

Discover the Cities of Herbs

Thailand's Amazing Stories of Local Health & Herbs



Preface

For a long time, Thai people have wisely taken advantage from various species of herbs, for healing, strengthening their bodies, to anti-aging treatments. If you take a deep look into the Thai traditional style of health care, you will find that herbs have always played a significant role behind it.

Herbs are a simple wonder that allows everyone to access healthiness. To demonstrate this, it would be better if we experience the health care in 4 key cities in 4 regions of Thailand. Chiang Rai, Sakon Nakhon, Prachin Buri and Surat Thani are outstanding cities of herbs with different characters and charms. Visiting these four destinations with an utmost richness

of herbs will surely offer you a very unique experience on an impressive route of health. The trips of health will open your world, and more importantly, definitely soak you in real happiness in the Thai way of life.



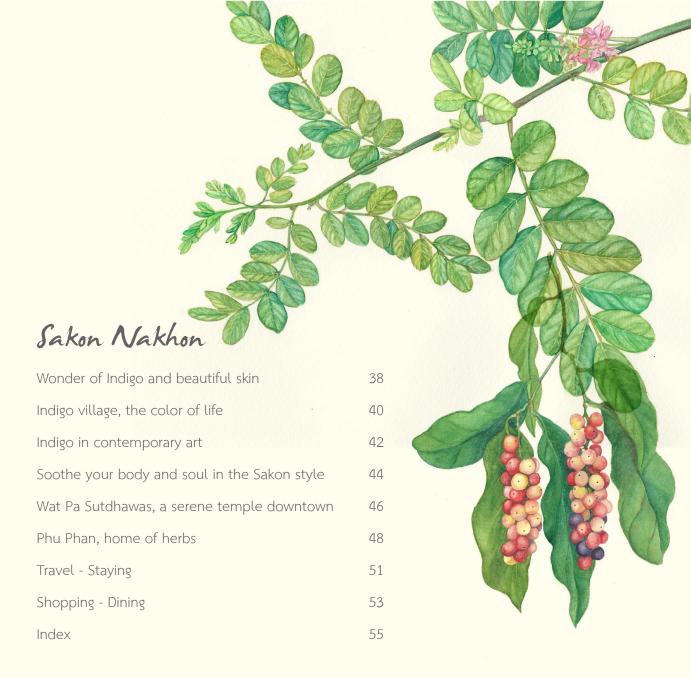
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Chic and Charming Chiang Rai

When the winter breeze begins to blow, mighty mountains and tea estates of Chiang Rai are filled up with charm that lures tourists to soak themselves among the beautiful landscape.

From a tea hub, Chiang Rai today is expanding its product line into herbs and organic farming.

Among the embrace of an endless mountain range, the charming lifestyle of ethnic groups runs in harmony with the peaceful Kok River and the mighty Mekong River.



It is said that tea is the second most popular beverage in the world, after only water. Evidence from the 10th century indicates that the Chinese knew the charm of tea and were fascinated in it a thousand years earlier. Not only does tea rehydrate and quench your thirst as well as water does, it comes with additional health benefits, too. This healthy drink can make your brain brighter. It also protects you from some diseases, reduces cholesterol in blood, and contains antioxidant substances. A study reveals that women who drink Oolong Tea have a higher energy burning rate than those who drink only water. In Thailand, the tea tradition is gaining more meaning in society.

This drink of serenity marks the beginning of an afternoon break on an easy day. In Chiang Rai, where the vast majority of tea estates in Thailand are located, growing tea means the beginning of life. Anyway, when we talk about Chiang Rai's tea, Oolong Tea always comes at the very first place. The first Oolong tea tree came to Chiang Rai some 80 years ago when Thailand began a scheme of tea product development in 1940. A number of tea researches had been conducted in different agricultural development stations. In 1975, the Thai government, under General Kriangsak Chamanan, handed the first lot of tea trees to General Tuan Shi-wen, the leader of the 93rd Division of the Kuomintang Army, which settled down on Doi Mae Salong. Tea villages and cooperatives were established on the mountain. Since then, Oolong Tea has become part of the life here. Plantations and production processes are developed continually, from planting, harvesting to tea-making tips. Oolong Tea from Doi Mae Salong has made a debut to the world and is very well accepted. Its high quality and fascinating aroma make some people say "it is not necessary that Oolong Tea must come from only China."

Assam Tea: local tea of Chiang Rai Indeed Chiang Rai's local tea varieties are A

Indeed, Chiang Rai's local tea varieties are Assam tea plants (Camellia sinensis). The folk of Chiang Rai have been familiar with this kind of tea for centuries. In the local dialect, the Chiang Rai people call it Cha Pa or Cha Miang. Over 60% of tea estates in the province grow this tea variety. In some areas; such as, Doi Chang, centuries-old Assam tea plants can be found. As it has been in the area for a long time, tea culture has also set a deep root in the Chiang Rai lifestyle. Fermented tea leaves or "Miang" is a kind of local snack. Today, Assam tea has been developed into different categories; such as, white tea and green tea.

Plucking

The high-quality tea must be only hand plucked in the

early morning.
Only the first unfold
leaf and two lower
leaves are required.

Withering
For reducing their
moisture content and
allowing for the
development
of the aroma and
flavor compounds
in the leaves.

Pan firing
An artisanal process to keep
the phenolic compound in the leaves.

Orying
Moisture will be reduced
to 51., which prolongs shelf
life of these precious leaves.

Rolling
Tea leaves is done by hand
to squeeze out some of
the sap, essential oils and
juice inside the leaves to
come out, enhancing the
taste of the tea.

Packing Small parts, buds, dust, and other things are sorted out. Now the tea is ready for sale.

The road to a cup of tea.



Tea ... Wonder rises from but to leaves

The whole tea plant can be a wonderful beverage. Leaves, young leaves, stem and branch of tea plants can be used in producing different teas.

White Tea is made from unfolded leaves, which are covered with white hair. It goes through a very short process to keep its unique aroma and taste.

Green Tea is produced from two young leaves and a bud. The leaves goes through pan firing, rolling and drying.

Yellow Tea: The first six leaves of each bud are plucked and go through pan firing, rolling and drying.

Black Tea is made from bigger leaves and buds. The ingredients are dried, grounded, heavily rolled and fermented for eight hours.

"Miang Tea" is fermented tea leaves. Young leaves, at the 4th to 6th leaves of each branch, will be cut and tied together. Each group, at 400 - 500 grams in weight, will go through the fermentation process.





The modernity over the green valley

Situated at the elevation of 1,200 meters above sea level, Choui Fong Tea nestles peacefully over a 400-acres plot of land in Chiang Rai. Choui Fong is a Chinese word meaning "Lush Green" Mountain". The 40-years tea expertise is handed down through generations and Doi Phaya Prai now turns into a great tea estate. The modern organic tea plantation is 100% chemical free. It may be a remote tea plantation, but the Choui Fong Tea Factory has been certified GMP (Good Manufacturing Practice) by the FDA of the Ministry of Public Health and Food Safety standard. Its outstanding tea you should not miss is Jin Xian Oolong No. 12, Oolong No. 17, Osmanthus Oolong No. 17, Green Tea, Jasmine Green Tea, and Matcha. In 2009, the

tea estate won a Gold Prize Award for the best Oolong Tea from the Green Tea Organization Japan. Later in 2016, its Tea Café won the best Hospitality-Restaurants from the 5th Architizer A+ Awards held by www.architizer.com, the online community of design people. While sipping high quality tea, visitors will find themselves among the great view of the tea estate spanning upto the horizon. Definitely, popular corners for a selfie are surely available. Tea lovers can enjoy the drinks along with tea flavored bakery; such as, Green Tea Roll and creative dishes with tea ingredients like tuna salad with tea leaves, tea leaves spring roll, and green tea dumpling.

Doi Mae Salong, the cradle of Chiang Rai's tea legend.

If you want to soak up the refreshing atmosphere of an Oolong tea plantation, Doi Mae Salong is the place to be. Riding through the winding mountain road and you will be in the place of origin of Chiang Rai's tea legend. There are many famous tea estates here. The 101 Tea Plantation is an award-winning tea estate. It won the first place quality Oolong Tea at the World Tea Festival 2004, and 2001 Royal Cup Prize for Quality Oolong Tea Leaves No.12 and Oolong Soft Stem at the Tea Leave and Greenery Fair Chiang Rai. Wang Pudtan Tea Plantation and General Tuan's Tea Plantation are worthwhile to explore as well as the farmer's market, which is situated in the embrace of the mountains.











Chiang Rai



Happiness in the wide world

The gigantic statue of Singha, or heavenly lion, situated at the Park's entrance is a landmark tourists hardly miss, particularly when the statue is lit up, enabling its gold color to glow among the twilight blue sky. Singha Park is a new leading attraction of Chiang Rai. Not only picturesque scenery, its 240-acre tea plantation grows the Jin Xuan Oolong Tea variety from Taiwan, which the Thai people know as Oolong No.12. Over 90% of tea products here are exported to different markets worldwide. Singha Park's tea plantation focuses on organic farming. With very high-quality products, the tea estate has a joint venture with Maruzen

Tea Japan, one of the top five green tea manufacturers and distributors of Japan. Tea specialists supervise on all tea production processes, from plucking to packing to ensure the top quality. Besides a serene world of tea, the Park offers different fun-filled activities. Its bike route, which snakes through the tea plantation, flower fields, fruit orchards, vegetable farms and lake, is considered to be one of the most beautiful biking routes in Chiang Rai. Drop by for a while, and you will realize how this beautiful landscaped park and healthy products here can revive your spirit.











Chiang Rai



Organic delight

Calling itself as a "Sustainable Living Center", the organic farm fulfils your dream of living a sustainable life and encourages people to enjoy vegetables and take them as medicine. The Farm shares its knowledge about herbs and allows visitors to touch the nature in more sustainable ways. Moreover, it offers a unique experience of a farmstay amidst nature. A series of organic farming workshops are available; such as, making organic fertilizer, tips for planting trees, or transplanting rice. Useful knowledge from here can be adapted and benefits all visitors later. Besides the rice which is a highlight of the Farm, White Mugwort is another interesting herb here. With a cool effect, this Chinese traditional medicine herb can cure cancer. According to the medical profession, the vegetable contains limonene, selenium and glycoside, which can stop cancer development. As a traditional herb, Chinese people add it in the meal during winter time in order to improve the body's balance. The Farm offers a farmstay experience in tents. Its Farm Café serves a great variety of healthy menus, particularly White Mugwort; such as, white mugwort in clear soup, stir-fried meat with white mugwort, baked white mugwort with cheese and much more. Situated by long lush rice paddies that stretches far away with the backdrop of the mountain range, the Farm is among the best viewpoints in Thoeng district.











