



The Art of
BEING WELL

Ways to be Healthier and Happier



CONTENTS.

THE ART OF MIND & SOUL

Experiencing insomnia, restless, extreme fatigue, exhaustion, and low levels of well-being are all signs of depression. Before you hit rock bottom, you should have a break and not just any break. You need to take an extended leave for health and wellness break.

Thailand has now reinvented itself as a global leader in health and wellness tourism.

The country has plenty of appealing features such as local wisdom and best-kept healing secrets and beautiful surroundings, making it one of the best places to go for a wellness retreat.

From North to South, from Chiang Mai to Phuket, there are so many tranquil valleys and remarkable beaches. The peaceful and lush tropical environment offers wellness tourists ample opportunity to revitalize their burn-out bodies and weary souls.

Thailand also receives consistent praise for its luxurious spas with an extensive menu of wellness programs and treatments.

Many locations around Thailand are renowned for being healing spaces, and this inspiring guidebook will lead you to amazing places and people. Dive into the healing power of food, holistic treatments, health products and more.

The Cabin Creeks in Chanthaburi, offers a “forest-bathing” experience from peaceful places in the woods, while Chiva-Som - a sophisticated wellness centre in Hua Hin - provides soul-searching spa retreat at Thailand’s best beach holiday destination. Then there are low-carbon Island of Koh Mak for sea treatment, mangrove tunnels in Koh Yao Noi for natural white noise and herbal centre in Chiang Mai for plant power and ancient healings.

If you plan to visit one of those places, take time to transcend from the hectic world and learn to be at peace with your inner self. Travel, heal and return home a new you.

01

BOOST YOUR MOOD

Page 4

02

KEEPING BODY HEALTHY

Page 26

03

EAT BETTER

Page 48

04

PAMPER YOURSELF

Page 70

DE-STRESS YOURSELF

Page 84

05

ORGANIC LIVING

Page 90

SELF-CARE IDEAS

You are now running on empty?

Here are some healthy tips to re-energise your body and mind.

1. Stay hydrated. Keep a bottle of water with you during the day. Water helps to maximise physical performance and help kidneys flush toxins from your body.
2. Add vegetables, cut red meat. Eat a lot of vegetables whenever you can. Make sure you choose fresh organic vegetables in a variety of different colours (green, red, orange, yellow).
3. Eat plenty of fruit. Get bananas, apples, and oranges at the grocery store and eat them for breakfast or as healthy snacks throughout the day. Shop from your local farmer's market for fresh, in-season produce.
4. Spend time outside for walking, hiking, boating, picnics, outdoor sports, foraging for wild foods, camping, and much more. Various studies and researches show that green open space could improve mental health and boost energy.
5. Breathe. Oxygen is a source of life. Practice deep conscious breathing throughout the day. Take a slow, deep breath. Pay attention to the airflow starting from your nose to your lower belly then hold it for a while, and exhale slowly. Repeat. Do it at your own pace, and it would help you relax and counter the stress.
6. Treat yourself to regular quiet time. Turn your phone off, let everyone know that you don't want to be disturbed, listen to music, study or pray to recharge yourself.
7. Meditate. Meditation at least 5 to 30 minutes a day, would improve memory, attention, mood, immune system function, sleep, and creativity.
8. Practice yoga. Yoga is fantastic for your overall health. Practice daily at your own pace would help you build physical and mental strength, coordination, and flexibility while calming your mind.
9. Choose natural remedies whenever you can as our bodies are more compatible with natural ingredients. Under the guidance of a holistic health practitioner, the right foods, herbs, and essential oils can be very healing.
10. Travel and learn about other cultures. Do this as much as you can.

Boost your mood



10 RELAXING PLACES YOU MUST VISIT IN THAILAND



Whether in search of peace and tranquillity or reunite with mother nature, Thailand is a haven for the weary souls. From forest bathing to bending on a yoga mat to mindful indigo hand dyeing, the visitors can enrich their mind and soul in style.

Boost your mood



Boost your mood

BAAN HIN ROM, PHANG NGA

Call: +66 94 595 9345

Facebook: Phang-nga Bay Treasures

Nestled along the Andaman Sea coastal, this seaside village lets you explore the beautiful mangrove tunnels and estuaries of picturesque Phang Nga Bay. Natural white noises from ocean waves lapping, blowing wind and chirping birds, according to the sound therapist, could improve your deep sleep.

Boost your mood



Boost your mood

ONSEN MONCHAM, CHIANG MAI

Call: +66 53 111 606

Web: www.onsenmoncham.com

Facebook: [OnsenAtMoncham](#)

A study has found that a regular warm bath can cure depression. In the valley of Mae Rim and close to Queen Sirikit Botanical Garden, Onsen Moncham is a perfect place to strip off your clothes and enjoy the plunge. Inspired by the peace and tranquillity of traditional Japanese onsen, this beautiful resort offers onsen experience in both indoor and outdoor therapeutic pools and in traditional bathing areas utilizing natural mineral water.

Boost your mood



SIMPLY INDIGO, SAKON NAKHON

Call: +66 80 582 6655

Facebook: kramsakon

The locals in Sakon Nakhon in Northeastern Thailand reinvent indigo culture and makes fashion sustainable. There, with clay pots of indigo and a piece of cloth, you can find a wave of peace and mindfulness while balancing beauty and different shades of blue from hand dyeing. Indigo-dyed fabric, it's said, is an ideal for people with sensitive skin or prone to skin allergies since it is hypoallergenic, antibacterial and skin-soothing. Some indigo and craft store – including “Kram Sakon” – offers indigo hand dyeing experience.

