.

📍 Ran Ta Tuay, Sarasin Bridge, Mai Khao Sub-District, Thalang District, Phuket 83110

☎ (+66) 86 470 4807



## Divine

Experience the serenity and tranquility of nature in Divine Restaurant, located at Thanyapura Sports and Health Resort. Breathe the refreshing air away from bustling noise of the city.

📍 120/1 Moo 7, Thepkasattri Road, Thepkasattri Sub-District Thalang District, Phuket 83110

☎ (+66) 7633 6000

✉ info@thanyapura.com

🌐 www.thanyapura.com/resorts/phuket/facilities/dining/

📘 Thanyapura  
www.facebook.com/thanyapura/



## Boost Cafe

Explore the perfect balance of sumptuous taste and Phuket's vibrant energy and style. Boost Cafe also provides selected, and all-day breakfast or dinner.

📍 39/38 Moo 1, Rawai Sub-District, Mueang Phuket District, Phuket 83120

☎ (+66) 65 264 9792

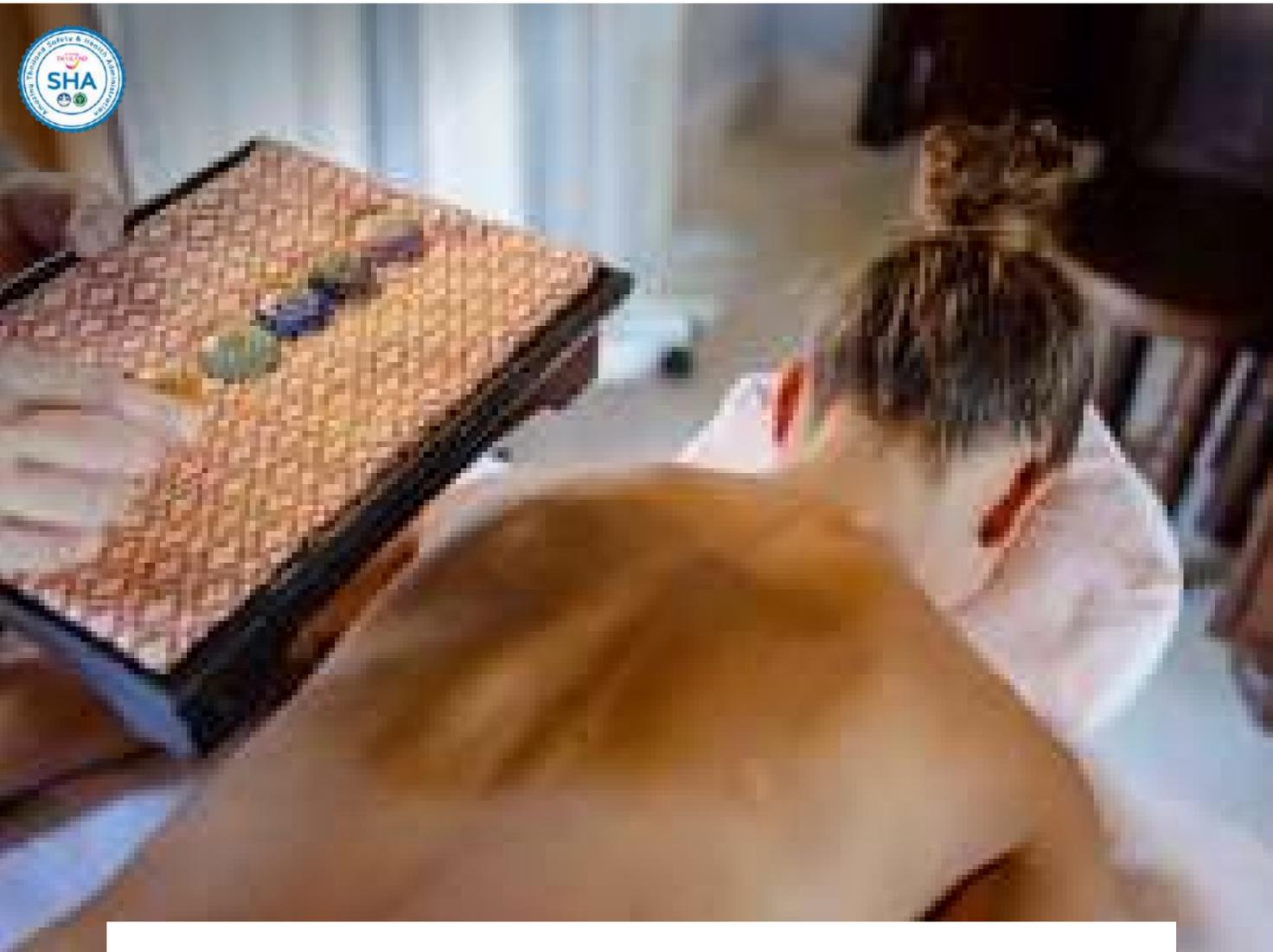
✉ boostcafepuket@gmail.com

🌐 www.boostcafethailand.com

📘 BOOST Phuket

www.facebook.com/boostphuket/

# Wellness Activities



## Chakra Crystal Balancing by Anantara Mai Khao Phuket Villas

Intuitive hands to spoil you with ancient therapies blended with western spa techniques. Enjoy a massage by the pool, or in the privacy of your room.

- 📍 888 Moo 3, Mai Khao Sub-District  
Thalang District, Phuket 83110
- ☎ (+66) 7633 6100
- ✉ phuket@anantara.com
- 🌐 [www.anantara.com/th/mai-khao-phuket](http://www.anantara.com/th/mai-khao-phuket)
- 📌 Anantara Mai Khao Phuket Villas
- 🌐 [www.facebook.com/AnantaraMaiKhaoPhuket/](https://www.facebook.com/AnantaraMaiKhaoPhuket/)



## Cheva Massage by Banyan Tree

Banyan Tree Spa features a blend of health practices passed down for generations. A celebration of touch, with natural native ingredients, allows you to indulge your senses.