Chiang Rai



Soothe your body and soul by the Mekong River

It is a perfect place for those who find health more valuable than money. In Rai Saeng Arun, visitors will learn how to spend a healthy lifestyle, enjoy moments in harmony with nature and the great scenery of Chiang Rai's landscape, and a variety of chemical-free vegetables, which are grown in particular for the farm's use. To blend with the serene surroundings, accommodation here is built from local materials; such as, reclaimed wood, grass roof, and clay and cement wall. The health tourism programs on the farm

provide a good chance for body and soul relaxation. They range from trying different dishes cooked from chemical-free vegetables, enjoying the great view of the Mekong River, growing and harvesting organic vegetables, doing rice farming in the typical Thai way, exploring hill tribe villages, visiting schools for hill tribe students, and finally crossing the river to roam small Laotian villages. These unique experiences will heal your heart and health, and impress you with great memories from Chiang Rai.



Travel



Tea Oil and Plant Oils Development Center

Packed with knowledge to share on a 60-acre area, the Center, was established by HRH Princess Maha Chakri Sirindhorn in 2011 to produce tea seed oil as well as research and develop other quality plant oils for general consumption and cosmetics. Tea seed oil or Camellia oil is an essential oil used for cooking and beauty products. The permanent staff tells an interesting story about the development of tea seed oil production. The Center is complete with a souvenir outlet of the Patpat brand, a park and playground, and Maletcha Restaurant.

The Royal Recipe

The Maletcha Restaurant serves menus initiated by HRH Princess Maha Chakri Sirindhorn, particularly the Bacon Croquette. The mashed potato is mixed with ground pork and small pieces of bacon and then is deep fried in tea seed oil. Tomato soup here is added with whip cream and fresh milk. Kai Nap Krata is fried chicken marinaded with tea seed oil. The last but not least. Khai Phra Athit or Sun Egg, a unique dish that the Princess got the recipe from King Bhumibol since she was young. Pineapple ice cream here adds Phu Lae pineapple, a local variety of pineapple of Chiang Rai.

Tea Oil Camellia

Tea seed oil from Tea Oil Camellia is named the "Olive Oil of the East". Camelia Oil exerts many therapeutic properties, making it fit for use in medicinal formulations. Beauty products containing tea seed oil range from cream and skin care lotions, sunscreen, soap, shampoo to essential oil are available. It has a low content of saturated fat. Its trans fat free property allows the human body to absorb vitamins efficiently. With a boiling point at 252 degrees Celsius, tea seed oil is excellent for high heat cooking or used as a meat marinade sauce.



The Chakrabhand Pensiri Center for Plant Development

The Center greets all visitors with its remarkable chemical-free GAP Standard plantations packed with interesting plant varieties; such as, different corn species, black sesame 18, bok choi, pumpkin, green gourd, native tomatoes, golden watermelon and

numerous flowers. Fresh and organic fruits and vegetables grown here are available at reasonable prices. The highlight is Jun Ka Pak, a stylish restaurant serving Thai and fusion cuisine; such as, vegetable tempura, eggplant salad, Nam Phrik Ong with fresh vegetables, and other Northern cuisine.

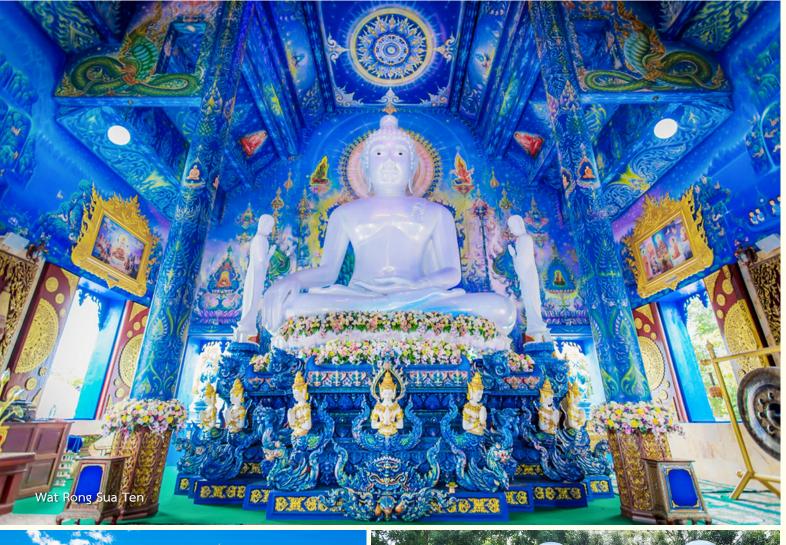


















Wat Rong Sua Ten

Wat Rong Sua Ten is one of the very artistic Buddhist temples in Chiang Rai. Phuttha Kap Kaeo, the artist who renovated this neglected temple, got trained by Chalermchai Kositpipat, the famous Thai visual artist who made Wat Rong Khun or the "White Temple" a debut with his dreamlike design. The highlight of the temple is its chapel, which is decorated in a heaven-like theme. The delicate mural in the chapel and exterior stucco works reflect the blend of great faith in Buddhism and modern art. as bluish color is the main theme of the decoration.

Rai Chern Tawan Meditation Center

Situated among picturesque scenery, a peaceful reservoir and backdrop of Doi Pui, one of Chiang Rai's best watershed forests, the meditation center nestles in a lush garden with a "Back to Nature" concept. The serene atmosphere in nature is a perfect setting for Dharma and vipassana practice. Short-term and long-term courses are available. The Dharma puzzles set amidst the garden of scented flora make it the best classroom to develop mindfulness. Artworks displayed in the gallery also serve as practical media to teach Dharma. Classes for Dharma and meditation are available twice monthly.

Hall of Opium, Golden Triangle

Learn about the long journey of opium, which can kill or cure people. With modern multi-media and interesting presentations, the exhibition tells stories of opium, which greatly influenced people in the Golden Triangle for decades. In the 1960's, King Bhumibol encouraged the promotion of crop substitution programs for the hill tribe people in the area, which over the years has successfully transformed the opium-growing areas into agricultural farms. The Royal Project was awarded the Ramon Magsaysay Award for International Understanding in 1988. Then in 1994, the Royal Project received an award of appreciation from the United Nations International Drug Control Program (UNDCP) for solving the drug problem.



(Chiang Rai)

Follow the King's Footsteps

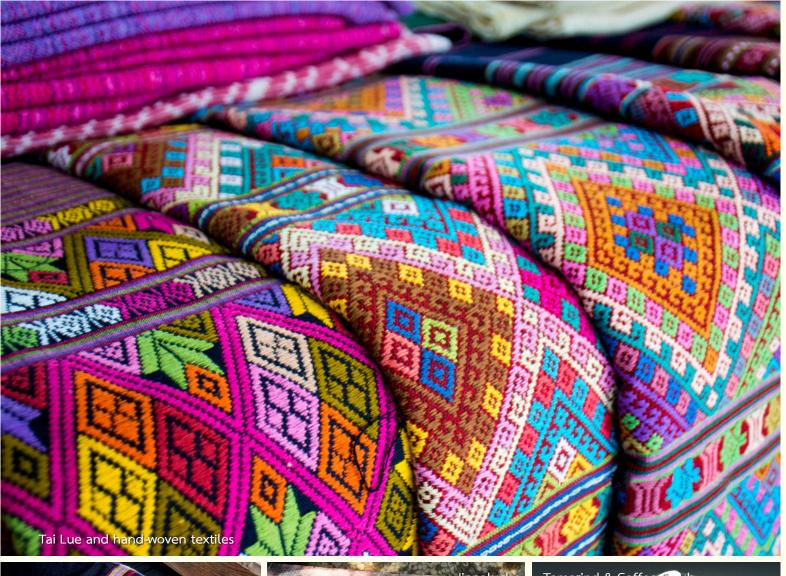
in Chiang Rai

Chiang Rai houses a number of projects, which were initiated by King Bhumibol Adulyadej and other members of the Royal Family to raise the hill tribes living standard. Many projects are success stories that have made the Thai people proud while some projects are worthwhile to visit and follow. The Doi Tung Development Project, by HRH the Princess Mother, is a very good showcase of reforestation and social development. Royal Project Doi Sa Ngo is a nice example of a hill tribe development project. The stunning mountain view makes it a new landmark of Chiang Mai where visitors should not miss to check-in.

















Jinnaluck

Jinnaluck Mulberry Saa Paper Workshop offers fun-filled activities. Get a glimpse of craftsmanship by making organic paper in your own design by close instruction from veteran paper makers. Moreover, Jinnaluck has innovation for beauty. Natural gold silk is used as the main ingredient of "CEILK" cosmetic. The natural-ingredient cosmetics nourish the skin's condition, brightens the skin tone, increases skin moisture, reducing pore size, wrinkles, inflammatory acne and curing the acne wound. It can be used as sunscreen and reducing freckles. The cosmetic set comprises a facial mask, cleansing wipes, day and night cream, essence, facial foam and shower gel.

Tai Lue and hand-woven textiles

This Tai Lue village could very well maintain their beautiful tradition. Ban Hat Bai is the remotest village of Chiang Khong District. However, visitors find it worthy to come this far for the countryside scenery, slow pace of rural life, easy living and smiling people. Tai Lue culture remains rich and well preserved here, particularly

the hand-woven textile in the Tai Lue pattern. With many awards to guarantee its excellent quality, now, the beautiful textile from Ban Hat Bai is a famous OTOP product.

Herbal products from Mae Fah Luang University

Besides its serene landscape, the University has developed a variety of herbal products to suit different demands; such as, Cassumunar Ginger Oil, Cassumunar Ginger Wax, and Patchouli Oil, Hop-headed Barleria wax, an outstanding product is the ricebased hair fall controller Number 333. The product is the result of intensive research conducted by lecturers of the University. It won a Gold Medal from the 2015 Kaoshiung International Invention & Design Expo (KIDE 2015) of Taiwan, a Special Prize from Poland's Eurobusiness-Haller and a Special Prize from Romania's Euro Invent.

Black Bat Flower: the pride of Mae Fah Luang

The flower has played a role in Chinese traditional medicine as a herbal remedy for various health-related problems. The research team from the School of Medicine, Mae Fah Luang University, under the leadership of Asst. Prof. Doctor Chaiyong Rujjanawate, has developed

various herbal products based on the Black Bat Flower. They include Black Bat Flower Gel. Black Bat Spray and in the near future, a facial mask for curing inflammatory acne is coming in the pipeline. The herbal products are available at the University's outlets. Black Bat Flower (Acca Chantrieri) is an unusual plant as it has black flowers, which are bat-shaped. They are native to tropical regions of Southeast Asia including Thailand, Malaysia and Southern China. They are an understory plant and prefer shade, well-drained soil with good air circulation.

Pampering

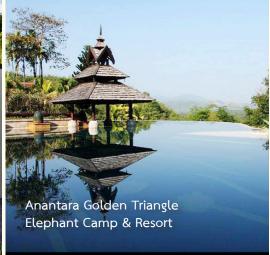
Ban Chon Suwanna

Welcome to the relaxing atmosphere in the warm wooden house and herbal products. The spa outlet provides a series of spa treatments, from Thai traditional massage, aromatherapy massage, mineral bath and milk bath. An outstanding traditional treatment is "Mo Klua Op" or massage that uses a salt pot instead of a herbal ball. Another highlight is the Coffee and Tamarind Scrub, Ground coffee from Doi Chang is mixed with organic herbs and used as a body scrub. The scrub cures damaged skin from sun burn, reduces ecthyma, pore size and wrinkles.