Boost your mood



Boost your mood

THE CABIN CREEKS, CHANTHABURI

Call: +66 81 8545205

Web: www.cabincreekthailand.com

Facebook: [cabincreekthailand](#)

The Cabin Creeks Homestay offers forest bathing experience in Thailand's East. On a riverbank surrounded by dense woodland and tropical fruit orchards, you are cut off from the modern world. To increase energy and decrease anxiety, you spend your days walking through the woods and listening to the sounds of the wild.

Boost your mood



Boost your mood

STAND-UP PADDLE, PHUKET

Call: +66 84 889 1278

Web: www.paddlephuket.com

Facebook: [paddlephuket](https://www.facebook.com/paddlephuket)

Stand-up paddleboarding – or “supping” – is a new meditation, and Thailand’s best beach holiday destination in Phuket offers a scenic coastal line to enjoy the rhythm of the sea from the quiet board. Being out on the water, surrounded by natural beauty, is a terrific way to find work-life balance.

Boost your mood

MAHASIDDHA YOGA, CHIANG MAI



Call: +66 61 3784194

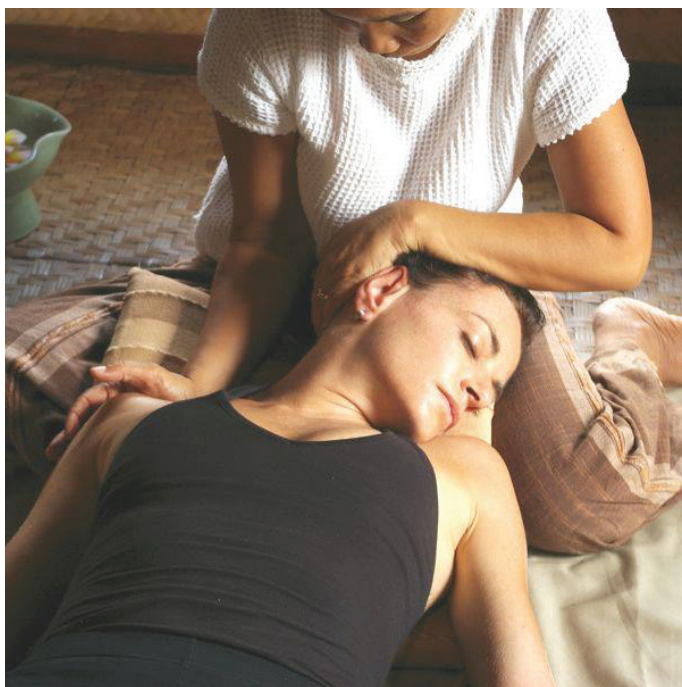
Web: tantrayogathailand.com

MAHASIDDHA YOGA, CHIANG MAI

Chiang Mai province, once a cradle of Lanna culture in Thailand's North, is a peaceful, calm and laid-back city to relax and boost your energy. Mahasiddha, a spiritual yoga studio within walking distance from Chiang Mai Old Town, offers an oasis of tranquillity allowing you to dive deep into the silence of meditation. To enhance spiritual growth and physical wellbeing, the retreats range from short weekends, perfect for those visiting Thailand for just a brief time, to the more extensive 7-day inspiring workshops and lectures.

Boost your mood

BAAN HOM SAMUNPHRAI, CHIANG MAI



Call: +66 81 8851429

Web: www.homprang.com

Facebook: The Baan HomSamunphrai School

BAAN HOM SAMUNPHRAI, CHIANG MAI

Ancient knowledge of herbs and their healing properties are written down by Lanna herbalists and medicinal nutritionist over centuries. At Baan Hom Samunphrai, a herbal treatment and learning centre in Chiang Mai, guest can experience and unlock the secrets of Thai herbal treatment in a beautiful part of Thailand. You can stay in a traditional house before trying traditional Thai massage with herbal compress to loosen stiff muscle, followed by a soothing herbal steam sauna to improve blood circulation.

Boost your mood

MANGROVE TUNNELS, PHANG NGA



Koh Yao Yai, Koh Yao,
Phang-nga

MANGROVE TUNNELS, PHANG NGA

At a tropical island of Koh Yao Noi, sea kayaking lets visitors unwind blissfully under mangrove tunnels – where mudskippers try to steal the scene from the crab-eating monkey. Paddling is known to reduce stress and improve overall emotional wellness. Paddle kayak through the natural beauty of the mangrove forest, visitors will have time and space to get in touch with their inner self and even ease tension and depression. With the calm and clear water of the Andaman Sea, every single move means balancing body, mind and spirit.

Boost your mood

SAM ROI YOT AND KUI BURI NATIONAL PARKS, PRACHUAB KIRI KHAN



Call: +66 32 821568 (Sam Roi Yot),
+66 81 776 2410 (KuiBuri)

SAM ROI YOT AND KUI BURI NATIONAL PARKS, PRACHUAB KIRI KHAN

Billed as African safari in Thailand, Kui Buri National Park is abundant with wildlife, making it the best place to trek and watch Thailand's exotic wild animals (elephant, tiger, gaur, tapir and banteng (wild cattle)). With wetland stretching as far as the eyes can see, the park is also a birdwatcher's paradises. Turn off your phone, take a deep breath and find your inner peace in every step of your trail. Hear the sound of frogs, insects and birds call from the wetland and woodland of the tropical forest.