- 📍 33, 33/27 Moo 4, Srisoonthorn Road  
Cherngtalay Sub-District, Talang District,  
Phuket 83110
- ☎ (+66) 7637 2400
- ✉ phuket@banyantree.com
- 🌐 [www.banyantree.com/en/thailand/phuket](http://www.banyantree.com/en/thailand/phuket)
- 📌 Banyan Tree Phuket
- 🌐 [www.facebook.com/BanyanTreePhuketTH](https://www.facebook.com/BanyanTreePhuketTH)



## Sound therapy by Amalara Wellness Resort

Let go of all your uncertainties but be certain to revitalize at Sound Therapy by Amalara Wellness Resort; because you matter, mental health matters.

- 📍 84 Moo 8, Sakdidej Road, Vichit Sub-District,  
Mueang Phuket District, Phuket 83000
- ☎ (+66) 7631 8888
- ✉ [reservations.phuket@amataraphuket.com](mailto:reservations.phuket@amataraphuket.com)
- 🌐 [www.amataraphuket.com](http://www.amataraphuket.com)
- 📌 Amalara Wellness Resort
- 🌐 [www.facebook.com/amatarawellnessresort](https://www.facebook.com/amatarawellnessresort)



## Hydrotherapy by Oasis Spa (Turquoise Cove Spa)

Only moments from the ocean, this spa conveys both the serenity and the energy of the sea.

- 📍 71/10 Moo 5, Kamala Sub-District,  
Kathu District, Phuket 83120
- ☎ (+66) 7633 7777
- ✉ [cs@oasisspa.net](mailto:cs@oasisspa.net)
- 🌐 [www.oasisspa.net/th/destination/phuket/Turquoise\\_Cove\\_Spa/](http://www.oasisspa.net/th/destination/phuket/Turquoise_Cove_Spa/)
- 📌 Oasis Spa Thailand
- 🌐 [www.facebook.com/Oasisfanpage](https://www.facebook.com/Oasisfanpage)



## Salt Clay Pot by Cool Spa

Cool Spa provides the perfect experience of ancient healing rituals, fused with modern techniques. Mango, coconut and other traditional natural ingredients in our custom scrubs that smooth your skin and relax your body.

- 📍 88 Moo 8, Sakdidej Road, Vichit Sub-District,  
Mueang Phuket District, Phuket 83000
- ☎ (+66) 7637 1000
- ✉ [chill@sripanwa.com](mailto:chill@sripanwa.com)
- 🌐 [www.coolspaphuket.com](http://www.coolspaphuket.com)
- 📌 Sri panwa
- 🌐 [www.facebook.com/SripanwaPhuket](https://www.facebook.com/SripanwaPhuket)

# Wellness Stay



## Trisara

In the heart of a tropical forest and garden, bringing together land and sea, culture and heritage, a celebration of mind, body, and nature.

60/1 Moo 6, Srisoonthorn Road,  
Cherngtalay Sub-District, Talang District,  
Phuket 83110

(+66) 7631 0100

reservations@trisara.com

www.trisara.com

Trisara

www.facebook.com/trisararesort



## Banyan Tree

Escape to a Sanctuary for the Senses at the award-winning Banyan Tree Phuket located on the island of Phuket. A private paradise of luxurious all-pool villas nestled around a lagoon and surrounded by lush greenery.

33, 33/27 Moo 4, Srisoonthorn Road  
Cherngtalay Sub-District, Talang District,  
Phuket 83110

(+66) 7637 2400

corporate@banyantree.com,  
phuket@banyantree.com

www.banyantree.com/en/thailand/phuket

Banyan Tree Phuket

www.facebook.com/BanyanTreePhuketTH



## Amatara Wellness Resort

Amatara Wellness Resort, a five-star wellness resort offering spacious suites and villas as well as fully equipped facilities and wellness.

84 Moo 8, Sakdidej Road, Vichit Sub- District,  
Mueang Phuket District, Phuket 83000

(+66) 7631 8888

reservations.phuket@amataraphuket.com

www.amataraphuket.com

Amatara Wellness Resort

www.facebook.com/amatara  
wellnessresort



# Immunity Booster Holiday

— Samui —



# Trip Idea

Boost and freshen up your body with the best detox program from a luxurious resort on Samui Island. Enjoy the sound of sea waves while strolling on the beach along with a view of countless coconut palm trees. Kick off your mornings with Muay Thai class exercises and re-balance your body on a paddle board. Rejuvenate your cells with Ozone treatment. End the day with a sunset bath and of course, hearing the relaxing voice of the ocean.



## Day 1

### Morning

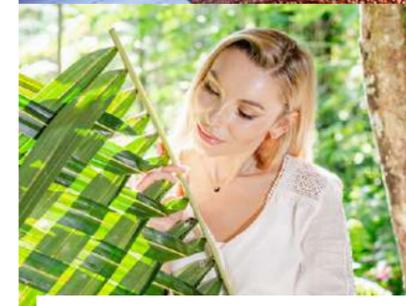
- Arrive at Samui Island.
- Visit Lipa Yai Community Based Tourism to explore the coconut village.

### Lunch

- Lunch at Karma Sutra bar and kitchen.
- Experience the best Detox by Kamalaya Koh Samui and Kamalaya Relax and renew.

### Evening

- Check-in at Conrad Samui.
- Enjoy special private activities from the hotel such as beach strolling and massage treatments.



## Day 2

### Morning

- Breakfast at the hotel.
- Exercise in Muay Thai Class with a professional boxer at Yodyut Muaythai.

### Lunch

- Healthy lunch at The Nature Samui.

### Evening

- Sunset bathe to the sounds of ocean waves from The power of sunset by Conrad Samui.