Anantara Golden Triangle Elephant Camp & Resort

The luxurious resort nestles peacefully in lush landscape, very close to the border next to Lao PDR. and Myanmar. The Anantara Spa redesigns treatment by blending modern science with local treatment. "Lanna Experience" is a unique treatment. It features a body massage with cassumunar ginger extracted oil and body mask with cassumunar ginger for brighter skin.

Anantara Golden Triangle Elephant Camp & Resort 229 Mu 1, Wiang, Chiang Saen, Chiang Rai 57150 Tel. +66 5378 4084 www.goldentriangle.anantara.com

Le Meridien Chiang Rai Resort

Peacefully situated by the Kok River, the luxurious resort houses the Parvati Spa, which offers a wide range of treatments for well-balanced body and soul. Its signature treatment is "Nuat Tok Sen", Thai traditional massage that boosts blood circulation.

Le Meridien Chiang Rai Resort 221/2 Mu 20, Kwai Wai Road, Rop Wiang, Mueang, Chiang Rai 57000 Tel. +66 5360 3333

www.lemeridienchiangrai.com

Four Seasons Tented Camp Golden Triangle

Check-in this special resort, then you will find yourself among beautiful wilderness. All guestrooms are situated in luxurious tents, among an adventurous atmosphere of safari. Spend a special day with elephants. Then, be pampered among a picturesque mountain view with a comfortable spa. A signature treatmenthere includes "bamboo massage". The masseuse applies your body with Thai herbal extracted oils and softly rolls your body with a bamboo trunk.

Four Seasons Tented Camp Golden Triangle

449 Mu 1, Wiang, Chiang Saen, Chiang Rai 57150

Tel. +66 5391 0200, +66 5391 0201 www.fourseasons.com/goldentriangle

A-star Phulare Valley

Sip the black sugar cane juice, a rare herbal drink, as well as enjoy organic fruit and vegetables in a 'Farm to table' style, and then get ready to spend an adventurous day among lush mountains. Besides serving organic cuisine, the resort offers various activities for your day out; such as, biking, riding an ATV, and archery.

A-star Phulare Valley 60/14 Mu 2, Tha Sut, Mueang, Chiang Rai 57100 Tel. +66 5202 9922-4 www.a-starphularevalley.com

Muse Flower Retreat and Spa

Being pampered in the utmost comfortable room and heal your body and soul with healthy dishes. The resort offers a number of relaxing spa treatments. Do not miss trying out some signature treatments; namely, Lunar Massage, Solar Massage, and Star Massage for utmost comfort.

Muse Flower Retreat and Spa 159/1 Mu 1, Don Sila, Wiang Chai, Chiang Rai 57210 Tel +66 5202 9823 +669 3137 0414

Tel. +66 5202 9823, +669 3137 0414 www.musefloweretreat.com





Situated among greenery on the bank of the Kok River, the charming restaurant serves a wide range of signature dishes and drinks for your selection; such a as, a lemonade drink called Manorom Hummingbird, crab curry served with white noodles and fried vegetable, and spinach gratin sandwich served with salad.

Melt in Your Mouth

The beautiful café and restaurant serves very fresh vegetables picked right from its backyard "Melt's Garden". Hors d'oeuvres Mueang is a dish worthy to try. It comes with chili paste, Lanna herbal sausages, lap (spicy Lanna dish), and yummy spicy fresh salad.



Index

Choui Fong Tea

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Boon Rawd Farm (Singha Park)

99 Mu 1, Mae Kon, Mueang, Chiang Rai 57000

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www.boonrawdfarm.com

Rai Ruen Rom

97 Mu 10, Ngio, Thoeng, Chiang Rai 57160

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www.rairuenrom.com

Rai Saeng Arun

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Tea Oil and Plant Oils Development Center

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Manorom

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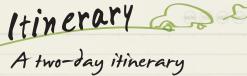
() +66 9 2373 7666

Melt in Your Mouth

268/4 Mu 21, Ko Loi, Rop Wiang, Mueang,

Chiang Rai 57000

() +66 5202 0549



In the embrace of Chiang Rai's mountains

Day 1

8

8

Morning Leave for Bangkok. Arrive in Chiang Rai, pay homage to the Emerald Buddha at Wat Phra Kaeo in the heart of Chiang Rai. Visit the Chakrabhand Pensiri Center for Plant Development.

Noon Lunch at the Tea Oil and Plant Oils Development Center. Enjoy the Royal Recipe. Then visit Choui Fong Tea and enjoy the scenery and sunset view at the tea estate.

Evening Dinner at the Choui Fong Tea Plantation, relax with a spa treatment at Ban Chon Suwan and return to the hotel.

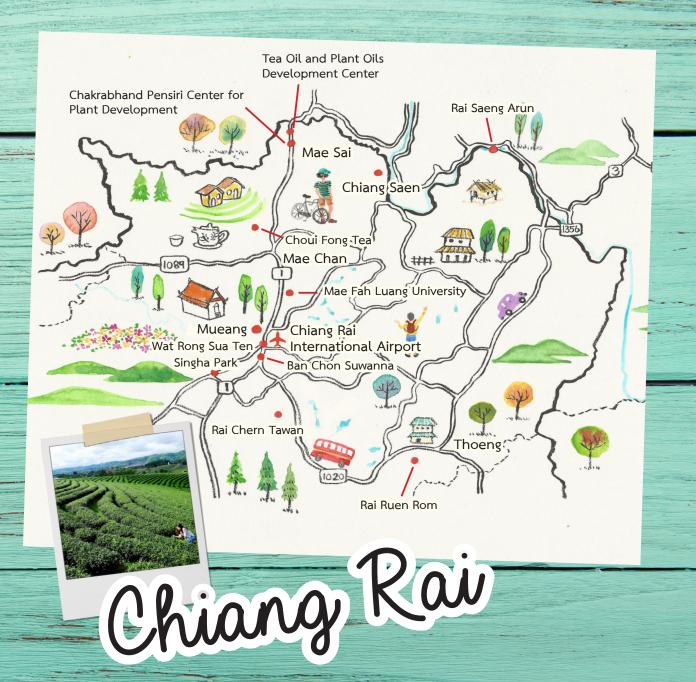
Day 2

Morning Visit Rai Ruen Rom and get a glimpse of an organic farm among the mountain view.

Noon Lunch at a restaurant in Chiang Rai city, visit the famous blue temple or Wat Rong Sua Ten. Visit Rai Chern Tawan Meditation Center. Get to learn Dharma among a serene park.

Evening Enjoy shopping for herbal products at M-store, Mae Fah Luang University and return to Bangkok.









The variety of tribal groups in Sakon Nakhon of Phu Thai,
Thai Ka Loeng, Thai Yo, Thai Isan and Thai So adds vivid colors
into Sakon Nakhon, or "Sakon Tawapee", its ancient name.
However, its fertile soil is home to an abundance of herbs.
Sakon Nakhon has the highest amount of local doctors in the
Northeast region. Their wisdom plays significant roles
in shaping up Dharma-guided life.
This is mentioned in the province's motto

"Phra That Choeng Chum for our household blessing,
Phu Phan Royal Palace for our city, the well-known beauty
of Nong Han Swamp, majestic beeswax castles,
most beautiful Phu Thai women, land of Buddhist Dharma."
The journey to Sakon Nakhon will redefine the trip of
a healthy life among the picturesque countryside of Isan.

Wonder of Indigo and beautiful skin

The blue shade of indigo appearing on hand-woven clothes keeps a number of secrets and wonders hidden. Sakon Nakhon is the country's biggest plantation for indigo, a plant from the bean family. The province mostly grows two species of indigo plants; namely, Kram Noi which yields a light blue color and Kram Fak Trong, which yields a bluish-purple color. These two species of indigo plant are the origins of Sakon Nakhon's famous product.

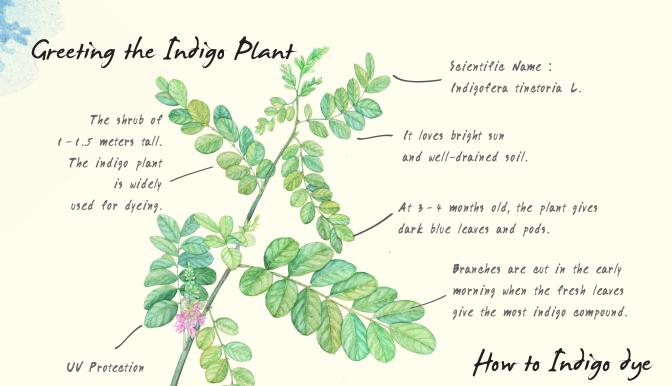
Besides its beautiful dye, local medicine of Sakon Nakhon believes that the soft fragrance from the natural dye makes cloth wearers feel relaxed. Research from Japan and the US indicate that indigo gives an anti-bacteria substance. The indigo-dyed clothes is a chemical-free textile which, at the same time, can protect the skin from UV rays.



Mo Nin, a living secret

Making a Mo Nin, or indigo-dye pot is the spirit of Sakon Nakhon's indigo-dyeing tradition. A Kran dyer calls apot for dyeing Mo Nin and the dye as Si Nin In the pot, the indigo compound is mixed with ashes water. Tamarind or sugar is added as the food for the organic microorganism in the pot. These ingredients result directly to the quality of the dye. The food will be added twice a day, in the morning and evening. In some dyeing factories, visitors are not allowed to roam alone, as some tiny changes may greatly affect the dye's

quality.





The indigo plants prefer bright sun and well-drained soil. All of Sakon Nakhon province is the perfect place for planting indigo. The cultivation can be done in 3 - 4 months after planting. The branches and leaves are cut in the early morning. The leaves are kept submerged for 10 - 12 hours then turned around and left for another 12 hours. Lime will be added into the water and left for another night. The indigo compound will gather at the bottom of the container.

How to prepare indigo dye: The indigo compound is mixed with ashes water. The water will be poured in and out of the pot 2 - 3 times until it turns greenish yellow with silver and has dark blue bubbles. This process takes 15 - 20 days. There are two methods of indigo dyeing.

- Textile dyeing: Cotton yarns are cleaned in water, beaten to drive the fat out, then dyed. After the second cleaning process, the dyed yarns are left to dry in the shade, then woven. Repeating the dyes are done for darker indigo shades.
- Cloth dyeing: Cotton clothes are washed in water, and half dried before dipped in the indigo pot. Repeat the dyeing process for a darker shade. When getting the desired hue, wash the dyed cloth in water and dry in the shade.



