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# A DREAM OF *Lanna Wellness*

DISCOVER A JOYFUL AND RELAXING EXPERIENCE IN THE CHARMING NORTH. TAKE A HORSE-DRAWN CARRIAGE TO THE ANCIENT CITY OF WIANG KUM KAM AND PRAY AT PHRA THAT DOI SUTHEP. HEAL YOUR BODY AND MIND THROUGH MEDITATION AT WAT PHA LAT, THEN EXERCISE WITH A COMBINATION OF YOGA AND FOLK DANCE BEFORE WINDING DOWN WITH A STEAM BATH, SKIN SCRUB, AND AN HERBAL MASSAGE IN THE SECRET RECIPE OF FAH LANNA SPA.



# WELLNESS

## *Treatment and Therapy*

### FON JERNG AT FAHLANNA SPA (OLD TOWN BRANCH)

Exercise and relieve fatigue through Fon Jerng, a folk dance adapted from the ancient martial arts of Lanna combined with the rhythm of drums and Thai instruments. Get ready for some fun and relaxation while also strengthening your body.



### MEDITATION AT WAT PHA LAT

Revel in the beauty of an ancient temple built over 500 years ago in the lush forest on the foothills of Doi Suthep. Here, you will practice your breathing and meditation. Relieve stress as you learn the dharma and channel positive energy to renew your body and mind.





# WELLNESS

## Treatment and Therapy

### STEAM, SCRUB, MASSAGE

Give your skin the treatment it deserves and relax with traditional Thai wellness services. Herbal steam helps to relieve stress and sweat out toxins to refresh your body as you relax to the aroma of local herbs. Follow that up with a scrub and aromatherapy massage.



### A TREATMENT FOR THE SKIN FROM HEAD TO TOE

Relieve fatigue through a skin treatment from head to toe. Fahlan's comprehensive spa treatments infuse the knowledge of local Lanna herbs with a relaxing massage therapy – oil massage and Thai massage – by professional therapists.

# WELLNESS

## Menu

### AN HERBAL DRINKS WORKSHOP

Learn about seasonal local herbs and their medicinal properties as you prepare your own herbal drink. This workshop takes you through each step in the making of Thai herbal juices, hot and cold, that are both refreshing and nourishing.





## WELLNESS *Night*



### RIMPING VILLAGE CHIANG MAI

Enjoy a relaxing getaway in a 34-room boutique hotel that exemplifies Lanna architecture in a calm, cozy, and charming estate with complete facilities.

## NEARBY *Attraction*

### WAT PHRA THAT DOI SUTHEP

Come for a prayer at Wat Phra That Doi Suthep, the most symbolic temple of Chiang Mai. Visitors to Chiang Mai make their way to the temple to pay homage to the Buddha's relics, make merit, and see a panoramic view of Chiang Mai both day and night.





## NEARBY *Attraction*



### WAT LUANG KHUN WIN

A 700-year old *Unseen* destination, Wat Luang Khun Win is hidden away in a serene forest in Mae Wang District. Come explore the ancient Lanna wooden architecture, engravings, and the Naga stairs, and visit a pagoda containing the Buddha's relics.

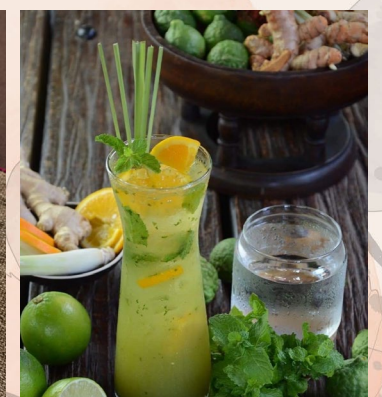
Credit: Thaveesak Jaikamsueb



### RIDE A HORSE-DRAWN CARRIAGE IN THE ANCIENT CITY OF WIANG KUM KAM

Ride a horse-drawn carriage in the ancient city of Wiang Kum Kam to reminisce in the architectural wonders and the glory of the former Lanna capital. Explore notable sites like Wat Ku Kham, Wat Chedi Liam, Wat Kan Thom, Wat Chang Kham, Wat Hua Nong and Wat That Khao.

## NEARBY *Restaurant / Cafe*



### FAHTARA COFFEE

Sit back in a relaxing ambiance at Fahtara Coffee and enjoy a scrumptious meal with international cuisine and Thai cuisine from the 4 regions. Pastry, coffee, and Lanna herbal tea are also available.



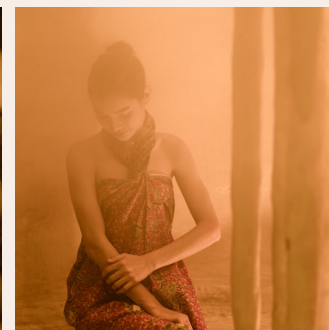
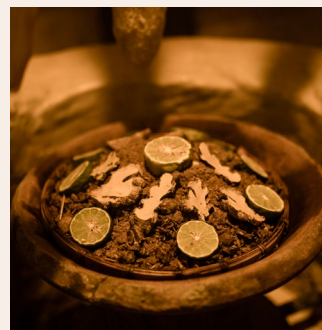
# TRIP *Idea*



## DAY 1

### MORNING

- Arrive in Chiang Mai
- Visit Wat Luang Khun Win, a beautiful temple in the forest dating back over 700 years



### AFTERNOON

- Steam, scrub, and massage with local herbs at Fahanna Spa
- Enjoy body and facial massage in Lanna style by **Fah Lanna Spa (Old city branch)**

### EVENING

- Check-in at **Rimping Village Chiang Mai**



## DAY 2

### MORNING

- Fon Jeung exercise at **Fah Lanna Spa (Old city branch)**

### AFTERNOON

- Enjoy herbal drink-making class

### EVENING

- Meditation practice at **Wat Pha Lat Chiang Mai**
- Return to **Rimping Village Chiang Mai**



## DAY 3

### MORNING

- Visit Lanna's heritage city of Wiang Kum Kam on a horse-drawn carriage

### AFTERNOON

- Explore the beauty of **Doi Suthep Temple**
- Taste coffee and have lunch at **Fah Tara Coffee (Old city branch)**

### EVENING

- Bon voyage

## PRICE

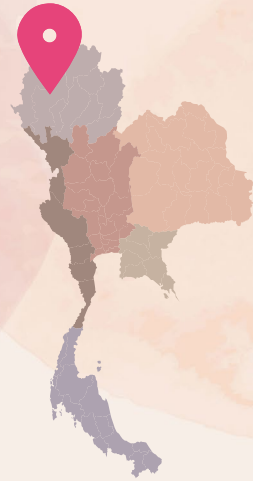
**Starting at: 38,000 THB/person**  
**Duration: 3 days 2 nights**

\* Prices are subject to change  
 For more information, please contact  
 Fah Lanna Spa (Old Town Branch)  
 Tel: (+66) 5341 6191



# A DREAM OF LANNA WELLNESS

## Directory



### DOI SUTHEP TEMPLE

📍 Moo 9, Suthep Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 5329 5003

### FAH LANNA SPA (OLD CITY BRANCH)

📍 57/1 Wiang Kaew Rd, Si Phum  
Sub-District, Mueang Chiang Mai  
District, Chiang Mai

☎ (+66) 8 8804 9984,  
(+66) 5341 6191

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

📍 Fah Lanna Spa

### FAHTARA COFFEE

📍 57 Wiang Kaew Rd, Si Phum  
Sub-District, Mueang Chiang Mai  
District, Chiang Mai

☎ (+66) 8 4623 5999

🌐 [www.fahtara.coffee](http://www.fahtara.coffee)

📍 Fahtara Coffee & Restaurant

### WAT LUANG KHUN WIN

📍 Moo 7, Don Pao Sub-District,  
Mae Wang District, Chiang Mai

☎ (+66) 8 1929 0246

### RIMPING VILLAGE CHIANG MAI

📍 13/1 Soi Wat Gate, Chiangmai-  
Lamphun Rd, Mueang Chiang Mai  
District, Chiang Mai

☎ (+66) 5324 3915

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

📍 Rimping Village Chiang Mai

### WAT PALAD

📍 101 Moo 1, Sriwichai Rd, Suthep  
Sub-District, Mueang Chiang Mai  
District, Chiang Mai

☎ (+66) 8 7645 4390

### WIANG KHUM KAM, ANCIENT CITY

📍 149 Somphot Chiang Mai 700 Pi Rd,  
Tha Wang Tan Sub-District, Saraphi  
District, Chiang Mai

☎ (+66) 5314 0322





# THE WELLCATION *Experience*

PLAY YOUR PART IN DESIGNING YOUR DREAM WELLNESS VACATION IN KRABI. MAKE THE MOST OF YOUR DAY OFF WITH AN ACCOMMODATION THAT COVERS EVERY ASPECT OF WELLNESS AND RELAXATION. REJUVENATE THE MIND, BODY AND SOUL WITH AN IMPRESSIVE EXPERIENCE THAT INCLUDES AYURVEDIC, ONSEN, ORGANIC STEAM TREATMENT, AROMATHERAPY, AND MEDICAL ASTROLOGY.





## WELLNESS

### *Treatment and Therapy*



#### A ZODIAC FACIAL WITH THE EXPERTS

Discover an extraordinary wellness experience in a private room with a view of the sky. Here, your facial treatment is tailored to your zodiac sign, and astrology is used to determine the right herbs for the massage.

#### HERBAL STEAM AND ONSEN

Restore inner balance, relax, and relieve fatigue through traditional Thai medical astrology such as a detoxifying herbal steam tailored to your birth element or a dip in Krabi's unique onsen hot spring. All services are performed by experts.



#### EXERCISE WITH THE MOVEMENTS OF MUAY THAI

Try out a hybrid exercise in a Muay Thai Dance class for an experience that is both fun and relaxing. Get your body moving as you learn the techniques of this world-famous self-defense.



#### DR. NOI BOLSTER WORKSHOP

Join a health workshop on optimal sleep posture, how to position your head, and stretch out your spine. Get better sleep and avoid waking up with aches from bad positioning using the Dr. NOI orthopedic bolster pillow.





# WELLNESS

## *Treatment and Therapy*



### THE FOREST OF KHAO HANG NAK

Relax and get closer to nature on a trek through the forest of Khao Hang Nak, a pristine mountain covered with diverse tropical plants. Take a deep breath of clean air as you marvel at the seas of Krabi from the mountain top.



### NAGA YOGA

Apply the principles of yoga to everyday life and learn a unique way of stretching that is inspired by the movements of the mythical Naga.

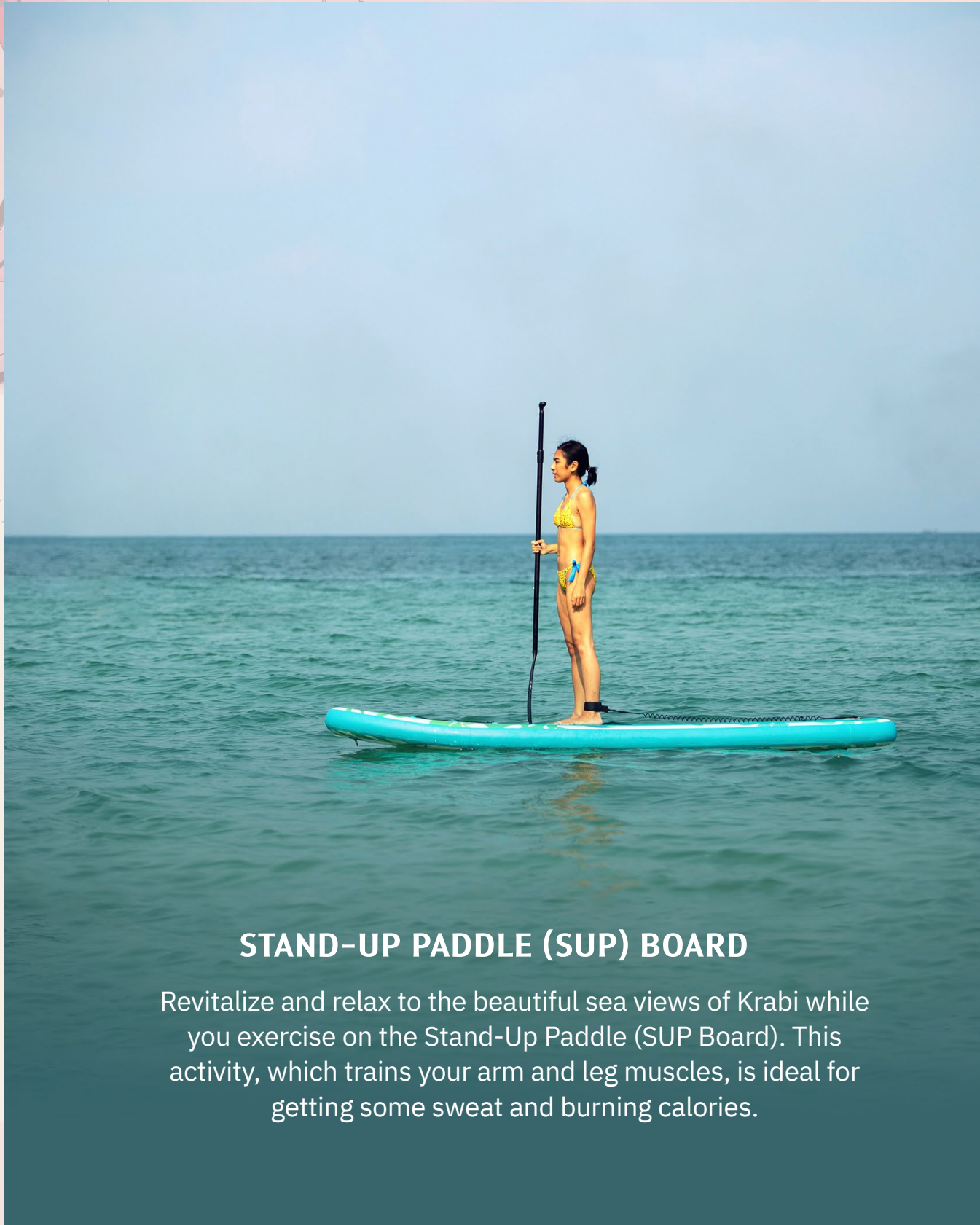


### HERBAL DRINKS WORKSHOP

Get an insight on the properties of Thai herbs and the secrets to wellness through herbs. This workshop brings you the art of brewing with 5 herbal drinks, all of which are popular recipes from Krabi.



## WELLNESS *Treatment and Therapy*



### STAND-UP PADDLE (SUP) BOARD

Revitalize and relax to the beautiful sea views of Krabi while you exercise on the Stand-Up Paddle (SUP Board). This activity, which trains your arm and leg muscles, is ideal for getting some sweat and burning calories.

## WELLNESS *Menu*



### FLOWER TEA

A flower tea helps you relax – its refreshing aroma helps restore emotional balance and relieve stress and fatigue. It also helps restore balance in the intestinal tracks and the digestive system to keep them functioning effectively.



## WELLNESS *Menu*



### THE SOUTHERN FOOD TRADITION

Have a tasty meal and learn to use food as medicine to improve your nutrition and immunity. This local meal is served the Southern way, along with traditional desserts like O-aew, black sesame dumplings, and herbal drinks.



### HERBAL TEA

This herbal tea, prepared in Varana's secret recipe, nourishes the health and helps relieve fatigue. The microorganisms in the drink helps rebalance the bacteria in the intestines and the digestive system, and boosts your metabolism and immunity.

### A WELCOME DRINK BASED ON YOUR ZODIAC SIGN

Discover a novel experience with a Zodiac Sign Welcome Drink – prepared from local herbs that matches your zodiac sign. This not only refreshes you but also helps maintain your inner balance based on your zodiac element.



## WELLNESS *Night*



### VARANA HOTEL

A new addition to the Krabi hotel scene, Varana is a contemporary minimalist luxury with complete amenities. The décor uses natural and recycled materials, emphasizing on environmental conservation and sustainability.



# NEARBY *Attraction*

## SUSTAINABLE TOURISM AT BAN NAI NANG

Immerse in the unique ways of life of Buddhist and Muslim locals, and experience sustainable tourism at Ban Nai Nang, a fishermen community that retains their profession while conserving and restoring nature.

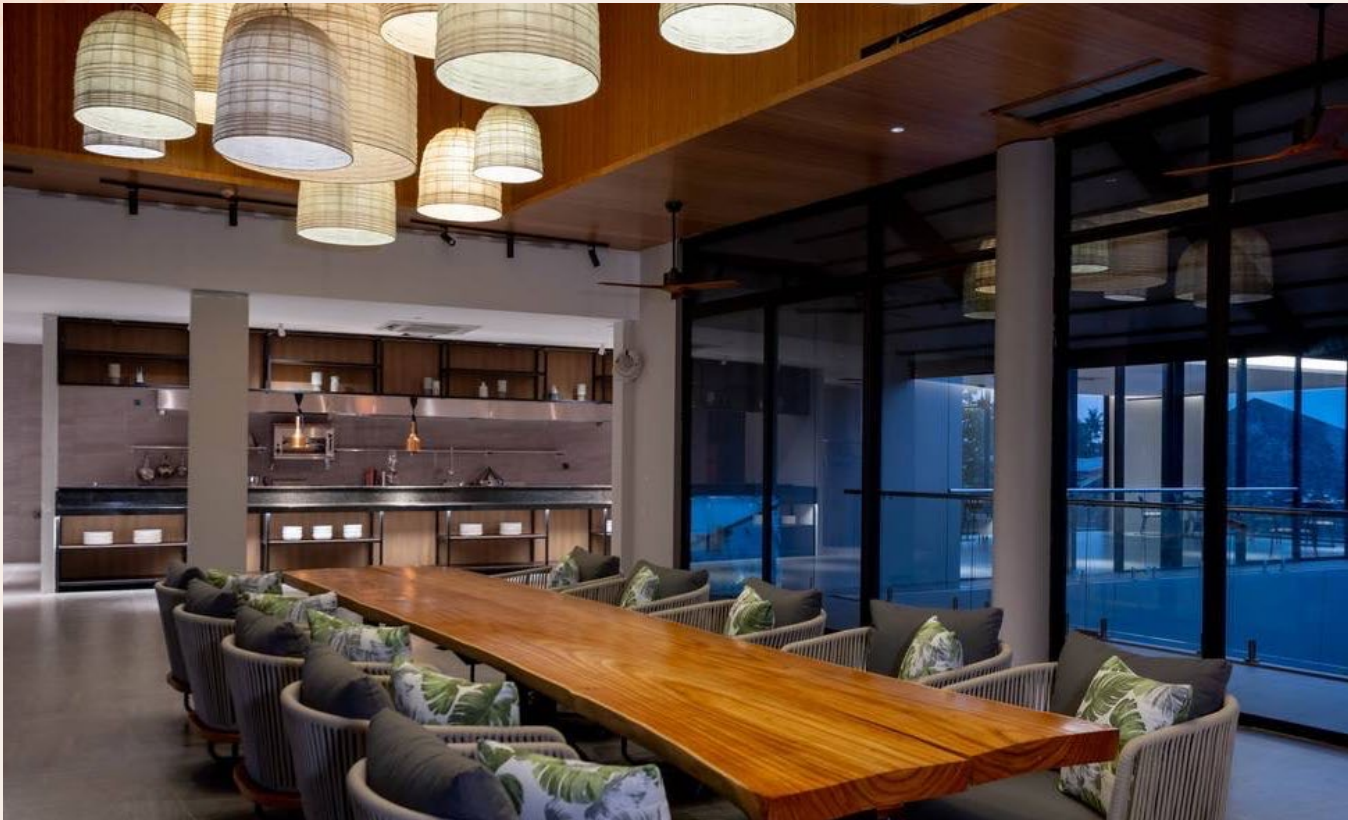


## ORGANIC FARMING

Visit an organic farm to learn about pesticide-free and chemical-free farming. Gain a better understanding on how to select ingredients for a healthy meal, as well as the health benefits and nutritional value of different vegetables.



# NEARBY *Restaurant / Cafe*



## XIN

The first Chinese fine dining in Krabi, Xin brings you exquisite creations by Chef Pom Thanarak Chuto, one of Thailand’s most accomplished Chinese food chefs, who blends authentic recipes with local ingredients to achieve a perfect balance.

## NOOK

This laid back but well-regarded restaurant features Thai and international dishes by experienced chefs who emphasize on local ingredients. The restaurant offers an extended menu including tea, coffee, and freshly made pastries.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive in Krabi, Check-in at Varana Hotel
- Welcome travelers with Welcome Drink, a wellness drink based on the birth elements
- Facial Analysis – reading the face and date of birth according to the principles of Medical Astrology
- Enjoy skin therapy with a variety of personalized treatments by experts at Faa Spa



### EVENING

- Dinner at Nook Restaurant
- Take a walk and sightsee the natural beauty and improve your intestinal system before bedtime



## DAY 2

### MORNING

- Lunch at Nook Restaurant
- Visit the tourism community with a sustainable agricultural community lifestyle to learn how to make honey soap and the way of life of villagers at Ban Nai Nang community

### AFTERNOON

- Have a local lunch at Ban Nai Nang community
- Return to the hotel with Welcome Drink, a wellness drink based on the birth elements
- Personalized spa therapy, onsen, or sauna by specialists at Faa Spa

### EVENING

- Dinner at Nook Restaurant
- Take a walk and sightsee the natural beauty and improve your intestinal system before bedtime

## DAY 3

### MORNING

- Morning workout with Naka Yoga
- Breakfast at Nook Restaurant
- Participate in drink-making class, 5-type herbal healthy beverage for fatigue relief
- Snack at Varana Sweet (preparing food as medicine)

### AFTERNOON

- Lunch at XIN Restaurant
- Drink Super O Drink, the secret recipe for fatigue relief
- Personalized spa therapy, onsen, or sauna by specialists at Faa Spa
- Soak in the energy of the sunset and enjoy physical activities, paddleboarding and meditation practice

### EVENING

- Dinner at Nook Restaurant
- Take a walk and sightsee the natural beauty and improve your intestinal system before bedtime
- Drink flower tea to stimulate intestinal function







## DAY 4

### MORNING

- Breakfast at Nook Restaurant
- Trekking at Khao Hang Nak, bathing in forest energy, hugging the trees, restoring balance, and taking in the oxygen

### AFTERNOON

- Lunch at XIN Restaurant
- Drink energy tea for afternoon refreshment
- Demonstration of sleeping by Doctor Noi, bone alignment, and self-relaxation

### EVENING

- Dinner at Nook Restaurant
- Take a walk and sightsee the natural beauty and improve your intestinal system before bedtime
- Drink flower tea to stimulate intestinal function



## DAY 5

### MORNING

- Breakfast at Nook Restaurant
- Planting and picking vegetables at an organic farm to make lunch; learning to prepare food as medicine.

### AFTERNOON

- Lunch at Nook Restaurant
- Personalized spa therapy, onsen, or sauna by specialists at Faa Spa

### EVENING

- Dinner at XIN Restaurant
- Take a walk and sightsee the natural beauty and improve your intestinal system before bedtime
- Drink flower tea to stimulate intestinal function

## DAY 6

### MORNING

- Morning workout with traditional Muay Thai
- Breakfast at Nook Restaurant
- Learn how to make herbal teas and sweets as medication
- Summary of activities, building an understanding on sustainable health with The Wellcation Experience

## PRICE

**Starting at: 45,000 THB/person**  
**Duration: 6 days 5 nights**

\* Prices are subject to change  
 For more information, please contact  
 Varana Hotel  
 Tel: (+66) 7565 6989



# THE WELLCATION EXPERIENCE

## Directory

### VARANA HOTEL

📍 258 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7565 6989

🌐 varanahotel.com

📱 Varana Hotel

### KHAO HANG NAK

📍 Moo 3 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

### BAAN NAI NANG COMMUNITY

📍 Moo 3 Khao Khram Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 9 3607 0310

### NOOK

📍 258 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7565 6989

🌐 varanahotel.com

📱 Varana Hotel

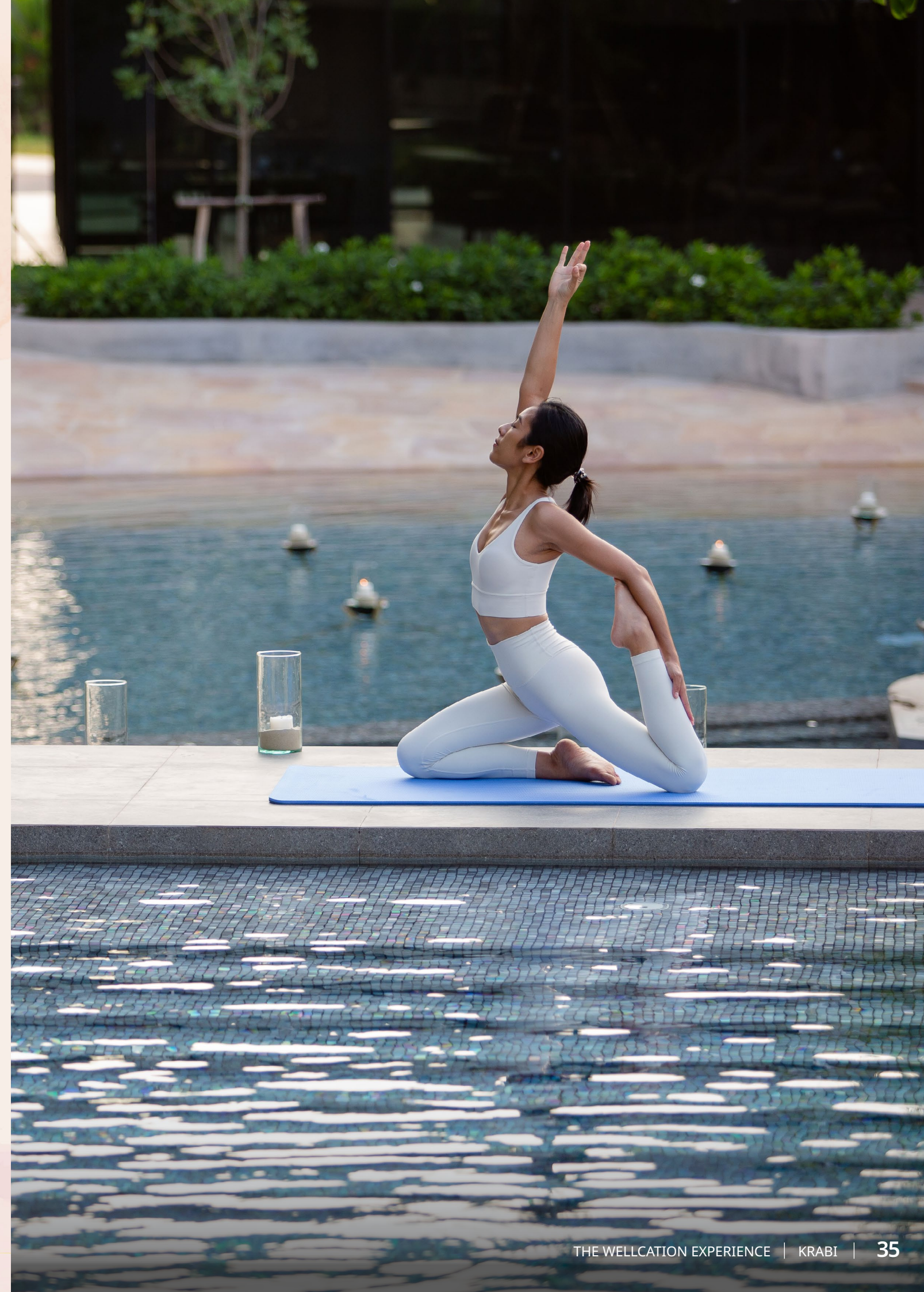
### XIN

📍 258 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7565 6989

🌐 varanahotel.com

📱 Varana Hotel







## *VLCC Holistic Body* & MIND DETOX RITUAL

REVITALIZE YOURSELF AT HUA HIN WITH A DETOX FOR BOTH BODY AND MIND DESIGNED BY RESIDENT MEDICAL EXPERTS. THE PROGRAM INCLUDES A CUTTING-EDGE LYMPH NODE CLEANSING MASSAGE, DEEP-SEA SEAWEED TREATMENT AND VITAMIN-BASED INFUSIONS. ENJOY PEACEFUL MEDITATION BY THE SEA TO CLEANSE YOUR MIND, REGULATE YOUR BREATHING AND RELIEVE MUSCULAR STRESS. REGAIN CONTROL OF YOUR BODY WITH A TRAINED THERAPIST, CHECK OUT THE LOCAL FISHING LIFESTYLES AND VISIT RAI PALISA TO TRY OUT SOME DELICIOUS HEALTHY DISHES.