## Day 3

### Morning

- Breakfast at the hotel.
- Yoga on Paddle Board by Kamalaya Koh Samui.
- Soothe your skin at Coconut dream as signature by Anantara Samui.

### Lunch

- Lunch at Fisherman House Cafe and Gallery.
- Healing and retreat with Holistic Hydrotherapy by Banyan Tree.

### Evening

- Dinner at Saffron Banyan Tree Samui
- Go back to Conrad Samui and enjoy at your leisure.

## Day 4

### Morning

- Breakfast at the hotel.
- Nameung Waterfalls trekking to explore nature.

### Lunch

- Lunch at Summer by Coco Tam's.
- Safely travel back.



Anantara Samui



Summer by Coco Tam's



Karma Sutra Bar and Kitchen



Yodyut Muaythai



Fisherman House Cafe and Gallery



The Nature Samui



Na Muang Waterfall



Kamalaya Koh Samui



Banyan Tree



Lipa Yai Community Based Tourism



Conrad Samui

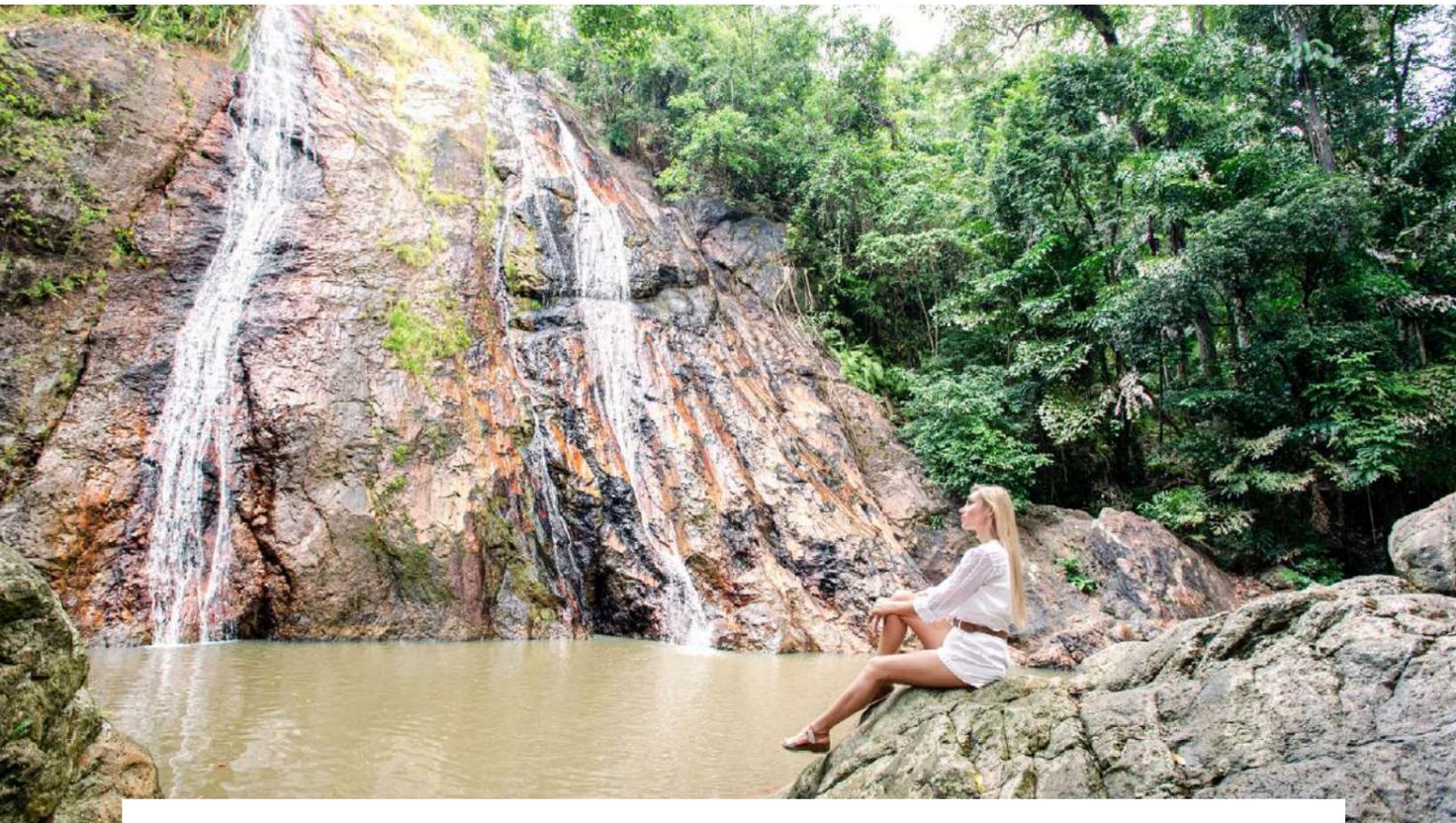


# Immunity Booster Holiday

 **Samui**



# Immunity Booster Activities



## Na Muang Waterfall Trekking

Na Muang Waterfall is located deep in the jungle and has an overlooking view that will surely pound the hearts of tourists as they trek towards the waterfall and when they reach the waterfall itself.

☎ (+66) 7742 4098



## Lipa Yai Community Based Tourism

Coconut Farm Lipa Yai at Samui offers their guests training to learn how to grow coconuts at a local farm in the area. Moreover, guests can eat and drink local products made from organic coconuts that are delicious and healthy.

☎ (+66) 86 120 4118



## Yoga on Paddle Board by Kamalaya Koh Samui

A morning yoga course by using the Paddle Board as the main equipment is provided for challenging yourself. You can strengthen the balance of the body, practice concentration, and stimulate the work of the brain to prepare for the new day.