Boost your mood

SEAWATER TREATMENT, TRAT



Koh Mak, Koh Kut,
Trat

SEAWATER TREATMENT, TRAT

Thalassotherapy is not spa latest craze, but the term itself is from the Greek meaning “sea treatment”. A study found that seawater and our skin have something in common when it comes to mineral contents. When we soak in warm seawater, sunlight, ocean breeze and iodine-laden air repeatedly, our skin will be nourished with anti-ageing sea minerals. Far and away from the mainland and pollution, the Island of Koh Mark is an impeccable playground for seawater retreat in nature – pure and pleasant. Options include cycling, beachfront yoga, Thai boxing, sea kayaking or walking barefoot on a low-carbon strip of golden sandy beach.



10 INCREDIBLE HEALTH AND WELLNESS RETREATS IN THAILAND



Unplugged yourself from demanding and hectic world, and reboot your life and spirit. Thailand offers holistic and wellbeing breaks where the burnt-out visitors could plunge into a world of soothing hammams, pampering chocolate body scrub or cutting-edge hydrotherapy.



Keeping body healthy

CHIVA-SOM, HUA HIN

Call: +66 32 536 536

Website: www.chivasom.com

Facebook: [chivasomresort](https://www.facebook.com/chivasomresort)

Blending the art of ancient health practices with innovative holistic therapies, Chiva-Som is a pioneer and legendary luxury spa destination. From Botox injection to cancer recovery, spa pampering and soul-searching, Chiva-Som has more than 150 treatments for the discerning guests.



THAI FIT STUDIO, BANGKOK

Call: +66 85 142 7682

Website: www.assajancollective.com/thai-fit-studio

Facebook: [thaifitstudio](https://www.facebook.com/thaifitstudio)

A revolutionary dancercise blends step aerobics with Thai classical dance and Thai martial arts. All dancing postures are designed under the supervision of qualified physiologist and sports scientists to maximise the benefit of every move. Thai Myth Class is inspired by sophisticated traditional dance, Thai Folk Class is based on Thai folk dances from the various regions in Thailand while Thai Martial Arts class is inspired by the dynamic movement of Thai martial arts. Re-connect with traditional Thai culture while promoting a healthy, active lifestyle.



THE HEALTH REPUBLIC, KOH SAMUI

Call: +66 77 458 200

Website: www.beachrepublic.com/Healths

Facebook: [HealthRepublicSamui](#)

There is nothing better than a spa unless it is a spa with chocolate. The Health Republic in Samui Island offers a gooey (or yummy) cocoa-based treatments. Remove toxins and damaged cells with a chocolate body scrub, and body massage with chocolate and coconut body butter are a few of them.



AQUABIKING BANGKOK

Call: +66 8 80 53 26 44

Website: www.aquabiking-bangkok.com

Facebook: [aquabikingbangkok](https://www.facebook.com/aquabikingbangkok)

Biking in the water is a new way to pump up the heartbeat and boost weight loss. Focus on your breath and follow the instructor are two crucial things you need to get a great cardio workout and calm your mind from the daily stress. Aquabiking is no less challenging than regular biking, but it is easier on the joints to prevent injury. Class types range from Aquabike RPM, focusing on heart-rate to aid weight loss, to Aquabiking Sculpt, which uses the dumbbells to tone your body.

Keeping body healthy



AMATARA WELLNESS RESORT, PHUKET

Call: + 66 76 318 888

Website: www.amataraphuket.com

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

Perched over the peaceful ocean view of the Andaman Sea, Amatara Wellness Resort Phuket specialises in Hammam with Thai twist – where Moroccan steam room working hand in hand with Thai massage. You can enjoy a traditional sauna, cooling bath, herbal steam, heated stone beds, body scrub, head massage to soothe your body and soul.

Keeping body healthy

HYDRO HEALTH, BANGKOK



Call: +66 2 250 7800

Website: www.hydrohealth.co.th

Facebook: [Hydrohealth.co.th](https://www.facebook.com/Hydrohealth.co.th)

HYDRO HEALTH, BANGKOK

Right in the heart of bustling Bangkok, Hydro Health offers peace of mind and energy boost through its hi-tech and holistic therapy options such as hydrotherapy, detoxification and anti-ageing treatment. With experienced medication team and hydrotherapists who are certified by I-ACT (International of Colon Hydrotherapy), colon cleansing and singing bowl sound therapy promise to boost your energy and improve migraine, allergies, fatigue, and insomnia.

Keeping body healthy

COMO SHAMBHALA URBAN ESCAPE, BANGKOK



Call: +66 2 625 3333

Website: www.comohotels.com/en/metropolitanbangkok/wellness

Facebook: [comometbangkok](https://www.facebook.com/comometbangkok)

COMO SHAMBHALA URBAN ESCAPE, BANGKOK

COMO Shambhala Urban Escape Bangkok specialises in hands-on healing combining traditional Eastern techniques with scientific advances. The Wellness program begins with deeply exfoliating COMO Shambhala Detoxifying Treatment, designed to revive tired skin by stimulating lymph flow, including a deep salt and sugar scrub, a refreshing shower and the application of the signature moisturising lotion. The treatment will end with an intensive Thai Massage to unblock trapped energy in the musculature, fascia and joints. The therapist would manoeuvre your body into yoga-like stretching positions to apply pressure along the meridians.