# WELLNESS

## *Treatment and Therapy*



### A COMPREHENSIVE WELLNESS PROGRAM

Seek medical services by specialists, including intravenous vitamin drips to replenish your health and boost your immunity. Look younger with Botox and fillers. Or relax with wellness treatments like spa, massage, and beach activities.



### PALISA ORGANIC FARM

Food is medicine. Food produced under a safety standard is better for the body. At Palisa Farm, the food is worth the trip. You can also buy vegetables and fruits, fresh or dried, to take home as a gift.



### PADDLE BOARDING

Try out this popular water sport and discover a new experience. Enjoy the view as you paddle along the river to stimulate blood flow and energize the body in the evening.



# WELLNESS *Menu*



## HEALTHY BREAKFAST / LUNCH

Taste healthy food created by experienced chefs with a selection of local ingredients that are not only nutritious but also supportive of the community, for example, seafood from Bang Kwai fishing community and fresh pineapples from a nearby farm (used in both food and drinks).



## STAA'S COMFORT LUNCH

The concept here is “the world on a plate” and that is precisely so, especially during breakfast when variety is a priority. You can also enjoy Thai classics, Indian curries, and European cuisine throughout the day.





## WELLNESS *Night*



### AVANI+ HUA HIN RESORT

This beach resort in Cha-am / Hua Hin boasts a variety of room types, notably the Pool Villa where you can chillout by the sea. A wellness clinic is also available on-site to service health-conscious travelers.

## NEARBY *Attraction*



### WAT SAI YOI AND THE BANG KWAI FISHING COMMUNITY

Come to this fishing community by Cha-am beach, not too far from the Maruekhathaiyawan Palace, to buy fresh quality seafood from the fishermen. Then, visit a 100-year old temple with an old teakwood chapel built in the reign of King Rama VI.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrival at Cha-am Hua Hin
- Check-in at Avani+ Hua Hin

### EVENING

- Dinner



## DAY 2

### MORNING

- Breakfast at Aqua Restaurant
- Consult health experts; recommendation on proper lifestyle and healthcare by VLCC

### AFTERNOON

- Lunch at Staa's Comfort Lunch
- Visit Palisa Farm and study vegetable planting and organic food

### EVENING

- Get some sweat with paddleboarding in the evening by the beach

## DAY 3

### MORNING

- Breakfast at the hotel restaurant
- Consult health experts; recommendation on proper lifestyle and healthcare by VLCC

### AFTERNOON

- Lunch at the hotel restaurant
- Visit Wat Sai Yoi and Bang Kwai Village Fishing Community

### EVENING

- Get some sweat with paddleboarding in the evening



## DAY 4

### MORNING

- Breakfast at the hotel restaurant
- Consult health experts; recommendation on proper lifestyle and healthcare by VLCC

### AFTERNOON

- Lunch at the hotel restaurant
- Bon voyage

## PRICE

Starting at: 46,500 THB/person  
59,900 THB/couple

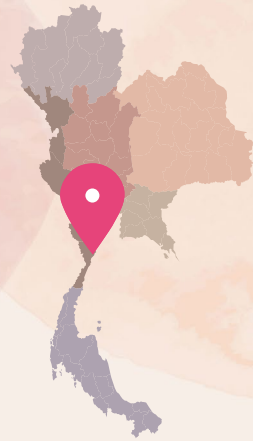
Duration: 4 days 3 nights

\* Prices are subject to change  
For more information, please contact  
VLCC Wellness Center  
Tel: (+66) 3289 8989



# VLCC HOLISTIC BODY & MIND DETOX RITUAL

## Directory



### AQUA

📍 1499 Petchkasem Rd,  
Cha-am Sub-District,  
Cha-am District, Phetchaburi

☎ (+66) 3289 8989  
🌐 [www.avanihotels.com/en/hua-hin](http://www.avanihotels.com/en/hua-hin)  
📍 Avani+ Hua Hin Resort

### AVANI+ HUA HIN RESORT

📍 1499 Petchkasem Rd,  
Cha-am Sub-District,  
Cha-am District, Phetchaburi

☎ (+66) 3289 8989  
🌐 [www.avanihotels.com/en/hua-hin](http://www.avanihotels.com/en/hua-hin)  
📍 Avani+ Hua Hin Resort

### PALISA ORGANIC FARM

📍 389 Moo 5, Thap Tai Sub-District,  
Hua Hin District, Prachuap Khiri Khan

☎ (+66) 9 5494 6556

### STAA'S

📍 1499 Petchkasem Rd,  
Cha-am Sub-District,  
Cha-am District, Phetchaburi

☎ (+66) 3289 8989  
🌐 [www.avanihotels.com/en/hua-hin](http://www.avanihotels.com/en/hua-hin)  
📍 Avani+ Hua Hin Resort

### VLCC WELLNESS CENTER

📍 1499 Petchkasem Rd,  
Cha-am Sub-District,  
Cha-am District, Phetchaburi

☎ (+66) 3289 8989  
🌐 [www.avanihotels.com/en/hua-hin/wellness](http://www.avanihotels.com/en/hua-hin/wellness)  
📍 VLCC Hua Hin

### WAT SAI YOI AND THE BANG KWAI FISHING COMMUNITY

📍 Cha-am Sub-District,  
Cha-am District, Phetchaburi





# *The Secret of* **ANDAMAN**

UNLOCK A NEW EXPERIENCE WHICH BRINGS TOGETHER WELLNESS AND JOY AMIDST THE BEAUTIFUL SOUTHERN CITY OF KRABI. SEE, TASTE, AND SMELL THE DELIGHTS IN THE WARM EMBRACE OF NATURE. FEEL THE SOFT SAND UNDER YOUR BODY AND LET YOUR MIND BE SOOTHED BY THE EMERALD ANDAMAN SEA AS YOU ENJOY TREATMENTS LIKE A RELAXING SPA WITH SEAWEED EXTRACTS OR A MASSAGE WITH NAUTILUS SHELLS. DON'T FORGET TO ENJOY SOME OF THE FAMED, FRESH SOUTHERN SEAFOOD.





## WELLNESS *Treatment and Therapy*



### TRY A RELAXING MASSAGE WITH GEODUCK SHELLS AND A SPA TREATMENT WITH GREEN FEATHER ALGAE GEL

Travelers from around the world are invited to experience the exceptional services and Halal spa treatments at Aonang Princeville Resort. Try a relaxing massage with gentle geoduck shells, followed by green feather algae gel to nourish and brighten the skin.

## WELLNESS *Menu*

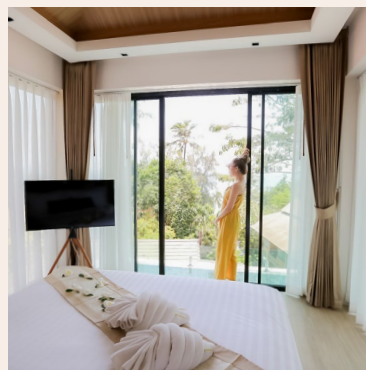
### TREAT YOURSELF TO A WELLNESS MENU

At this restaurant, healthy food meets local ingredients and the Khok Nong Na sustainable farming model – initiated by King Rama IX and further developed by King Rama X. Take comfort in the freshest, cleanest, and safest foods prepared to Halal standards – an ideal meal for the health conscious.





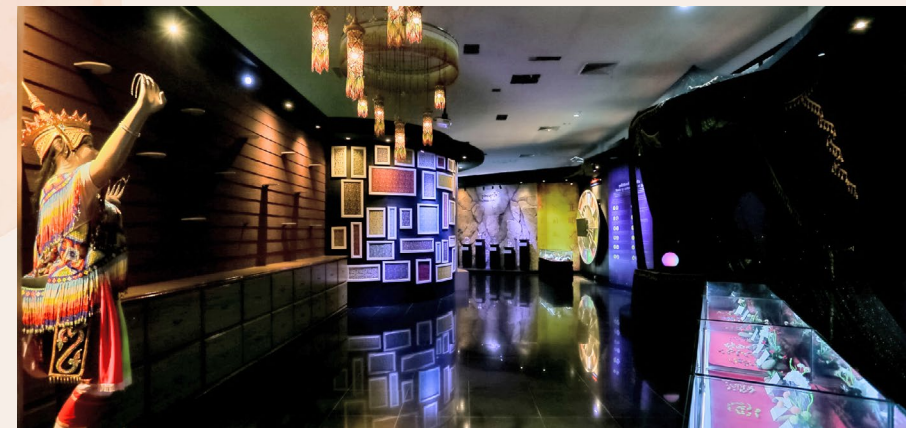
## WELLNESS *Night*



### AONANG PRINCEVILLE RESORT & SPA

Experience a Halal hotel in the Ao Nang area and its convenient, easy-to-reach location close to the shopping and restaurant district. Also available at the hotel are recovery rooms for patients who prefer not to stay in a hospital.

## NEARBY *Attraction*



### EXPLORE THE ANDAMAN CULTURAL CENTER AND THE ANDAMAN BEADS MUSEUM

Check out the cultural center and its time portal that takes you back over 4,000 years to learn the history of beads in the Andaman coastline – particularly at Klong Thom District which once was a busy port city – and the civilizations that inhabited the area.

### THE MUD CRAB SCULPTURE AT KHAO KHANAB NAM

At Khao Khanab Nam Pier, the premier viewpoint of Krabi, stands a sculpture of the Mud Crab which speaks for the abundance of Krabi's mangrove forests. The mud crab is also a local delicacy – do not miss the famous stir-fried curry crab!





## NEARBY *Restaurant / Cafe*



Credit: facebook.com/Intotheforestkrabi

### INTO THE FOREST

Chill out in a contemporary barn-style café with multiple rooms connected by elevated walkways. Tucked away in a tropical rainforest along a limestone mountain range, it's a perfect location for a family outing. Enjoy a variety of fusion dishes prepared from Australian beef, as well as a wide selection of pastries, desserts, and coffee.



### ANDALAY BEACH BAR AND CAFÉ

Why not have a café and a beach bar all in one place. Get your main course in the airy bamboo canopy or chill out by the stunning Klong Muang beach. Along with the tasty food, what you definitely cannot miss is a cold drink to go with the mood.



### GET YOUR GIFTS AT JEE-OR

This shop started out selling chili pastes based on a renowned family recipe and grew into a full-scale souvenir store carrying all sorts of local products, particularly the tasty Andaman delights. Set No. 7 is easily the most popular with its assortment of products ranging from bean cakes to crispy shrimp chili paste.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive in Krabi
- Check-in at Aonang Princeville Villa Resort & Spa

### EVENING

- Dinner with savory leaf wraps with local vegetables served with fresh dog conch and rich sauce and healthy herbs

## DAY 2

### MORNING

- Breakfast
- Spa with gel extract from Caulerpa sertularioides

### AFTERNOON

- Lunch with basil plant-based protein menu (an alternative diet rich in vegetable protein), stir-fried with spicy seasoning to stimulate metabolic activity

### EVENING

- Relax in the evening, dine and taste your favorite drinks at Andalay Beach Bar & Cafe



## DAY 3

### MORNING

- Breakfast
- Sightseeing of Krabi and the Mud Crabs Sculpture amidst the beauty of Khao Khanab Nam Mountains
- Learn about ancient history and civilizations at the Andaman Cultural Learning Center, Bead Museum
- Relax and sip a coffee at Into the Forest

### AFTERNOON

- Lunch with tasty steamed shrimp with tamarind sauce, fresh seafood from local fisheries, and Thai chicken coconut soup, a popular Thai dish offering a variety of Thai herbs in authentic Ao Nang recipe

### EVENING

- Relax in the evening and dinner

## DAY 4

### MORNING

- Breakfast
- Relax with a massage with pearly nautilus shell

### AFTERNOON

- Shop for souvenirs at Jee-Or Souvenirs Shop
- Bon Voyage

## PRICE

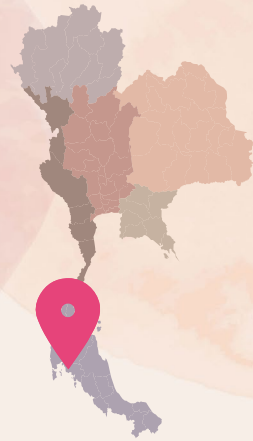
Starting at: 16,799 THB/person  
Duration: 4 days 3 nights

\* Prices are subject to change  
For more information, please contact  
Aonang Princeville Villa Resort & Spa  
Tel: (+66) 7563 7971



# THE SECRET OF ANDAMAN

## Directory



### ANDALAY BEACH BAR & CAFÉ

📍 6024 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 6 1217 9779

📌 Andalay Beach Bar & Cafe

### ANDAMAN CULTURAL LEARNING CENTER

📍 Maharaj Rd, Pak Nam Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7562 1359

### AONANG PRINCEVILLE VILLA RESORT & SPA

📍 164 Moo 2, Krabi Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7563 7971

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

📌 Aonang Princeville Villa Resort & Spa

📷 Aonangpriceville

### INTO THE FOREST

📍 359 Moo 1, Khao Thong Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 8 2669 6662

📌 Into the forest

### JEE-OR SOUVENIRS SHOP

📍 149 Moo 3, Krabi Khao Thong Rd,  
Sai Thai Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 9 8670 2160

### MUD CRABS SCULPTURE

📍 Pak Nam Sub-District,  
Mueang Krabi District, Krabi





An aerial photograph of a person swimming in a rectangular pool. The pool is surrounded by a dark wooden deck. To the left of the pool, there are green lounge chairs and a hat. To the right, there is a small wooden stool. The pool is bordered by a brick wall at the top and lush green foliage on the sides and bottom. The water is clear and blue, with the swimmer's body visible in the center.

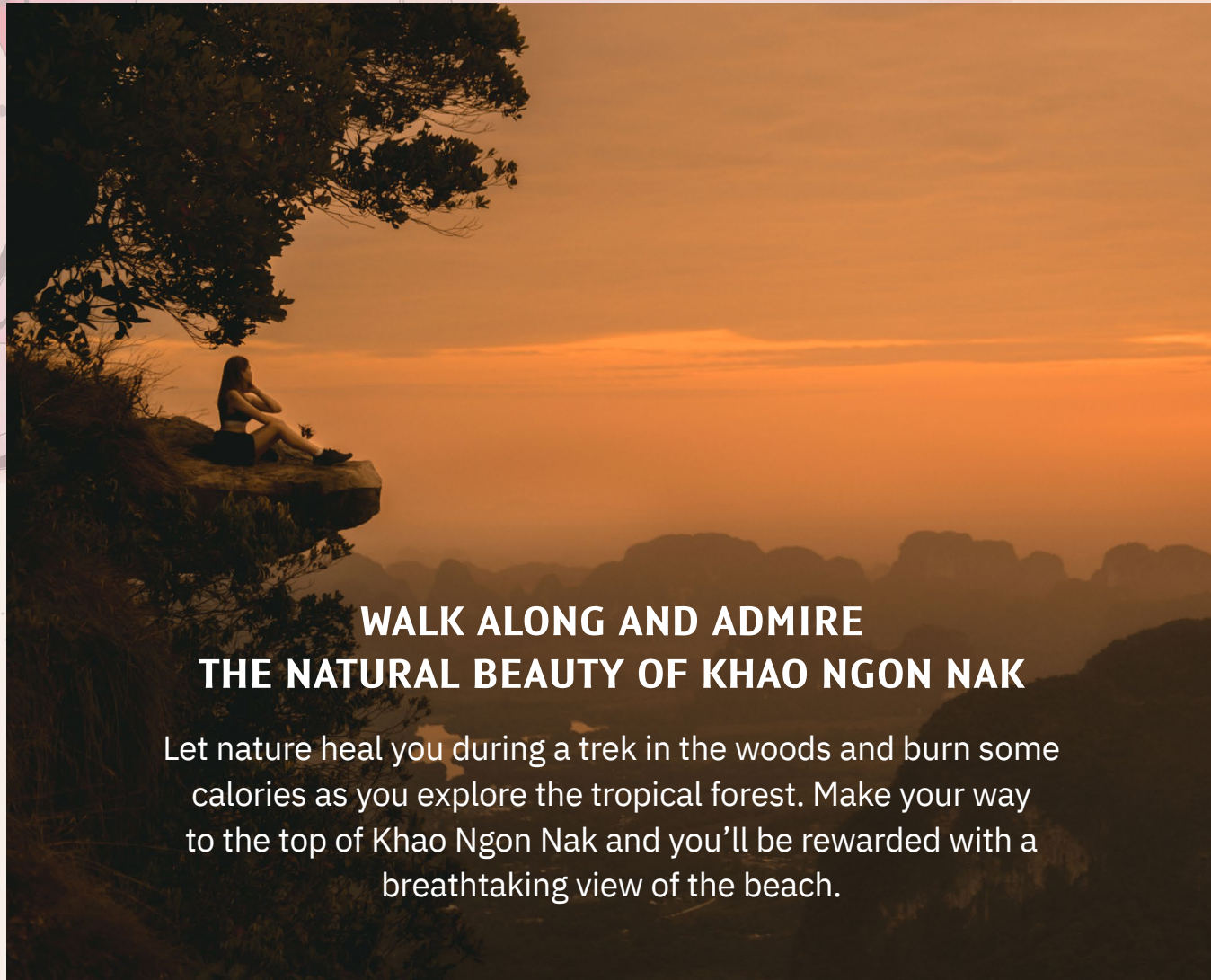
## OCEAN THERAPY : *A Tranquil Getaway*

FIND NEW MEANING IN LIFE AT THE TUBKAAK KRABI, A LUXURY RESORT ON A PEACEFUL BEACH. ENJOY ROMANTIC VIEWS OF KRABI IN A SITE THAT'S INCLUDED IN NEW YORK TIMES' 1,000 PLACES TO SEE BEFORE YOU DIE LIST AS PART OF THIS MEMORABLE EXPERIENCE. REAP THE BENEFITS OF A SPECIALLY DESIGNED HEALTH PROGRAM WHICH NOURISHES THE MIND AND BODY WITH A SERIES OF INNOVATIVE TREATMENTS INCLUDING SAND BATHS, GUA SHA DETOX MASSAGE, ONSEN BATHING, HIKING AND EVENING EXERCISE LIKE PADDLEBOARDING AND KAYAKING, BEFORE ENJOYING A CANDLELIT DINNER.



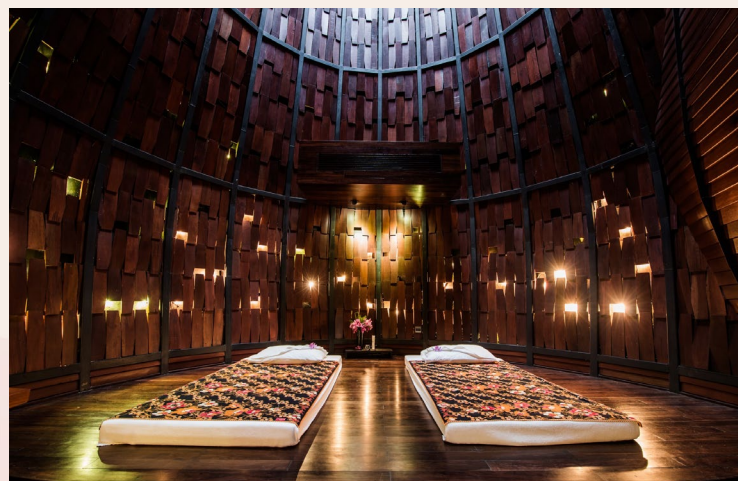
## WELLNESS

### *Treatment and Therapy*



#### **WALK ALONG AND ADMIRE THE NATURAL BEAUTY OF KHAO NGON NAK**

Let nature heal you during a trek in the woods and burn some calories as you explore the tropical forest. Make your way to the top of Khao Ngon Nak and you'll be rewarded with a breathtaking view of the beach.



#### **TUBKAAK'S SIGNATURE OIL MASSAGE**

Make sure not to miss the oil massage at L'escape Spa and try their signature essential oil.



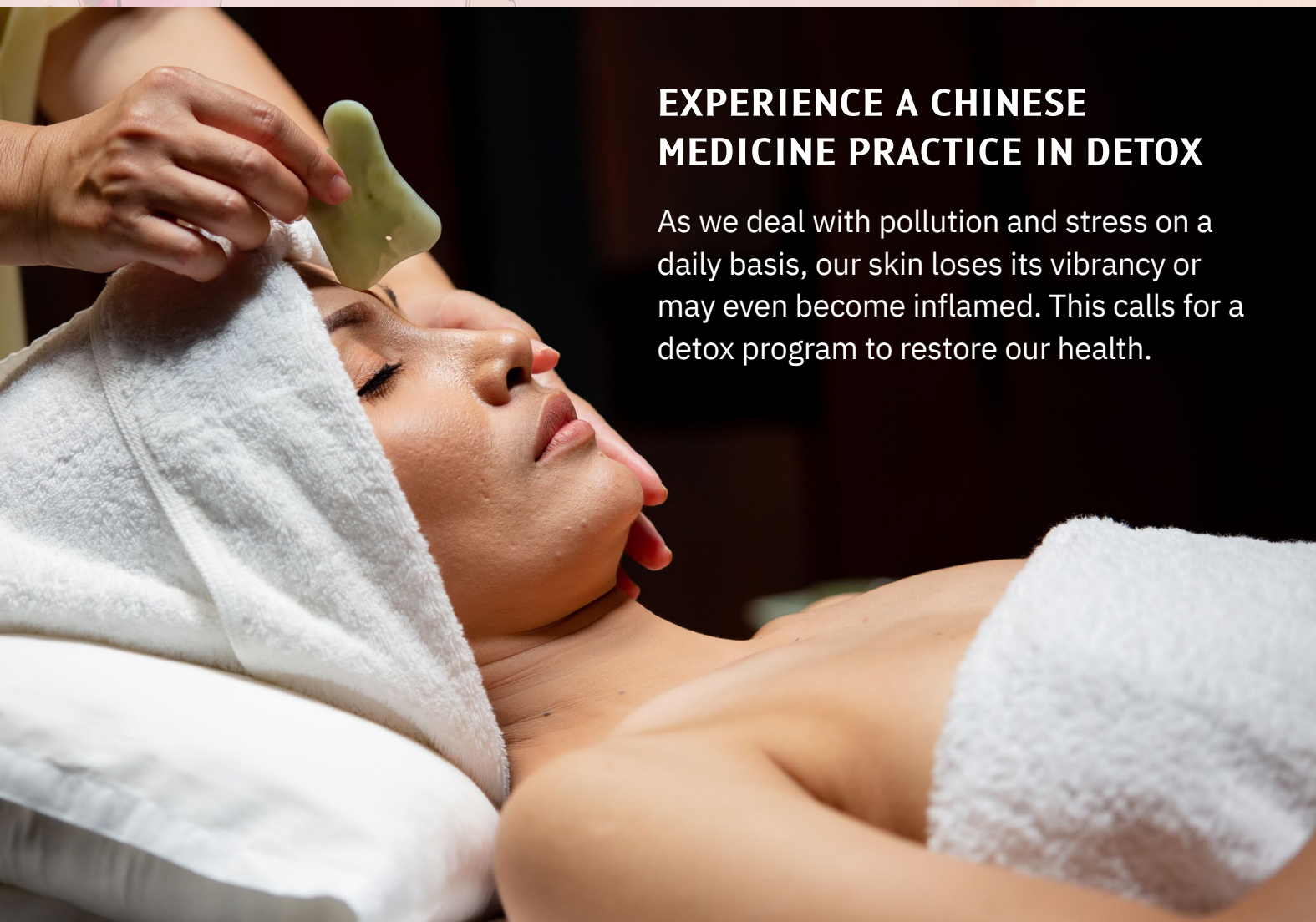
#### **WITNESS THE MAGNIFICENT TUBKAAK BEACH DURING TWILIGHT**

Feel the softness of the sand beneath your feet during twilight at a beach considered by many to be Andaman's most romantic. Situated at the south of Phang Nga Bay, Tubkaak Beach boasts a vista of Koh Yao Noi, Koh Yao Yai, and Koh Hong in the horizon.



## WELLNESS

### *Treatment and Therapy*



#### EXPERIENCE A CHINESE MEDICINE PRACTICE IN DETOX

As we deal with pollution and stress on a daily basis, our skin loses its vibrancy or may even become inflamed. This calls for a detox program to restore our health.

#### THE PRACTICE OF SABLOTHERAPY

At the inlets of the Andaman Sea, clean fine grains of sand help connect you to nature. The minerals and the smooth sand grains, refined by the waves and breezes over millions of years, will magically help you relax and recharge.



#### GO WITH THE FLOW ON A KAYAK

Get your body moving out in nature. Ride the waves and use your muscles to control the kayak as you practice perseverance and relieve stress.



#### BATHE IN THE EVENING SUN AND FLOAT IN THE SEA

Relax in the enchanting evening sun of the Andaman and soak in the energy from the seawaves during a gentle massage. The calming sounds of the waves also helps to wash away stress from your body and mind.



#### INCORPORATING YOGA WITH MEDITATION

Meditation and controlled breathing is the starting point for mindfulness. It allows you to let go of negative energy and find peace, helping to maintain your emotional balance. Then, follow up with a Yoga practice to stretch and release muscle stiffness.