📍 102/9 Moo 3, Laem Set Road,  
Na-Muang Sub-District, Koh Samui District,  
Suratthani 84140  
☎ (+66) 7742 9800  
✉ info@kamalaya.com  
🌐 www.kamalaya.com  
📍 Kamalaya Koh Samui  
www.facebook.com/kamalayakohsamui



## Yodyut Muaythai

Muay Thai by Yodyut, located on Koh Samui, offers training for people who are interested in learning Muay Thai. Learn how to discipline oneself and become a Muay Thai expert. Have fun while learning a well-known martial art.

📍 76/77 Moo 5 Choengmon Road,  
Bophut Sub-District, Koh Samui District  
Suratthani 84320  
☎ (+66) 7795 2621  
✉ yodyutmuaythai@gmail.com  
🌐 www.yodyutmuaythai.com  
📍 Yodyut Muaythai Gym  
www.facebook.com/yodyutmuaythaithailand

# Wellness Food & Coffee



## Saffron Banyan Tree Samui

Experience a culinary journey through exotic Thai flavours in a contemporary seafood yet classically elegant Banyan Tree Samui setting.

📍 99/9 Moo 4, Maret Sub-District,  
Koh Samui District, Suratthani 84310  
☎ (+66) 7791 5333  
✉ samui@banyantree.com

🌐 [www.banyantree.com/en/thailand/samui](http://www.banyantree.com/en/thailand/samui)  
📌 Banyan Tree Samui  
<https://www.facebook.com/BanyanTreeSamui.Thailand/>



## Summer by Coco Tam's

Find a range of dishes including healthy quinoa salads, Asian-fusion pasta, all-day breakfasts, burgers, desserts, crafted coffees, specialist milk tea, fresh fruit and much more!

📍 62 Moo 1, Bophut Sub-District,  
Koh Samui District Suratthai 84320  
☎ (+66) 91 915 5664  
✉ [summer.by.cocotams@gmail.com](mailto:summer.by.cocotams@gmail.com)  
🌐 [www.summer-by-coco-tams.business.site](http://www.summer-by-coco-tams.business.site)  
📌 SUMMER by Coco Tam's  
[www.facebook.com/summer.bycocotam](http://www.facebook.com/summer.bycocotam)



## Fisherman House Cafe and Gallery

Get a cool and girly vibe at Fisherman House Cafe and Gallery. It offers traditional Thai foods and other Asian cuisines which deserve to land in your rumbling stomachs.

📍 2/52 Moo1, Bophut Sub-District,  
Koh Samui District Suratthai 84320  
☎ (+66) 62 220 6091  
✉ [fishermanhousehotel@gmail.com](mailto:fishermanhousehotel@gmail.com)  
📌 Fisherman's House x Sasatorn Coffee  
[www.facebook.com/fishermanhousekohsamui/](http://www.facebook.com/fishermanhousekohsamui/)



## The Nature Samui

The Nature Samui is a place not just for recreation and family bonding but also a place where you can learn a lot about agriculture.

📍 112/9 Moo 1, Koh Samui, Suratthani  
☎ (+66) 81 564 8489  
📌 The Nature Samui  
[www.facebook.com/thenaturesamui/](http://www.facebook.com/thenaturesamui/)



## Karma Sutra Bar and Kitchen

Dreaming and fantasizing about French ambience and foods? Don't stray too far when you can have it all in Karma Sutra bar and kitchen. Lay back with the bar's music and dance to the beat as you enjoy the palatable taste of foods you don't wanna miss.

📍 37 Moo 1, Fisherman's Village, Bophut Sub-District, Koh Samui District Suratthai 84320  
☎ (+66) 88 751 8674  
✉ [karmasutrasamui@gmail.com](mailto:karmasutrasamui@gmail.com)  
🌐 [www.karmasutrasamui.com](http://www.karmasutrasamui.com)  
📌 Karma Sutra bar and kitchen  
[www.facebook.com/karmasutrarestaurant/](http://www.facebook.com/karmasutrarestaurant/)

# Wellness Activities



**The power of sunset**  
by Conrad Samui

Being “attuned” to the natural beauty of sunsets can improve a person’s emotional well-being. It allows you to indulge your senses & relax.

- 📍 49/8 Hillcrest Road, Taling Ngam Sub-District, Koh Samui District, Suratthani 84140
- 📞 (+66) 7791 5888
- ✉ conrad\_koh\_samui@conradhotels.com
- 🌐 [www.hiltonhotels.com/th\\_TH/thailand/conrad-koh-samui/](http://www.hiltonhotels.com/th_TH/thailand/conrad-koh-samui/)
- 📘 Conrad Koh Samui
- 🌐 [www.facebook.com/conradkohsamui/](http://www.facebook.com/conradkohsamui/)



**Coconut dream as signature**  
by Anantara Samui

A soft gentle massage combined with the healing properties of coconut oil gel is the perfect remedy to soothe the sun-exposed skin.

- 📍 99/9 Bophut Sub-District, Koh Samui District, Suratthani 84320
- 📞 (+66) 7742 8300
- ✉ bophutsamui@anantara.com
- 🌐 [www.anantara.com/th/bophut-koh-samui](http://www.anantara.com/th/bophut-koh-samui)
- 📘 Anantara Bophut Koh Samui Resort
- 🌐 [www.facebook.com/AnantaraBophutResort/](http://www.facebook.com/AnantaraBophutResort/)



**Kamalaya Relax and Renew**

Reconnect with your inner self at Kamalaya Koh Samui, a wellness and holistic spa retreat. Designed with a unique approach to mind, body and spirit rejuvenation.

- 📍 102/9 Moo 3, Laem Set Road, Na-Muang Sub-District, Koh Samui District, Suratthani 84140
- 📞 (+66) 7742 9800
- ✉ info@kamalaya.com
- 🌐 [www.kamalaya.com](http://www.kamalaya.com)
- 📘 Kamalaya Koh Samui
- 🌐 [www.facebook.com/kamalayakohsamui](http://www.facebook.com/kamalayakohsamui)



## Detox

by Kamalaya Koh Samui

It's not about being good at something, it is about being good at yourself. Pamper yourself at Kamalaya. Inhale and exhale with detox, and above all, relax at the soothing sensations of a very special spa.