The dream of the indigo lover will be fulfilled once they spend a visit at "Ban Tham Tao Indigo Dyeing Group". The community is the biggest indigo plantation area and the biggest producer of indigo compound in Sakon Nakhon. With a long relationship with indigo, the village is actually the origin of the indigo tradition in the province. Until today, such traditional-rich lifestyle is well maintained. A loom can be found in every house, and weaving is part of the daily life for most ladies. Visitors can explore the village, learn about the easy way of life as well as join a short indigo-dyeing workshop. Get to know Mo Nin, the indigo-dye pot filled with local wisdom handed down through the generations. Learn about tie-dye techniques, and watch the white cloth gradually transforming from green into fascinating indigo blue. Anyway, more fun is awaiting ahead. If you go to "Ban Don Koi", you find yourself among the community that strictly follows the ancestor's process of indigo dyeing. Indigo dyed-clothes here are different from other places. Both warf yarn and weft yarn are dyed; thus, indigo-dyed products from this village give a softer touch. "Ban Non Ruea" is another interesting village rich with indigo wisdom. Hand-woven indigo-dyed clothes from Ban Non Ruea have won various awards, particularly the "Lai Nam Lae" cloth, which undergoes a very delicate production process. Great craftsmanship makes cloth from this village the most favorite souvenir from Sakon Nakhon. Indigo-dyed cloth from "Ban Na Di" is also among the top quality products in the province. All processes, from hand weaving to dyeing, follows the ancient procedure and this makes the indigo last much longer. The cloth from Ban Na Di was used to make ancient Greek costumes for the "TROY" film of Hollywood.









The wonderful plant is the cradle of Sakon Nakhon's textile culture and it keeps rolling towards the modernity. The modern face of indigo is shown at "Kram Sakon". This design house offers garments and accessories made from indigo-dyed clothes. Every piece is well-designed and practical for modern daily life. Thanks to the high expertise of the shop owner who has long been in the textile business, different textiles wonderfully go through an indigo-dyed process and become stylish items with excellent designs and a high-quality production procedure.

Moreover, with the anti-bacterial property of the indigo, indigo soap is made here. The soap is part of the indigo-dyed towel gift set, a lovely gift for health that will make you smile. The shop can organize a short dyeing workshop for those who want to learn about the DIY indigo-dyeing process. Learning to make your own dyeing on a T-shirt or hanger will amazingly entertain all participants. In another corner of the town, at the Si Nakhon Junction, "Mann Craft" shop offers indigotie-dyed clothes in unique designs not available elsewhere. Such dyed patterns and herbal fragrant hand-woven clothes make this shop outstanding.





Herbal medicine is a local wisdom long been applied in Northeast Thailand, from the old days until now. At the Arokayasan Clinic in Wat Kham Pramong, herbal medicine to cure cancer is amazingly displayed. The Clinic has been built by the temple's abbot Luangta Praphonphat Jirathammo. The abbot once had cancer, fortunately, he could heal himself from cancer after applying modern medicine and herbal medicine treatments. as well as took a meditation course. Since its establishment in 2006, the Clinic has healed over 3,700 local and foreign patients with the motto "Dharma for body, herb for health." The herbal medicine to cure cancer from this clinic is considered one of the most effective cancer medicines available, approved by the Faculty of Pharmacy, Mahidol University and the Faculty of Medicine, Thammasat University. This comprises Hua Koi Ru, teak stone, rice noodles, Chula urn, and other items. Every day, the Clinic welcomes a number of patients and researchers.

Phra That Choeng Chum Happy mind, happy health

When in Sakon Nakhon, paying homage to Phra That Choeng Chum is worthwhile. Situated in the compound of Wat Phra That Choeng Chum Worawihan, which was mentioned in the Laotian chronicle written during the reign of King Xaysettha the Great. The Phra That originally was built as a Khmer sandstone stupa, according to a stone inscription from the 11th century in ancient Khmer language found at the entrance of the stupa. However, additional constructions turned the architecture into the Lan Xang style after the expansion of Lan Xang into the region during the 14th century. Today, the Phra That is in good shape with excellent maintenance work. Do not miss to see Phra Ong Saen, an ancient Buddha image in the Subduing Mara attitude, which is a spiritual center for the Sakon Nakhon people. During important festivals, the temple always turns busy with a number of visiting Buddhists.

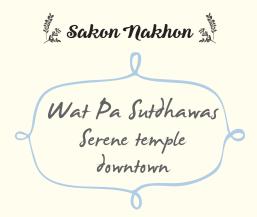
Auspiciousness of the Phra That

Sakon Nakhon people believe that paying homage to four Phra Thats that cover Buddha Footprints means great merit. The auspiciousness results in protecting them and supporting their fate. Also, paying homage to Phra Ong Saen will make them rich.









A shady and peaceful atmosphere under big trees simply makes visitors feel relaxed. The modest temple of Wat Pa Sutdhawas



Phra Ajaan Muan Bhuridatta

specializes in Dharma and meditation practice. The museum of Phra Ajaan Mun Bhuridatta Thera houses belongings of the famous monk, which mirrors his simple lifestyle, and life-size statue of him in a meditation gesture. His cremated ashes, which have turned into crystal, shows an unexplainable wonder. There is also an exhibit of his personal belongings and biography. Another highlight in this temple is the pagoda, which houses the cremated ashes of Luangphu Louis Chanthasaro, Phra Ajaan Mun's outstanding scholar. When Luangphu Louis passed away, King Bhumibol Adulyadej designed this pagoda and insisted to build it in this temple where the cremated ashes of Phra Ajaan Mun are kept. H.M. Queen Sirikit presided over the opening ceremony and kept Luangphu Louis' portrait and his belongings in the museum.







Sakon Makhon & Phu Phan Home of herbs

If you want to know how abundant herbs are available in Phu Phan, pay a visit to the Herb Garden in the Phu Phan Royal Development Study Center, and you will be amazed with its great variety of herbs. The Center is a major knowledge base about herbs and plays an important role in conserving herbal species in Sakon

Nakhon. Its tidy Herb Garden welcomes visitors with a walkway, which provides foot massage while strolling through it. You can leisurely explore the lush garden and learn about various species of

local herbs that can cure different symptoms, like the sanjeevani leaves can treat colds, help blood circulation, cure asthma; Boraphet is used for heart ailments, reduce blood sugar; Long Pepper treats afthma, and its vine

can relieve fatigue and abdominal pain, or get on a tram for an easy ride. Do not miss to visit "PhuPhan'sthreeblackmagic";namely,blackcow, black chicken, and black pig. The livestock is a big success of the Center in developing good breeds for superior nutrients. These livestock have now become a good alternative for health lovers. The meat of the black chicken contains a special black compound and protein that is good for health. The meat of the black pork contains a high amount of healthy fat and Vitamin B1 10 times higher than beef. The meat of the black cow provides high quality protein and nutrients.

Enjoy the route of the tomato

Not far from the Mekong River is a huge tomato plantation, covering an area of 23,000 rai in Tao Ngoi District. King Bhumibol Adulyadej initiated the project to promote tomato cultivation as extra income for the locals. These tomatoes supply food to the 3rd Royal Processed Food Factory. From November to late April, when tomatoes bear fruit, visitors traveling this route will come across various tomato products that they can buy. and create benefits for health; such as, make the skin soft, control blood pressure, and tomatoes also have free radicals that prevent aging.







After visiting the Phu Phan Royal Development Study Center, you can drop by the adjacent Phu Phan Ratchaniwet Palace. King Bhumibol Adulyadej stayed in this palace 109 times during his royal visits to Sakon Nakhon and the Northeast along with H.M. Queen Sirikit and members of the Royal Family. Besides the impressive mansions, visitors can enjoy the landscaped garden where the Palace is nestled.













Travel

Evening in Nong Han

The biggest reservoir in the Northeast, Nong Han is a famous place where local people spend an easy morning and evening to exercise and enjoy the impressive scenery. The view at dusk by the lake always impresses visitors. Besides the wide range of exercise equipment available, there is a big lotus garden covering an area of 10 rai situated in Kasetsart University, Chaloem Phra Kiat Campus. The Lotus Garden houses over 100 species of local lotuses and water lilies.

Wonder Carving

Prepare to be amazed with a gigantic carving, which transforms the whole rock hill into an impressive artwork. Wat Tham Pha Daen is a serene temple where once Phra Achan Man and various monks stayed during their meditation practice in 1940. Today, the temple is special with the rock terrace which houses a number of Buddha statues. Buddhist monks, and a Garuda delicately carved out of rock. An elegant pagoda standing on a big rock will also amaze you. The temple houses a Buddha's Footprint.

Staying

The Majestic Hotel, Sakon Nakhon

An elegant standard service hotel in the city center that provides happiness with spacious rooms together with excellent 24-hour service facilities.

The Majestic Hotel, Sakon Nakhon 399 Mu 2, Ku Mueang Road, That Choeng Chum, Mueang, Sakon Nakhon 47000

Tel. +66 4273 3771-3

Sakol Hotel

The compact size hotel is situated right in the heart of the town. It offers modern guestrooms and a wide range of facilities.

@ Sakol Hotel 287/18, Ku Mueang Road, That Choeng Chum, Mueang, Sakon Nakhon 47000 Tel. +66 4271 3234,

+668 0422 5929













The Indigo Road - weekend shopping opportunity

From the way of life to way of thinking, the value of Kram dyeing has been passed down from generation to generation. This can be seen in the evening of every weekend, on a small road by Wat Phra That Choeng Chum that turns vibrant with a number of local vendors offering a wide range of indigo-dyed products, from attire, handicrafts, souvenirs, to artworks. If you are an indigo person, prepare a big budget for roaming along this road.

Khao Hang Ngok

A special rice contains a high amount of nutrients, particularly GABA-Gamma amino butyric acid, which occurs when rice is growing. GABA maintains balance in your brain and protects Alzheimer's symptom. This rice has up to 20 times higher fiber than ordinary polished rice. One of the best Khao Hang Ngok products is Khao Hang Ngok Sakon Thavapee. The organic rice product has been certified GAP and FDA standard.

Dining

Pon Yang Kham Beef

Sakon Nakhon is famed for the country's best beef. The village of Pon Yang Kham has cattle farms, which keep Thai-French half-blood beef cattle. Pon Yang Kham cattle are raised with special care and feed; such as, guinea grass mixed with salt water or sugar cane juice; thus, they can produce high quality marbled beef, which is good for health.

Mak Mao Wine

Believe it or not, Mak Mao Wine (wine from Antidesma thwaitesianum Müll.Arg) contains various essential nutrients. For example, it has 18 out of 20 amino acids, as well as calcium, iron, zinc, and numerous healthy vitamins.

Mak Mao is a native fruit of the Northeast region as well as the Phu Phan Mountain Range of Sakon Nakhon. It bears fruit from August to September. With high nutrition, it is widely used to make local wine in Sakon Nakhon. Now, Mak Mao wine is a famous product of the province.

Healthy menus

Sakon Nakhon has many healthy dishes you should not miss.