# WELLNESS *Menu*



## A SEASONAL SEAFOOD SET FROM THE LOCAL FISHERMEN

The local fishermen introduce seasonal seafood to this set menu which has been designed by a Michelin-starred chef. The local food, vegetables, and fruits all present an authentic Southern touch boasting health benefits.

## A RICH HERBAL DRINK TO BOOST YOUR METABOLISM

No longer a secret to the world, Thai herbs have fat-burning properties and help restore energy. Aromatic and refreshing, this signature recipe is crafted with local Southern herbs like garcinia, safflower, butterfly pea, lemongrass, and turmeric.



# WELLNESS *Night*



## THE TUBKAAK KRABI BOUTIQUE RESORT

Spend your holiday on a pristine beach and enjoy the wellness activities and one of the world's most stunning views.



## NEARBY *Attraction*

### TAKE A LONGTAIL BOAT OUT TO THE THA LEN COMMUNITY

A little canal crisscrosses through the pristine mangrove forest with a backdrop of the rugged limestone mountains that form an awe-inspiring karst landscape. A memorable spot for all tropical nature lovers, this site will leave you with lasting impressions after a trip that lasted only a few hours.



## NEARBY *Restaurant / Cafe*



### THE ARUNDINA

Leave it to the Michelin-starred chef to select the finest and freshest ingredients from the fishermen and nearby organic farms. Dine under the shade of tropical almond trees and soak in the sea breeze throughout the day, from breakfast with a dazzling variety to a wholesome full-course European dinner.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrival at Krabi; check-in at The Tubkaak Krabi Boutique Resort
- Welcome travelers with Welcome Drink

### EVENING

- Take a walk and sightsee the natural beauty of the beach, stimulating blood circulation
- Turn Down service to adjust the room to suit your stay for relaxation

## DAY 2

### MORNING

- Drink Booster Shot to stimulate the body's functions
- Refreshing morning yoga
- Breakfast at The Arundina Restaurant
- Gua Sha Massage Therapy, the Science of Detoxification

### AFTERNOON

- Lunch at The Arundina Restaurant
- Visit Tha Lane Community, the Crab Bank, and picnic in the mangroves

### EVENING

- Healthy dinner at Di Mare Restaurant

## DAY 3

### MORNING

- Drink Booster Shot to stimulate the body's functions
- Morning workout, meditation practice, and sand refreshing sand bath
- Breakfast at The Arundina Restaurant

### AFTERNOON

- Visit the nearby community and taste the local food or trek in Khao Ngon Nak Mountains to study natural trails for spiritual therapy
- Onsen bath and Slimming S-Curve massage

### EVENING

- Evening workout with paddleboarding or kayaking
- Candlelit healthy dinner



## DAY 4

### MORNING

- Drink Booster Shot to stimulate the body's functions
- Summary of healthcare and self-care with Wellness Coach

## PRICE

Starting at: 59,100 THB/person  
Duration: 4 days 3 nights

\* Prices are subject to change  
For more information, please contact  
The Tubkaak Krabi Boutique Resort  
Tel: (+66) 7562 8456



# OCEAN THERAPY : A TRANQUIL GETAWAY

## Directory

### KHAO NGON NAK

📍 Moo 3, Nong Talay Sub-District,  
Mueang Krabi District, Krabi

### THE ARUNDINA

📍 123 Moo 3, Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7562 8456

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

📘 The Tubkaak Krabi Boutique  
Resort

### THE TUBKAAK KRABI BOUTIQUE RESORT

📍 123 Moo 3, Nong Talay Sub-District,  
Mueang Krabi District, Krabi

☎ (+66) 7562 8456

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

📘 The Tubkaak Krabi Boutique Resort

### THA LEN COMMUNITY

📍 212/3 Moo 2,  
Khao Thong Sub-District,  
Mueang Krabi District, Krabi





A scenic view of a park with a lake and a city skyline in the background. The foreground shows a grassy area and a body of water. In the middle ground, there are trees and a small white building with a green roof. The background features a dense urban skyline with various skyscrapers and construction cranes under a blue sky with light clouds.

# *The heaven of pampering*

## AND RELAXATION SITUATED IN THE HEART OF BANGKOK CAPITAL

A RELAXING PARADISE IN AN URBAN SETTING WHERE YOU CAN ENJOY A PERSONAL LUXURY SPA IN A MAJESTIC WHITE WOODEN BUILDING OVER 90 YEARS OLD. THIS 5-STAR TRIP TRANSPORTS YOU TO A PARADISE FOR RELAXATION WHERE YOU CAN REFRESH AND RESET YOUR BODY AND MIND WITH A RANGE OF SPA TREATMENTS.



## WELLNESS

### *Treatment and Therapy*



#### DETOXIFY WITH AN ARRAY OF HERBS AND FLOWERS

Daily exposure to harsh environments and chemicals can harm our skin condition, so the importance of flushing out accumulated toxins cannot be overlooked. An herbal detox infused with flowers helps to maintain good health and revitalize.

#### HOT STONE MASSAGE

The humble stone – a natural material with great ability to store heat – has been used since ancient times to treat muscle injuries. It is also effective for relieving stress, promoting blood circulation and lymphatic function, and rejuvenation.



#### A MASSAGE TRADITION USING GOLDEN SILK COCOON SCRUB

Discover a massage experience by using Thai silk – recognized for its shiny fibers – and organic oils. Nourish your hair and skin through Divana Spa's signature treatment with a golden silk cocoon scrub that is rich in vitamins and proteins.





## WELLNESS *Menu*

### TRY A HEALTHY SET MENU, ORGANIC SALAD, OR THAI-INSPIRED HEALTH OPTIONS

Gaze at the panoramic vista of Bangkok along with an exquisite fine dining experience. If a healthy diet is your priority, start with a salad and pick from a variety of dressing options. Enjoy the assortment of cheese such as Gruyère, Brie de Meaux, Gouda, or pick what suits you best from a vegan set menu.



## WELLNESS *Night*



### SINDHORN KEMPINSKI HOTEL BANGKOK

The oldest European luxury hotel in central Bangkok, Sindhorn Kempinski is a hideaway from the hustle and bustle where you can fully enjoy a relaxing and complete wellness experience. The attention to detail goes all the way to selecting bed sheets for improved sleep and ensuring that each meal is a special one.



## NEARBY *Attraction*



### MEDITATION AT WAT PATHUM WANARAM

Escape the hustle and bustle and find peace through meditation right between Ratchaprasong District's two mega shopping complexes of Siam Paragon and Central World.

### GET YOUR BODY MOVING AT THE LUMPINI PARK

For over a century, Lumpini Park has served as the green lungs of Bangkok. Covering over 360 rai of green space, this is an ideal place for exercising, jogging, and enjoying water activities on kayaks or pedal boats.



## NEARBY *Restaurant / Cafe*



### DIVANA SIGNATURE CAFÉ

Relax with an afternoon tea and desserts in the heart of Bangkok. Freshen up in the sweet ambience of a café decorated with ornamental flowers on the 2nd floor of Central World shopping complex and share your special Instagrammable moment.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Welcome travelers to the skin therapy at Divana Scentuara Spa
- Massage with golden silkworm cocoon, the science of facial and body therapy for intensive rejuvenation
- Detoxify with herbs and flowers to fight against free radicals and strengthen the immune system

### EVENING

- Dinner with healthy set menu, Thai Curry Against Cancer and Organic Smoothie at Lemon Farm Café, Chidlom Branch
- Check-in at Sindhorn Kempinski Hotel Bangkok



## DAY 2

### MORNING

- Hot Stone Massage with a professional therapist, indulge and relax with the science of intensive therapy to reduce pain at Divana Scentuara Spa

### AFTERNOON

- Lunch with an organic salad and smoothie at Ohkajhu
- Enjoy water activities, kayak, pedal boat, and SUP board at the lake in Lumpini Park

### EVENING

- Dinner with a healthy Thai menu, stir-fried quinoa with duck, basil, and Karen chili and quinoa soft crab rolls with fragrant herbs at Taling Pling restaurant
- Relax at Sindhorn Kempinski Hotel Bangkok

## DAY 3

### MORNING

- Meditation practice for 30 minutes amidst the beauty of Wat Pathum Wanaram

### AFTERNOON

- Afternoon tea at Divana Signature Cafe
- Bon voyage

## PRICE

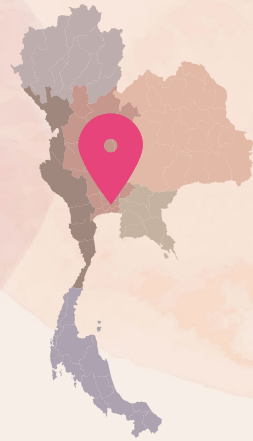
Starting at: 35,000 THB/person  
Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
Divana Scentuara Spa Bangkok  
Tel: (+66) 6 3474 6566



# THE HEAVEN OF PAMPERING AND RELAXATION SITUATED IN THE HEART OF BANGKOK CAPITAL

## Directory



### DIVANA SCENTUARA SPA BANGKOK

📍 16/15 Soi Somkid,  
Lumpini Sub-District,  
Pathum Wan District, Bangkok

☎ (+66) 6 3474 6566  
🌐 [www.divanaspa.com](http://www.divanaspa.com)  
📍 Divana Spa

### DIVANA SIGNATURE CAFE

📍 2nd Floor Central World, 4/4  
Ratchadamri Rd,  
Pathum Wan Sub-District,  
Pathum Wan District, Bangkok

☎ (+66) 2 252 2614

### LUMPINI PARK

📍 192 Witthayu Rd,  
Lumpini Sub-District,  
Pathum Wan District, Bangkok

☎ (+66) 2 252 7006

### SINDHORN KEMPINSKI HOTEL BANGKOK

📍 80 Soi Tonson, Lumpini Sub-District,  
Pathum Wan District, Bangkok

☎ (+66) 2 095 9999  
🌐 [www.kempinski.com/en/sindhorn-hotel](http://www.kempinski.com/en/sindhorn-hotel)  
📍 Sindhorn Kempinski Hotel Bangkok

### OHKAJHU ORGANIC RESTAURANT

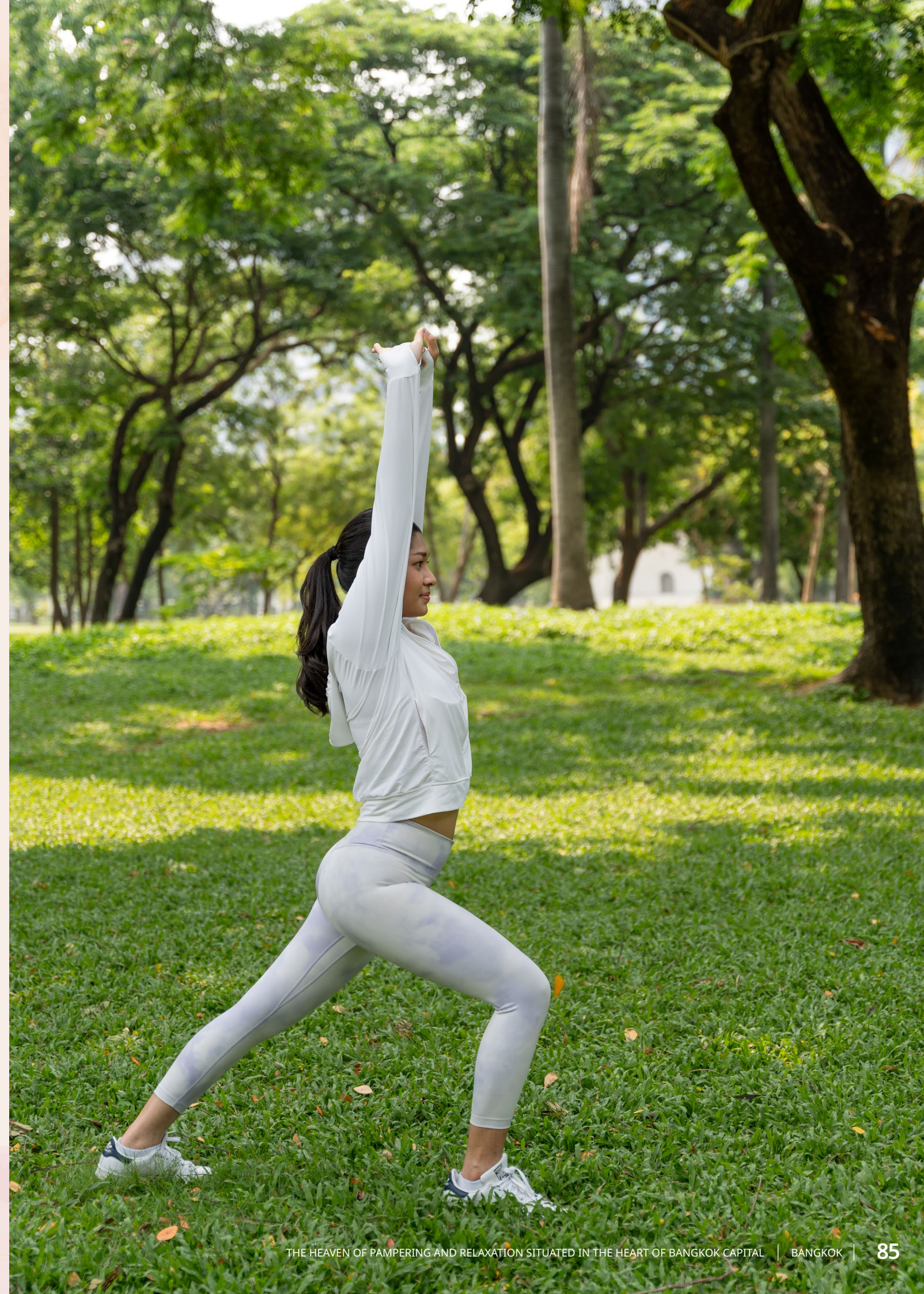
📍 226 Siam Square Soi 2,  
Pathum Wan Sub-District,  
Pathum Wan District, Bangkok

☎ (+66) 6 2309 4545  
🌐 [www.ohkajhuorganic.com](http://www.ohkajhuorganic.com)

### WAT PATHUM WANARAM

📍 969 Rama I Rd, Pathum Wan  
Sub-District, Pathum Wan District,  
Bangkok

☎ (+66) 2 251 6469





# *Experience Royal Roots*

## BY HEALTHY & WELLNESS CITY LIFESTYLE PROGRAM

EXPERIENCE THE REGAL TREATMENT AT ATHENEE SPA, THE ATHENEE, A LUXURY COLLECTION, KRUNG THEP; A DELUXE 5-STAR ACCOMMODATION. THE HOTEL IS BUILT ON THE SITE OF KANDHAVAS PALACE, FORMERLY OCCUPIED BY PRINCESS VALAYA ALANKORN, DAUGHTER OF KING RAMA 5, AND HAS BEEN AWARDED A FORBES 4 STAR AWARD, WHICH GUARANTEES GREAT ATTENTION TO DETAIL AND SERVICE.



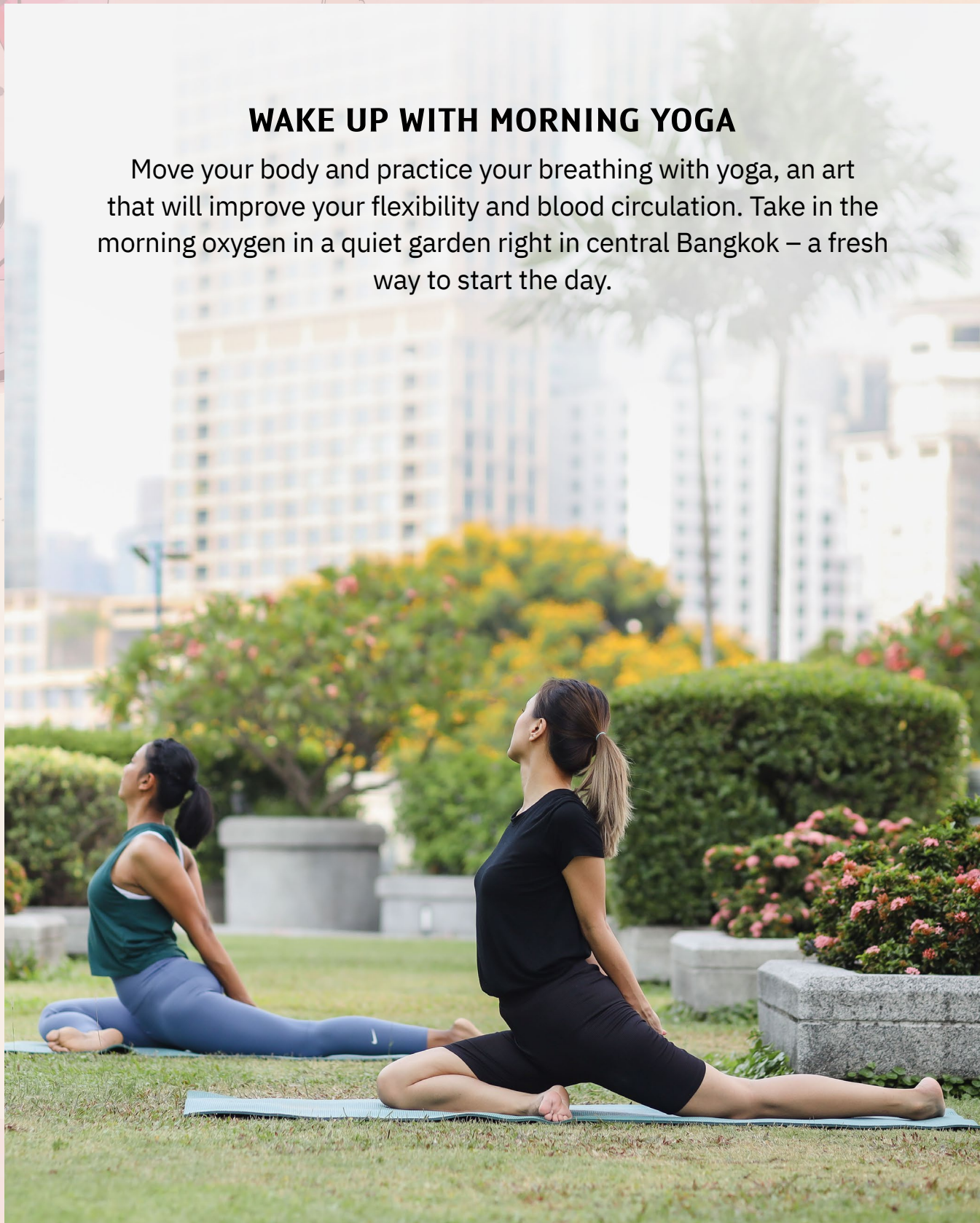


## WELLNESS

### *Treatment and Therapy*

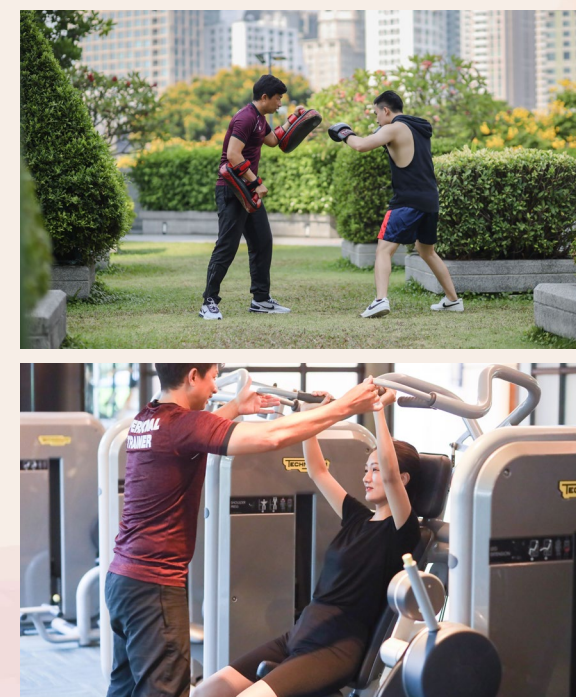
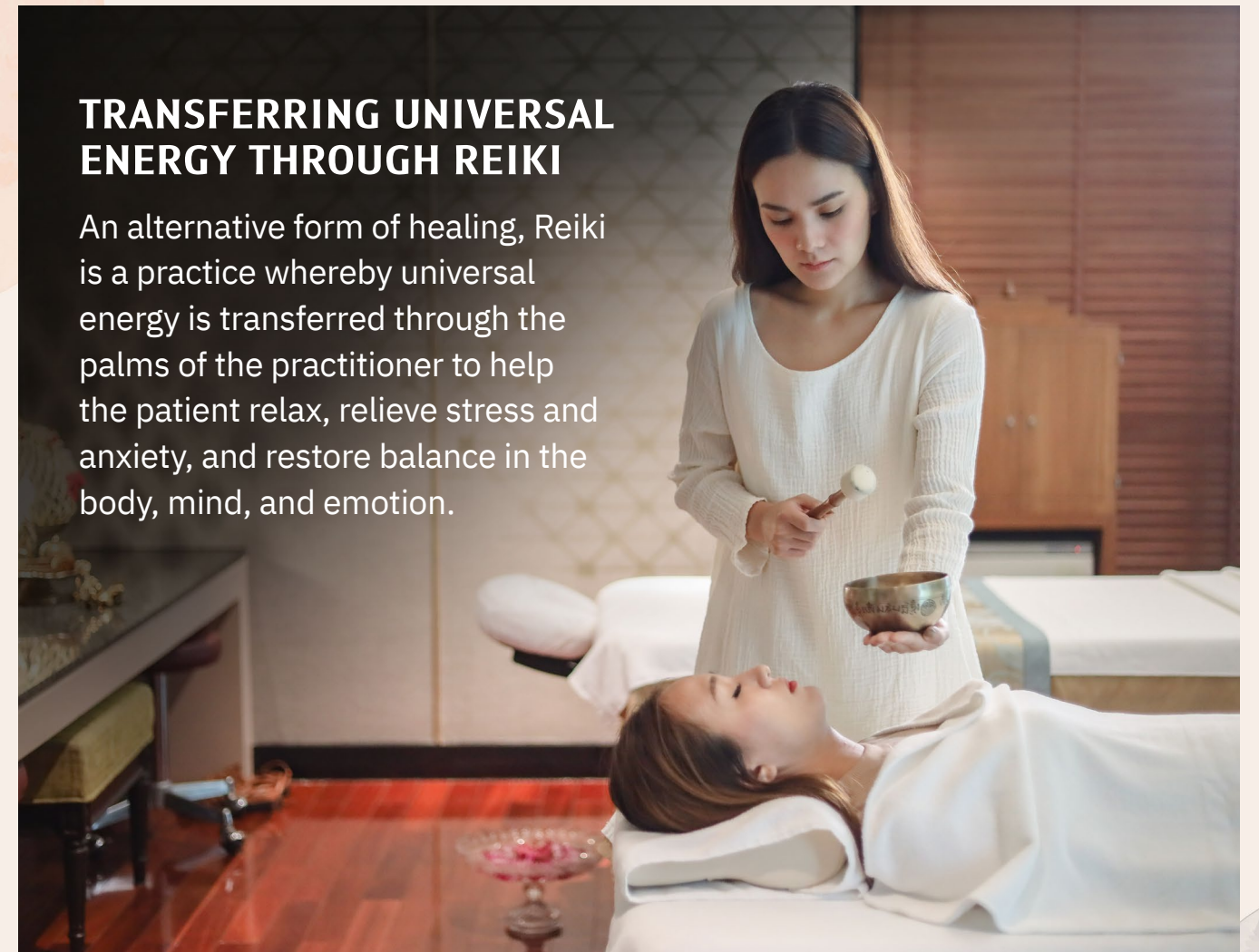
#### WAKE UP WITH MORNING YOGA

Move your body and practice your breathing with yoga, an art that will improve your flexibility and blood circulation. Take in the morning oxygen in a quiet garden right in central Bangkok – a fresh way to start the day.



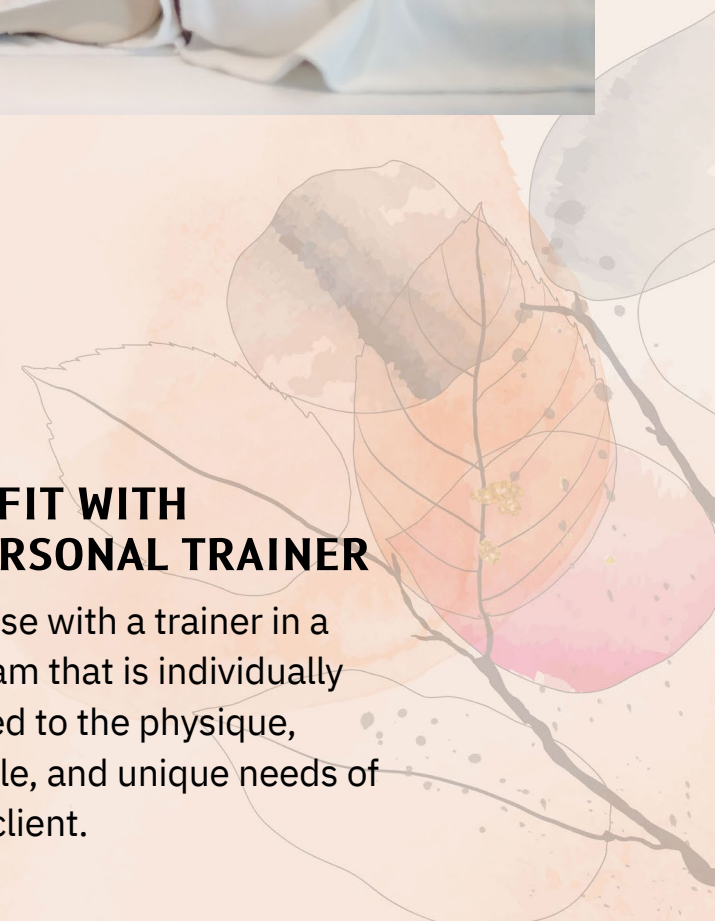
#### TRANSFERRING UNIVERSAL ENERGY THROUGH REIKI

An alternative form of healing, Reiki is a practice whereby universal energy is transferred through the palms of the practitioner to help the patient relax, relieve stress and anxiety, and restore balance in the body, mind, and emotion.



#### GET FIT WITH A PERSONAL TRAINER

Exercise with a trainer in a program that is individually tailored to the physique, lifestyle, and unique needs of each client.





## WELLNESS *Menu*

### PROTEIN DRINK

Experience a secret recipe that blends a careful selection of fresh, clean, and chemical-free ingredients to provide guests with the best booster formula for the body.



### JUICES AND SHAKES

Refreshing and nutritious, the fresh juice options can either be cold-pressed or served as smoothies. Try specialties like Summer Lychee Shake – lychee and lemon juice, butterfly pea for a tint of pink and purple, and fresh lychee topping.