Keeping body healthy

STRETCH ME STUDIO, BANGKOK



Call: +66 2 252 1628

Website: www.stretchme.studio

Facebook: [stretchmebyletsrelax](https://www.facebook.com/stretchmebyletsrelax)

STRETCH ME STUDIO, BANGKOK

Ease your tight muscles and promote the circulation of both blood and lymph through the use of gentle stretches at Stretch Me Studio. Stretching is known to ease muscle pains, reduce the risk of prolonged injury and improve posture. Learn more about your own body and let the certified physical therapists at Stretch Me help you benefit from each stretch. Apart from the extra push while helping you stretch, the therapist would provide the right stretching techniques, self-stretching technique and consultation to fix your problem.

HYPERBARIC OXYGEN THERAPY (HBO), YANHEE HOSPITAL



Call: +66 2 879 0300

Website: www.yanhee.net/alternative-medicine

Facebook: [yanheeinternational](https://www.facebook.com/yanheeinternational)

HYPERBARIC OXYGEN THERAPY (HBO), YANHEE HOSPITAL

Hyperbaric Oxygen Therapy involves breathing 100 per cent oxygen in a pressurised room or tube. It is a well-established treatment for decompression sickness, a hazard of scuba diving. The therapy increases the amount of oxygen your blood can carry. Other conditions treated with HBO include bubbles of air in your blood vessels, serious infections, and wounds and injuries that would not heal as a result of radiation injury or diabetes.

Keeping body healthy

BANGKOK HOSPITAL, PHUKET



Call: +66 76 254 425

Website: www.phukethospital.com

Facebook: BangkokHospitalPhuket

BANGKOK HOSPITAL, PHUKET

With multidisciplinary team approach for holistic brain health care and self-discipline, Bangkok Hospital Brain Health Institute offers the first Integrative Health and Wellness Program in the region. The centre focuses on a holistic approach to provide the most comprehensive solutions for brain health care ranging from sleep disorders, emotional equilibrium and problem-solving skills, to immersion in high oxygen concentration. Bangkok Hospital Phuket also provides sleep quality improvement to treat sleep disorders like insomnia, hypersomnolence, circadian rhythm disorder, parasomnia, sleep-related breathing disorder and sleep-related movement disorder.



10 UNIQUE RESTAURANTS IN THAILAND THAT FOCUS ON HEALTHY FOOD



There is nothing like sitting in a beautiful, inspiring space with a bowl of delicious goodness, whether it is smoothie bowl, coffee and a sweet treat or a hearty bowl of curry and brown rice. Thailand, as you can imagine, has a plethora of options when it comes to tasty food. Just because you eat clean and lean doesn't mean you have to miss out fine cuisine in Thailand. Here are 10 best restaurants and eateries serve up healthy food in Thailand.



FARM TO TABLE, ORGANIC CAFÉ, BANGKOK

Call: +66 2 115 2625

Cuisine: Thai

Opening hours: 10am – 8pm (closed on Wednesday)

Facebook: [FarmToTableOrganicCafe](#)

Within a short walk from MRT Sanam Chai Station and Flower Market, Farm to Table, Organic Café is recommended for ice cream and delicious Thai food (with vegetarian and vegan options). You could start with Roasted Chicken Salad for the tasty and crispy organic wild rocket, and then try Prawn Curry with Betel Leaves served with brown rice, and finish with Roselle Crumble and Gelato. It makes fantastic coffee, too.

Eat better



MEENA, CHIANG MAI

Call: +66 96 073 7422

Cuisine: Thai

Opening hours: 10am – 5pm (closed on Wednesday)

Facebook: meena.rice.based

Rice might be a staple food in Thailand for centuries, but it has always been treated as an underling. It is placed under everything from stews to curries. Meena restaurant put the tiny, humble grain in the spotlight. With traditional old wooden rice barns and adorable pots of rice as décor, the restaurant serves “all things rice” on its unique menu. You can sip riceberry herbal drink made from rice water or nibble on their rice ice cubes served in riceberry juice. Try grilled pork with roasted oats spicy salad and baked ribs with riceberry.



BROCCOLI REVOLUTION, BANGKOK

Call: +66 95 251 9799

Cuisine: international

Opening hours: 9am – 10pm

Facebook: broccolirevolution

If vegetarian food ever needs a new fashionable home, it must be the Broccoli Revolution. Set in Sukhumvit 49, Bangkok's best district for food, the restaurant is appealing for industrial-cum-brasserie chic design. It dishes out vegetarian and meat-free food made from super fresh organic ingredients. Dishes here range from gazpacho, healthy baked kale chips, spicy, tangy minced organic tofu, and broccoli quinoa charcoal burger. The restaurant spoils its customers with 18 choices of vitamin-packed cold-pressed juice.

Eat better



PATOM, BANGKOK

Call: +66 2 084 8648

Cuisine: Thai

Opening hours: 9am – 10pm

Facebook: [patom.organics](https://www.facebook.com/patomorganics)

Located in Sukhumvit 49, Pathom puts up a breezy urban oasis around cube glass house, garden and courtyard, making it a perfect place to feast. Bangkokians love this little refreshing oasis, and its healthy-life reputation has made Pathom a big hit in Instagram and social-media platform. With organic ingredients sourced from local farmers west of Bangkok, Pathom dishes out some of the most exciting and flavorful food. Make sure you have roasted pork served with sensational dip and sticky rice. The food is good, while the vibe is quiet and soothing.