- Pak Mo Paris (Thai steamed rice sheet dumpling), which is freshly cooked and served hot with rich stuffing.
- Willy Nam Nueng: The Vietnamese restaurant has been serving for over 30 years.
- •Orawan Nam Nueng: This restaurant serves authentic Vietnamese Nam Nueng by using very thin rice sheets imported from Vietnam.

 For those who are looking for local cuisine, rattan sprout curry by the Ka Loeng ethnic group is a dish you should try.



Index

Ban Tham Tao Indigo-dyed Fabric Group

164 Mu 1, Samakkhi Pattana, Akat Amnuai, Sakon Nakhon 47170

(C) +66 8 6241 2544, +66 8 7858 8823 For a group visit and indigo-dyeing workshop, advance contact is required.

Ban Don Koi Indigo-dyed Fabric Group

284 Mu 2, Sawang, Phanna Nikhom, Sakon Nakhon 47130

() +66 8 7091 2190

Ban Non Rua Indigo-dyed Pushed Cotton Group

64 Mu 13, Ban Non Ruea, Na Hua Bo, Phanna Nikhom, Sakon Nakhon 47220

() +66 8 2850 9484, +66 8 5748 1399

Teeta Natural indigo-dyed Fabric Ban Na Di

1 Mu 14, Ban Na Di, Na Hua Bo, Phanna Nikhom, Sakon Nakhon 47220

(C) +66 8 1954 2205, +66 8 9840 3871

f Mae Teeta

www.maeteeta.com

Kram Sakon Shop

212 Mu 2, Ban Panao, Huai Yang, Mueang, Sakon Nakhon 47000

() +66 8 0582 6655

Mann Craft Shop

1576, Si Nakhon Junction, Sukkasem Charoen Mueang Road, That Choeng Chum, Mueang, Sakon Nakhon 47000

(c) +66 4271 4685, +66 8 1055 6301, +66 8 5013 0191

f Mann Craft shop

Wat Kham Pramong

95 Mu 4, Sawang, Phanna Nikhom, Sakon Nakhon 47130

() +66 4270 4880, +66 8 1111 7107

www.khampramong.org

Wat Phra That Choeng Chum Worawihan

1235, Rueang Sawat Road, That Choeng Chum, Mueang, Sakon Nakhon 47000

Wat Pa Sutdhawas

1369 Mu 14, Sukkasem Road, That Choeng Chum, Mueang, Sakon Nakhon 47000

() +66 8 3339 4506

www.sutdhawas.com

Phu Phan Royal Development Study Center

314 Mu 10, Huai Yang, Mueang, Sakon Nakhon 47000

() +66 4274 7458-9

Tram service: 300 Baht/tram on weekdays and 600 Baht/tram on weekends.

The Third Royal Factory (Tao Ngoi)

215 Mu 4, Tao Ngoi, Tao Ngoi, Sakon Nakhon 47260

() +66 4276 1129

Nong Han

That Choeng Chum, Mueang, Sakon Nakhon 47000

(C) +66 4273 2150 (Sakon Nakhon Provincial Administrative Organization)

Lotus Garden

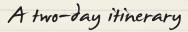
Kasetsart University Chaloem Phra Kiat
Sakon Nakhon Province Campus
Sakon Nakhon - Nakhon Phanom Road,
Chiang Khreua, Mueang, Sakon Nakhon 47000
(C) +66 6 1028 7788 (office hours)

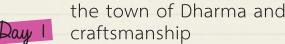
www.csc.ku.ac.th

Wat Tham Pha Daen

89 Mu 9, Dong Ma Fai, Mueang, Sakon Nakhon 47000

Itinerary 200





Morning Leave for Bangkok.

Arrive in Sakon Nakhon, and pay homage to Phra That Choeng Chum, the spiritual center of the province.

Noon Enjoy a healthy vegetable menu of Vietnamese cuisine.

Afternoon Visit the Kram Sakon Shop to attend an indigo-dyeing workshop. Learn about Mo Nin and how to maintain its magic. Enjoy shopping for indigo-dyed products in attractive modern designs that are used in daily life.

Evening Shop at Sakon Nakhon's Indigo Road, then check-in at the hotel.

Day 2

Morning Have breakfast at the hotel before leaving for the Phu Phan Royal Development Study Center. Explore the Center's Herb Garden and its three highlights; namely, black cow, black chicken and black pig.

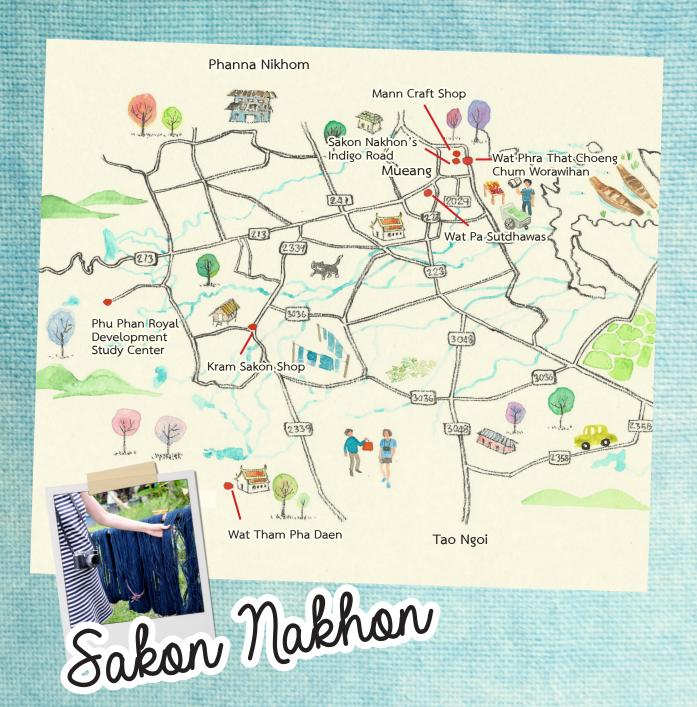
Noon Try local cuisine of the Ka Loeng ethnic group, particularly the main specialty rattan sprout curry, which is quite unique and impressive.

Afternoon Arrive at Wat Pa Sutdhawas and visit the museum of Phra Ajaan Mun Bhuridatta Thera. Then go to Wat Tham Pha Daen for the famous artful rock terrace. Enjoy dinner in Sakon Nakhon town.

Evening Visit the Mann Craft Shop for creative items and return to Bangkok.











The prosperous land,
where the Prachin Buri River slowly runs through,
now turns into a quality hub of herbs
of which the secret wisdom of healthy living
and spiritual balance have been developed.
In Prachin Buri, traditional medicines are handed down
as a precious intellectual heritage
that everyone can access and absorb.







For over a century, the Baroque building in a bright mustard color has stood elegantly as the pride of Prachin Buri. Now, the Chao Phya Abhaibhubejhr Hospital serves as one of the most beautiful hospital buildings in Thailand. This is the first impression when stepping into the small world of herbs. Exhibitions at the Hospital will bring you to interesting tales of Thai herbs and Thai traditional medicines, the remarkable history of this beautiful building and its founder. The huge collection of over 1,000 Thai traditional medicines manuscripts, in handwritten books and palm leaves, will also amaze you.

There is a number of tips in Thai traditional medicine; such as, "Mammi Yo", the keen method of Thai traditional food preservation. Witness the gigantic herb cabinets and variety of pharmaceutical tools from the old days, enjoy strolling in the beautiful herbal garden, which is filled up with numerous herbal varieties. If you want to experience true relaxation, spend some hours for a unique Thai traditional massage at the adjacent Thai traditional medicine center and you will know how advanced Thai massage has developed.





Step into the world of herbal wisdom in the Abhaibhubejhr Herbal Center, then learn about the benefits of the plants and shop for herbal products, which are strictly produced, quality controlled, and guaranteed by authorized bodies for utmost consumers' confidence. The Center provides a wide range of herbal pharmaceuticals, from medicines, cosmetics, health supplements, herbal beverages, to herbal gifts for those who really care about their health. All products here are extracted and developed from long experience combined with knowledge from Western medicine technology. For example, Phak Bia Yai or Purslane nourishes and adds moisture to the skin, Barbed Grass strengthens the vagina; lotus, bamboo and rice for rejuvenating youthfulness, and mangosteen for killing viruses.

Herb DIY

Learning by doing is the best way to understand. The first-hand experience will fulfill the trip with a good memory. Every weekend, herbal workshops revive the old building with fun and laughter of participants. The Hospital offers various courses rotating all year round, from a herbal ball to herbal gel. Knowledge from the workshop also enables all participants to make herbal products by themselves at home.









Situated in the new elegant European-style building located in front of the Chao Phya Abhaibhubejhr Hospital is a luxurious spa outlet. The spa offers a great variety of healthy treatments, blending with Thai traditional medicine and herbal products. Among the luxurious interior decoration in the Thai style, this day spa focuses on maintaining the body's balance according to an individual's elements. The treatments available include herbal bath. herbal steam, muscle stress relief massage with a herbal ball, body scrub with lotus, bamboo and rice grain for better skin condition to maternity special treatment after giving birth. All spa menus are well-designed to deliver the best herbal treatment, comfort, and perfect relaxation for the body and soul. The spa won the Golden Kinnaree Award for Health Tourism from the Tourism Authority of Thailand.



Phao Ya for body balance

Get to know "Phao Ya", one of the signature treatments by the Abhaibhubejhr Day Spa. "Phao Ya" is a traditional heating process to deliver heat into the body for enhancing blood circulation. The treatment is done at the abdomen, which is the center of the body's energy lines, according to Thai traditional medicine. Phao Ya also stimulates blood circulation at the lower part of the body, and makes the digestion system more active. It is quite a popular healing method among Thai traditional doctors.











Witness the remarkable community of Ban Dong Bang, which specializes in herb farming. The whole village has long developed an organic farming system for



herbs, in particular has received the Organic Agriculture Certification. The village's production standard is in the same level with the International Federation of Organic Agriculture Movements (IFOAM). This small community offers a great chance to learn about standard herbal farming and processes, which are under the supervision of veteran pharmacists from the Chao Phya Abhaibhubejhr Hospital. After the visit, you can enjoy shopping for processed herbal products at the best prices. Appointments should be made in advance.









Try very delicious menus once Chao Phya Abhaibhubejhr enjoyed. They are fusion foods that blend Thai, Cambodian, and Vietnamese recipes together. Of course, these unique dishes are made up with useful vegetables and herbs. The dishes you should not miss is spring roll with Indian Borage leaves, rice noodles with pork or beef, and Somtam served with crispy fish and bitter gourd, or Bo Bung or rice noodles topped with pork or beef.



Different colors-different effects

Sweet and vivid colors from herbs indicate different properties that are useful for your health. The purple color from the Butterfly Pea flower indicates the existence of Anthocyanin, which contains an antioxidant. The red color from the Sappan Tree is good for blood. The yellow color from Indian Saffron is a curcuminoid, which can protect your body from cancer.

