## WELLNESS *Night*



### THE ATHENEE HOTEL BANGKOK

Experience a glimmer of the past on the site of the former Kandhavas (flower field) Palace, where Princess Valaya Alongkorn of Petchaburi, daughter of King Rama V, once resided. This hotel on Wireless Road is full of fascinating stories of the Royal Court in times past.



## NEARBY *Attraction*



### NAI LERT PARK HERITAGE HOME

This century-old teak wood mansion, built by Phraya Bhakdinoraseth or Nai Lert Sethaputra (a successful businessman and millionaire), sits in a garden spanning dozens of acres in the heart of Ploenchit. It is now the Nai Lert Park Heritage Home which houses and displays historical memorabilia.

### WINDING THROUGH THE CANALS OF BANGKOK

Explore Bangkok – the Venice of the East – on a boat ride along the Chao Phraya River and the canals that once were the commuter routes of the city. Discover the way of life and a shopping experience along the canals. This nostalgic route is one that you cannot miss!



### JIM THOMPSON HOUSE MUSEUM

A recipient of the Architectural Conservation Award in 1996, the Jim Thompson House Museum was the former home of the founder of Thailand's legendary silk shop. The estate, comprising of 6 Thai houses in a serene garden, now tells the story of Thai silk from the cultivation of silkworms to the weaving of fabrics and the collaborations with world-class brands and magazines.



## NEARBY *Restaurant / Cafe*

### SAMANTAO HERITAGE COFFEE

This coffee shop in Nai Lert Park Heritage Home is named after Nai Lert's favorite speedboat which he himself built. You can see the boat on display in the lake and relive the nostalgia of the King Rama VI era, when classic coffee shops flourished. Try the dark roast, ground and brewed old-school style and served in a glass – just the way it was 70 years ago.



### QOTTONTALE CAFÉ

This “rabbit-hole” café in a post-modern brick house in Soi Ruamrudee, Ploenchit, provides an urban escape from the heat of Bangkok afternoon. In addition to its premium coffee and beverage creations, you can also enjoy light meals such as salads and pasta or indulge in the “craffle”.



### NICK

A chic and modern retro restaurant in the Woodberry Common of Soi Ruamrudee, NICK serves a variety of coffee blends including its signature Dirty Coffee and fancy options like Sparkling Yuzu Espresso and Passionate Espresso. You can also enjoy breakfast and brunch with salads, smoked salmon, and sourdough.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Check-in at The Athenee Hotel Bangkok
- Welcome drink with freshly squeezed fruit and vegetable juices to help the body fight against free radicals, heal, and repair

### EVENING

- Workout in the hotel's fitness center with a trainer who will ensure safe and health exercise. Try the secret protein recipe to boost your nutrition, re-energize, and enjoy the delicious flavors.



## DAY 2

### MORNING

- Sleep Ease with Morning Yoga at Sky Garden: yoga amidst hidden natural gardens in the middle of the city led by a team of expert yoga instructors to practice stretching and relieve deep stress
- Reiki Massage, the science of Japanese mental therapy and the power of the universe, to relieve cumulative stress and anxiety

### AFTERNOON

- Afternoon snack at Samantao Heritage Coffee with the beauty of Park Nai Lert Heritage Home
- Visit Jim Thompson House Museum to learn about traditional Thai culture

### EVENING

- City canal cruise to sightsee the beauty of Bangkok in the evening

## DAY 3

### MORNING

- Sleep Ease with Morning Yoga at Sky Garden: yoga amidst hidden natural gardens in the middle of the city led by a team of expert yoga instructors to practice stretching and relieve deep stress

### AFTERNOON

- Sip an afternoon coffee at a chic café in the middle of the city, Qottontale Café or Nick, and sightsee the vibrancy of Bangkok
- Bon voyage

## PRICE

Starting at: 30,000 THB/person

Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
Athenee Spa  
Tel: (+66) 2 650 8800



## EXPERIENCE ROYAL ROOTS BY HEALTHY & WELLNESS CITY LIFESTYLE PROGRAM

### Directory

#### ATHENEE SPA

- 📍 61 Witthayu Rd, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 650 8800
- 🌐 [www.th.theatheneebangkok.com](http://www.th.theatheneebangkok.com)
- 📌 The Athenee Hotel, a Luxury Collection Hotel, Bangkok

#### THE ATHENEE HOTEL, A LUXURY COLLECTION HOTEL, BANGKOK

- 📍 61 Witthayu Rd, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 650 8800
- 🌐 [www.th.theatheneebangkok.com](http://www.th.theatheneebangkok.com)
- 📌 The Athenee Hotel, a Luxury Collection Hotel, Bangkok

#### NEI LERT HERITAGE HOME

- 📍 22 Witthayu Rd, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 253 0123
- 🌐 [nailertgroup.com/en/nai-lert-park-heritage-home](http://nailertgroup.com/en/nai-lert-park-heritage-home)
- 📌 Nai Lert Park Heritage Home

#### JIM THOMPSON HOUSE MUSEUM

- 📍 6 Soi Kasem San 2, Wang Mai Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 216 7368
- 🌐 [www.jimthompsonhouse.org](http://www.jimthompsonhouse.org)
- 📌 Jim Thompson House

#### SAMANTAO HERITAGE COFFEE

- 📍 4 Soi Somkhid, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 9 7140 5176
- 📌 Samantao

#### NICK

- 📍 11 Soi Ruamrudee 17, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 6 4456 5628

#### QOTTONTALE CAFÉ

- 📍 28 Soi Ruamrudee 8, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 9 8693 6994
- 📌 Qottontale Café







# JOURNEY WITH *Arokaya*

FIND PLEASURE IN THIS NEW HEALTH TOURISM ROUTE WITH AROMATHERAPY CONNECTIONS AND DISCOVER NEW KNOWLEDGE IN NATURAL SURROUNDINGS. ADMIRE STUNNING FLOWER GARDENS AS YOU LEARN ABOUT HERBS AND THEIR ROLE IN REPLENISHING THE HUMAN BODY, TREAT CARDIOVASCULAR DISEASE USING ANCIENT THAI METHODS, AND EXPERIMENT WITH PLANTING RICE IN VOLCANIC SOIL. WATCH THE MAJESTIC SARUS CRANES IN THE MORNING AND BATHE ELEPHANTS AFTER LUNCH TO COMPLETE THIS FULFILLING EXPERIENCE.

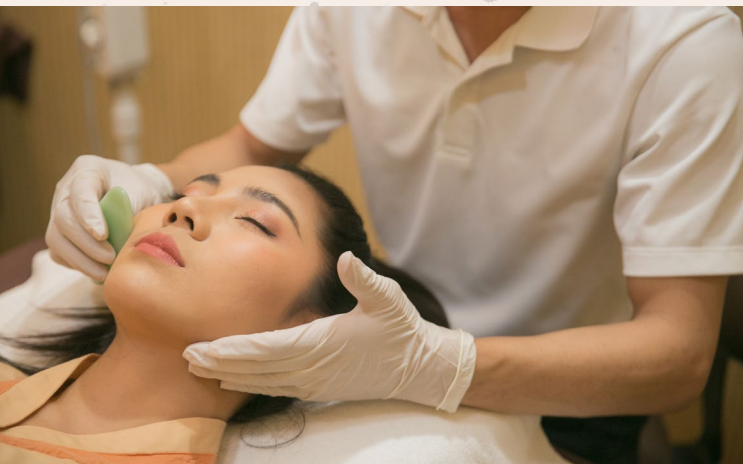


## WELLNESS

### *Treatment and Therapy*

#### AN HERBAL STEAM IN BURIRAM

The Thai medicine practice of herbal steam helps patients improve their respiratory system after a COVID-19 recovery. Steam is used to diffuse essential oils from Thai herbs that are known to expand the respiratory tract, increase blood circulation, reduce coughing and allergies, and treat anosmia.



#### GUA SHA

Gua Sha, the Chinese medicine technique of sweeping or scraping the skin to locate toxins and hidden illnesses in the body, has been adapted to the practice of Thai medicine to help rebalance the body systems, detoxify, and relieve pain.



#### VITAMIN DRIP

Vitamin injections by medical professionals are an express wellness solution for boosting your immunity, rejuvenating your mind, and raising the antioxidant level. Add a collagen supplement program to nourish and moisturize your skin.

## WELLNESS *Menu*



#### THE FLAVORS OF ISAAAN

Taste the distinct pungent flavors of local dishes like papaya salad, grilled chicken, larb, nam tok, and tom sab, all packed with herbs and spices that help boost metabolism. The local wisdom of Thai cuisine is something you simply cannot miss.



## WELLNESS *Night*



### PLAY LA PLOEN RESORT

Enjoy the comfort of a boutique and wellness resort spanning over 400 rai. Discover travel and learning experiences through diverse health and adventure activities. Don't miss the display of seasonal flowers at the giant greenhouse, especially in the winter with the blooming tulips, hydrangeas, lilies, and other exotic plants.

## NEARBY *Attraction*



### PLAY LA PLOEN FLORA PARK

A flower garden that changes every season, this park is especially charming during the cooler months of winter. Experience the park on a tourist train, learn about the planting of trees and flowers, and visit the various learning stations.



### ADVENTURE BASES AT PLAY LA PLOEN

Have fun at the adventure bases modeled after important landmarks of the world. Climb the Great Wall of China, abseil from the Leaning Tower of Pisa, zipline from the top of the Eiffel Tower, walk a rope bridge on the Tower Bridge, and continue with an ATV ride. Smaller children can also have fun feeding the ponies and the goats.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Welcome travelers to Buriram
- Check-in at Play La Ploen Resort

### EVENING

- Sightsee the beauty of Play La Ploen flower garden and enjoy various activity bases at the Resort



## DAY 2

### MORNING

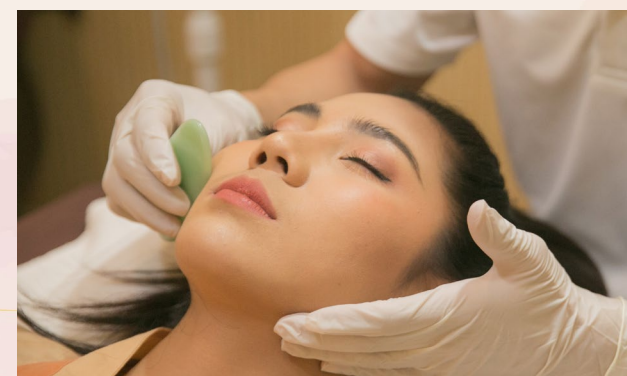
- Start your Arokaya journey with herbal steam inhalation, the method of burning a variety of herbs beneficial to the respiratory system to inhale the smoke for treatment of fatigue and respiratory tract disease according to ancient Thai recipes
- Gua Sha Hot Stone Massage, the science of Chinese massage to recover health and slow down aging with the care of Thai traditional medicine specialists

### AFTERNOON

- Lunch with a famous Buriram dish, Seeda grilled chicken and river fish with herbs

### EVENING

- Take a rest in the midst of the beauty of Play La Ploen flower garden and enjoy various activity bases at the Resort



## DAY 3

### MORNING

- Get food for your skin by dripping vitamins that are beneficial to the body, strengthen immunity, and brighten the skin

### AFTERNOON

- Bon voyage

## PRICE

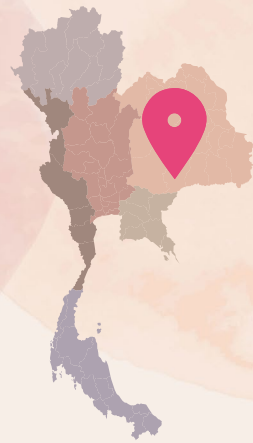
Starting at: 19,900 THB/person  
Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
Arokaya Wellness Sala  
Tel: (+66) 9 2515 6458



# JOURNEY WITH AROKAYA

## Directory



### AROKAYA WELLNESS SALA

📍 252 Moo 7, Nong Khaman Sub-District,  
Khu Mueang District, Buriram

☎ (+66) 9 2515 6458

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

📘 Arokaya Wellness Sala

### KAIYANGSIDA

📍 33/9 Anuwat Rd, Nai Mueang Sub-District,  
Mueang Buriram District, Buriram

☎ (+66) 8 8583 0808

### PLAY LA PLOEN RESORT

📍 252 Moo 7, Nong Khaman Sub-District,  
Khu Mueang District, Buriram

☎ (+66) 8 7798 1039

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

📘 Play La Ploen





A photograph of a serene outdoor setting. On the left, a white building with a traditional Thai architectural style features a prominent white stupa with a tiered, conical spire. Below the stupa, a white arched doorway is visible, with a white wooden chair placed in front of it. To the right of the doorway is a large, white, sculpted figure, possibly a guardian spirit. In the background, a traditional Thai pavilion with a dark, multi-tiered roof and white pillars stands on a raised platform. The pavilion is surrounded by lush green trees and foliage. The entire scene is reflected in a calm body of water in the foreground, creating a mirror-like effect. The sky is a clear, pale blue.

## REBORN WITH *Every Breath*

AMARAVATI, COMPRISING AMARAVATI WELLNESS CENTRE, ORIGAN SPA AND X - ON EARTH VEGAN RESTAURANT, IS A THERAPY CENTER WHERE VISITORS CAN COME TO BOOST THEIR LIFE ENERGY. THE CENTER WAS DESIGNED ACCORDING TO 'WASATU WITTIYA', ANCIENT ARCHITECTURAL PRINCIPLES WHICH WERE DEVELOPED TO HARNESS THE POWER OF NATURE AND AID IN THE HEALING OF THE BODY AND MIND. THE CENTER OFFERS EVERYTHING FROM ACCOMMODATION, DINING, THERAPY, YOGA, AND MEDITATION WITH ITS SPECIALLY DESIGNED AND DEVELOPED PROGRAM.



## WELLNESS

### *Treatment and Therapy*



### REBALANCE TO THE SOUNDWAVES

Discover the therapeutic science of using sound waves from musical instruments to heal and relax, relieve stress, create energy and inner balance.

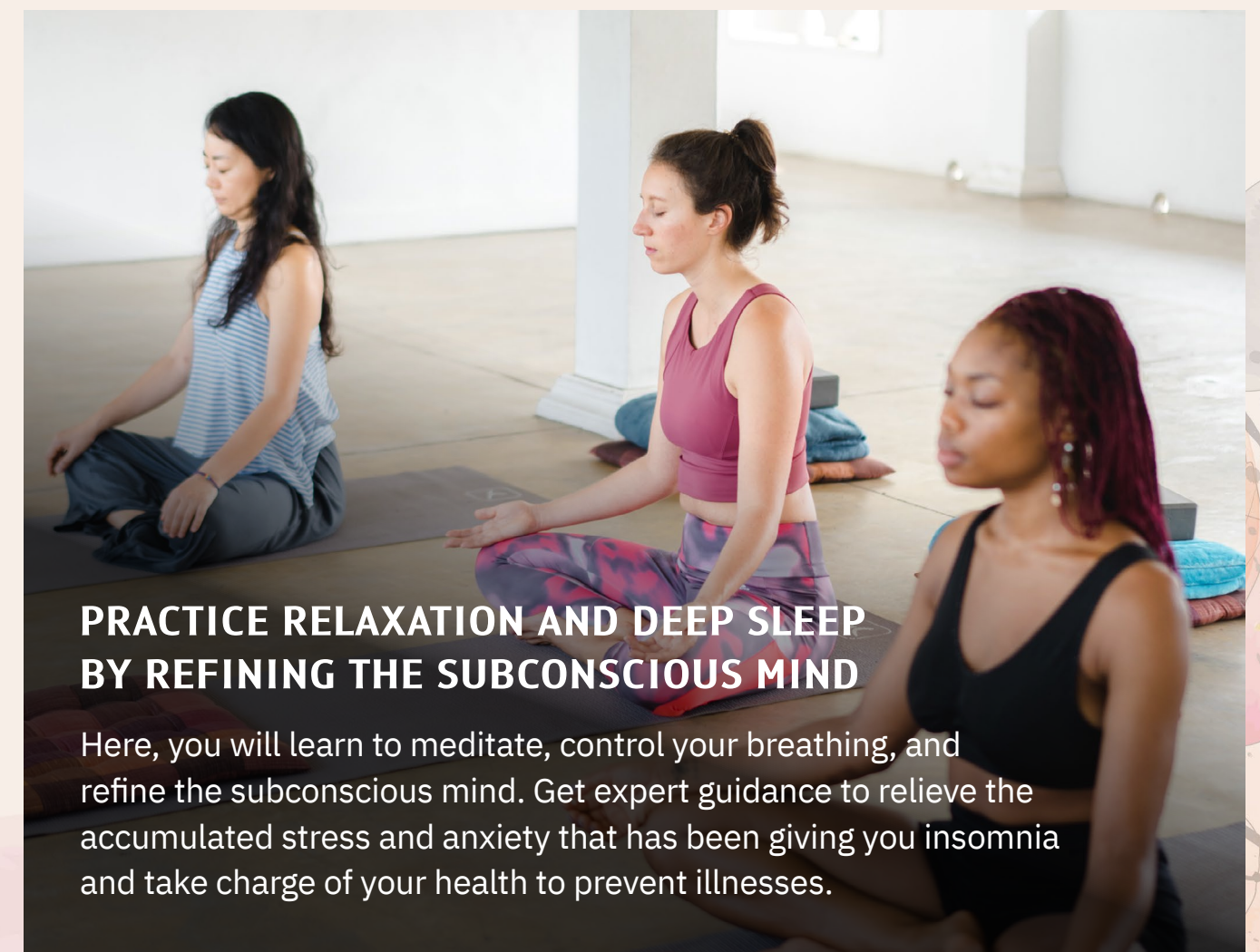


### DRINK FROM A COPPER BOWL AND BREATHE LIKE A YOGI FOR BETTER BALANCE

According to the Ayurvedic tradition, storing water in a copper bowl for over 8 hours will create antioxidants that can improve the digestive system and burn body fat. This is beneficial for the stomach and helps restore balance in the body.

### ORIGAN SPA – OFFERING DIVERSE MASSAGE PROGRAMS TO MEET YOUR INDIVIDUAL NEEDS

Here, a spa refers to a space of herbal aromas, one that faces north in accordance with the Vastu health principles. Come enjoy the diverse array of spa treatments including restorative massage, relaxation through coffee and essential oils, as well as Shirodhara, the Ayurvedic technique of dripping warm oil onto the forehead.



### PRACTICE RELAXATION AND DEEP SLEEP BY REFINING THE SUBCONSCIOUS MIND

Here, you will learn to meditate, control your breathing, and refine the subconscious mind. Get expert guidance to relieve the accumulated stress and anxiety that has been giving you insomnia and take charge of your health to prevent illnesses.



## WELLNESS *Menu*

### INDIAN FOOD WITH LANNA INSPIRATIONS

Serving a variety of healthy options, the contemporary Indian dishes with Lanna inspirations are unique to this resort. Sample the Granola Breakfast Menu, Kidjali Breakfast Chapati (Indian Roti), Lemon Rice, and Khao Soi with Fresh Lanna Cheese



Khao Soi with  
Fresh Lanna Cheese



Lemon rice, Samba, Papadam



Kidjali Breakfast  
Chapati (Indian Roti)

## WELLNESS *Night*



### AMARAVATI WELLNESS CENTER AND ORIGAN SPA

Come for a quiet stay and the abundance of natural oxygen in Mae Rim District. Relax in a calming environment with complete facilities – ideal for a getaway from the distractions of the outside world.



## NEARBY *Attraction*



### THE WATERCOURSE OF BAN MUEANG PHA

Discover unique photo ideas along a scenic irrigation canal that stretches across the expansive fields of Ban Mueang Pha. Admire the backdrop of the Doi Suthep-Pui mountain range in Mae Rim, which becomes even more majestic in the golden light rays of sunrise and sunset.

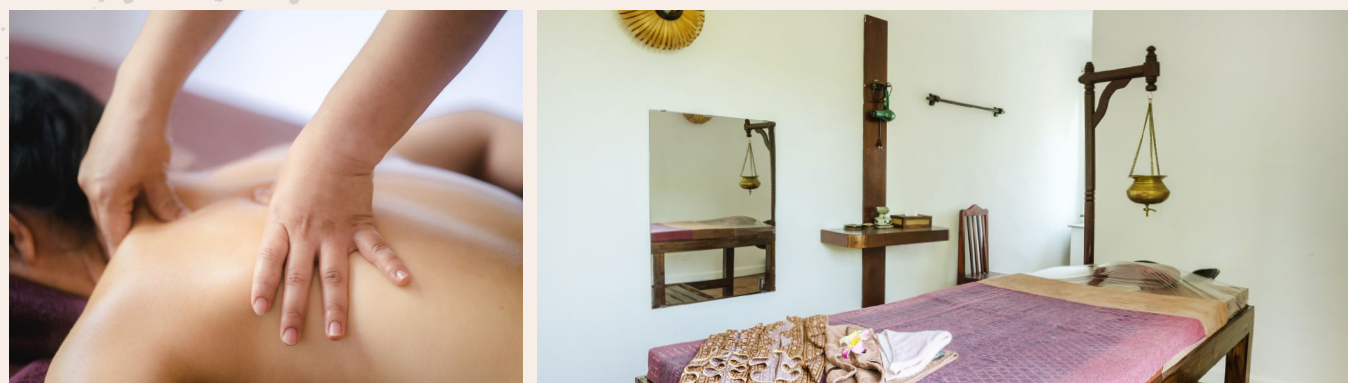
### WAT PA DARAPIROM AND DARAPIROM PALACE MUSEUM

An ancient temple in Lanna architecture, Wat Pa Darapirom blends harmoniously with the peaceful surroundings, making it a place for worship as well as for training the mind. You can also visit the Darapirom Palace, the residence of Princess Dara Rasmi, a royal consort of King Rama V.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Welcome to Amaravati Wellness Center and Origan Spa for an intensive relaxation
- Check-in at Amaravati Wellness Center and Origan Spa, drink water from a copper tank, stretch gently and breathe like a Yogi with mindfulness balance

### EVENING

- Dinner with glutinous rice menu, mushroom rice, Thai-Style Green Papaya Salad, vegetarian menu with traditional Chiang Mai flavors
- Practice to reach the subconscious with Yoga Nidra, a science that combines Yoga and meditation, and experience the perfect getaway

## DAY 2

### MORNING

- Breakfast with Kidjali Menu, a mixture of boiled rice and lentils, herbal spices, Lanna cereals, fruits, and yogurt, for intensive healthcare
- Enjoy spa treatment for health via a variety of personalized massages by Origan Spa.

### AFTERNOON

- Lunch with Lanna Khao Soi with fresh cheese, crispy fried tofu with northern chili paste, spicy northern Thai pork and tomato paste with soft tofu, and northern fresh salad vegetables
- Visit Phra Borommathat Phra That Kaorawa, the spiritual center of Mae Rim people, "Chao Dara Rasmi" at Wat Pa Dara Pirom and Chao Dara Rasmi Museum
- Visit Darapirom Palace Museum, Chulalongkorn University

### EVENING

- Dinner with lemon fried rice, Sambar, and Papadam, vegetarian herbal menu
- Enjoy sunsets over the paddy fields and Mae Rim River amidst the mountains or trough at Mueang Pha
- Internal balance and physical therapy with sound waves equipment performed by specialists, relax in peace and balance



## DAY 3

### MORNING

- Breakfast with granola, cereal, dried fruits, cow's milk, soy, pistachio or almond and yogurt
- Strengthen immunity and brighten the skin

### AFTERNOON

- Lunch with Chapati (Indian roti), spinach and paneer menu, Punjab yogurt curry, Indian vegetable salad, hot Indian teas, ice cream mixed with bay leaf and almond, and Indian carrot dessert
- Bon voyage

## PRICE

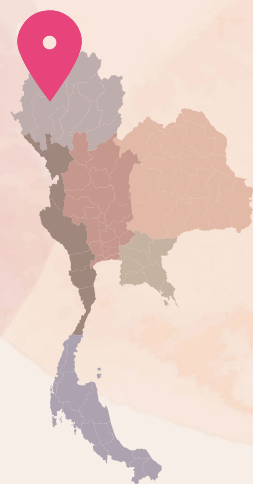
**Starting at: 19,000 THB/person**  
**Duration: 3 days 2 nights**

\* Prices are subject to change  
 For more information, please contact  
 Amaravati Wellness Center  
 and Origan Spa  
 Tel: (+66) 9 8858 8656



# REBORN WITH EVERY BREATH

## Directory



### AMARAVATI WELLNESS CENTER AND ORIGAN SPA

📍 100 Moo 7, Maerim-Samoeng Rd,  
Rim Tai Sub-District,  
Mae Rim District, Chiang Mai

☎ (+66) 9 8858 8656,  
(+66) 5329 9323

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

📍 Amaravati Wellness Center

### THE WATERCOURSE OF BAN MUEANG PHA

📍 Mae Ram Sub-District,  
Mae Rim District, Chiang Mai

### WAT PA DARAPIROM AND DARAPIROM PALACE MUSEUM

📍 Moo 1, Mae Rim District, Chiang Mai  
☎ (+66) 5386 2890,  
(+66) 5329 9175

### XON EARTH

📍 100 Moo 7, Maerim-Samoeng Rd,  
Rim Tai Sub-District, Mae Rim District,  
Chiang Mai

☎ (+66) 9 3324 9498

🌐 [www.amaravatiwellness.com/  
restaurant](http://www.amaravatiwellness.com/restaurant)

📍 XON EARTH





The image shows a row of glass jars filled with various dried herbs, such as cinnamon sticks and other plant-based materials, arranged on a wooden shelf. The jars have green-tinted lids. In the background, more jars and shelves are visible, creating a sense of a traditional herb shop or pharmacy. The lighting is warm and focused on the jars in the foreground.

# HERBAL *Wellness*

VISIT PRACHIN BURI, ONE OF THAILAND'S FOUR 'HERBAL CITIES', JOIN WITH A TOURISM PROGRAM TO LEARN ALL ABOUT THE POWER OF HERBS AS WELL AS SAMPLE THEIR HEALTH-FOCUSED MENU. A VISIT TO PRACHINBURI IS A PRIME CHANCE TO RELIEVE YOURSELF OF THE STRESS OF EVERYDAY LIFE WITH A VISIT TO ABHAIBHUBEJHR DAY SPA, WHERE YOU CAN RESTORE BALANCE TO YOUR BODY USING SELECTED HERBS



## WELLNESS

### *Treatment and Therapy*



### A SPA BORNE OUT OF THAI FOLK WISDOM

Chaophya Abhaibhubejhr Hospital is the prototype training center for practitioners of Thai medicine and massage. It is also a research unit to develop wellness products in Prachinburi Province, 1 of the 4 Herbal Cities that have gained recognition around the world.



### REHABILITATING THE LUNGS AFTER THE PANDEMIC

Traditional Thai medicine can be used to rehabilitate patients recovering from COVID-19. Essential oils from Thai herbs such as lemongrass, kaffir lime peel, shallot, basil, ginger, cloves, and millingtonia flower help treat illnesses relating to the respiratory system and the lungs as well as stimulate blood circulation.