TAAN, NONTABURI

Call: +66 92 626 0011

Cuisine: Thai

Opening hours: 5pm – 8pm

(Monday-Tuesday, Thursday-Friday),

10am – 9pm (Saturday – Sunday)

Facebook: TAANorganic

TAAN, which means “eat” and “share” in Thai, is the very first pay-what-you-can restaurant in Thailand. Within bright, pleasant space, TAAN serves healthy, environmentally-friendly and tasteful meals from organic ingredients. This organic café doesn’t have the price listed on the menu. It lets everyone has healthy food before leaving them a fair share of the money. Stars in the menu include papaya salad, Phadthai pan fried noodle and roasted chicken. For a sweet treat, try organic soy milk, pudding & granita.

Eat better

SNOOZE, CHIANG MAI



Phone: +66 62 898 2526

Cuisine: Cafe

Opening hours: 10am – 3pm

Facebook: snoozechiangmai

SNOOZE, CHIANG MAI

Smoothie bowl has taken healthy eating habits (and IG) by storm. If visiting temples and tribal villages in Chiang Mai make you bone-tired, then this smoothie bar in a peaceful garden will bring you back from the brink. Snooze serves colourful, fresh, creative huge bowls of smoothies in five different varieties. There are a variety of options, and it can be vegan or vegetarian. The owner is friendly and serves free banana chips and passion fruit juice.

Eat better

ORGANIC SUPPLY, BANGKOK



Call: +66 2 101 6410

Cuisine: smoothie & bakery

Opening hours: 10am – 8pm

Facebook: [organicsupply.bkk](#)

ORGANIC SUPPLY, BANGKOK

Set in Bangkok's Northern suburb, this little eatery is cosy and inviting for its country-chic and stylish design. The café prides itself on creating nutritious cold-pressed juices, superfood smoothies and also providing wholesome, natural and well-sourced bakery. Try chocolate zucchini cream cheese. Organic Supply holds a good stock of organic products for body and mind treatments.

SUMMER BOWL, BANGKOK



Call: +66 89 894 2646

Cuisine: smoothie & juice

Opening hours: 9am – 7pm (Tuesday – Friday),
10am – 8pm (Saturday) and 10am-7pm (Sunday)

Facebook: summerbowl.bkk

SUMMER BOWL, BANGKOK

Invented by the Brazilians, adopted by the Hawaiian and made famous by health enthusiasts in New York City, acai berries – a super food that can improve skin appearance and weight loss – finds its way to Thong Lor (Sukhumvit 49). At Summer Bowl, Acai and smoothie bowls are served in Hawaiian vibe with a mural of a hula girl and palm trees. The signature bowl is Summer Bowl, a mix of Acai, banana, dried coconut chip, chia seeds and topped with granola and cubes of tropical fruit.

Eat better

CORO FIELD, RATCHABURI



Call: +66 92 569 4791

Cuisine: Japanese fusion

Opening hours: 9am – 6pm (Monday-Friday),

9am-9pm (Saturday and Sunday)

Facebook: corofieldTH

CORO FIELD, RATCHABURI

A farm, a restaurant and a playground, Coro Field is where city-dwellers drive to capture a hefty dose of wellbeing and quality of life. While you can enjoy tomato picking and wild rocket growing, make sure you visit Coro Café & Market. It serves up healthy food made from organic ingredients – especially melon (the pride of Coro Field) - gathered from the farm. Inspired by Japanese fusion food, your healthy and tasty options include mineral-rich salad, Chashu Pork Rice Bowl and Melon Cream Cheese.

Eat better

RUSTIC & BLUE – THE FARM SHOP, CHIANG MAI



Call: +66 53 216 420

Cuisine: international

Opening hours: 8.30am – 9.30pm

Facebook: rusticandbluechiangmai

RUSTIC & BLUE – THE FARM SHOP, CHIANG MAI

Fresh, organic and local ingredients make healthy and delicious food, and chorizo burger and eggs Benedict at Rustic & Blue are delicious proves. Billed itself as “artisan restaurant”, Rustic & Blue serves all-day breakfast, blended loose leaf tea, artisan bread and various choices of the cocktail. The food here is made from homegrown ingredients sourcing from their own farm. More healthy options include Acai smoothie bowl or Sauteed Wild Mushroom Bread topped with Parmesan and Cheddar for breakfast or treating yourself with Smoked BBQ Beef Brisket Platter over lunch.

13 BEST HEALTH AND BEAUTY PRODUCTS IN THAILAND

Stress and anxiety are a dramatically painful experience for people living in fast-paced modern lives, and they can be attributed to increasing lifestyle commitments, demanding work pressures, and a lack of sleep.

The aromatherapy has been around households in Thailand for centuries to promote a feeling of calmness and relaxation. Inhaling and applying aromatic rose essential oils, for example, can help alleviate stress, insomnia or depression.

Today the aromatic stimulants and pure essential oils have found their ways into beauty products. Nothing can beat a nice hot bath filled with fragrant deep relax bath and shower oil, followed by luxurious body lotion with the heavenly scent of natural herbs and flowers. The minerals would make your skin smooth and glow, while the therapeutic scents soothe your mind and bring you blissful relaxation.

Here are the best you could find while taking a healthy and wellness trip around Thailand.