Travel

Ban Lao Reuang Museum

The Piam Somboon Family has donated a house for public use and now it has been turned into Prachin Buri's learning center for herbs. It features history of the province, ethnicities living in the area, ecological systems and different exhibitions regarding the province. The highlight is the exhibition about herbs, workshop on herb processing, herbal beverage and a number of herbal dishes; such as. Ratna Noodle with the noodle dyed with Butterfly Pea flowers, Phya Yo soup and deep fried shrimps with Ming Aralia leaves.

Dasada Gallery

The real haven for flower lovers, Dasada Gallery soothes your minds and souls with the stunning art of flower arrangements in a glasshouse gallery. The flower displays rotate for special events and seasons, adding more happiness regularly. After the flower workshop, do not miss to try flower flavored ice cream, select your loved bouquet, cute potted plants and souvenirs for your love ones.

Thap Lan National Park

The country's second largest national park houses the last Talipot Palm Forest, which covers the villages of Ban Thap Lan, Ban Khun Si, Ban Bu Pram, and Ban Wang Mued. The National Park is adjacent to Khao Yai National Park and Wang Nam Khiao District, which are packed with attractions.

Wat Chaeng

The old Buddhist temple has housed sacred items of Prachin Buri for over 150 years. Wat Chaeng was built to mark the victory over the Siamese-Vietnamese War (1831-1834 and 1841-1845). King Rama III assigned Chao Phya Bodindecha the mission of defending Cambodia and the capture of Saigon. On the way, Chao Phya Bodindecha found a beautiful Buddha image and brought it here. Both eyes of the Buddha image are adorned with diamonds, so, the statue is named "Luangpho Phet" or Diamond Buddha. Estimated to be built during 1832-1848, now the statue is the spiritual center of Buddhists. The temple also houses a stupa, which is similar to Phra That Phanom, and a Lanna-style pavilion, which is the only one of its kind in the province.

Wat Kaeo Phichit

As the province's first temple in the Dhammayuth Sect, Wat Kaeo Phichit is beautified with Buddhist art, which is a blending between Thai, Chinese, European and Cambodian architecture, making it the most important Buddhist temple of Prachin Buri. Wat Kaeo Phichit is maintained regularly by the House of Abhayavongsa, descendants of Chao Phya Abhaibhubeihr (Chum Abhayavongsa) who built the temple's ubosot. It houses the cremated ashes of Chao Phya Abhaibhubejhr (Chum Abhayavongsa) and his son Luem Abhayavongsa.

The ubosot's principal Buddha statue with a unique attitude was designed by HRH Prince Damrong Rajanubhab.

Sa Morakot Archeological Site

Situated in Si Mahosot District, the historical site comprises a Buddha Footprint carved in laterite. Dating back to around the 6th-8th centuries, it is among the oldest Buddha Footprints found in Thailand. A group of buildings in Mahayana Buddhism was built over the former building from the 12th-13th centuries. These buildings share the same layout with the Khmer's Arokaya Sala from during the reign of King Jayavarman VII.

Get to know Talipot Palm

A palm species native to Eastern and Southern India as well as Southeast Asia. In Thailand, three sub species of Talipot Palm have been found; namely, Lan Phru, found in the South, Lan Wat, found in the North, and Lan Pa, which is widely found in Prachin Buri. It is a useful plant. Its ground root is used for healing cold and canker sores. As an intestinal antiseptic, its fruit is used for healing peptic ulcer. In some places, the hard leaves of the Talipot Palm are burnt and used as an anti-inflammatory drug. It is locally called "Ya Mahanin".













Enjoy eating herbal menus for health under the concept "Food is medicine." The signature dishes include unpolished rice waffles and Indian Borage smoothies, a herb that was a favorite of Chao Phya Abhaibhubejhr; Khanom Khon Ti So, a sweet that treats women's blood, Bo Bung is full of vegetables and brown rice noodles that is eaten with fried pork with lemongrass.

Water Mimosa

With local wisdom, farmers in Prachin Buri have found that the water mimosa grown underwater offers a longer trunk, without spongy tissue, and better taste than the ordinary one. So, they do water mimosa farming and keep the vegetable underwater all the time. Such special water mimosa is an ingredient of many menus, particularly Kaeng Som or sour soup.

Water Mimosa as medicine.

According to Thai traditional medicine, water mimosa gives a cool property and it is an antidote. Thus, the vegetable is not served when the patient takes traditional medicine. Water mimosa contains high vitamin A, calcium and iron, and enhances the appetite.



Abhaibhubejhr Green Market

The market of friendship and sharing offers retail space for organic farmers. You can find a number of organic foods transported right from the farm; such as, native vegetables from Ban Phra, unpolished rice from Ban Noen Hom, and herbs from the Dong Phra Ram Farmer's Union. The Market is held every Friday at the Chao Phya Abhaibhubejhr Hospital.

Pho Ngern-Abhaibhubejhr Osot

The great variety of Thai traditional medicine here will amaze you. The pharmacy is named after an old traditional pharmacy in Bangkok, which has opened since 1933. Pharmacists provide advice and help you select proper products. The famous product here is willow-leaved justicia extract, which can wonderfully relieve pain and cure myositis and arthrosis.

Nong Cha-Om Fruit Market

If you are a fruit lover, this is the place to be. The famous market of Prachin Buri offers plenty of tropical fruits, from custard apple, long kong, pomelo, durian, jujub, young bamboo, etc. You can find processed fruits and vegetables; such as, fermented bamboo shoots and deep-fried durian, as well as OTOP products.











Staying

Dasada the Flower Esisenses Resort

Inspired by the dream to share happiness from flowers, the resort simply impresses guests with a great variety of blossoms all year-round.

Dasada the Flower Es'senses Resort 179 Mu 12, Prachin-Khao Yai Roads Noen Hom, Mueang, Prachin Buri 25230

Tel. +66 3723 9800, +66 9 0198 7581, +66 9 0198 7582 www.dasada-happiness.com

Tawaravadee Resort and Spa

Situated amidst nature, the Resort is an ideal place to relax. It offers peaceful Thai-style rooms surrounded with a tropical garden and water lily ponds, complete with facilities and services; such as, convention rooms, massage service, golf court and archery.

Tawaravadee Resort and Spa 77 Mu 7, Tha Tum, Si Mahaphot, Prachin Buri 25140 Tel. +66 3721 0444, +66 8 5835 1234, +66 8 5835 2916 www.tawaravadeehotel.com



Nestled on the bank of the Bang Pakong River, the medium-size resort offers cosy accommodation in a retro style. Adapted from old houses, the guestrooms are filled with a countryside atmosphere.

Arthittara Resort 78, 78/1 Mu 2, Bang Yang, Ban Sang, Prachin Buri 25150 Tel. +66 8 9949 1956, +66 8 3241 1121 Facebook Fanpage: arthittara www.arthittara.com

The Verona at Tublan

Landscaped garden, beautiful setting and outstanding Tuscany architecture in this resort may mislead that you are somewhere in Europe. All guestrooms come with a spacious living area and great view to relax.

The Verona at Tublan 270 Mu 6, Bu Phram, Na Di, Prachin Buri 25220 Tel. +66 9 6324 4423 www.veronaattublan.com

Kantary Hotel Kabin Buri

The luxurious hotel offers comfortable rooms and full range of facilities. Located in the heart of Kabin Buri District, it is easy to get around.

349, Mu 8, Suwannason, Mueang Kao, Kabin Buri, Prachin Buri 25240 Tel. +66 3728 2699, +66 3720 3193 Call Center: 1627 www.kantarycollection.com





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Thai Herbal Medicine Museum,

Chao Phya Abhaibhubejhr Hospital

32/7 Mu 12, Prachin Anusorn Road, Tha Ngam, Mueang, Prachin Buri 25000

- (C) +66 3721 1088 Ext. 3193
- www.abhaiherb.com.

Abhaibhubejhr Day Spa (Open Wed. - Sun.)

32/7 Mu 12, Prachin Anusorn Road, Tha Ngam, Mueang, Prachin Buri 25000

+66 3721 7127, +66 3721 1088 Ext. 3123

Ban Dong Bang

24 Mu 6, Dong Khi Lek, Mueang, Prachin Buri 25000

() +66 9 1425 8924, +66 8 7087 5039

Ban Lao Reung Museum

51 Na Mueang, Mueang, Prachin Buri 25000

() +66 9 7021 1037

f banlaoreung

Dasada Gallery

179 Mu 12, Prachin-Khao Yai Road, Noen Hom, Mueang, Prachin Buri 25230

(C) +66 3723 9800, +66 9 0198 7583

www.dasada-happiness.com

f Dasada

Wat Chaeng

136 Mueang Prachin Municipality, Thatsana Vithee Road, Na Mueang, Mueang, Prachin Buri 25000

Wat Kaeo Phichit

Kaeo Phichit Road, Na Mueang, Mueang, Prachin Buri 25000

Thap Lan National Park

520 Mu 1, Kabin Buri – Pak Thong Chai Road (Highway No. 304), Bu Phram, Na Di, Prachin Buri 25220

+66 8 1037 3331

Sa Morakot Archeological Site

Wat Sa Morakot, Khok Thai, Si Mahosot, Prachin Buri 25190

For more information, please contact the 5th Regional Office of Fine Arts, Prachin Buri

() +66 3721 2610, +66 3721 1296

Spa Cuisine

Abhaibhubejhr Day Spa 32/7 Mu 12, Prachin Anuson Road, Tha Ngam, Mueang, Prachin Buri 25000

(C) +66 3721 1088 Ext. 3125

Abhaibhubejhr Green Market

Chao Phya Abhaibhubejhr Hospital, 32/7 Mu 12, Prachin Anuson Road, Tha Ngam, Mueang, Prachin Buri 25000

() +66 3721 1088 Ext. 3152

Pho Ngern - Abhaibhubejhr Osot

Chao Phya Abhaibhubejhr Building 32/7 Mu 12, Prachin Anuson Road, Tha Ngam, Mueang, Prachin Buri 25000

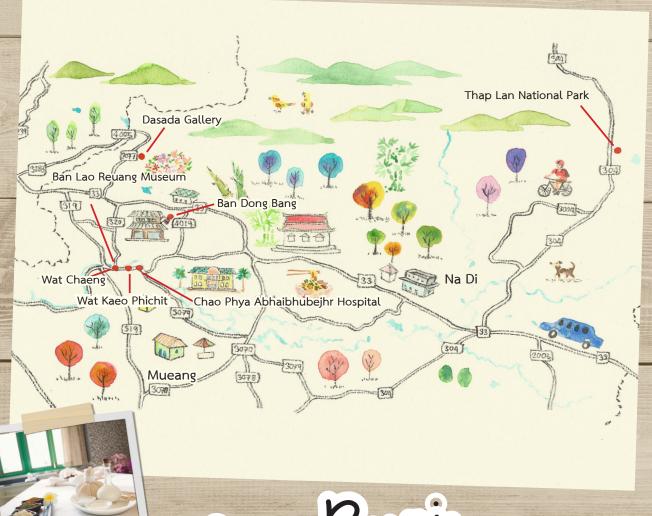
(C) +66 3721 1088 Ext. 3333, +66 8 7582 0597,