### A TREATMENT PROGRAM FOR OFFICE SYNDROME

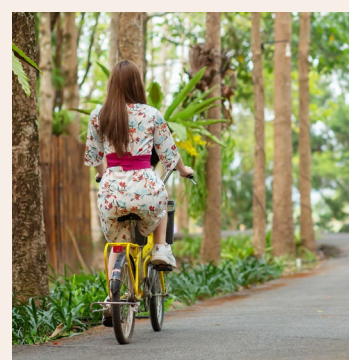
Let the specialists ease your office syndrome with a massage therapy and herbal compress and show some exercise techniques that you can use for self-therapy.



## WELLNESS *Treatment and Therapy*



Credit: siamdasada.com



### BIKING FOR IMPROVED BLOOD CIRCULATION AND A HEALTHY HEART

Experience a small community of the Thai Puan people as you take a stroll along the street and greet villagers from one house to the next. See the impressive lush landscapes on a bike ride, either with your own bike or one provided by the community.

## WELLNESS *Menu*



### A SET MENU TO NOURISH YOUR HEALTH USING LOCAL HERBS

Complete your health nourishment with a menu prepared from local herbs. Enjoy the rich flavors and health benefits from dishes like curry with lotus leaves and ribs (helps relieve stress and improve sleep), okra BBQ (helps with the digestive system), potato and carrot in ginger tea (helps regulate intestinal gas), or watermelon with dried fish topping (to cool off in the hot weather).





## WELLNESS *Night*



### BHUMIBHUBEJHR

Discover Thai folk wisdom at an herbal learning center and a comfortable guesthouse. Walk in the footsteps of the Royal Doctor (a Thai drama series) for a better understanding of medicine and wellness in the early Rattanakosin era at Ruen Mor Ploy (Dr. Ploy's House).



Credit: booking.com

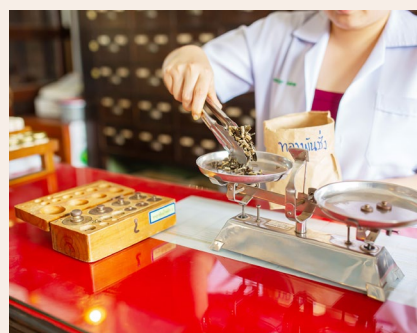
### DASADA RESORT

Located amidst the green foothills of Khao Yai, Dasada Resort offers a comfortable stay where you can let go of stress in the splendor of blooming flowers – a paradise for flower lovers.





## NEARBY *Attraction*



### ABHAIBHUBEJHR THAI HERBAL MEDICINE MUSEUM

Delve into the records of know-how on Thai medicine from the early Rattanakosin era. Housed in a century-old Baroque mansion, the museum is a treasury of medicinal and herbal recipes that has been passed down through the generations.



### STORIES OF THE HERB CITY, TOLD THROUGH A HOUSE

In an old house by the river, you'll find an herbal learning center under the management of Chao Phya Abhaibhubejhr Hospital and a restaurant that pioneered the concept of food as medicine with menus prepared from organic herbs and produce from the community.



### RAINY SEASON IN THE LAND OF THE FIREFLIES

Come the rainy season, fireflies illuminate the evening in yellow and green at Phrom Yothi Camp. Situated along the old Highway 33 near the Nong Cha-Om fruit market, this area is a perfect ecosystem for fireflies and is open for visitors early in the evening.

Credit: topnews.co.th

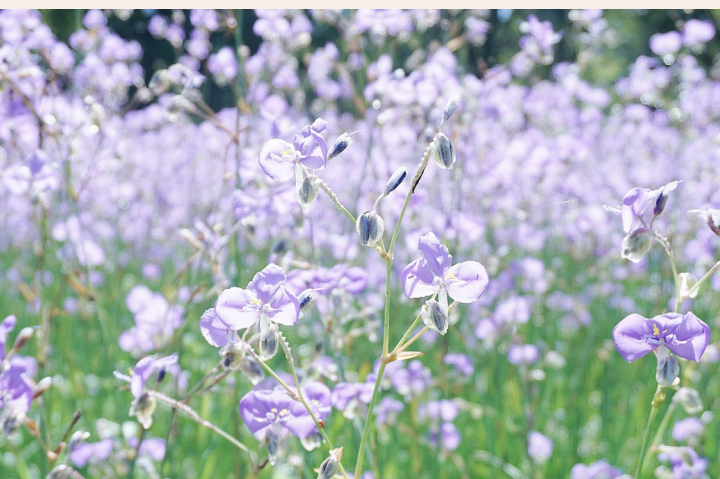


## NEARBY *Attraction*



### PRACHINBURI NATIONAL MUSEUM

Explore the history of ancient settlements in eastern Thailand by the Bang Pakong River Basin, from the prehistoric era to the prosperous Funan era, and the Dvaravati era with influences from the Khmer. On display are several important artifacts from the ancient city of Si Mahosot and the Prasat Khao Noi pink stone castle.



### WINTER IN THE GIANT DEWFLOWER FIELD

After the rain, the Giant Dewflowers bloom and radiate the vast fields in violet at Suan Saksupha Resort in Na Di District. This purple landscape is no less captivating than those of the European flower fields that blossom in the spring.

## NEARBY *Restaurant / Cafe*

### BRIZO CAFÉ

Sit back in the wooden furniture at a modern tropical cafe along the banks of the Bang Pakong River for a cup of coffee prepared by a barista who truly understands coffee. Also available are pastries, ice cream, and breakfast menu (served until afternoon) including ham-cheese croissants, chicken wraps, cheeseburgers and more.



Credit: lh3.googleusercontent.com/  
Jos Breesch

### NONG CHA OM FRUIT MARKET

The largest fruit market in this area can be found on Highway 33, with local fruits and vegetables all year round. It is busiest during the fruit season from May to early July, when durians from the orchards of Prachinburi make their way to the market, along with other fruits and fresh bamboo shoots.

### NOEN HOMME CAFÉ

At the gateway to Khao Yai National Park is a restaurant and cafe that has become a rest area for cyclists. Beyond just coffee and pastries, you can also find exotic refreshments such as mango smoothie with chili and salt and savory Thai fusion dishes like bamboo shoot larb, papaya salad with fermented fish, and pizza.





# TRIP *Idea*



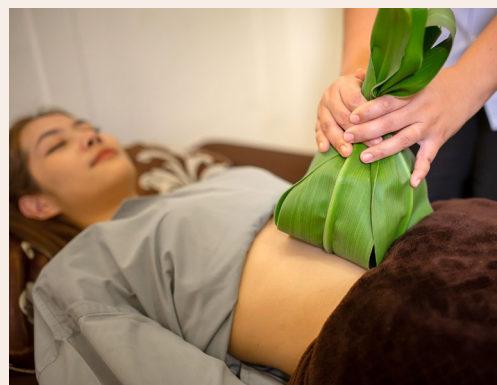
## DAY 1

### MORNING

- Arrive in Prachin Buri
- Welcome Drink prepared by Abhaibhubejhr Day Spa, the beverage recipe of Chaophraya Abhaibhubejhr

### AFTERNOON

- Lunch with “Herbal recipes to balance the body” (Specific recipes from the examination of life elements or the health basis) at Abhaibhubejhr Day Spa
- In-depth Thai health check-up, analysis of “Life Elements”, “Multiplication of Elements” and “Pulse Palpation” by Abhaibhubejhr Thai traditional medicine specialists
- Visit the Museum of Abhaibhubejhr Thai Traditional Medicine, sightsee the beauty of the 100-year-old building
- Spa program from Thai wisdom to balance individual health for 3 hours at Abhaibhubejhr Day Spa



### EVENING

- Dinner at Home Story Prachin Buri, learn about the lifestyle of Prachin Buri community, and taste herbal recipes that are good for the intestines
- Check-in at Bhumi Bhubejhr Hotel located in Bhumi Bhubejhr Herbal Wisdom Park



Credit: hellosummer.com

## DAY 2

### MORNING

- Wake up early with “Morning Thai Yoga” activity, a Thai style workout incorporating Thai hermit exercise that helps balance the body and mind
- Take a walk at the local herb garden, learn to build medicinal and health stability by planting your own herbs
- Breakfast at Doi Chaang Caffe 367 Bhumbhubejhr, with the immune-boosting herbal recipes
- Join the Private Class Activity to learn about “Life Elements” and “Elements”, how to be healthy with sustainable balance

### AFTERNOON

- Join Healthy Fit activity to learn how to cook to suit yourself
- Lunch at Doi Chaang Caffe 367 Bhumbhubejhr with herbal recipes based on life elements
- Spa program from Thai wisdom to balance individual health for 2 hours at Abhaibhubejhr Day Spa

### EVENING

- Check-in at Dasada Resort, take a rest amidst a beautiful flower garden

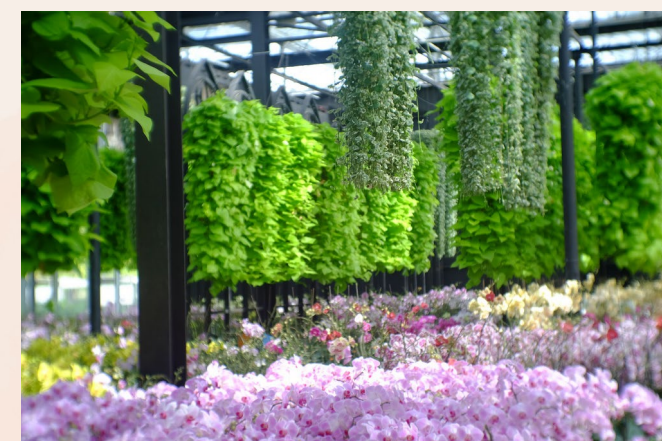
## DAY 3

### MORNING

- Wake up early and do cycling or swimming activities, experience the natural beauty of Siamdasada Khaoyai

### AFTERNOON

- Lunch at Siamdasada Khaoyai with meticulously prepared healthy recipes from a variety of flowers
- Visit “Khao Yai National Park”, take a deep breath of fresh air, soak in the energy of nature to heal the body and stay healthy
- Bon voyage



Credit: matichon.co.th

## PRICE

**Starting at: 26,000 THB/person**

**Duration: 3 days 2 nights**

\* Prices are subject to change  
For more information, please contact  
Abhaibhubejhr Day Spa  
Tel: (+66) 3721 7127



# HERBAL WELLNESS

## Directory

### SIAM DASADA KHAOYAI RESORT

📍 179 Moo 12, Prachin-Khao Yai Rd,  
Noen Hom Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 8 1836 3941,  
(+66) 3721 4900  
🌐 [www.siamdasada.com](http://www.siamdasada.com)

### HOME STORY PRACHINBURI HERB

📍 51 Na Mueang Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 9 7021 1037

### MUSEUM OF ABHAIBHUBEJHR THAI TRADITIONAL MEDICINE

📍 32/7 Tha Ngam Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 3721 6164,  
(+66) 3721 1088 ต่อ 3104  
🌐 [www.abhaiherb.com](http://www.abhaiherb.com)

### LAND OF FIREFLIES

📍 2nd Artillery Regiment King's  
Guard, Suwannasorn Rd, Ban Phra  
Sub-District, Mueang District,  
Prachin Buri

☎ (+66) 3757 0030

### NONG CHA OM MARKET

📍 Highway No. 33, Khok Mai Lai Sub-  
District, Mueang Prachin Buri District,  
Prachin Buri

### MURDANNIA GIGANTEUM FIELD, SAKSUPHA RESORT

📍 28 Moo 4, Saphan Hin Sub-District,  
Nadi District, Prachin Buri

☎ (+66) 6 2524 9698  
🌐 [www.saksupha.com](http://www.saksupha.com)

### PRACHINBURI MUSEUM

📍 Prachin Anusorn Rd, Na Mueang Sub-  
District, Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 3721 1586  
🌐 [finearts.go.th/prachinburimuseum](http://finearts.go.th/prachinburimuseum)

### BHUMI BHUBEJHR HERBAL WISDOM PARK

📍 99 Moo 1, Bang Decha Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 9 7098 3582  
🌐 [www.abhaiherb.com](http://www.abhaiherb.com)

### ABHAIBHUBEJHR DAY SPA

📍 32/7 Tha Ngam Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 3721 7127

### BRIZO CAFÉ

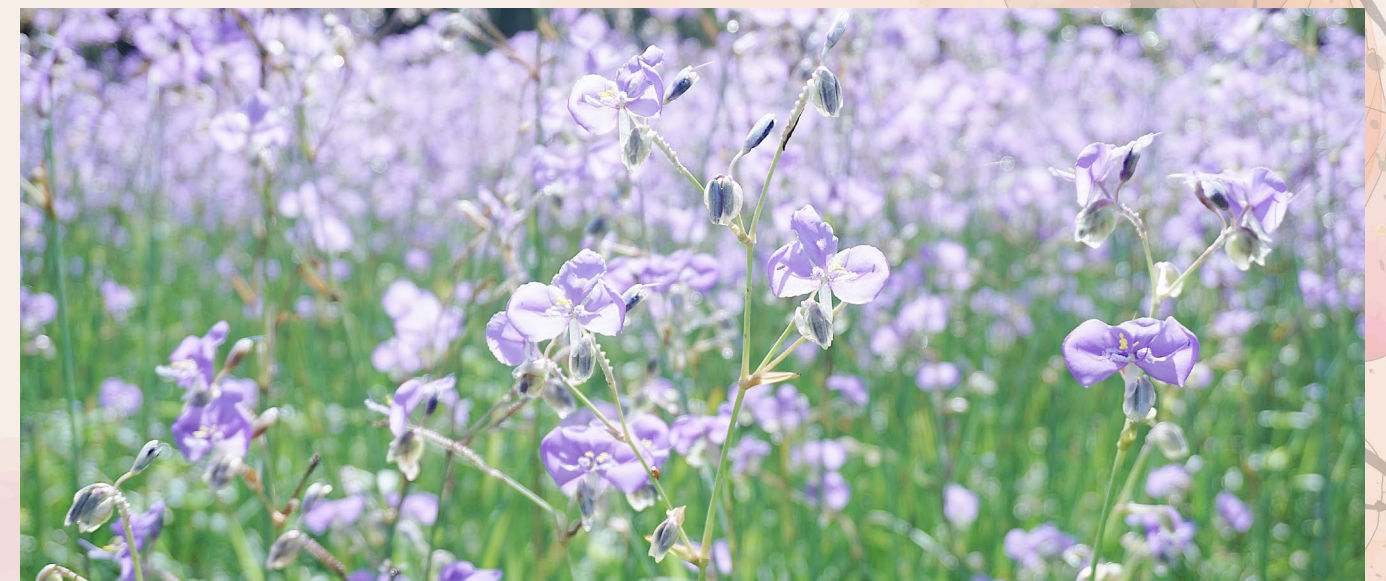
📍 209 Rop Mueang Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 9 0399 6998  
📍 Brizo Cafe & Booze

### NOEN HOMME CAFÉ

📍 Noen hom Sub-District,  
Mueang Prachin Buri District,  
Prachin Buri

☎ (+66) 8 8344 5656  
📍 Noen Homme Cafe





A close-up photograph of a woman's back being massaged with a scrub made of coconut flakes and black seeds. The woman has dark hair tied in a bun and is wearing a colorful patterned sarong. The background is a bright, sandy beach.

## DETOX PROGRAMS BY *Natural Wing*

BATHE IN THE SUN AND SEAWATER AS YOU RENEW YOURSELF ON THE ISLAND OF KOH SAMUI, A PARADISE IN THE GULF OF THAILAND. REVITALIZE YOURSELF, SOAK UP SOME POSITIVE VIBES AND ENJOY YOUR TIME SURROUNDED BY THE OCEAN WITH A VARIED THERAPY PROGRAM. ENJOY A MENU OF CREATIVE, HEALTHY DISHES THAT UTILIZE THE FRESHEST OF INGREDIENTS FROM BOTH THE SEA AND LOCAL FIELDS. REPLENISH YOUR HEALTH BOTH INSIDE AND OUT AND RESTORE BALANCE WITH THIS TOP WELLNESS TRIP.



## WELLNESS

### *Treatment and Therapy*



### **SAMUI COCONUT AND HERBAL BODY SCRUB AT NATURAL WING**

Pamper your skin and relieve stress with a body scrub that delicately infuses the aroma of fresh coconut with local Samui herbs. This recipe helps remove dead skin cells and stimulate blood circulation to reveal clear, soft, and pleasant skin – just like the images you see in cosmetic advertisements.



### **LEARN THE FOUNDATIONS OF MUAY THAI AT V WIN GYM KOH SAMUI**

Take up some physical exercise during your holiday. Have fun and get healthy as you learn the foundations of Muay Thai, the movements, and the combination of punches, kicks, elbows, and knees. Develop strength in all the muscle groups as you pick up some self-defense techniques.

### **THERAPEUTIC MASSAGE AND BODY RESTORATION BASED ON THE TEN MAJOR LINES OF TRADITIONAL THAI MASSAGE**

Relieve aches and pains through therapeutic massage and body restoration by expert therapists, based on the 10 major lines of traditional Thai massage. Treat yourself to a deep friction massage that relaxes the muscles, stimulates blood flow, and helps reduce aches and pains.





## WELLNESS *Treatment and Therapy*



### CREATIVE COCONUT COMMUNITY TOURISM

Immerse in the way of life of villagers at the Creative Coconut Community and discover the unique and distinct features of Samui coconuts. Learn about coconut cultivation, harvesting and processing, and gain a better understanding of the co-existence between people, monkeys, and coconuts on Samui Island.

## WELLNESS *Menu*



### DETOX MENU – GETTING RID OF TOXINS THROUGH NATURAL HERBS

Savor a healthy menu prepared from select natural ingredients that are rich in nutrients and great for the body. Enjoy good health with a menu of leafy salads, papaya salad, herbal and floral springrolls, steamed fish, mushroom soup, and red rice.



Credit: wongnai.com\_christy



Credit: wongnai.com\_christy

### EXPERIENCE THAI CUISINE IN THE STYLE OF BAAN SUAN LOONG KAI SAMUI

Savor the local and authentic tastes of Thailand at a chef's table tucked away in a coconut orchard. Quality ingredients and local ingredients are creatively infused into exquisite dishes such as fried white pomfret, fresh oysters, crab claws, and sweet squids.



## WELLNESS *Night*



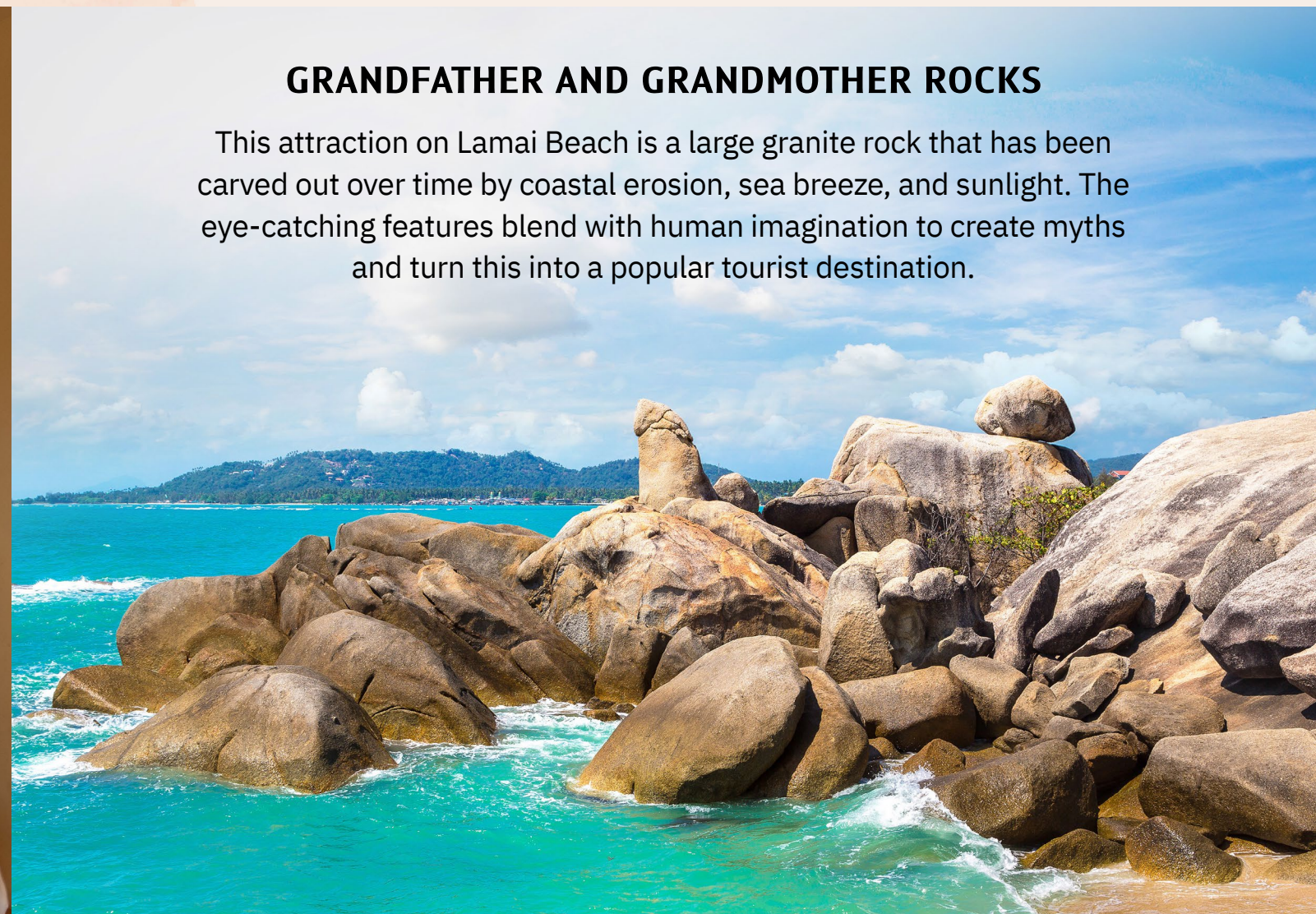
### NATURAL WING HEALTH SPA & RESORT

Experience a perfect getaway in a truly pristine natural environment. Relax to a spa treatment and a holistic therapy that will leave you feeling transformed and renewed, savor a delectable fusion food menu, and enjoy the array of activities available.

## NEARBY *Attraction*

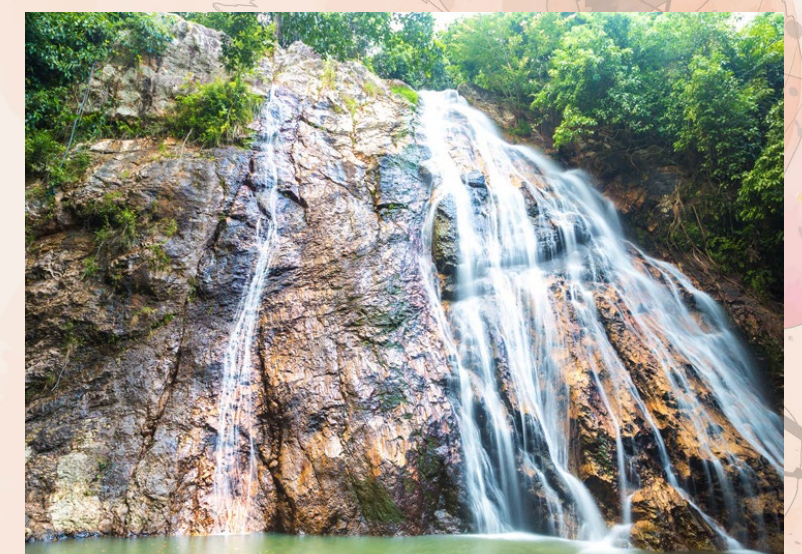
### GRANDFATHER AND GRANDMOTHER ROCKS

This attraction on Lamai Beach is a large granite rock that has been carved out over time by coastal erosion, sea breeze, and sunlight. The eye-catching features blend with human imagination to create myths and turn this into a popular tourist destination.



### NA MUANG WATERFALL

This beautiful waterfall, nestled between the villagers' coconut orchards and fruit orchards, originates from a mountain surrounded by water. With a height of 30-40 meters, a width of 20 meters, and covering approximately 10 rai, the waterfall is most spectacular during the rainy season.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive at Koh Samui, Suratthani
- Check-in at Natural Wing Health Spa & Resort
- Introducing a personalized spa package that offers uniquely Thai massage, oil massage, and facial massage by skilled therapists for a meaningful wellness experience

### EVENING

- Dinner with Koh Samui's most famous healthy dishes, such as spicy Thai green papaya salad, spring rolls, Thai hot and sour soup, and a variety of Thai dishes
- Drink a detoxifying drink from natural herbs mixed with a variety of vegetables to effectively nourish the intestinal system

## DAY 2

### MORNING

- Learn the basics of Muay Thai at V Win Gym to build strength and excitement, challenge yourself, and have fun during your perfect getaway
- Visit the Creative Coconut Community, learn how to grow, harvest, and process coconuts, a renowned product by the Samui locals

### AFTERNOON

- Lunch with a Thai cuisine experience in the style of Baan Suan Lung Khai Samui, taste authentic cuisine at a Chef's Table together with local coconut dishes
- Body scrub with fresh coconut and Samui herbs: a combination of local ingredients to elevate the massage experience that uniquely removes dead skin cells to restore beauty

### EVENING

- Dinner with Koh Samui's famous healthy dishes, such as steamed Thai sea fish or Southern Thai spicy rice salad



## DAY 3

### MORNING

- Take a tour to admire the beauty of Koh Samui, sightsee Grandfather and Grandmother Rocks (Hin Ta Hin Yai), and study the natural trails of Na Muang waterfall

### AFTERNOON

- Lunch and bon voyage

## PRICE

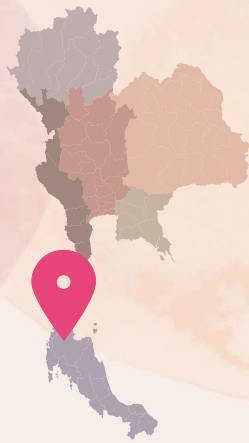
**Starting at: 49,000 THB/person**  
**Duration: 3 days 2 nights**

\* Prices are subject to change  
 For more information, please contact  
 Natural Wing Health Spa and Resort  
 Tel: (+66) 7760 2111



# DETOX PROGRAMS BY NATURAL WING

## Directory



### BAAN SUAN LOONG KHAI

📍 4170 Taling Ngam Sub-District,  
Koh Samui District, Surat Thani  
☎ (+66) 8 3984 5629

### GRAND FATHER AND MOTHER ROCKS

📍 Moo 3, Maret Sub-District,  
Koh Samui District, Surat Thani

### NA MUANG WATERFALL

📍 Na Mueang Sub-District,  
Koh Samui District, Surat Thani

### NATURAL WING HEALTH SPA & RESORT

📍 11/5 Moo 6, Mae Nam Sub-District,  
Koh Samui District, Surat Thani  
☎ (+66) 7760 2111, (+66) 8 1968 2796  
🌐 [naturalwing.com](http://naturalwing.com)  
📍 Natural Wing Health Spa & Resort Samui  
📷 [naturalwing.samui](https://www.instagram.com/naturalwing.samui)





# *Longevity* PROGRAM

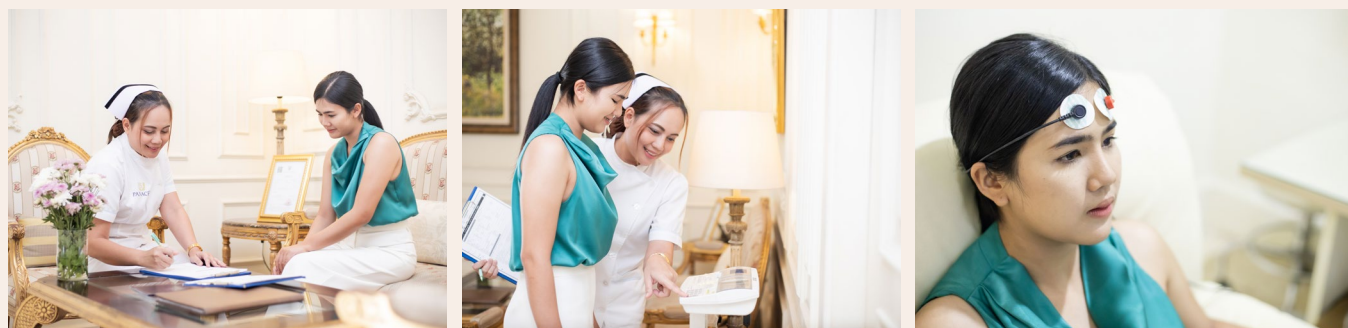
RESTORE BALANCE AND REGAIN YOUTHFULNESS WITH A REJUVENATION PROGRAM THAT GOES DEEP TO THE CELLULAR LEVEL. ANTI-AGING PATHOLOGY IS PUT INTO PRACTICE AT PANACEE WELLNESS KHAO YAI AS PART OF THEIR REVITALIZATION PROGRAM WHICH REPAIRS DAMAGE AT THE DNA LEVEL FOR LONG-LASTING RESULTS AND PROTECTION AGAINST DISEASES AND SICKNESS.