Pamper Yourself

HARNN

Call: +66 2 000 0555

Website: harnn.com

Facebook: [harnnth](https://www.facebook.com/harnnth)



Combining folk remedies with the modern day product, Reunrom is proud of its compact essential balm with various scents to relieve dizziness and calm your mood - from uplifting borneol and camphor, sweet and spicy cloves and nutmeg, lively citrus tangerine, refreshing lemongrass to relaxing lavender.

PAÑPURI

Call: +66 2 253 5858

Website: www.panpuri.com

Facebook: [panpuriofficial](https://www.facebook.com/panpuriofficial)



Inspired by ancient Eastern traditions of natural remedies, Pañpuri pays homage to centuries-old recipes and pride themselves with their scientifically-proven products. Pañpuri Clean Beauty collection Lotus Defense™ is a homage to the sacred lotus of the East. Nature, science and art meet at the heart of this collection, promising result-driven natural and organic skincare from the East. The formula is free from harmful or irritating ingredients under the brand's patented ZeroList™. With 99.7% natural and organic ingredients, the most loved Lotus Defense™ Brightening Serum took home Pure Beauty Global Awards 2018 for Best New Premium Skin Care Product.

BATH & BLOOM

Call: +66 2 6393610

Website: www.bathandbloom.com

Facebook: [bathandbloomthailand](https://www.facebook.com/bathandbloomthailand)



Bath & Bloom offers wide ranges of organic skincare and aromatherapy products. The brand has made bath time merriment, with its pleasurable selections that include toiletries, spa, body and living products. Its Pride of Asia collection features five diffuser oil and four massage oils with scents of flowers in Asia from purifying jasmine, serene Lotus, graceful Frangipani, breezy Hibiscus and heavenly sweet Karawek flowers. Relax and unwind while the small fuss-free pleasures bring calming ambience to your home.

Pamper Yourself

ERB

Call: +66 2117 2266

Website: www.erbasia.com

Facebook: [Erbthailand](#)



Erb reinterprets traditional Siamese indulgences, bringing a touch of bliss to modern life. Erb takes inspiration from Siamese royal court beauty secret to create Seven Pollen collection, the range highlights seven types of flower pollens—Bakula, Bunnag, Champaka, Sarapee, Sacred lotus, jasmine, and ylang-ylang—as ingredients, offering an array of skin pampering experiences for a youthful, radiant complexion with a healthy glow.

THANN

Call: +66 2 236 6788-9

Website: www.thann.info

Facebook: [ThannTH](https://www.facebook.com/ThannTH)



Thann products deliver comfort and uplift senses with essential botanical oils and other natural ingredients in top hoteliers, premium airlines and in Thann spa. One of the top pick products is Thann Oil-Free Facial Sunscreen which protects skin against UVA and UVB rays, prevents premature ageing, and reduces skin irritation due to sun exposure, white tea extract rich in Polyphenols acts as an antioxidant to protect against free radical.

ORGANIKA

Call: +66 2 665 1899

Website: www.organikahouse.com

Facebook: [organikahouse](https://www.facebook.com/organikahouse)



With a firm belief in the power of aromatherapy, Organika creates signature scents to relax and balance your life and soul. Simple and elegant, each of Organika's scents is a delightful medley of delicate fragrances. Light Pure Aroma Massage Candle - Pure Magic to fill your home with the relaxing scent then let the essential oil and natural wax melt into luxuries warm oil before blowing out the candle and rub massage oil on your skin. The natural soy wax with vitamin E, shea butter, magnolia extract, organic jojoba oil will leave your skin soft and smooth.

Pamper Yourself

DIVANA

Call: +66 2 643-1987

Website: www.divana-dvn.com

Facebook: [Divanathailand](#)



Divana incorporates Ayurvedic and Thai wisdom with natural ingredients to create its holistic spa treatments and products. Inspired by rose, the queen of flowers, the award-winning spa brand creates Divana Raya Vedic Rose collection, using rose petals, essential oil and water for their balancing and skin-purifying properties. The bath and body products provide aromatherapy from “pure-fume” releasing tea rose as a top note, Bulgaria Rose as a middle note, and green pine and cloves as the bottom notes.

KARMAKAMET

Call: +66 2 391 7391

Website: www.karmakamet.co.th

Facebook: [karmakamet](https://www.facebook.com/karmakamet)



Launched in 2001 as a small shop selling first-grade essential oils in Jatujak Weekend Market in Bangkok. Karmakamet now becomes the trademark of one of the best quality aromatic products in Thailand. Combined traditional Thai aesthetics and modern techniques, Karmakamet treats aromatics as highly prized articles of refinement. The brand now offers an excellent collection of everything from handmade soaps, body gel scrubs, essential oils, and moisturisers to dry perfume, traditional Asian perfume sachet and incenses.

RYN

Call: +66 2 643-1987

Website: rynspaproducts.squarespace.com

Facebook: [RYNSPA](https://www.facebook.com/RYNSPA)



High-end skincare brand Ryn features an easy way to handle the hectic world with its Tropicallly Mae Ping collection. Bringing out the hidden gem of Thailand, the pharmaceutical lemongrass is the base of the formula that eases agitations and repels insects. The refreshing aroma of lemongrass and sensational scent of geranium would lighten your mood while other natural ingredients like sweet almond oil, sea buckthorn oil, berry oil, shea butter and hyaluronic acid will leave your skin soft and smooth. The collection has six products in all: body oil, body wash, body scrub, body lotion, hand wash and hand cream.