+669 0984 6751 (office hours)

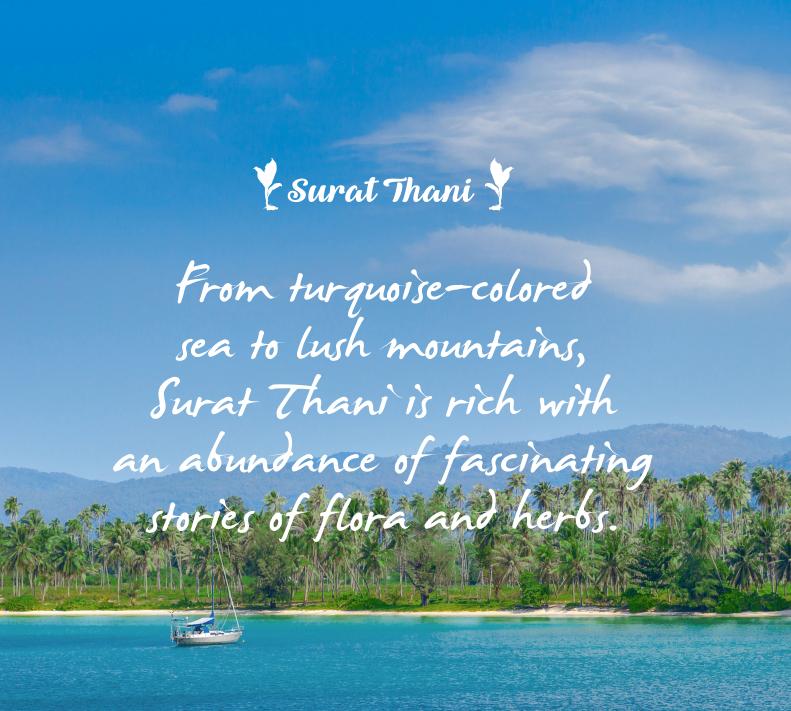
Nong Cha-Om Fruit Market

Khok Mai Lai, Mueang, Prachin Buri 25230





Prachin Buri





Home to picturesque sea and fertile mountain ranges,
Surat Thani is a magic land blessed by Mother Nature.
Both sides of the mineral rich rivers are always blanketed
with a refreshing clean breeze flowing from the dense jungles,
high mountain ranges as well as the blue sea.
These make Surat Thani another paradise of herbs,

which has become an essential part of the fascinating folk life.

Turmeric: The magic of Surat

Peacefully nestled in the deep valley among the long Tenasserim Range, in the northern part of the province, is Khlong Phra Saeng. Running through the red mineral-rich piece of land, the canal feeds lush tropical jungle and nourishes the perfect ecological system of Ban Khao Wong in Ban Ta Khun District, making it among the best place in Thailand to grow turmeric. The local variety of turmeric here is inherited through generations. Also, turmeric farming follows the ancestors' footsteps of organic plantation, using no chemicals and paying respect to nature for the best result. According to the Department of Medical Science and different research, the turmeric grown in the village contains a high level of curcuminoid at 20.80, from the regular level at 10. Thus, the turmeric here is honored as the world's best turmeric. With excellent medical properties, turmeric from Ban Khao Wong is transformed into various excellent herbal products; such as, turmeric tea, turmeric capsule, or cosmetics to nourish your body from head to toe; namely, lotion, hair conditioner, shampoo, and facial nourishment cream. These organic products are available in leading outlets in downtown Surat Thani.



Chan Kra Pho

Scientific Name:

Vatica diospyroides Symington

Origin: Southeast Asia

The small to medium-size plant

is 5 - 15 meters high.

Chan Kra Pho: The best of Kian Cha

You may not believe it, however, Kian Cha District has the biggest plantation of Chan Kra Pho in the province. Chan Kra Pho is a perennial tree. Its fragrant petals are used for making perfume extract. Its flower can be used as one of the ingredients for balm. Normally, Chan Kra Pho flowers bloom during January and February. After the disappearance of Chan Kra Pho in the Chao Phraya River Basin, Chan Kra Pho in the Tapi River Basin was the only variety found in Thailand. In March of each year, a Chan Kra Pho-themed festival will be held in a park situated on an island amidst the Tapi River. You will be surprised and impressed with the tree ordination ceremony to preserve the rare plant.

Surat Thani Y Ban Khao Na Nai and its variety of herbs

A winding road snakes through lush mountains in Phanom District of Surat Thani Province. This local road leads those health-conscious travelers to Ban Khao Na Nai of which the crops plantations and herbal horticulture cover a huge area. After decades of experimentation, villagers turned their home town into a mecca of tropical herbs and one of the very famous herbal production hubs in the province. You will find a great variety of herbs grown under the shades of rubber trees, or nestled peacefully in traditional fruit orchards. The herbal horticulture here is run by the community's enterprise, which develops its own brand "Nang Prai". In 1999, the Nang Prai brand developed a number of herbal products for Thai traditional massage in particular. The herbal ball designed particularly for healing Siamese fighting cocks is among the products that will amaze you. Today, with the Good Agricultural Practice Standard, the herbal horticulture here spreads over a 500-rai area. Products from here include lemongrass, turmeric, zedoary, Bengal root, Plai and a number of powerful plants. The plants from this villagse serve both local and international markets. Thai traditional massage and herbal steam rooms are available for visitors.

Tha Chang Hospital: Hub of Thai traditional healing

If you plan to go in depth about herbs, the Tha Chang Hospital is the place to be. It is among hospitals, which pioneer Thai traditional medicine and alternative healing. Staff from this herbal hospital has been working with local herbs for a long time, from sourcing plants, developing herbal medicines, supporting herbal horticulture and farmers in the province, to set standards for herbal medicines and replace conventional medicine with herbal products. Its elderly patient center here cures knee osteoarthritis by applying ground turmeric on the patient's knees. The traditional herbal medicine reduces inflammation and relieves pain. Such unique healing technique is gaining popularity and the Hospital's effort shapes up Surat Thani as an herbal hub.



Y Surat Thani Y



The azure sea of Surat Thani is stunning, but the coastal province has more than that. It is also home to numerous waterways that are significant lifelines. The mighty Tapi River is divided into different canals and tributaries snaking throughout the plain; hence, the nickname Khlong Roi Sai or "A hundred canals". The river system covers 6 districts in Mueang District; namely, Bang Bai Mai, Bang Chana, Khlong Chanak, Bang Sai, Khlong Noi, and Bang Pho. The whole area, which is also called Nai Bang, is special with waterways dominated by both fresh water and sea water. Such environ is guite perfect for coconut trees. Thus, Nai Bang is a big coconut farming area dominating 87.2% of its space. Among them, Bang Bai Mai is a special place as it serves as a main learning and manufacturing hub for coconut oil, which is considered as a natural antibiotic that cures inflammatory problems. The procedure to manufacture cold pressed coconut oil here is certified by the GAP, GMP, FDA's standard and guaranteed as a five-star OTOP product. A lovely place you should drop by is Suan Lung Song, or Uncle Song's Orchard, the main learning center of the village, which generously shares local wisdom about coconuts and demonstrations for organic cold pressed coconut oil, conservation scheme, and guides you to get a glimpse of the fascinating lifestyle. You will be surprised to find a wide range of products that are made from coconut including the unique coconut charcoal Chinese bun.

Nipa Palm Vinegar, healthful sourness

Besides dense coconut farms, Bang Bai Mai houses an abundance of Nipa palm that densely grows beneath the shade of coconuts. This kind of palm is very useful, as its parts can be used. The thick leaves are used as thatch roof or packaging for Thai traditional sweets, its seed is edible, normally added in curry and its spadix gives juice. The juice is a main ingredient of vinegar in the Southern style. Try some menus that add the sweet and sour Nipa palm Vinegar and you will love it.



Y Surat Thani



The vibrant island of Samui is also a perfect destination for healthy people. With swaying palm leaves, sandy beaches and its bright blue sea, it is home to a number of health-conscious resorts, which amaze you with a wide range of treatments that suit your body and soul. At the same time, Samui is a significant manufacturing base of high quality coconut oil. You may know, once Samui was the biggest coconut plantation in Thailand. It was the island's major cash crops as well as symbol. Samui made a lot of money from the coconuts and coconut oil. Cargo ships from Songkhla province embarked the island for coconut products and passengers before heading to Bangkok. The coconut has long supported the island's economy and contributed in developing the island's infrastructure. These interesting stories are told at "Ban Ma Phrao" a living museum. The medium size museum guides you through the old days in Samui and its tight relationship with the useful palm. The amazing facts about coconut will open your world about this wonderful fruit, particularly coconut oil. Besides ordinary consumption, coconut oil is a kind of medicine according to Ayurveda. The oil contains Vitamin E and Lauric acid, which kills bacteria and strengthens the body's immune system. The workshop here entertains participants with easy coconut menus, fun filled cold pressed coconut oil procedures and a variety of coconut products.

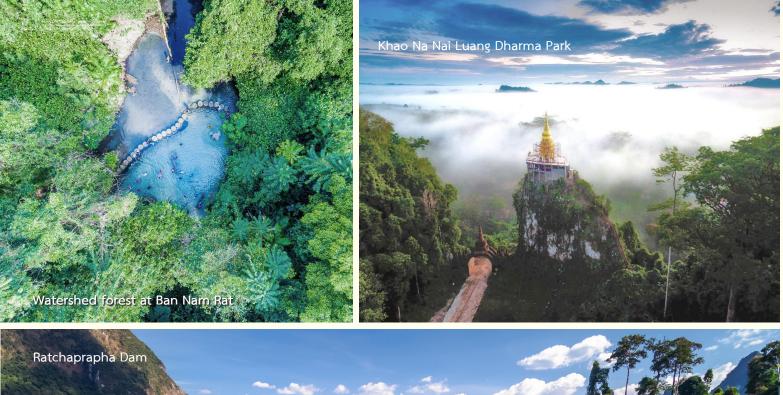














Travel

Con Const

Watershed forest at Ban Nam Rat

Explore the turquoise-colored pool, which is situated among the embrace of lush forest in Amphoe Khiri Rat Nikhom. The crystal clear water runs through a subterranean canal, feeds the beautiful pool and nourishes over 2,000 rai of forest. Considered as a sacred place, the pool and its extremely clear water is reserved for important ceremonies and serves as a water reserve during the dry season. Thus, the whole forest is well preserved by villagers. Also this area is under analysis for its special geothermal qualities. This brand new attraction is some 70 km from Surat Thani town.

Khao Na Nai Luang Dharma Park

Practice your Dharma and fulfill your mind among peaceful wilderness. The Dharma Park is a unique place situated on the top of a limestone mountain. Visitors will find themselves surrounded with multi-crested pagodas, numerous stupas, and an elegant laterite stupa, which houses the Lord Buddha's Relic. The Park is one of the best viewpoints in Phanom District.