# WELLNESS

## Treatment and Therapy



### A COMPREHENSIVE HEALTH CHECK-UP PROGRAM WITH STATE-OF-THE-ART MEDICAL TECHNOLOGY

In this comprehensive health check-up program, our state-of-the-art medical technology can quickly provide a detailed and accurate evaluation of your health condition as well as any risks for illness – a sustainable way to stay strong and healthy.

### GET YOUR BLOOD EXAMINATION AT THE LAB

A blood test at the lab helps to evaluate your health conditions and gives an accurate indication on the functioning of your organs. By identifying risk factors and the possibility for illness based on your profile, your doctor can prescribe the right treatment.



### HYPERBARIC OXYGEN THERAPY

Breathing oxygen at a high pressure promotes blood flow to organs that have been starved. This alleviates oxygen deprivation and replenishes the brain and nerves, improves white blood cell function, fights infections, and stimulates wound healing.

### FEEDING VITAMIN C FOR BETTER DEFENSE AGAINST FOREIGN SUBSTANCES AND PATHOGENS

The right dose of concentrated vitamin C through IV Drip can help boost your immunity, restore clear skin, and reduce allergies. This therapy helps the body defend against foreign substances and viruses and get rid of cells that may become cancerous.





# WELLNESS

## *Treatment and Therapy*



### BOOSTING WHITE BLOOD CELL PRODUCTION TO ENHANCE THE IMMUNE SYSTEM AND PREVENT ILLNESS

Boosting white blood cell production to its optimal level can enhance the immune system, which helps the body fight against viruses and flush out toxins. This treatment helps relieve fatigue, build immunity, and promote better health.

### NOURISH THE BODY WITH RESTORATIVE NUTRIENTS

IV Therapy, or intravenous vitamin therapy, is a health secret whereby restorative nutrients pass directly into the bloodstream to efficiently replenish the body. The multiple vitamins and minerals nourish the body to achieve quick and visible results.



### STRENGTHEN YOUR BODY FROM THE CELLULAR LEVEL

Enhance your immunity at the cellular level with an Immunity Booster. Using an intravenous drip technique or IV drip, vitamins are fed directly to the veins to strengthen your line of defense and promote quick and efficient restoration.



### A RELAXATION MASSAGE IN THE THAI TRADITION (60 MINUTES)

Among the various traditional Thai medicine practices, Thai massage is a therapy that helps relieve body aches and pains, reduce stress and headaches, improve muscle flexibility, and stimulate blood circulation. This treatment will leave you feeling renewed.

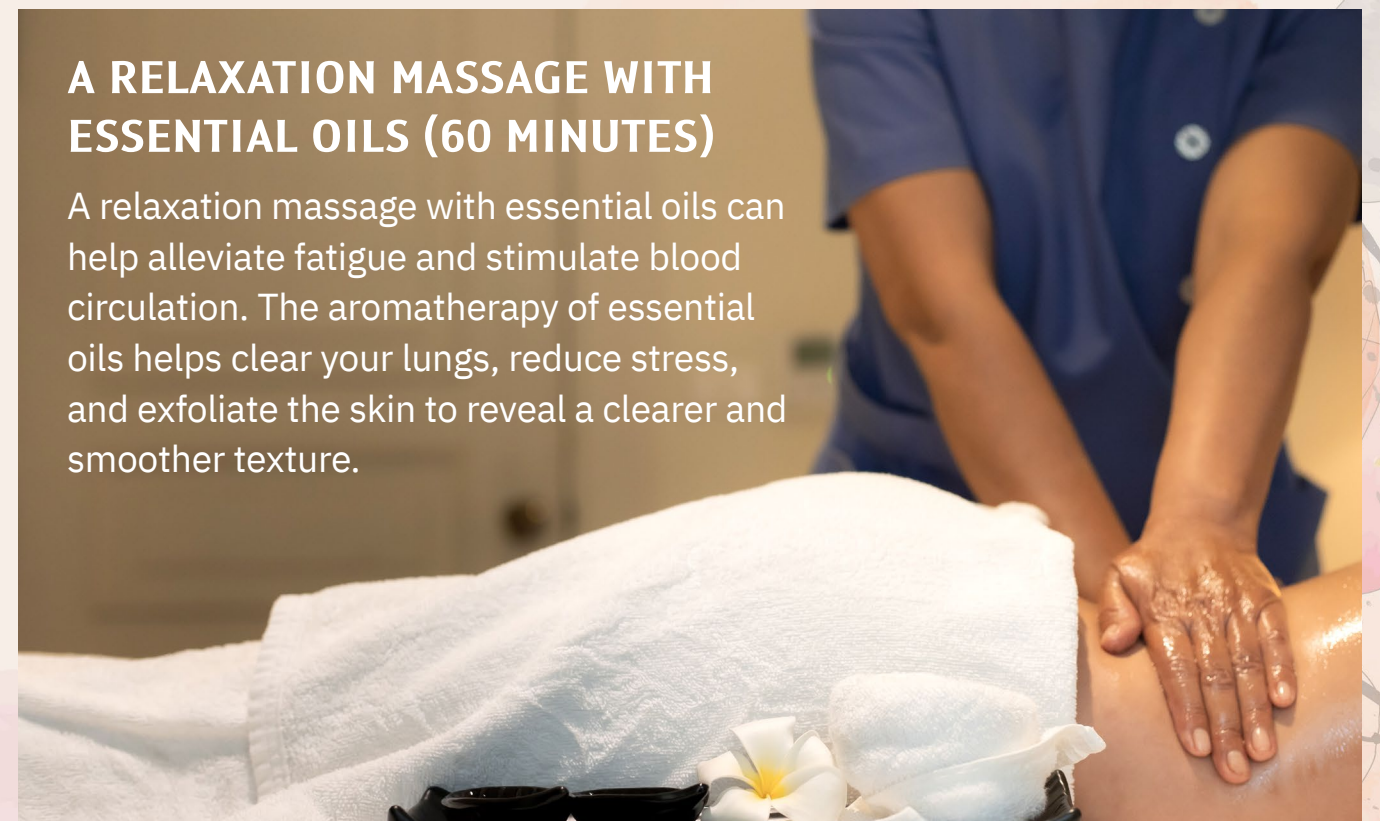
### BOOSTING IMMUNITY AT THE CELLULAR LEVEL TO MINIMIZE THE RISK OF INFECTIONS OR SEVERITY OF SYMPTOMS

Feed vitamin D directly into the veins – IV Drip – to boost immunity at the cellular level and minimize the risks of infections or the severity of symptoms. This treatment delays cellular deterioration and helps retain the ability to fight against viruses.



### A RELAXATION MASSAGE WITH ESSENTIAL OILS (60 MINUTES)

A relaxation massage with essential oils can help alleviate fatigue and stimulate blood circulation. The aromatherapy of essential oils helps clear your lungs, reduce stress, and exfoliate the skin to reveal a clearer and smoother texture.





## WELLNESS *Treatment and Therapy*



### HEALTH ACTIVITIES OUT IN NATURE

Take a deep breath of fresh air and partake in activities on a spot that ranks among the best in the world for its air quality. Revel in the natural beauty of the mountains and the greenery as you turn your holiday into a moment of relaxation and wellness.

### INFRARED SAUNA (30 MINUTES)

Try this innovation that simultaneously improves your health and skin. The treatment stimulates metabolism, blood circulation, and detoxification, thereby helping you lose weight, relieve pains, loosen the muscles, reduce stress, and revive your skin.



## WELLNESS *Menu*

**CLAYPOT RICE AND CEREAL, CHICKEN BREAST SALAD ROLL, MUSHROOM CHILI PASTE, AND AVOCADO EGG TOAST**



Enjoy a wholesome meal prepared to the recipe of food as medicine. All 4 menu options offer plenty of vegetables, herbs, vitamins, and minerals that promote a healthy body and help boost the immune system.



## WELLNESS *Night*



### PANACEE WELLNESS KHAO YAI

Experience a wellness getaway at Thailand's first wellness resort right in the hills amidst the lushness of the Khao Yai Forest Complex, a UNESCO World Heritage site. Fill your lungs with fresh air at a location that ranks among the best in the world for its air quality, sleep in a premium room, and enjoy the superior services that are the hallmark of Movenpick Resort.

## NEARBY *Attraction*



### KHAO YAI NATIONAL PARK

The forests of Khao Yai boast a natural abundance and a rich biodiversity. This large ecosystem and important wildlife habitat is internationally recognized as a UNESCO World Heritage Site and an ASEAN Heritage Park.





## NEARBY *Attraction*



### PB VALLEY WINERY

Discover a vineyard on the pristine hills outside Khao Yai National Park. Open all year, you can visit the cellars and partake in activities offered on the production site of PB Valley Estate, a Thai wine that has earned international awards over the years. (Grape harvest period is October. Please book at least 1-2 weeks in advance.)

### THE WINDMILLS OF KHAO YAI THIENG

The largest windmill farm in Thailand, this electricity-generating facility near Lam Takhong Power Station is a landmark of Nakhon Ratchasima and a popular tourist attraction. Rent a bike to ride along the magnificent windmills and snap some beautiful pictures.



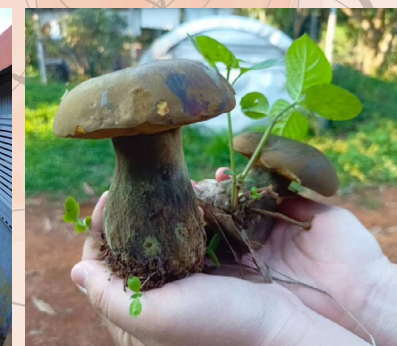
### LUANG PU TUAD KHAO YAI

Witness the world's largest Luang Pu Tuad statue at the Luang Pu Tuad Buddhist Park. Standing 59-meters high and 40-meters wide, this statue shines in the beautiful grasslands and instills faith in visitors. Open for visit and worship every day.



### KHAO YAI PANORAMA FARM

At this mushroom farm and eco-tourism destination, visitors and families partake in activities along the foothill entry of Khao Yai National Park. See the cultivation of diverse mushrooms, enjoy the mushroom dishes, and shop for mushroom-based products.





## NEARBY *Restaurant / Cafe*



### THE BIRDER'S LODGE

Out in the grasslands of Khao Yai, the Birder's Lodge is a little resort offering modern living in the middle of nature. Stay in a wood cabin, enjoy a cup of coffee in a European garden, and shop for organic produce at a farmers' market inside a barnhouse.



### PENLAOS

Recommended by the Michelin Guide 2023, this popular Isaan restaurant attracts visitors with a chic décor and dishes spiced with seasonings made in-house. Highlights include Luang Prabang papaya salad, stinky trio papaya salad, and 3-mushroom Lao curry.



### THE CHOCOLATE FACTORY

A chocolate lovers' paradise, this café will delight you with homemade treats in an airy and cozy atmosphere with Instagrammable corners. You can also enjoy distinct western and Thai dishes, pastries, and a diverse selection of drinks.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive at Khao Yai, a city surrounded by nature and mountains in Nakhon Ratchasima
- Check-in at Mövenpick Resort Khao Yai
- Relaxing massage with essential oils to reduce tension, balance the body, and stimulate blood circulation

### EVENING

- Dinner and healthy activities in a natural atmosphere surrounded by mountains and the world's top air quality



## DAY 2

### MORNING

- Comprehensive health check-up program using modern medical technology for rapid and accurate assessment, including laboratory blood test and analysis by Panacee Wellness Khaoyai



### AFTERNOON

- Healthy lunch prepared by skilled chefs
- Supplement your body with specific vitamins, such as Megadose VitC to help fight against free radicals, Myer's Cocktail vitamins to restore a healthy body, Ozone Therapy to stimulate white blood cell production and boost immunity, NAD+ IV 250mg to increase energy for cells inside the body, and VitD Injection to stimulate cellular immunity and reduce the risk of infection

### EVENING

- Dinner and healthy activities in a natural atmosphere surrounded by mountains and the world's top air quality





### DAY 3

#### MORNING

- Breakfast and travel to sightsee the beauty of Khao Yai National Park
- Pay respect to Luang Pu Thuad Khao Yai, one of the most beautiful landmarks in the midst of nature

#### AFTERNOON

- Lunch at Khao Yai's famous restaurants, such as The Birder's Lodge or The Chocolate Factory, taste fusion food and excellent steaks from Khao Yai
- Learn about agriculture and life bound to nature at Khao Yai Panorama farm

#### EVENING

- Enjoy evening sceneries at Khao Yai Thiang viewpoint, sightsee the windmills of Isaan
- Authentic Isaan dinner at Pen Lao Restaurant or sip evening wine at PB Valley, Khao Yai's attractive vineyard

### DAY 4

#### MORNING

- Breakfast
- Infrared sauna to improve blood circulation, stimulate the sweat glands to flush out toxins accumulated in the body, which are eliminated by the liver and intestines, detoxifying the body. Improve your metabolism, burn fat, and control your weight while also relaxing the muscles and reducing tension.
- Relaxing massage with Thai science to reduce muscle pain and relieve tension

#### AFTERNOON

- Lunch and bon voyage

### PRICE

**Starting at: 69,900 THB/person  
99,000 THB/couple**

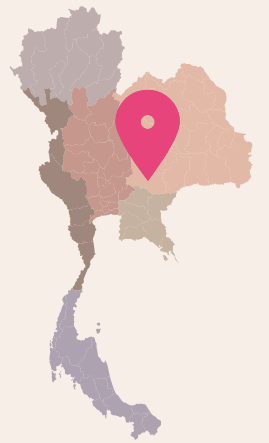
**Duration: 4 days 3 nights**

\* Prices are subject to change  
For more information, please contact  
Panacee Wellness Khao Yai  
Tel: (+66) 4400 9114



# LONGEVITY PROGRAM

## Directory



### KHAO YAI NATIONAL PARK

- 📍 Moo Si Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 8 6092 6529

### KHAO YAI THIENG ELECTRIC WIND TURBINE

- 📍 Khlong Phai Sub-District, Sikhio District, Nakhon Ratchasima

### KHAOYAI PANORAMA FARM

- 📍 297 Moo 6, Thanarat Rd, Nong Nam Daeng Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 4475 6234
- 📍 Khaoyai Panorama Farm

### LUANG PU TUAD KHAO YAI

- 📍 118 Thanarat Rd, Mu Si Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 8 2257 0126

### PANACEE WELLNESS KHAO YAI

- 📍 334 Moo 6, Wang Sai Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 4400 9114, (+66) 8 8022 7677
- 📍 Panacee Wellness Khaoyai
- 📍 @panacee.kaoyai

### PB VALLEY

- 📍 102 Moo 5, Phaya Yen Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 8 5481 1741
- 📍 www.pbvalley.com
- 📍 PB Valley

### PENLAOS

- 📍 56 Moo 17, Thanarat Rd, Moo Si Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 8 3461 3666
- 📍 Penlaos

### THE BIRDER'S LODGE

- 📍 282 Moo 10, Moo Si Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 4400 2306
- 📍 www.thebirderslodge.com
- 📍 The Birder's Lodge

### THE CHOCOLATE FACTORY

- 📍 352 Moo 2, Moo Si Sub-District, Pak Chong District, Nakhon Ratchasima
- ☎ (+66) 9 2443 8881
- 📍 www.thechocolatefactorythailand.com
- 📍 The Chocolate Factory Thailand







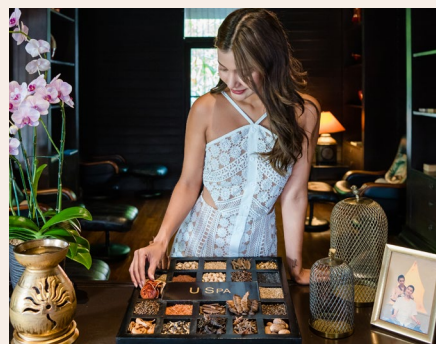
# THE POWER OF U

LET GO OF NEGATIVE THOUGHTS, LET YOUR SPIRIT FLY FREE AND EMBRACE A HIGHER QUALITY OF LIFE AS YOU TREAT YOURSELF AT U SPA WITH A COMBINATION OF WELLNESS TOURISM AMIDST THE BEAUTY OF ANCIENT LANNA. FEEL THE AUTHENTIC NORTHERN VIBES OF CHIANG MAI, A CITY THAT IS CENTERED AROUND WELLNESS AND HEALING.



## WELLNESS

### *Treatment and Therapy*



#### THE ART OF THERAPY AT U SPA (90 MINUTES)

Relax the body and mind with U Spa's art of therapy, where professional therapists employ a combination of massage techniques. Relax in private Lanna-inspired spa rooms - housed in a former governor's residence - amidst the beauty of Chiang Mai.



#### MAKING MULBERRY PAPER FROM NATURAL MATERIALS

Visit the mulberry paper making community of Baan Ton Pao in the San Kamphaeng District of Chiang Mai. Learn the local ways of life through this colorful paper, understand its history, and join a workshop on sustainable mulberry paper making.

#### BATHE IN THE WOODS IN THE MIST OF DOI SUTHEP – DOI PUI

Refresh and re-energize as you walk through nature amidst the beauty of Doi Suthep with a professional guide. Check out the pine trees and diverse plants; revel in the fragrance of the soil, forest, and waterfall; and stop at the viewpoint to marvel at the impressive cloud of mist.





# WELLNESS

## Treatment and Therapy



### NORTHERN-STYLE HERBAL COMPRESS MASSAGE

Relieve body aches and mental stress through an herbal compress massage in the traditional Lanna style. This practice in Thai medicine relieves pain and induces relaxation through the aromas of herbs, such as Cassumunar ginger, turmeric, camphor, lemongrass, and kaffir lime.

# WELLNESS

## Menu



### KHANTOK IN CHIANG MAI

Savor authentic Northern flavors at EAT where you can enjoy a Khantok set for 2 (a set menu served on a small table). Recommended dishes include Khanom Chin Nam Ngiao (a noodle curry), Sai Ua (Northern sausage), pork crackling, Hang Le curry, Nam Prik Ong (tomato-based chili dip), Nam Prik Noom (green chili dip), fresh vegetables and sticky rice.



## WELLNESS *Menu*



### 5-COLOR RICE (CHIANG MAI SPICY HERBAL RICE SALAD)

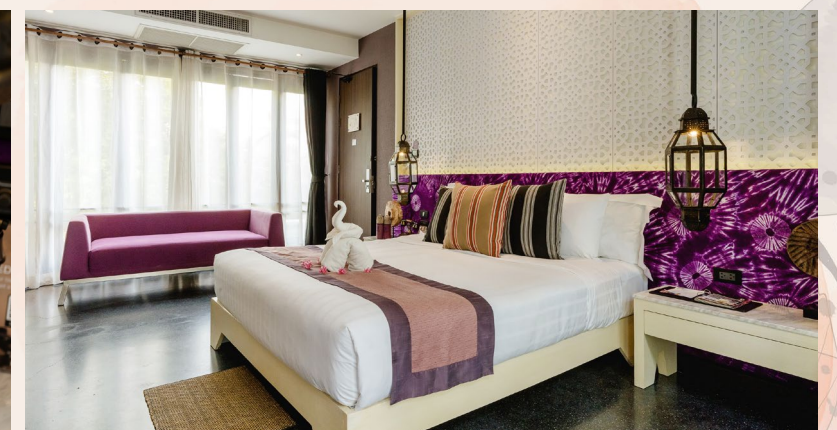
This Northern fusion health restaurant offers a menu that focuses on rice and uses only pesticide-free ingredients. The most popular dish is the nutritious 5-Color Rice: a combination of jasmine rice, rice berry, red cargo rice, pea flower rice, and safflower rice.



### KHAO SOI LAMDUAN FAHAM

Khao Soi Lamduan or Khao Soi Lamduan Faham is a legendary restaurant and an institution of Chiang Mai. For over 80 years, it has perfected a rich coconut-based curry to go with some pickled vegetables, shallots, toasted chilies, and fresh lime. No additional seasoning needed!

## WELLNESS *Night*



### U CHIANG MAI HOTEL

This luxurious boutique hotel, located right in the Tha Phae Gate district, blends contemporary Thai designs with the centuries old Lanna style. Enjoy our 24-hour services and, for the first time, you get to decide when and where you have your breakfast.



## NEARBY *Attraction*



Credit: cbtthailand.dasta.or.th

### WAT PHRA THAT DOI KHAM

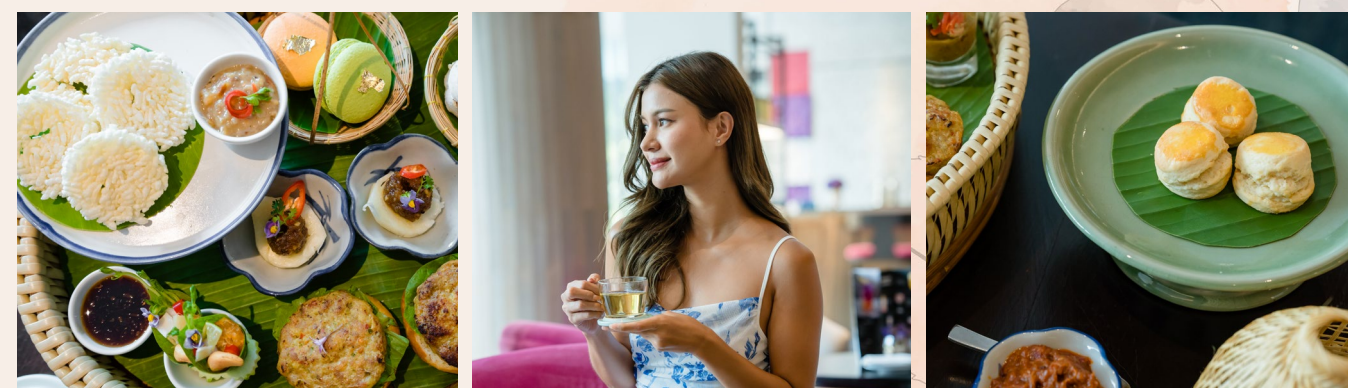
Dating back over 1,300 years, this temple houses a pagoda that contains the Buddha's relics and a Phra Chao Tan Jai image (a Buddha image built within a day) dating back over 500 years, making it a popular destination for tourists who come to pray for fortune and prosperity. The location also offers a stunning panorama of Chiang Mai.

### MAE SA ELEPHANT CAMP

Experience the life of an elephant keeper at Mae Sa Elephant Camp, the biggest camp in the North and a center for aging elephants. Try riding, training, and bathing an elephant, then see a performance by elephants and join them for some activities.