📍 102/9 Moo 3, Laem Set Road,  
Na-Muang Sub-District, Koh Samui District,  
Suratthani 84140  
☎ (+66) 7742 9800  
✉ info@kamalaya.com

🌐 www.kamalaya.com  
📘 Kamalaya Koh Samui  
www.facebook.com/kamalayakohsamui



## Holistic Hydrotherapy

by Banyan Tree

Hydrothermal experiences designed to provide a calm stress-relieving experience. A one-of-a-kind approach to health and stress-relief.

📍 99/9 Moo 4, Maret Sub-District, Koh Samui District, Suratthani 84310  
☎ (+66) 7791 5333  
✉ samui@banyantree.com,  
reservations-samui@banyantree.com

🌐 www.banyantree.com/en/thailand/samui  
📘 Banyan Tree Samui  
www.facebook.com/BanyanTreeSamui.Thailand



# Wellness Stay



## Conrad Samui

Situated within one of the world's most beautiful beaches, Conrad Samui experience rejuvenates and restores, removing negative energy from stress experienced in daily life.

📍 49/8 Hillcrest Road, Taling Ngam Sub-District, Koh Samui District, Suratthani 84140  
 ☎ (+66) 7791 5888  
 ✉ conrad\_koh\_samui@conradhotels.com

🌐 [www.hiltonhotels.com/th\\_TH/thailand/conrad-koh-samui/](http://www.hiltonhotels.com/th_TH/thailand/conrad-koh-samui/)  
 📘 Conrad Koh Samui  
[www.facebook.com/conradkohsamui/](https://www.facebook.com/conradkohsamui/)

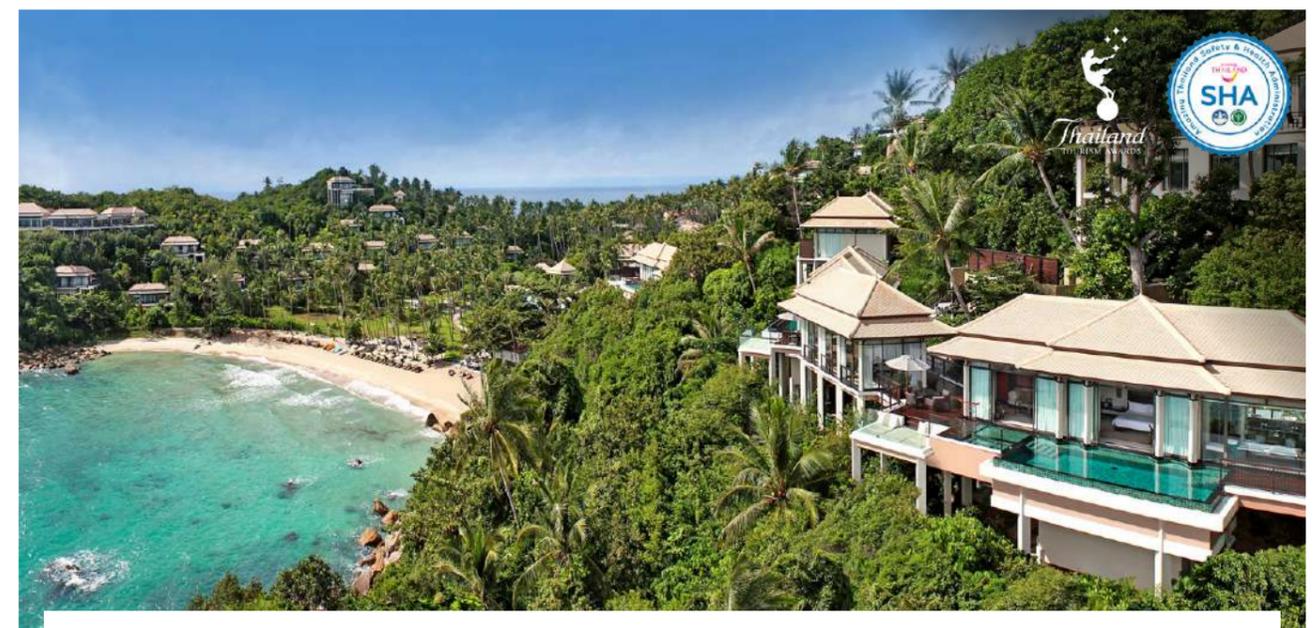


## Kamalaya Koh Samui

Holistic health solutions are available from Kamalaya that will rejuvenate your mind, body and spirit. A blend of Eastern healing with Western medical solutions, designed for life-enhancing results.

📍 99/9 Bophut Sub-District, Koh Samui District, Suratthani 84320  
 ☎ (+66) 7742 9800  
 ✉ info@kamalaya.com

🌐 [www.kamalaya.com](http://www.kamalaya.com)  
 📘 Kamalaya Koh Samui  
[www.facebook.com/kamalayakohsamui](https://www.facebook.com/kamalayakohsamui)



## Banyan Tree Samui

A luxurious all-pool villa resort, overlooking the Gulf of Thailand. Pristine beaches for the ultimate romantic meal which can be presented on the beach, the main pool, or the Infinity Point.