SIAM BOTANICALS

Call: +66 7266100 (ext. 22)

Website: www.siambotanicals.com

Facebook: [SiamBotanicals](https://www.facebook.com/SiamBotanicals)



Siam Botanicals guarantees 100% natural, chemical-free, preservatives-free beauty products, ranging from cleansers and toners to masks and serums. By combining age-old ingredients with scientific know-how, Siam Botanicals created a simple but highly effective range of unisex products to suit all skin types. Every formula is hand blended in small batches, to ensure that the exceptionally high standards are faithfully replicated in each pot, bottle and bar.

COSMOS AND HARMONY

Call: +66 93 6361692

Web: www.cosmosandharmony.com

Facebook: [cosmosandharmony](https://www.facebook.com/cosmosandharmony)



Cosmos and Harmony features many natural soaps based on the well-known elements in Thai culture: Nam Ob Thai (Thai scented water), Muay Thai (Thai boxing), Hermit Self-stretching and Thai Rice Soap. Nam Ob Thai, Muay Thai and Hermit Self-stretching soaps are in SabaiSabai Style Rao collection featuring Thai scented water and herbal massage oil to ease your mind and muscle. Thai Rice Soap Set features four kinds of famous Thai rice: Jasmine Rice, Mun-pu (Red) Rice, Riceberry Rice, and Khao-Kum Rice (Black Glutinous Rice) as the main ingredient. The soap, with the shape of finely ground rice, contains rice extracts, rice milk, rice bran oil and vitamin E to nourish the skin.

AKALIKO

Call: +66 2 457 4688

Website: www.akaliko.net

Facebook: [Akalikohomespa](https://www.facebook.com/Akalikohomespa)



Turn a corner of your room into a pure relaxing space with various aromatherapeutic products from Akaliko, meaning endless in Bali language. Akaliko developed its aromatic and skincare products through the aromatherapy concept, combining the remarkable properties of natural ingredients with modern knowledge and technologies. Blending the benefits of rice bran oil and sweet almond oil, Akaliko body massage oil will leave your skin soft to touch while the aromatic scent would send you to pure relaxation. Available scents are Lavender Cherish, Green Olive, Lemongrass Essence, Orchid, Blooming Jasmine and Relaxation. All products are paraben free and made from natural ingredients.

REUNROM

Call: +66 2 413 4444

Website: www.reunrom.com

Facebook: [reunromeveryday](https://www.facebook.com/reunromeveryday)



Combining folk remedies with the modern day product, Reunrom is proud of its compact essential balm with various scents to relieve dizziness and calm your mood - from uplifting borneol and camphor, sweet and spicy cloves and nutmeg, lively citrus tangerine, refreshing lemongrass to relaxing lavender.

5 BEST MODERN TRADITIONAL PRODUCTS IN THAILAND

The ageless remedies from the Thai kitchen and garden get modern twists to boost health, beauty and well-being.

Thais have used herbs in cooking as much as in healing, beauty and well-being for generations. Beneficial and flavourful lemongrass, kaffir lime, galangal, pandan leaves, cardamom, cloves and holy basil, to name a few, have found their ways to sensational bowls of fragrant green curry, spicy Tom Yam Kung soup, and creamy Massamun. Thanks to their healing properties, those tasty plants and aromatic herbs and spices have also been used in traditional remedies for centuries: lemongrass for quick stress relief, holy basil and mint for digestive stimulant and turmeric for anti-inflammatory.

The ageless remedies from Thai kitchen and garden with modern twists bring the beneficial power of nature to boost your mental and physical well-being not only in the comfort of your home but even when you are on your next business trip. From aromatherapy, traditional Thai remedies, to essential oils and award-winning skincare product, Thailand's best health and beauty products would give you a quick start to get the best health and beauty products in the Land of Smiles.

HERBPINESS

Call: +66 99 131 5408

Website: www.herbpiness.com

Facebook: [herbpiness](https://www.facebook.com/herbpiness)



With a firm belief in the healing power of the herb, Herbpiness uses herb-based alternative medicines in all products. The owner's mother, a biologist and part-time gardener, thought up the formulas. While Herbpiness offers various aromatherapy products like essential oil, massage soy candle, aromatic sachet, the herbal liquid balm is the most popular item. Made from more than 10 herbs, the herbal liquid balm is a handy first-aid when you want to treat minor insect bites, muscle pain, stuffy nose, or dizziness.

ANONA

Call: +66 92 696 4549

Website: www.anonathailand.com

Facebook: [anonathailand](https://www.facebook.com/anonathailand)



Aromatic herbal inhaler from Anona is made from more than 10 natural Thai herbs. Choose the scent that suits you from lemongrass, lemon, peppermints to salak. Its refreshing scent calms the mind making one feel relax and awake. With green Tossakan Giant packaging, the herbal inhaler would make you feel as if you were in a spa room. This local home remedy can also relieve dizziness and stuffy noses.

MOWAAN

Call: +66 2221 8070

Website: www.mowaan.com

Facebook: [mowaan](https://www.facebook.com/mowaan)



Yahom is a traditional stimulating medicine that has long been a part of Thai culture. The local remedy has been in every Thai household as a cure-all for a minor illness, especially dizziness and bloating. With more than 300 recipes in the ancient records of Thai Traditional Medicine, Mowaan offers a set of Four-Recipes of Yahom: Suramarith to nourish the heart, Indhara-Osoth to dispel fatigue, Prajakara to cure heartburn and bloating and Sawaangphob to relieves dizziness.