## NEARBY *Restaurant / Cafe*



### AFTERNOON TEA @ U NIMMAN

Take an afternoon break in a relaxed ambience and shake off that fatigue from the journey with a tea set. Enjoy a combination of pastries and tea/coffee at a place of your choice, whether it be the lobby, the lounge, Eat@Rincome restaurant, or in your own room.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive in Chiang Mai, check-in at U Chiang Mai Hotel or U Nimman Chiang Mai Hotel
- Relax with U Miracle Massage spa program, the science of U Spa Therapy, that integrates Thai massage and aroma massage programs according to individual needs

### EVENING

- Khantoke Dinner at EAT & DRINK U CHIANG MAI



## DAY 2

### MORNING

- Breakfast and travel to the misty and foggy forest of Doi Suthep and Doi Pui for a peaceful getaway close to nature
- Learn how to make eco-friendly mulberry paper and study the lifestyle of northern communities through the beauty of colorful mulberry paper

### AFTERNOON

- Lunch with Chiang Mai Herbal Rice Salad menu at Meena Rice Based Cuisine, Chiang Mai's famous health food restaurant
- Learn how to raise the elephants and watch adorable elephants at Mae Sa Elephant Camp

### EVENING

- Dinner at Chiang Mai's famous restaurant, Khao Soi Lam Duan Fa Ham

## DAY 3

### MORNING

- Breakfast and a soothing Lanna massage with herbal compress – a traditional Thai medicine for healing injuries, aches and pains, as well as for relaxation

### AFTERNOON

- Lunch and pay respect to Wat Phra That Doi Kham, the sacred temple of Chiang Mai
- Bon voyage

## PRICE

Starting at: 17,900 THB/person

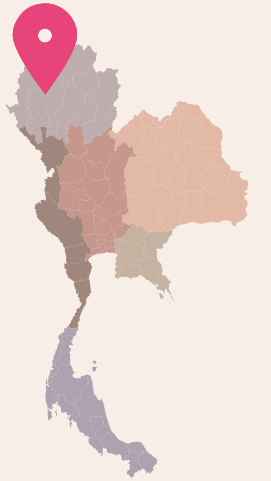
Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
U Spa Chiang Mai  
Tel: (+66) 5332 7000



# THE POWER OF U

## Directory



### AFTERNOON TEA @ U NIMMAN

📍 1 Nimman Haeminda Rd,  
Suthep Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 5200 5111  
🌐 [www.uhotelsresorts.com/  
unimmanchiangmai](http://www.uhotelsresorts.com/unimmanchiangmai)  
📍 U Nimman Chiang Mai

### DOI SUTHEP – DOI PUI

📍 Moo 9, Suthep Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

### MEENA RICE BASED CUISINE

📍 13/5 San Klang Sub-District,  
San Kamphaeng District, Chiang Mai

☎ (+66) 8 7177 0523  
📍 Meena rice based cuisine

### BAAN TON PAO

📍 18 Ton Pao Sub-District,  
San Kam Phang District, Chiang Mai

☎ (+66) 5333 9196

### KHAO SOI LAMDUAN FAHAM

📍 352/22 Charoen Rat Rd,  
Wat Ket Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 9 2795 2228

### MAE SA ELEPHANT CAMP

📍 101 Mae Raem Sub-District,  
Mae Rim District, Chiang Mai

☎ (+66) 5320 6247  
🌐 [maesaelephantcamp.com](http://maesaelephantcamp.com)  
📍 Maesa Elephant Camp

### WAT PHRA THAT DOI KHAM

📍 Moo 3, Mae Hia Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 9 9014 9666

### U SPA, CHIANG MAI

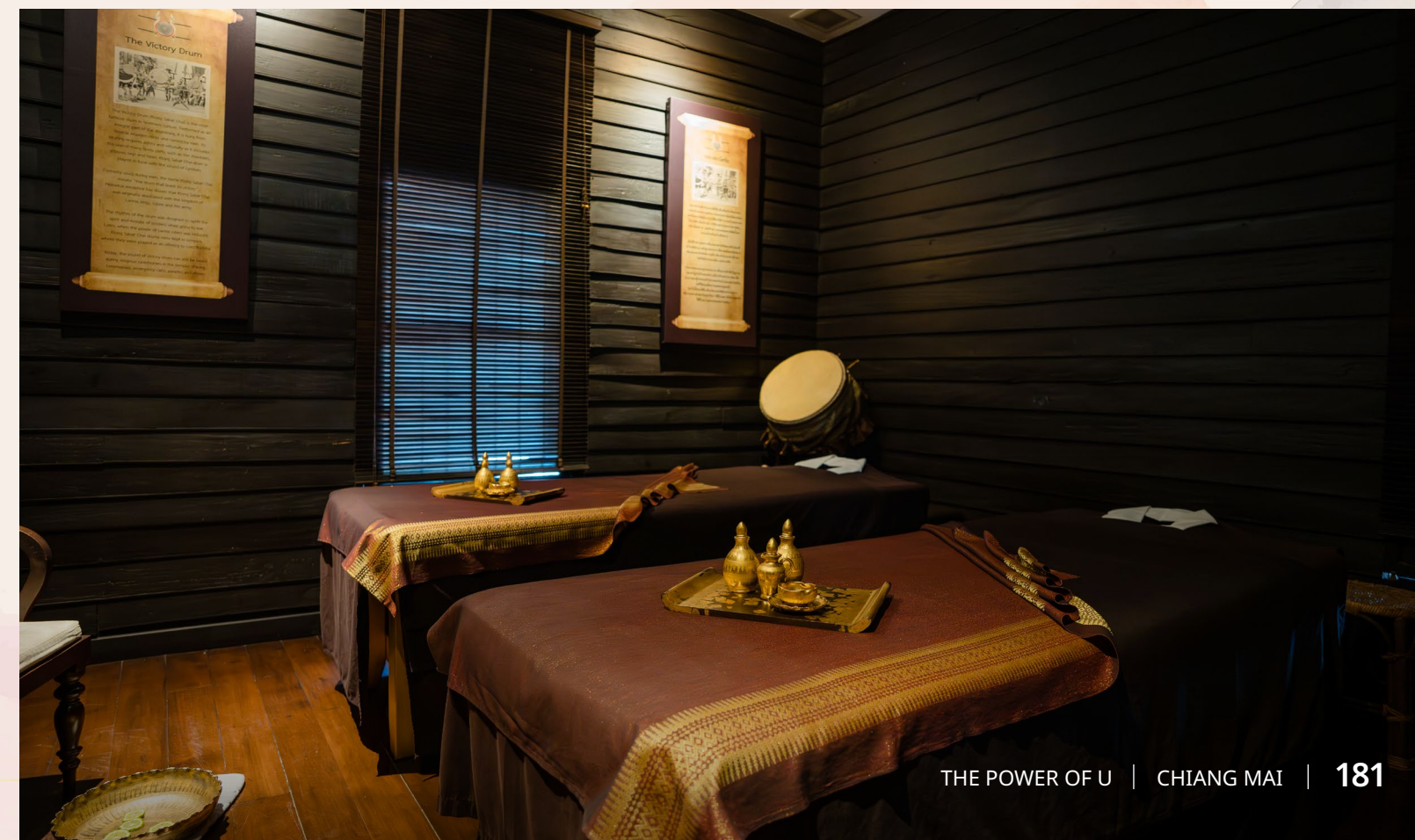
📍 70 Rachadamnoen Rd,  
Si Phum Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 5332 7000  
🌐 [www.uhotelsresorts.com/uchiangmai](http://www.uhotelsresorts.com/uchiangmai)  
📍 U Chiang Mai

### U CHIANG MAI HOTEL

📍 70 Rachadamnoen Rd,  
Si Phum Sub-District,  
Mueang Chiang Mai District,  
Chiang Mai

☎ (+66) 5332 7000  
🌐 [www.uhotelsresorts.com/uchiangmai](http://www.uhotelsresorts.com/uchiangmai)  
📍 U Chiang Mai





# THE OASIS OF *The North*

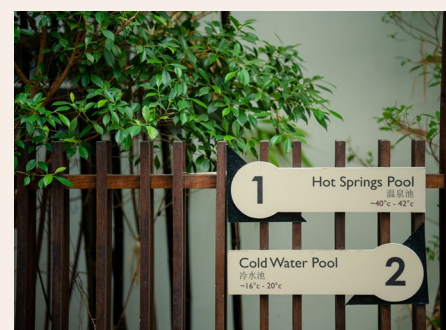
AN OASIS FOR HEALTH LOVERS, RARINJINDA WELLNESS SPA RESORT IS CHIANG MAI'S MOST MODERN AND LUXURIOUS SPA COMPLEX AND A PLACE WHERE MODERN TECHNOLOGY IS UTILIZED TO CREATE A VARIED TREATMENT PROGRAM. OUR TEAM OF EXPERT THERAPISTS IS READY TO TAKE CARE OF VISITORS AND OFFER ADVICE. THE FULL RANGE OF MAKE YOUR VISIT AN EVEN MORE COMFORTABLE ONE.





# WELLNESS

## *Treatment and Therapy*



### A WATER THERAPY FOR BETTER BLOOD CIRCULATION

Relax your body and mind with a therapy that uses water currents\* to improve your blood circulation. This helps to relieve aches and drain away the fatigue that's been accumulating from work and everyday stress.

\*similar to a jacuzzi but with stronger water currents and done in a large hydro-pool



### AROMATHERAPY MASSAGE

Experience a massage tradition that uses essential oils to relax the body and mind. The therapists will help you relieve muscle tension and stimulate blood circulation using the right oil and aroma to suit your individual preferences.



## WELLNESS

### *Treatment and Therapy*



#### SHIRODHARA

Passed down over the course of history, Shirodhara is an ancient Indian Ayurvedic tradition designed to help flush out toxins from the body, relieve stress and mental fatigue, restore inner balance and improve the quality of sleep.



#### HOT AND COLD STONE THERAPY

Discover natural therapy with an advanced massage technique to relax the mind and stimulate the muscles. Hot stones help reduce pain and relieve muscle tension while cold stones help reduce inflammation and swelling as well as tone the muscles.

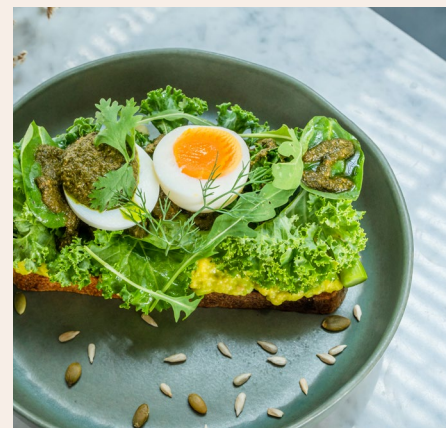
#### REBALANCE YOUR BODY FROM THE INSIDE-OUT

Try a new approach to wellness by restoring your health from the inside-out. This holistic therapy aims to rid the mind of stress and enhance the functioning of cells and organs so you can remain healthy in the long run.





## WELLNESS *Menu*



### EAT WELL AND HEALTHY

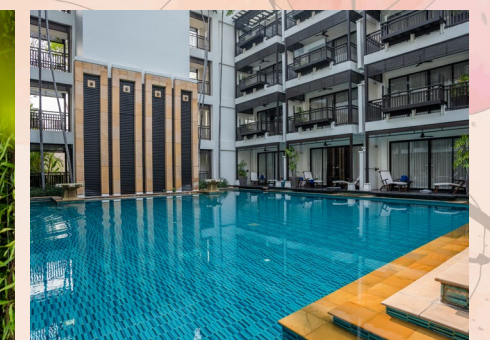
Eat well and feel healthy with a menu focusing on the use of fresh local ingredients to create a fusion cuisine. The restaurant's mastery of flavors translates into signature dishes like herbal fried rice with lemongrass prawns, grilled seabass with Thai mango salsa, and spaghetti with Northern Thai herbal sausage.

## WELLNESS *Night*



### RARINJINDA WELLNESS SPA & RESORT CHIANG MAI

RarinJinda brings you the newest spa technologies in combination with traditional know-how in Thai massage and Thai herbal treatments. Specialists in Thai medicine will also provide tailored advice for your health and nutrition.



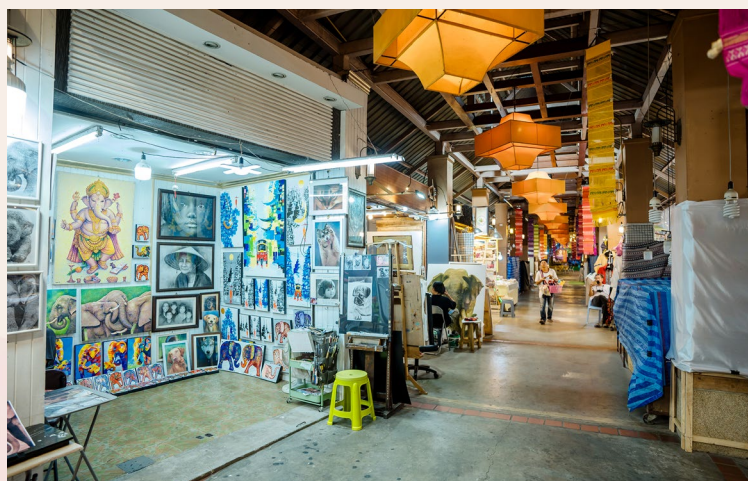


## NEARBY *Attraction*



### WAT KET

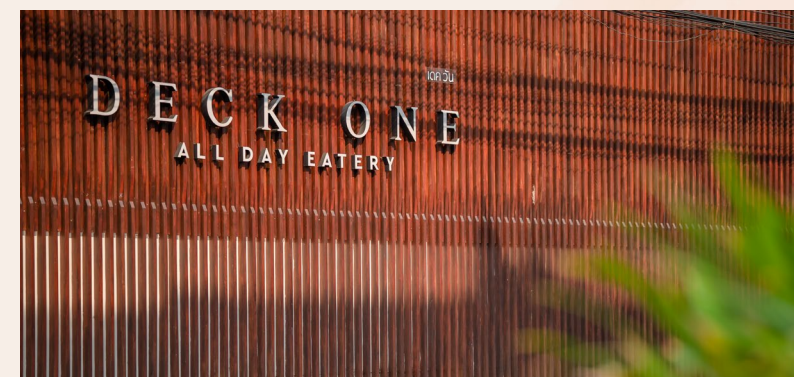
Wat Ket, or Wat Ketkaram or Wat Saket is an old temple on the east bank of the Ping River. With a long history, it is the most important temple in the district. Among its highlights is the Chedi Ket Kaew Chulamani (a pagoda containing the hair relics of the Buddha), a relic for people born in the zodiac year of the dog.



### CHIANG MAI NIGHT BAZAAR

Right in the heart of Chiang Mai, this district will amuse you with its diverse attractions from a quiet old temple to the charming old town and its street food to a night market with unique arts, handicrafts, fashion, and even massage.

## NEARBY *Restaurant / Cafe*



Credit: wongnai.com

### DECK ONE

Have a meal at a modern restaurant under the shade of a century-old tree next to the Ping River. Choose either indoor or outdoor seating and get a taste of both Thai and international fusion food in a romantic evening ambiance with live music.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Arrive in Chiang Mai, check-in at Rarinjinda Wellness Spa Resort Chiang Mai



### EVENING

- Relax your body with Rarinjinda onsen, a water therapy to increase blood circulation and relieve the cumulative pains and fatigue from your daily routines
- Shirodhara massage therapy, a purifying and rejuvenating therapy designed to eliminate toxins and mental exhaustion and improve sleep quality
- Dinner with grilled snapper served with mashed potatoes with mango salsa



## DAY 2

### MORNING

- Breakfast, enjoy hot and cold stone therapy, an advanced massage technique using heat therapy in conjunction with cold treatment. The hot stone helps relieve aches and pains, while the cold stone helps reduce inflammation, pain, and swelling.
- Deep relaxation with a masterful aromatherapy massage

### AFTERNOON

- Lunch with herb-fried rice and grilled marinated prawn with lemongrass, and spaghetti with Thai spicy sausage
- Sightsee the beauty of Wat Ket, an important Buddhist landmark of Chiang Mai, and pay respect to the sacred site

### EVENING

- Dinner and relax at Deck One, a cafe with great vibes
- Shop and enjoy the urban lifestyle at Chiang Mai Night Bazaar

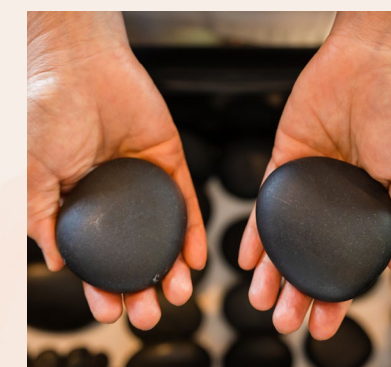
## DAY 3

### MORNING

- Breakfast before joining the intensive care with the Element of Life Program to balance the body from the inside out and treat all parts of the body, relieve fatigue, and create inner peace to get a good rest

### AFTERNOON

- Lunch and bon voyage



## PRICE

Starting at: **33,000 THB/person**  
(2 persons or more)

Duration: **3 days 2 nights**

\* Prices are subject to change  
For more information, please contact  
RarinJinda Wellness Spa & Resort  
Chiang Mai  
Tel: (+66) 5330 3030



# THE OASIS OF THE NORTH

## Directory



### CHIANG MAI NIGHT BAZAAR

📍 Chang Klan Rd, Chang Moi Sub-District,  
Mueang Chiang Mai District, Chiang Mai

### DECK ONE

📍 114 Charoen Rat Rd, Chang Moi Sub-District,  
Mueang Chiang Mai District, Chiang Mai

☎ (+66) 5330 2788

📍 Deck One

### RARINJINDA WELLNESS SPA AND RESORT

📍 14 Charoen Rat Rd, Wat Ket Sub-District,  
Mueang District, Chiang Mai

☎ (+66) 5330 3030

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

📍 RarinJinda Wellness Spa and Resort

### WAT KET

📍 96 Charoen Rat Rd, Wat Ket Sub-District,  
Mueang Chiang Mai District, Chiang Mai

☎ (+66) 5324 3550







FULFILL YOUR HAPPINESS WITH

**BANDARA SPA**

## *Rebalancing Body Massage & Flower Meal*

SPREAD SOME HAPPINESS THROUGH FLORAL BLOSSOMS AS YOU TRAVEL TO BANDARA SPA, A MODERN HEALTH CENTER THAT HARNESSSES THE HEALING PROPERTIES OF HERBS AND FLOWERS. BANDARA ALSO PRODUCES A RANGE OF SPA PRODUCTS FROM LOCAL PLANTS AND HERBS TO HELP REVIVE YOUR HEALTH, AS WELL AS OFFERING SOME WONDERFUL FLOWER-BASED DISHES.



## WELLNESS

### *Treatment and Therapy*



### A THAI MASSAGE TO BALANCE BLOOD FLOW AND PROMOTE A HEALTHY BODY

Relax and revitalize with a Thai herbal compress massage that will relieve your muscle pains. Follow up with a Cocolive oil massage to rebalance your blood flow.

### A FULL-BODY THAI MASSAGE WITH HERBS AND TRADITIONAL AROMATICS TO ALLEVIATE FATIGUE (BY A PROFESSIONAL THERAPIST)

Alleviate fatigue in serenity with a full-body Thai massage. Enhance the experience with herbs and traditional Thai aromatics.





## WELLNESS *Menu*

### EXPERIENCE AN AUTHENTIC THAI RECIPE

Delight in vegetables and fruits, starting with the Baan Lae Gaysorn pomelo salad which balances sweet and acidic flavors with crispy fish, toasted coconut, dried shrimps, flowers, and a spicy dressing. Try the savory lotus petal wraps, followed by shrimp Tom Kha – plenty of carminative herbs to help flush out toxins and boost your appetite – served with steamed organic rice.

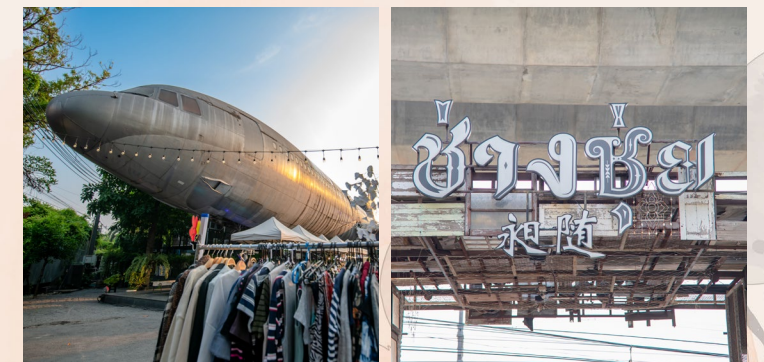


## NEARBY *Attraction*



### CHANG CHUI

A tourist attraction and an art district, this night market ranks among the World's 100 Greatest Places by TIME magazine in 2018. With the philosophy that “nothing is useless if creativity is applied”, this is a place of artistic inspiration for the new generation.

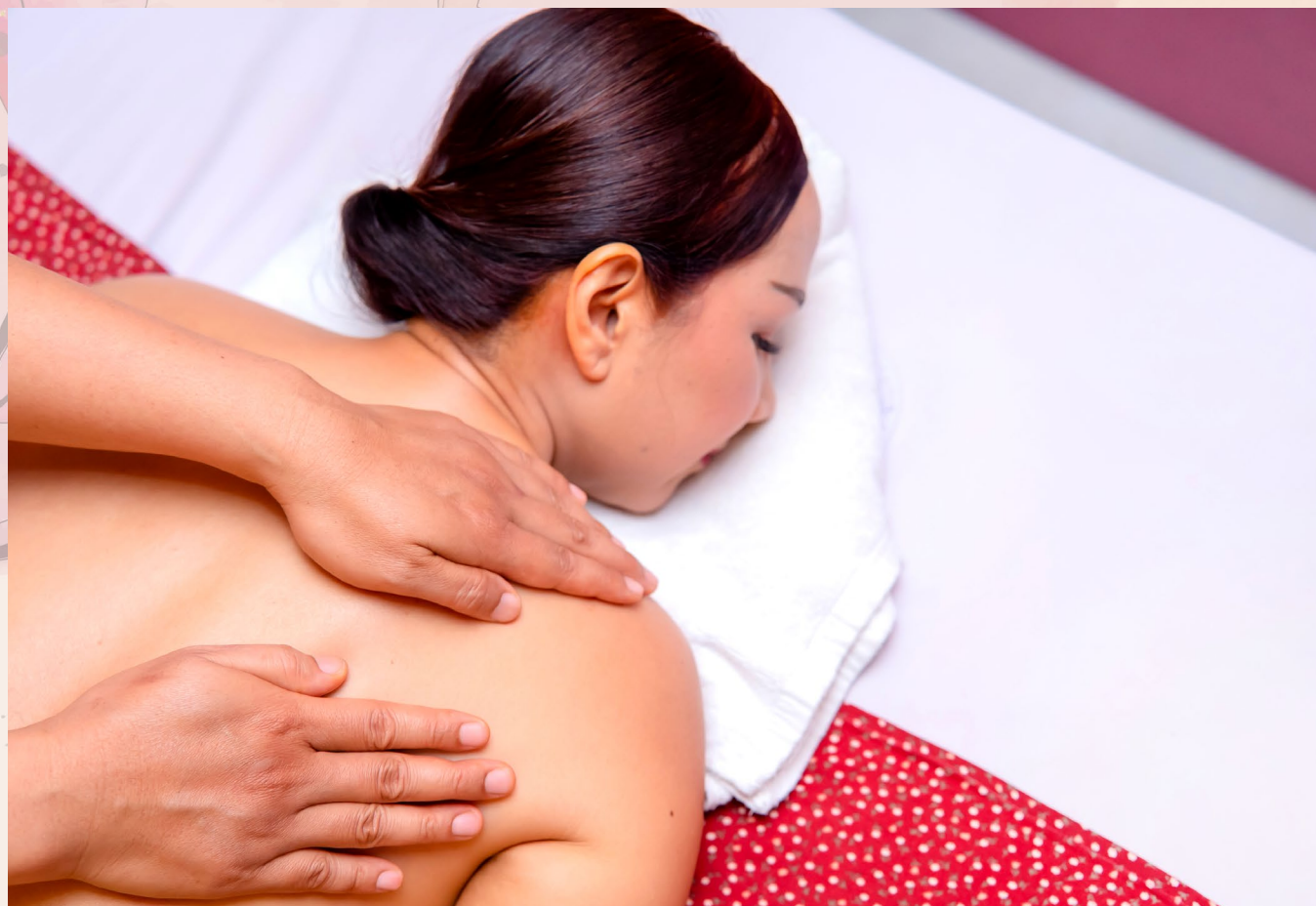


### KHLONG LAT MAYOM FLOATING MARKET

This large floating market along Khlong Lat Ta Niaw, or Khlong Lat Mayom, is a gathering for the community to sell their goods such as food, gifts, and souvenirs, in an effort to conserve the canal and preserve the Khlong Lat Mayom way of life.



# TRIP *Idea*



## MORNING

- Arrive at Bandara Spa to receive intensive healthcare
- Introduce Rebalancing Your Body by BANDARA SPA Program, a Thai massage focusing on balancing blood circulation to promote a healthy body, or BANDARA Thai Touch Full Body Massage by BANDARA SPA, a full-body Thai massage to relieve fatigue, along with the use of traditional Thai herbs and incense



## AFTERNOON

- Lunch with pomelo and pollen salad (a combination of fruit and flower that packs both health benefits and flavor), Thai prawn coconut soup, and savory leaf wraps
- Explore the local lifestyle at Khlong Lat Mayom



## EVENING

- Relax at Chang Chui, the hub of souvenir shops and restaurants. Bon voyage



## PRICE

Starting at: 7,589 THB/person

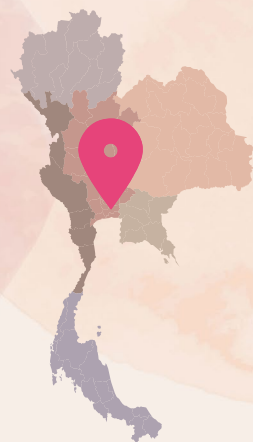
Duration: 1 days

\* Prices are subject to change  
For more information, please contact  
Bandara Spa  
Tel: (+66) 8 9212 5454



# THE OASIS OF THE NORTH

## Directory



### BANDARA SPA

- 📍 54/54 Phutthamonthon Sai 2 Rd,  
Bang Pai Sub-District, Bang Khae  
District, Bangkok
- ☎ (+66) 8 9212 5454, (+66) 2 865 3865
- 🌐 [www.bandaraspa.com](http://www.bandaraspa.com)
- 📱 Bandara Spa Page

### CHANG CHUI CREATIVE PARK

- 📍 460/8 Sirindhorn Rd, Bang Plad Sub-  
District, Bang Plad District, Bangkok
- ☎ (+66) 8 1817 2888

### KHLONG LAT MAYOM FLOATING MARKET

- 📍 30/1 Moo 15, Bang Ramat Rd,  
Bang Ramat Sub-District, Taling Chan  
District, Bangkok
- ☎ (+66) 2 422 4270





A close-up photograph of a person's back being treated with a salt scrub. A therapist's hands are visible, one holding a small white bowl of coarse salt and the other sprinkling it onto the person's skin. The person's head is turned away, showing dark hair and a red earplug. The background is softly blurred, showing white linens.