Wat Suan Mokh International Dharma Hermitage

Learn about real happiness among the peaceful atmosphere of vipassana and a meditation training center, which is set among a shady garden. Meditation courses are available all year-round. Do not miss to visit the Spiritual Theater, which inspires all visitors with Dharma and impressive murals depicting the Lord Buddha's history.

Ratchaprapha Dam

Besides mighty Khao Sok and the wilderness of its dense tropical rain forest, visitors will be stunned with a picturesque view of the reservoir over the Ratchaprapha Dam. The multi-purpose dam generates electricity, prevents flooding, feeds irrigated areas, supports fishery and serves as an impressive attraction. King Bhumibol and HRH Princess Maha Chakri Sirindhorn presided over the opening ceremony and named the Dam on 30 September, 1987.

Haven of Herbs in a small hospita

The Chiao Lan-Kraison District Hospital is only a small hospital, but it is packed with wisdom about herbs to share with every visitor. Villagers around the hospital joined hands and turned the land around the Hospital into herbal plantations. Roam the Hospital and you will be amazed among the different herbs; from basic herbs; such as, lemongrass, tamarind leaves, vines, Plai, Soap pod, red morning glory, Kaffir lime leaves, young mangosteen leaves, turmeric, crinum to rare items like Gymnema sylvestre. Of course, these herbs are used in Thai traditional medicine. The Hospital offers a wide range of Thai traditional

treatments; such as, reflexology, foot massage with herb, and body massage with herbal balls. Do not miss to try a sweet, sugar-free herbal drink called "Tri Phla". Moreover, it offers four massage beds for those who want to experience real comfort, but advance booking is recommended. At the tourist pier, Chiao Lan Municipality, a reflexology service is available. The community is a famous manufacturer of herbal balls for hot compress massage.

Cruising on a hundred canals

Explore small canals crisscrossing the Tapi River Basin; you will find yourself cruising under the shade of Nipa palm leaves that line both sides of the peaceful waterways. Get a glimpse of the charming local life in the canal-based communities in recommended villages, Khlong Li Let, Bang Bai Mai, and Khlong Noi. With fun-filled life in coconut orchards, freshly picked food from farms, fireflies reflecting the canal, and catching of prawns, you will not forget this canal life.

Kra Dae Chae Macaque Training Center

One of the best staff in farms here are macaque. Though the creatures have to cope with a risky assignment, climbing coconut trees and pick the fruits are quite an easy job for them. Macaques are trained here. Meanwhile, they can impress visitors with talents; such as, bike riding or garbage collecting. Advance booking is recommended.



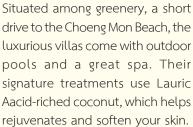












Melati Beach Resort & Spa 9/99 Mu 5, Bophut, Samui, Surat Thani 84320 Tel. +66 7791 3400-20, +66 7724 8111-9 www.melatiresort.com



Nestled by the easy beach Bophut, the Resort offers different room types and four big swimming pools to enjoy. The spa offers many special treatments including hot compress massage with a salt pot, which relieves muscle stress. Different kinds of herbs mixed with hot salt can help your body balance.

Bandara Resort & Spa 178/2 Mu 1, Bophut, Samui, Surat Thani 84320 Tel. +66 7724 5795, +66 7724 7336, +66 7724 5802 www.bandarasamui.com



All 66 luxury villas are situated on a cliff top, at the end of the northern cape among a stunning seascape. Its spa offers holistic healthy treatments that pamper all guests in great comfort. Thai silk facial treatment amazingly makes you look younger with amino acid extracted from silk powder.

Six Senses Samui 9/10 Mu 5, Ban Plai Ploen, Bophut Samui, Surat Thani 84320 Tel. +66 7724 5678 www.sixsenses.com/resorts/samui/ destination

500 Rai Floating Resort

Spend your precious privacy among peaceful wilderness and a picturesque reservoir over the Chiao Lan Dam. Here, your body and soul can get real relaxation without any telephone signal and Internet access to interrupt your day off. Get on a kayak to witness the misty morning view, and you will love this lake.

500 Rai Floating Resort 32/15, Khao Wong, Ban Ta Khun, Surat Thani 84230 Tel. +66 7795 3013, +669 5410 0011 www.500rai.com











Shopping



Bang Bai Mai Floating Market

Every Sunday, this community market turns lively when merchants and villagers show up with numerous produce from freshly picked vegetables and fruits, local cuisine, seafood, to processed foods. The Market is set under the shade of coconut plantations and Nipa palm forest. Outlets are available both on the ground and on boats. A canal tour service is available for tourists to see the canal way of life.

Luangpho Khao Suk

Pay homage to a sacred Buddha statue, Luangpho Khao Suk, which is a spiritual center in these canal-based communities. The century-old statue in a meditation attitude is made from nine different materials, including steamed rice from the monk's bowl. The statue bows a bit forward, making it different for other Buddha images. It is believed that the statue represents happiness and fertility of the lush enclave.

Bophut Walking Street

From fishery villages of the island, Bophut today has become a lively walking street. Old wooden houses have been transformed into chic outlets, cafés, hostels and restaurants. The best of the old and the new are well live blended here, complete with live cultural shows to entertain visitors; such as, Muay Thai dance, Manora, Thai folk songs, etc.

Dining

Phunisa

Fine dining takes place on the top of Khao Noi where guests will witness an impressive sunset view and the peaceful Tapi River. The restaurant serves healthy menus from Southern recipes; such as, crab curry with betel leaves, deep-fried thread fin fish with turmeric, grilled river prawns, Bai Liang Phat Kai Sai Kung Kaeo, and its signature fish cake.

Ban Plai Khlong

This modest restaurant is hidden in a remote orchard by a canal.

It serves authentic spicy Thai food with full flavors; such as, crispy ginger with sweet pork, deep-fried sheatfish with curry paste, etc. All specialties are rich with herbal ingredients, which are good for health.

Kiang Lae Seafood

The deliciousness is available at the mouth of Khlong Kra Dae, in the fishing village with plenty of fresh catches of the day. The very popular dishes here include sour soup with crab or sea bass, deep fried prawns and garlic, fresh oysters, and many spicy dishes. All of which we guarantee.

Pak No

Every authentic Southern specialty is served with "Pak No" or blanched vegetable, sometimes topped with thick coconut milk. It is just a way of life among the fertile land where an abundance of vegetables is easily available, from bitter bean, young leaves of the cashew nut tree, to banana sprouts. All these dishes are good for health.



Index

Organic Turmeric Community Enterprise

62 Mu 5, Khao Wong, Ban Ta Khun, Surat Thani 84230

() +66 8 9971 6318, +66 6 1062 6982

Ban Khao Na Nai Community Enterprise (Nang Prai)

54 Mu 8, Ton Yuan, Phanom, Surat Thani 84250

() +66 9 5408 7490

Tha Chang Hospital

341 Mu 1, Tha Chang, Tha Chang, Surat Thani 84150

(2) +66 7738 9111, +66 7738 9124

Suan Lung Song Cold Pressed Coconut Oil Learning Center

109 Mu 3, Bang Bai Mai, Mueang, Surat Thani 84000

(C) +66 8 1396 5077, +66 8 1589 8635, +66 9 0152 1057

www.prowthai.com

Ban Ma Prao

56/5 Mu 2, Ang Thong, Ko Samui, Surat Thani 84140

() +66 8 9744 8335

www.samuirenong.com

Ban Nam Rat Watershed Forest

Ban Nam Rat Mu 4, Ban Tham Niap, Khiri Rat Nikhom, Surat Thani 84180

(C) +66 8 0696 1166, +66 9 6635 6358, +66 8 1677 8778

Khao Na Nai Luang Dharma Park

Mu 8, Ton Yuan, Phanom, Surat Thani 84250

+66 9 5017 8259

Suan Mokh

68/1 Mu 6, Lamet, Chaiya, Surat Thani 84110

() +66 7743 1552, +66 7743 1597

www.dhammadana.or.th, www.suanmokkh.org

Ratchaprapha Dam

53 Mu 3, Khao Phang, Ban Ta Khun, Surat Thani 84230

© +66 7724 2555 Ext. 5600, 5061-2, +66 7731 0780, +66 7724 2560 Ext. 2512

Khlong Roi Sai Tourist Center

49 Mu 5, Bang Chana, Mueang, Surat Thani 84000

() +66 8 6267 6695

Kra Dae Chae Monkey Training Center

42/3 Mu 3, Takian Thong, Kanchanadit, Surat Thani 84160

() +66 8 9871 8017

Phunisa (closed on the 16th and 17th of each month.)

11/1 Mu 1, Khao Hua Kwai, Pun Pin, Surat Thani 84130

(2) +66 8 0529 6111, +66 8 0529 7111

Ban Plai Khlong

85 Mu 3, Bang Bai Mai, Mueang, Surat Thani 84000

(2) +66 7729 2851, +66 8 3547 6314

f banplaikhlong

Kiang Lay Seafood

124 Mu 7, Ka Dae, Kanchanadit, Surat Thani 84160

() +66 7737 9379

Bang Bai Mai Floating Market (open on Sunday)

Mu 3 Wat Bang Bai Mai, Mueang, Surat Thani 84000

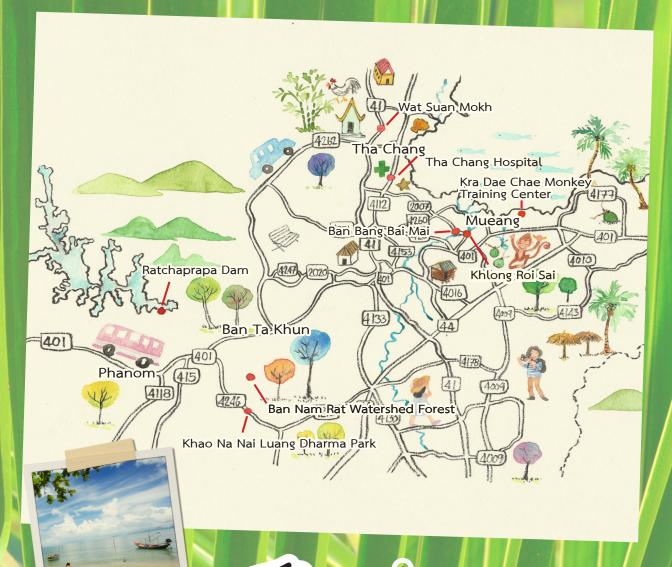
(r) +66 8 1607 4935

Bophut Walking Street

Held every Friday, during 5 p.m. - 10 p.m.

Bophut, Ko Samui, Surat Thani 84320





Surat Thani





Services Promotion Division

Tourism Product Promotion Department

Tourism Authority of Thailand

1600 New Phetchaburi Road, Makkasan, Ratchathewi, Bangkok 10400 Thailand Tel. (+66) 2250 5500 Call Center 1672 www.tourismthailand.org