BAANIDIN SHOP

Call: +66 88 566 1614

Website: www.baanidin.com

Facebook: [baanidinbangkok](https://www.facebook.com/baanidinbangkok)



Believing in holistic remedy, Baanidin offers various aromatherapy products, including Thai herbal compress ball or Luk Prakob. The Thai herbal compress ball provides aromatherapy, thermal therapy and herbal therapy all at once. The Thai herbal compress induces deep relaxation, relieves stress and fatigue, improves circulation of blood and lymph, boosts both emotional and physical well-being, and stimulates the internal organs. Baanidin also features a new version of Luk Prakob that could be used as a hot and cold pack. Simply microwave the herbal hot and cold pack for thermal therapy or put it in the freezer for cold therapy.

BLOOMING

Call: +66 2 641 6619-20

Website: www.siamwellnesslab.com

Facebook: [bloominglab](https://www.facebook.com/bloominglab)



Made of various herbs wrapped in unbleached cotton cloth, Blooming's Thai herbal ball uses sterilised fresh herbs which produce better aroma compared to the dry herbs as the herbal essential oil is restored. Traditionally the compress consists of a mixture of several herbs, with six essential herbs as a base: lemongrass, plai (Cassumunar ginger), turmeric, kaffir lime, camphor and tamarind which possess properties that are anti-inflammatory, antiseptic, astringent and antioxidant.

5 BEST PLACES FOR ORGANIC LIVING IN THAILAND



Organic and sustainable living is vital to health and wellness. Many discerning travellers and health-conscious holidaymakers today seek something more than an attractive destination to spend their holidays. From the organic farm in Kanchanaburi to an elephant camp in Chiang Mai to farm estate in Chiang Rai, Thailand offers back-to-basics and healthy retreats across the country.

BAAN RAI KALAVELA, KANCHANABURI

Call: +66 85 333 3414, +66 81 903 0923

Web: www.kalavelafarm.com Facebook: [KalavelaFarm](#)



From a humble beginning, Baan Rai Kalavela (Kalavela Farm) grew organic vegetables and plants to feed their family and share with their neighbours. FarmCafe' de' Kalavela and Prung Pluk restaurant were their big step to share their organic produces with visitors and travellers in Kanchanaburi. The restaurant brings a taste of the organic farm to your table. Advance booking is recommended for a group visit to learn more about organic farming.

GINGER FARM KITCHEN, CHIANG MAI



Call: +66 52 080 928

Facebook: gingerfarmkitchen

GINGER FARM KITCHEN, CHIANG MAI

Bring the farm to the city is the idea of Ginger Farm Kitchen, an organic Thai restaurant at One Nimman on Nimmanhaemin Road. Apart from getting supplies from their own farm, the restaurant source local organic ingredients and food supplier from small local farmers and artisan food suppliers who produce their products ethically and sustainably to cook Northern Thai cuisine and authentic Thai food. Occasionally, the restaurant holds healthy eating workshops to promote wellbeing lifestyle.

WALK CAMP, CHIANG MAI



Call: +66 83 433 1478

Facebook: walkcamp

WALK CAMP, CHIANG MAI

Nestled in the misty valley and high range, this organic farm and elephant sanctuary offers peace of mind to the weary souls through its back-to-nature activities – staying in the rustic yet comfortable farmhouse, berry picking, crackling campfire and enjoying healthy organic food. Turn off the mobile phone, and start to communicate with nature and beautiful surrounding. Walk Camp is one of the best places to experience the sound of silence.

RAI RUEN ROM, CHIANG RAI



Call: +66 99 325 5757

Web: www.rairuenrom.com

Facebook: [rairuenrom](https://www.facebook.com/rairuenrom)

RAI RUEN ROM, CHIANG RAI

To follow late King Bhumibol Adulyadej's guideline on healthy and sustainable life, two sisters have turned 70 acres plot of land into farm estate overlooking the local river. The owners, together with local communities, work hard in the field and farmhouse to produce fruits, vegetables and herbs that are truly extraordinary, and that heal, restore and refresh your body, mind and soul. The farm is now an organic tourism destination. Guests can get out and about with the owner to learn about organic farming, feed the animals, making organic fertiliser, picking vegetables, cooking healthy organic food and even taking a rice-growing experience. The farm serves organic food at its café and accommodates visitors in its tents.

SUAN SAMPRAN, NAKHON PATHOM



Call: +66 34 322 588

Web: sampranriverside.com

Facebook: [SuanSampran.Thailand](https://www.facebook.com/SuanSampran.Thailand)

SUAN SAMPRAN, NAKHON PATHOM

About 40 kilometres west of Bangkok, Suan Sampran has reinvented itself from a riverside resort with the cultural show to organic tourism destination. To promote organic living and lifestyle, Suan Sampran works hand in hand with local farmers to produce organic vegetables, fruits and health and wellness products for the farmer market. Guests can practise traditional Thai crafts, experience herbal healing treatment, enjoy Thai fine dining, visit farmer market or tour local farms - including the hotel's own Patom Organic Farm.



TOURISM AUTHORITY OF THAILAND

1600 NEW PHETCHABURI ROAD, MAKKASAN,
RATCHATHEWI, BANGKOK 10400, THAILAND

WWW.TOURISMTHAILAND.ORG