📍 99/9 Moo 4, Maret Sub-District, Koh Samui District, Suratthani 84310  
 ☎ (+66) 7791 5333  
 ✉ samui@banyantree.com, reservations-samui@banyantree.com

🌐 [www.banyantree.com/en/thailand/samui](http://www.banyantree.com/en/thailand/samui)  
 📘 Banyan Tree Samui  
[www.facebook.com/BanyanTreeSamui.Thailand](https://www.facebook.com/BanyanTreeSamui.Thailand)



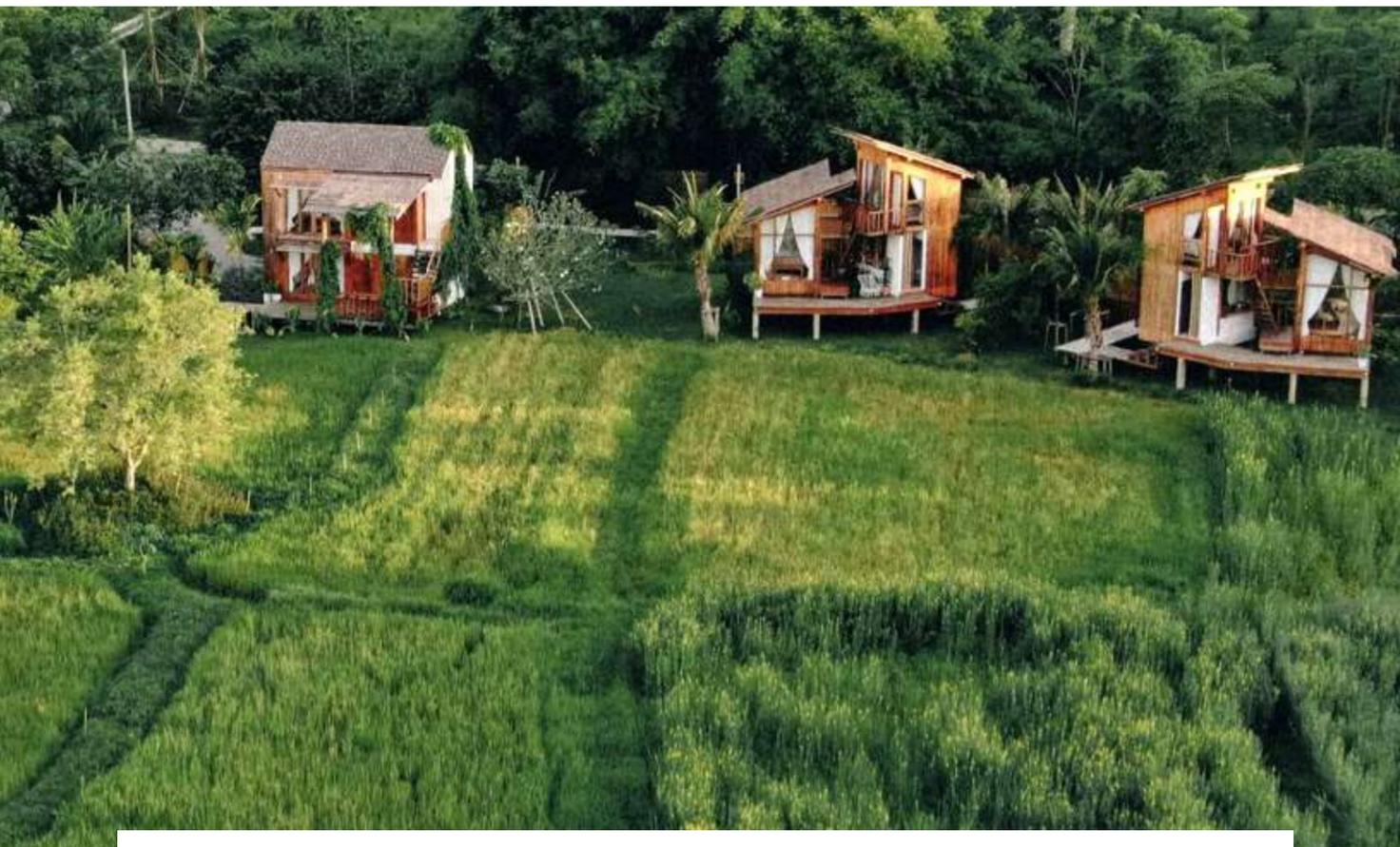
# Wellness Workation

— Nan —



# Trip Idea

Work-life balance starts here at Nan, a city of inspiration that releases your endorphins while sipping a stimulating coffee at a café with a gorgeous greenery view. Amble in cocoa fields to relax your overworked brain muscles and create your very own cocoa menu. Boost up your body power with healthy menus from an organic farm and enjoy your afternoon tea with Sila Petch Waterfall sides.



## Day 1

### Morning

- Get together at meeting point.
- Coffee in a cottage at Baan Na Kang Tong Cafe.

### Lunch

- Organic lunch at Nan Tawan Farm.
- Visit Cocoa Valley of Nan, observe production and join the cocoa Workshop.

### Evening

- Dinner at Voila kitchen.
- Check in at Cocoa Valley Resort, in the cocoa land of Nan.



## Day 2

### Morning

- Breakfast at the hotel.
- Coffee with greenery sights at Natatha Cafe.

### Lunch

- Delicious lunch from various mushroom menus at Hua Nam Mushroom Farm.
- Afternoon tea at Silaphet Afternoon Tea.

### Afternoon

- Enjoy local activities at Silaphet Community Based Tourism

### Evening

- Dinner at Baan Bum Bar Bistro.

## Day 3

### Morning

- Breakfast at the hotel.
- Capture the view of Kew Muang Mountain at Nan Native Cafe.

### Lunch

- Lunch at Na Khao Rao Nan.

### Afternoon

- Visit Wat Phumin Temple, one of the most popular temples in Nan and distinguished itself with the famous wall paintings, the whisperer.
- Safely travel back.

# Wellness Workation

 Nan

Cocoa Valley Resort



Na Khao Rao Nan



Sila Phet Waterfall



Hua Nam Mushroom Farm



Sila Phet Community Based Tourism



Natatha Cafe



Nan Native Cafe



Baan Na Kang Tong Cafe



Nan Tawan Farm



Voila Kitchen



Baan Bum Bar Bistro



Wat Phumin Temple



# Work from the Rice field



**Natatha Cafe**

Change your work place from an air-conditioned cafe to a small hut with a unique design in the middle of a rice field and enjoy your coffee in the lovely open air.

📍 91 Moo 7, Pa Laeo Luang Sub-District, Santi Suk District, Nan 55210  
☎ (+66) 87 673 8052



**Nan Native Cafe**

Spend your holidays at the Nan Native Cafe. You can try tasty coffee or tea while enjoying the pristine view of Doi Kew Muang at the newly opened Chef's Table, called Nan Native.

📍 136 Saithali Road, Nai Wiang Sub-District, Mueang Nan District, Nan 55000  
☎ (+66) 94 938 6497



**Ban Tai Lue Cafe**

Ban Tai Lue Cafe is a very unique and beautiful cafe that has a long wooden bridge for you to stroll across and enjoy the view of the green rice fields.

📍 164 Moo 4 Sila Laeng, Pua District, Nan 55120  
☎ (+66) 89 264 6058



**Baan Na Kang Tong Cafe**

Baan Na Kang Tong welcome you to a perfect escape from a busy deafening city. Be carefree while taking a break and regain internally as you find harmony and tranquility.

📍 444 Chaiyasathan Sub-District, Mueang Nan District, Nan 55000  
☎ (+66) 86 654 4564

# Wellness Food & Coffee



## Na Khao Rao Nan

Come into the beauty of nature and its spectacular mountainous views, soothing to your eyes while engrossing with the scrumptious foods it offers.

📍 88 Moo 5, Wora Nakhon Sub-District,  
Pua District, Nan 55120  
☎ (+66) 61 542 2919

✉ puagallery.28@gmail.com  
🌐 nakhaoraonan.com



## Nan Tawan Farm

Gratify yourselves with a healthy heavenly diet menu appropriate for your body and delight in the comfort of an organic green fresh environment with a scenic view.

📍 267 Moo 1, Sanian Sub-District,  
Mueang Nan District, Nan 55000

☎ (+66) 83 789 6598  
✉ nantawanfarm@gmail.com



## Baan Bum Bar Bistro

Baan Bum Bar Bistro is a bistro mood restaurant located in Nan Province. There are delicious Thai foods with healthy ingredients.

📍 3/3 Worawichai Road, Nai Wiang Sub-District,  
Mueang Nan District, Nan 55000  
☎ (+66) 91 854 3278

✉ thefarmhouse.hotel@gmail.com  
🌐 website--38906158788405774149-  
restaurant.business.site



## Hua Nam Mushroom Farm

Climb into the hills overlooking rice field view of Farm Hed Baan Hua Nahm. Forget your worries and be delighted.

📍 129 Sila Laeng Sub-District, Pua District, Nan 55120  
 ☎ (+66) 81 005 1533



## Silaphet Afternoon Tea

Release your body and mind to the flowing waterfall. Sit and take a sip of tea with mouth-watering Thai desserts made by local villagers next to the Sila Petch Waterfall.

📍 Sila Phet Water Fall, Silaphet Sub-District, Pua District, Nan 55120  
 ☎ (+66) 92 257 6499, (+66) 65 939 9015



## Voila kitchen

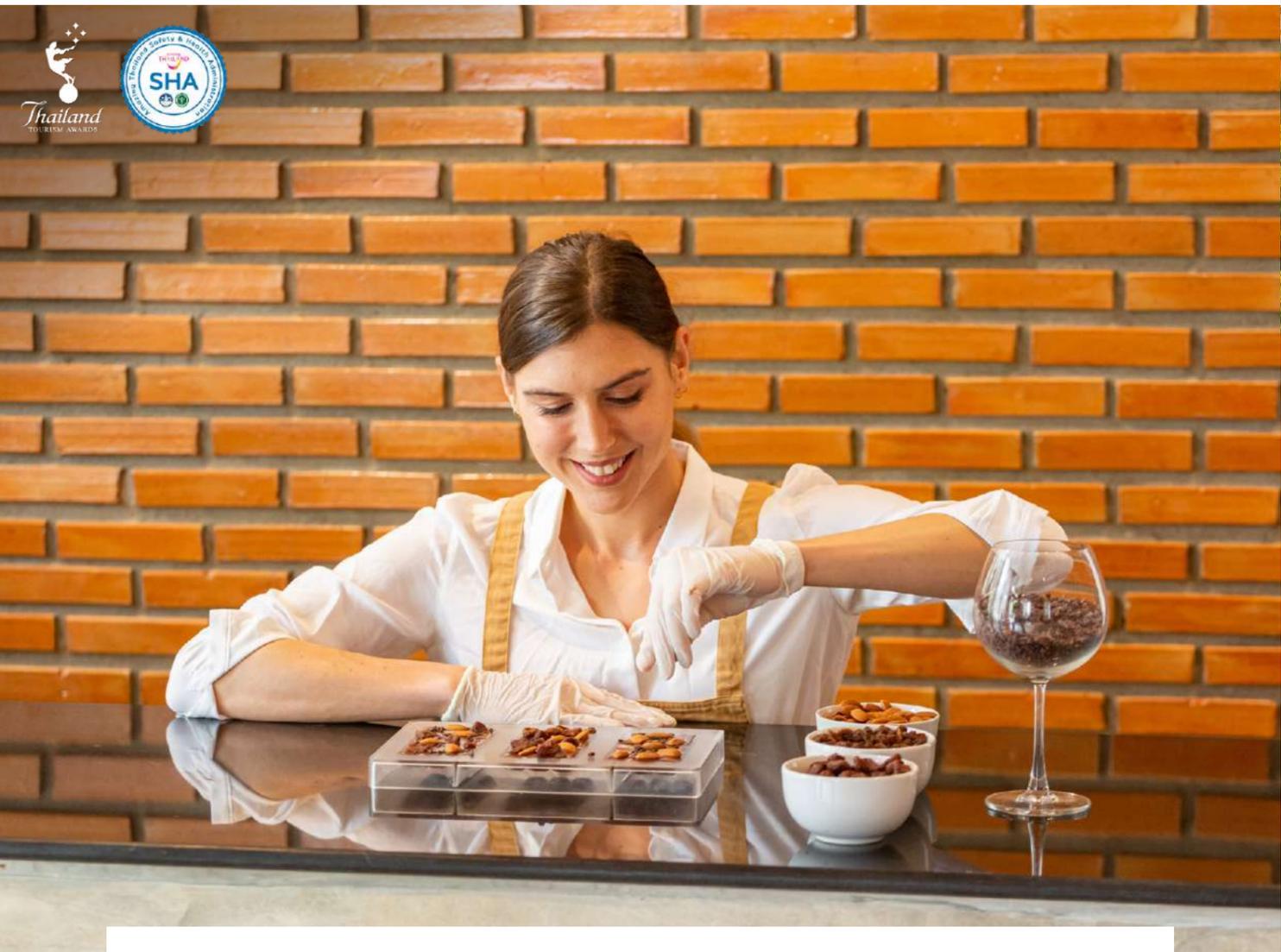
Voila kitchen provides Italian-Thai menus with good taste for all customers. The restaurant uses good and healthy ingredients.

📍 1 Mahayot Road, Nai Wiang Sub-District, Mueang Nan District, Nan 55000  
 ☎ (+66) 95 953 3251  
 ✉ noogninew@hotmail.com

🌐 voilanirvanan.navithai.com  
 📘 Voila nirvanan  
 www.facebook.com/voilanirvanan/



# Wellness Activities



## Cocoa Workshop

Experience Nan's cocoa plantation tour at Cocoa Valley and watch the processing of the products which are made of cocoa from the start.

📍 339 Moo 8, Pua Sub-District, Pua District, Nan 55120  
 ☎ (+66) 63 791 1619, (+66) 5471 9599  
 ✉ cocoavalleyresort@hotmail.com

🌐 [www.cocoavalleygroup.com](http://www.cocoavalleygroup.com)  
 📘 Cocoa Valley Resort  
[www.facebook.com/cocoavalleyresort](https://www.facebook.com/cocoavalleyresort)



## Wat Phumin Temple

One of the most popular temples in Nan and distinguished itself with the famous wall paintings, the whisperer.

📍 Wat Phumin, Pakong, Nai Vieng Sub-District, Mueang Nan District, Nan 55000  
 ☎ (+66) 98 879 3956

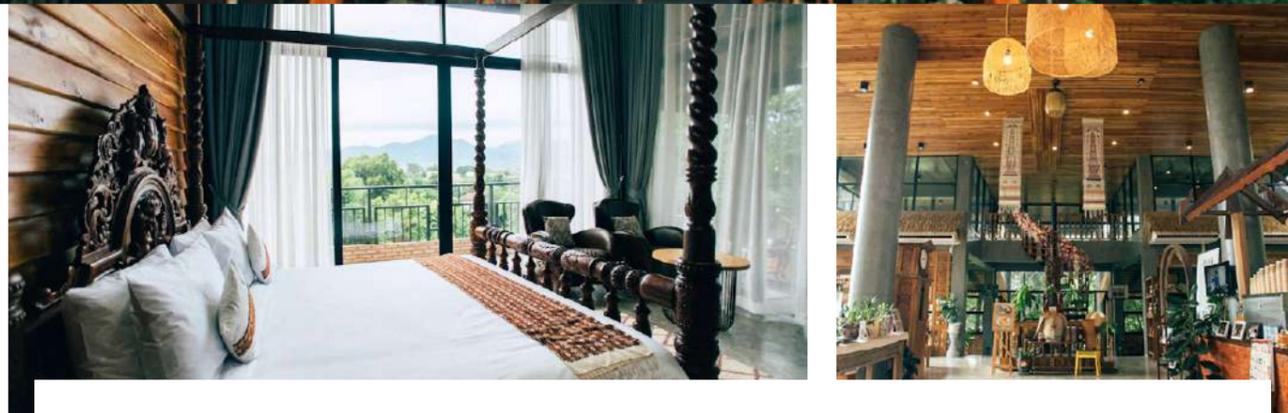


## Silaphet Community Based Tourism

Turn an ordinary holiday into a memorable one with this short trip that will take you cycling on a ridge of the rice fields of Sila Phet Community.

📍 Sila Phet Sub-District, Pua District, Nan 55120  
 ☎ (+66) 92 257 6499, (+66) 65 939 9015

# Wellness Stay



**Cocoa Valley Resort**

Cocoa Valley offers accommodations in the midst of the cocoa kingdom. Guests are able to learn the story of the pride of Thai chocolate and enjoy a unique experience in a cocoa plantation.

- 📍 339 Moo 8, Pua Sub-District, Pua District, Nan 55120
- 📞 (+66) 63 791 1619, (+66) 5471 9599
- ✉️ cocoavalleyresort@hotmail.com
- 🌐 www.cocoavalleygroup.com
- 📘 Cocoa Valley Resort
- 🌐 www.facebook.com/cocoavalleyresort



**Nannirun**

Escape from reality and put yourself to sleep at this environment-friendly resort, surrounded by the hydroponic vegetable plots, rice fields, and mountains.

- 📍 Nanniran, Silaphet Sub-District, Pua District, Nan 55120
- 📞 (+66) 97 289 5946
- ✉️ nannirun.resort@gmail.com
- 🌐 www.nannirun.com



**Raithonrak**

Raithonrak is a peaceful place in the middle of beautiful nature where serenity can be found. The green vegetable farm around the place will dazzle your eyes.

- 📍 309 Moo 1, Pua Sub-District, Pua District, Nan 55120
- 📞 (+66) 81 033 8546
- ✉️ raithonrakpua@gmail.com
- ✉️ t3nlove@yahoo.com
- 🌐 raithonrak.com