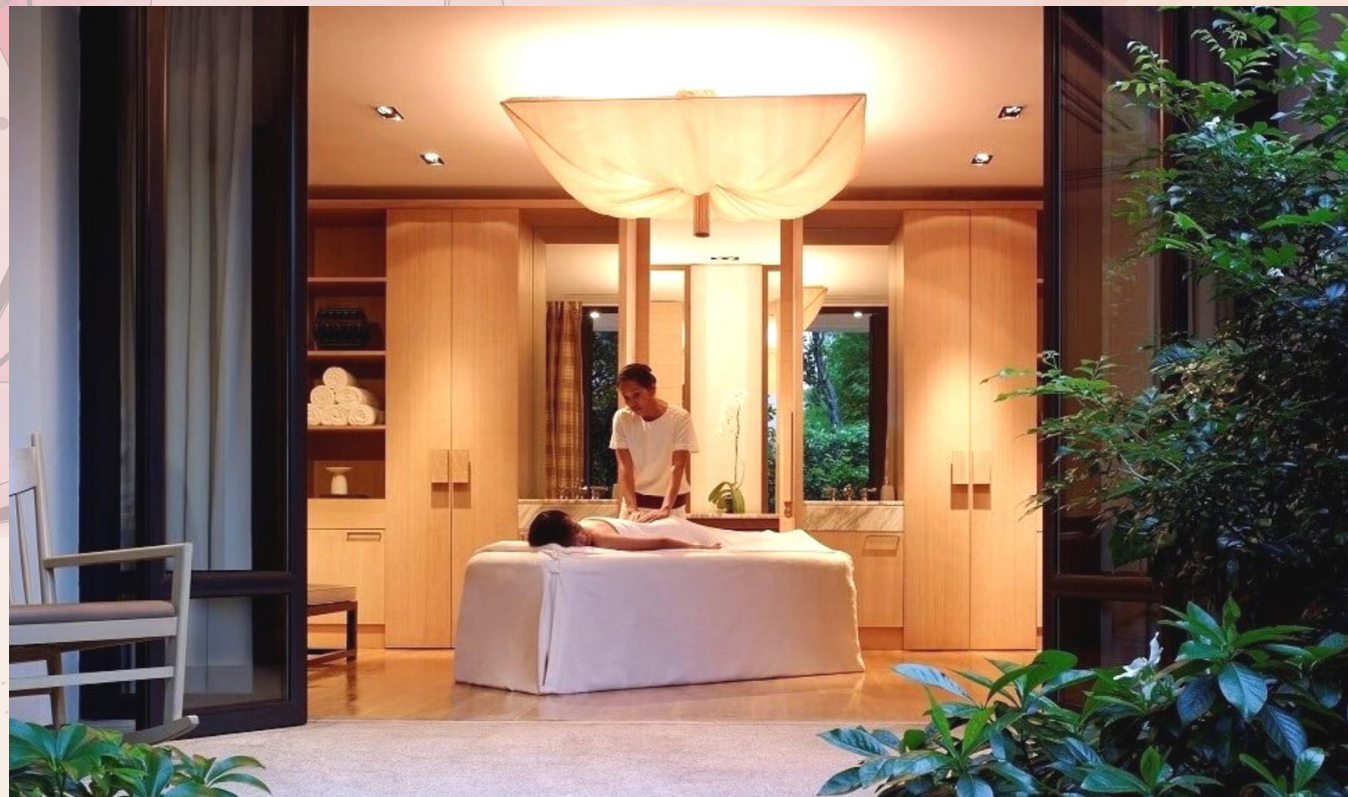
## THE FREEDOM OF *Ultimate Relaxation*

ENTER YOUR RELAXATION ZONE AND NURSE YOUR MIND AND BODY BACK TO GOOD HEALTH WITH I.SAWAN'S UNIQUE MASSAGE BASED PROGRAM. THE PROGRAM FEATURES THE VERY BEST IN MASSAGE TECHNIQUES, BASED ON THE FOUNDATIONS LAID BY ANCIENT THAI MASSAGE, AS WELL AS SOME VERY SPECIAL HEALTH FOOD DISHES.



## WELLNESS

### *Treatment and Therapy*



#### **SKIN TREATMENT PROGRAM – THE ART OF THAI MASSAGE (180 MINUTES)**

Treat your skin to the unique tradition of Thai massage. Start with a scrub to remove dead skin cells, then mask your body with a concentrated extraction cream to add moisture, and end with a relaxing facial and body massage performed by experienced therapists.



#### **SIGNATURE AROMATHERAPY MASSAGE WITH THAI FLOWERS**

Relieve fatigue at an opulent sky spa. Unwind the body and mind through an aromatherapy massage with Thai flowers, each offering a gentle fragrance and unique properties. Relax with an acupressure treatment to stimulate blood circulation and reduce stress.

#### **EXERCISE AT A STATE-OF-THE-ART FITNESS IN THE HEART OF BANGKOK**

Discover a fitness experience in a “greenhouse” surrounded by nature and greenery in the heart of Bangkok. The facility is equipped with modern equipment and all classes are supervised by experienced fitness and boxing trainers to ensure that your workout is done right.





## WELLNESS *Menu*

### KUB KAO' KUB PLA

This restaurant and dessert café cooks homestyle meals from the founder's own recipe. Here, Thai and fusion dishes are prepared from carefully selected ingredients, just like eating at home. Recommended dishes include stir-fried melinjo leaves with eggs, flaming morning glory, and Southern yellow curry with barramundi fish and enoki mushrooms.

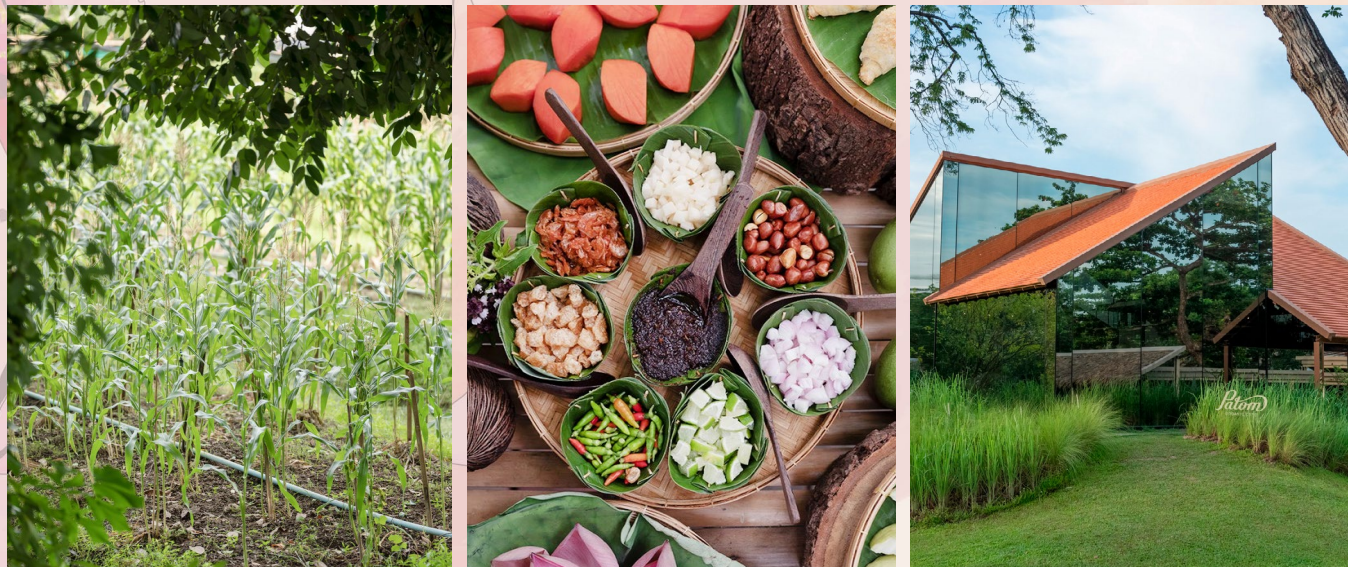


### BALANCED EATERY

Discover a health restaurant in the center of Thonglor boasting a wide variety of dishes prepared from a careful selection of vegetables and fruits. Enjoy the exquisite creations such as seafood tom yum quinoa, banana pizza, fried rice with perilla sesame, and yogurt bowls.



## WELLNESS *Menu*

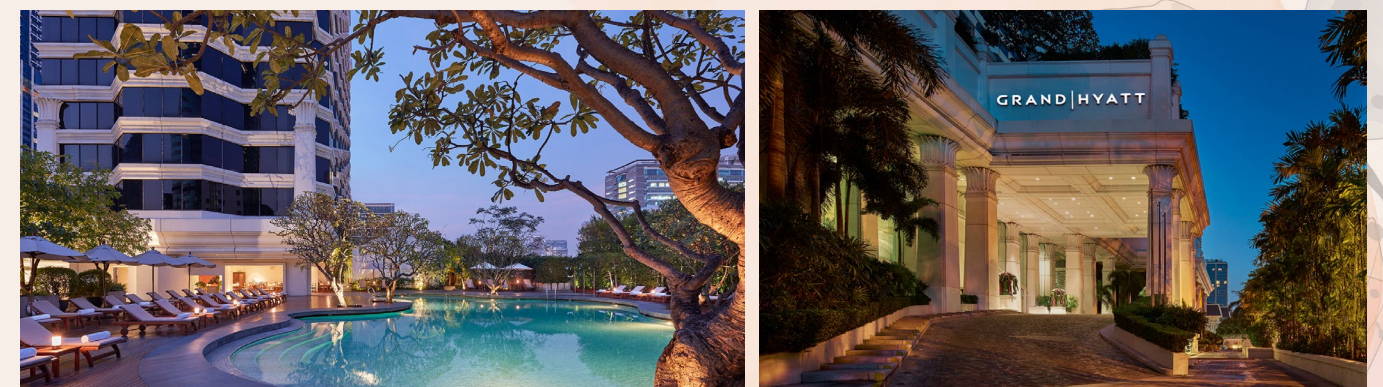


### PATOM ORGANIC CAFÉ

Under the concept of Organic Living, this restaurant uses internationally certified organic produce from the area to create delightful treats. The recommended menu is rice with Prik Khing curry paste, organic vegetables, and a healthy drink from organic guava or tamarind.



## WELLNESS *Night*



### GRAND HYATT ERAWAN BANGKOK

Experience a classy getaway at a luxurious 5-star hotel in the Ratchaprasong District. Sit back to a panoramic view of downtown Bangkok from your own room, designed in contemporary Thai style, and enjoy the full suite of amenities and VIP treatment.



## NEARBY *Attraction*



### EXERCISING AND AEROBIC DANCING AT BENCHASIRI PARK

This urban park in central Bangkok is an oasis for the residents, providing an open space with plenty of trees and shade. Its location near the main railway stations and shopping complexes makes it an accessible place for exercise, aerobic dance, and recreational activities.



## NEARBY *Restaurant / Cafe*



### FARM TO TABLE ORGANIC CAFÉ

At this organic café, healthy delights are created through experience and a careful selection of ingredients. Chill out in a heritage building with cozy new décor and savor recommended items like the spinach sandwich, gelato ice cream, and floral drinks.



# TRIP *Idea*



## DAY 1

### AFTERNOON

- Check-in at Grand Hyatt Erawan Bangkok
- Join a skin treatment program. This science of Thai massage starts with scrubbing the skin cells, then wrapping the body in concentrated cream to increase hydration. Feel relaxed with an intensive body and facial massage by a masterful and skilled therapist

### EVENING

- Dinner at Kub Kao' Kub Pla restaurant, taste stir-fried melinjo leaves with egg, flaming morning glory and Thai sour curry with snapper fish and enoki mushroom



## DAY 2

### MORNING

- Breakfast at the hotel
- Workout in a fully equipped fitness center in the heart of Bangkok with fitness and exercise equipment, and skilled boxing instructors to provide an exceptional workout experience

### AFTERNOON

- An aromatherapy massage with distinct Thai flowers and a relaxing acupressure treatment to stimulate blood flow and enhance your physical wellness

### EVENING

- Dinner at Patom Organic Cafe and taste rice with ginger chili paste served with organic vegetables and guava juice or organic tamarind juice

## DAY 3

### MORNING

- Exercise outdoor amidst the beauty of Benjasiri Park
- Breakfast at the hotel

### AFTERNOON

- Lunch with a variety of health dishes at Farm to Table Organic Cafe
- Bon voyage

## PRICE

**Starting at: 37,000 THB/person**  
**Duration: 3 days 2 nights**

\* Prices are subject to change  
 For more information, please contact  
 I.sawan Residential Spa & Club  
 Tel: (+66) 2 254 1234



# THE FREEDOM OF ULTIMATE RELAXATION

## Directory

### GRAND HYATT ERAWAN BANGKOK

- 📍 494 Ratchadamri Rd, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 254 1234
- 🌐 [www.grandhyatterawanbangkok.com](http://www.grandhyatterawanbangkok.com)
- 📌 Grand Hyatt Erawan Bangkok

### I.SAWAN RESIDENTIAL SPA & CLUB

- 📍 5th floor Grand Hyatt Erawan Bangkok Hotel, 494 Ratchadamri Rd, Lumpini Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 254 1234
- 🌐 [www.hyatt.com/en-US/spas/I-Sawan-Residential-Spa-and-Club/home](http://www.hyatt.com/en-US/spas/I-Sawan-Residential-Spa-and-Club/home)
- 📌 Grand Hyatt Erawan Bangkok

### BENJASIRI PARK

- 📍 Between Soi Sukhumvit 22-24, Khlong Tan Sub-District, Khlong Toei District, Bangkok

### KUB KAO' KUB PLA

- 📍 3rd Floor Central World, 999/99 Rama 1 Rd, Pathum Wan Sub-District, Pathum Wan District, Bangkok
- ☎ (+66) 2 613 1409, (+66) 9 2131 1574
- 🌐 [www.kubkao-kubpla.com](http://www.kubkao-kubpla.com)
- 📌 Kub Kao' Kub Pla

### BAIANCED EATERY

- 📍 1st Floor J Avenue, 321 Sukhumvit 55 Rd, Khlong Tan Nuea Sub-District, Wattana District, Bangkok
- ☎ (+66) 9 9363 9789
- 📌 Balanced Eatery

### PATOM ORGANIC CAFÉ

- 📍 9/2 Soi Phrom Phak, Khlong Tan Nuea Sub-District, Watthana District, Bangkok
- ☎ (+66) 2 084 8649
- 🌐 [www.patom.com](http://www.patom.com)
- 📌 Patom

### FARM TO TABLE, ORGANIC CAFÉ

- 📍 179 Atsadang Rd, Wang Burapha Phirom Sub-District, Phra Nakhon District, Bangkok
- ☎ (+66) 2 115 2625
- 📌 Farm to Table, Organic Café





# HAPPY *Retire Vacation*

PHAYATHAI HOSPITAL, SRIRACHA, IS READY TO REINFORCE GOOD HEALTH IN RETIREES WITH A NEW ANTI-AGING PROGRAM DEVELOPED BY HOLISTIC WELLNESS EXPERTS WHO HAVE WORKED TO CREATE EFFECTIVE TREATMENTS FOR A RANGE OF AILMENTS AND SLOW DOWN THE DETERIORATION ASSOCIATED WITH OLD AGE.





## WELLNESS

### *Treatment and Therapy*



## ANTI-AGING HEALTH EXAMINATION AND RESTORATION

Get a detailed health assessment with specialized doctors using the latest technology to identify the risks and signs of physical deterioration. Seek timely advice to prevent illness, care for, and restore your health holistically through natural treatments – for a better health and quality of life.



## ASSESSING YOUR NUTRIENT, VITAMIN, MINERAL, AND ANTIOXIDANT PROFILES

The individual assessment of your nutrient, vitamin, mineral, and antioxidant profiles can help you prevent illness, minimize physical deterioration, delay premature wrinkling, and ensure the right balance of vitamins in the body.



## ASSESSING YOUR HORMONAL PROFILE

An assessment of your hormonal profile and hormonal changes can help identify irregularities and undesirable conditions before an illness arises. Understanding the hormonal abnormalities and the endocrine system allows for better treatment and restoration of hormonal balance.



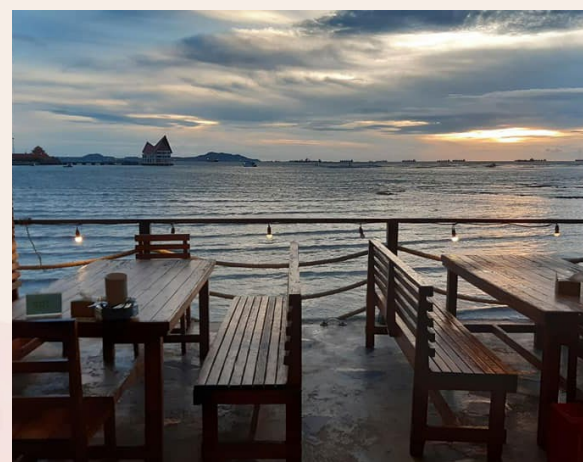


## WELLNESS *Menu*



### STEAMED FISH WITH HERBS AT BAAN KIENG LAY

Enjoy a romantic meal at a seaside restaurant, especially in the evening when the lights come on. The signature dish here is steamed fish with herbs - fresh catch from the sea seasoned with lemongrass, shallots, garlic, galanga, and kaffir lime leaves, served with a spicy sauce.



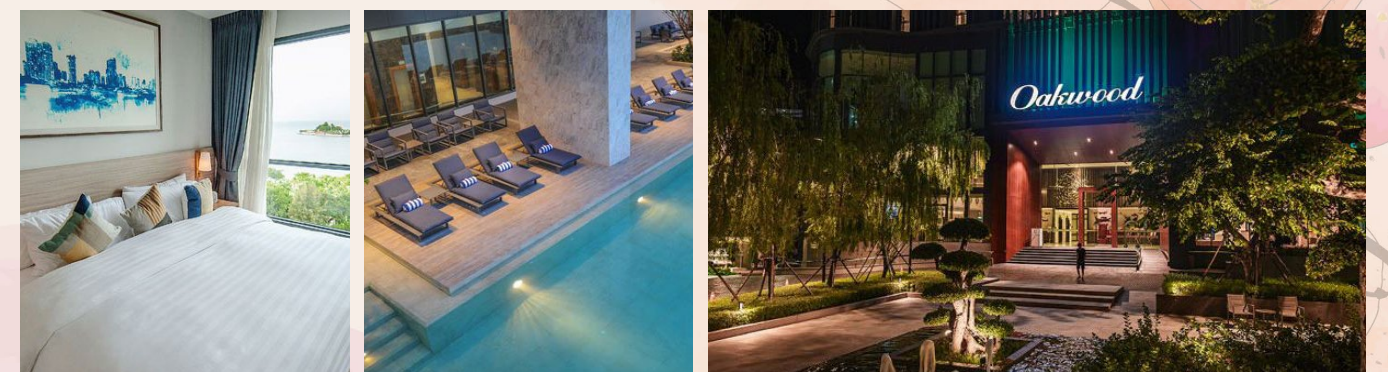
### MIANG PLA (HERBAL FISH WRAPS) AT RUB LOM CHOM KOH

This seaside restaurant boasts a spacious outdoor seating area where you can watch the romantic sunset while savoring some fresh seafood. A healthy recommendation is the Miang Pla - herbal fish wraps prepared with fresh quality ingredients.

## WELLNESS *Night*

### OAKWOOD HOTEL & RESIDENCE SRIRACHA

Spend a lazy holiday at a hotel with a sea view, cozy and contemporary Japanese-inspired décor, and all the amenities to ensure a relaxing stay. Take advantage of the infinity pool overlooking the sea, the fitness, onsen and sauna facilities, and the karaoke room.





## WELLNESS *Night*



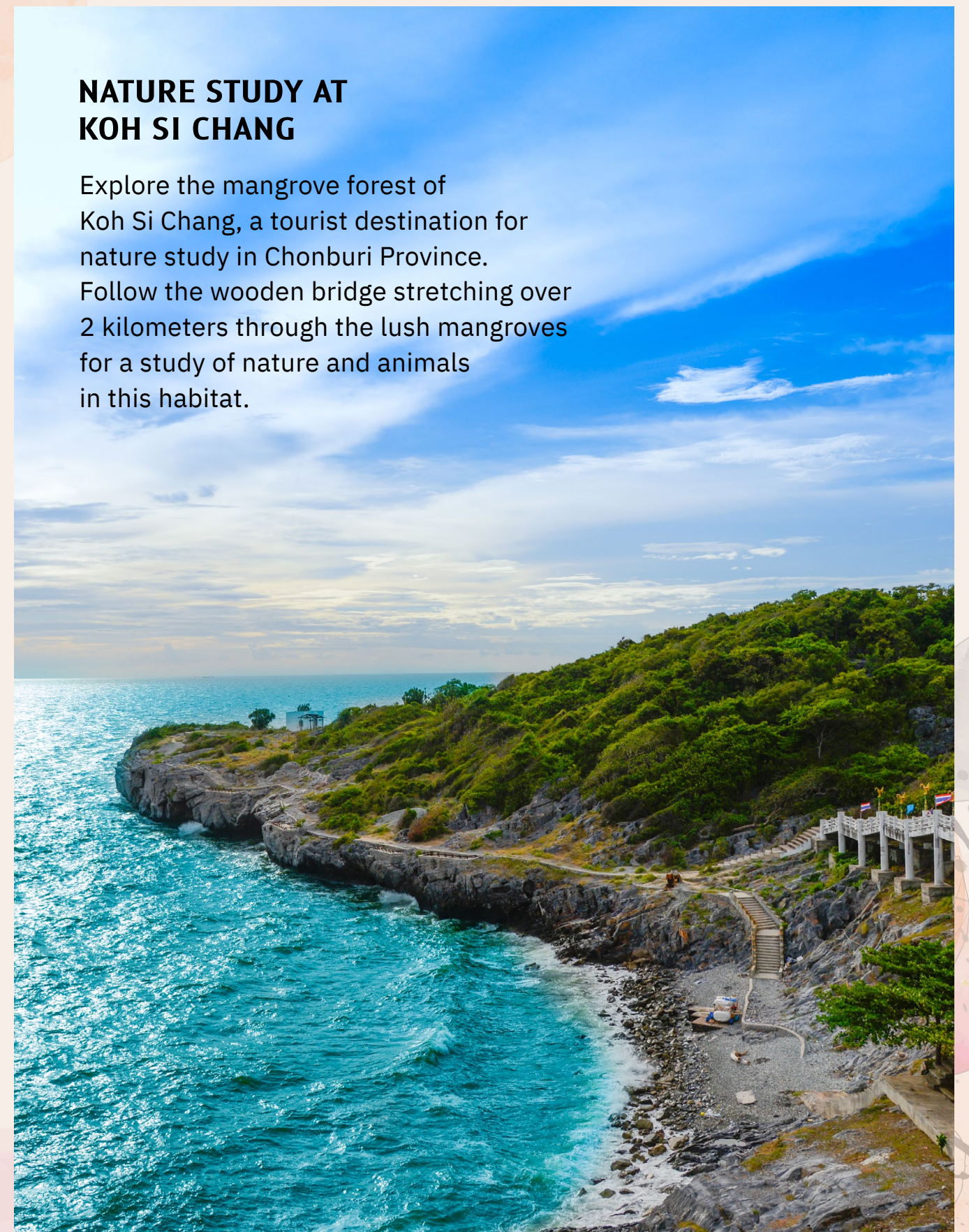
### NOVOTEL MARINA SRIRACHA & KOH SI CHANG

Rest and relax at a luxury hotel with a view of the Sriracha sea. Enjoy a hassle-free ferry from a private pier to Koh Si Chang, contemporary rooms complete with amenities, an outdoor infinity pool by the sea, premium spa services and fitness facilities.

## NEARBY *Attraction*

### NATURE STUDY AT KOH SI CHANG

Explore the mangrove forest of Koh Si Chang, a tourist destination for nature study in Chonburi Province. Follow the wooden bridge stretching over 2 kilometers through the lush mangroves for a study of nature and animals in this habitat.





## NEARBY *Attraction*

### A PRAYER AT THE WHITE JADE GUAN YIN IN KOH LOY

Koh Loy is home to the biggest white jade Guan Yin sculpture in Thailand. This 4-meter Guan Yin image was sculpted by craftsmen from the Chinese Royal Palace and now resides at a Chinese octagon pavilion by the sea. Aside from the beautiful view, the shrine also attracts visitors who come to pray.



## NEARBY *Restaurant / Cafe*



### BANG PHRA RUA CAFÉ

This café-bakery enjoys a calming ambiance by the stream where you can dip your feet into the cool water while having an aromatic cup of coffee and some tasty pastry. Lie back and relax in nature – it's a great way to replenish and re-energize.





# TRIP *Idea*



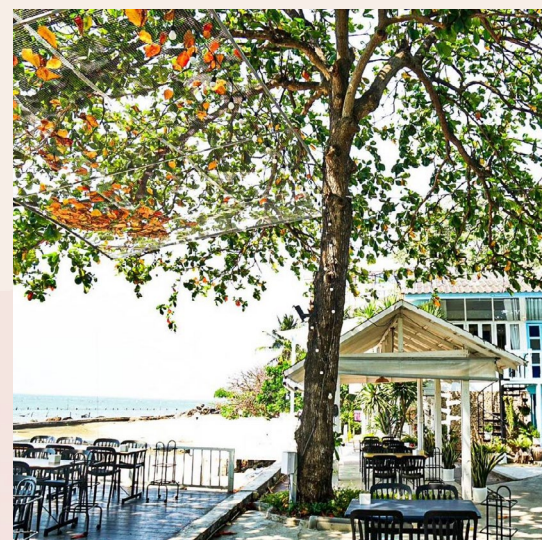
## DAY 1

### AFTERNOON

- Check in at Novotel Marina Sriracha & Koh Sichang or Oakwood Sriracha Hotel

### EVENING

- Dinner with a variety of healthy dishes, such as steamed fish with herbs at Baan Kieng Lay



## DAY 2

### MORNING

- Health check-up with state-of-the-art anti-aging and regenerative medicine. Get in-depth advice at Phyathai Sriracha Hospital. Assess the balance of nutrients, vitamins, minerals, and antioxidants, as well as the hormonal profile. Get a better understanding of hormonal abnormalities and the endocrine system to find the right health solutions.

### AFTERNOON

- Lunch, followed by a personalized vitamin replenishment program to promote health and fitness.

### EVENING

- Dinner by the sea with fish menu at Rub Lom Chom Koh



## DAY 3

### MORNING

- Breakfast at the hotel
- Visit the White Jade Goddess Guan Yin on Koh Loi Island before leaving to study the nature trail at Sichang Island

### AFTERNOON

- Lunch and bon voyage

## PRICE

Starting at: 29,900 THB/person  
Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
Phyathai Sriracha Hospital Wellness Center  
Tel: (+66) 3831 7333



# HAPPY RETIRE VACATION

## Directory

### NOVOTEL MARINA SRIRACHA & KOH SI CHANG

📍 339 Jerm Jom Phon Rd,  
Sriracha Sub-District,  
Sriracha District, Chonburi

☎ (+66) 3326 5888  
🌐 novotelsriracha.com  
📍 Novotel Marina Sriracha  
& Koh Si Chang

### PHYATHAI SRIRACHA HOSPITAL WELLNESS CENTER

📍 90 Sriracha Nakhon 3 Rd, Sriracha  
Sub-District, Sriracha District,  
Chonburi

☎ (+66) 3831 7333  
🌐 www.phyathai-sriracha.com

### KOH SI CHANG ISLAND

📍 Koh Sichang District,  
Chonburi

### KOH LOI SRIRACHA

📍 Sriracha Sub-District,  
Sriracha District, Chonburi

☎ (+66) 3832 7888  
🌐 www.srirachacity.go.th

### BAAN KIENG LAY

📍 52 Moo 9, Soi Makham Mu, Bang Phra  
Sub-District, Sriracha District, Chonburi

☎ (+66) 6 4939 4465,  
(+66) 9 4654 4144

### RUB LOM CHOM KOH

📍 34/1 Jerm Jom Phon Rd,  
Sriracha Sub-District,  
Sriracha District, Chonburi

🌐 (+66) 8 1761 6935

### BANG PHRA RUA CAFÉ

📍 Huay Tha Sai-Khao Lie Rd,  
Bang Phra Sub-District,  
Sriracha District, Chonburi

☎ (+66) 6 4424 4623

### OAKWOOD HOTEL & RESIDENCE SRIRACHA

📍 22/2 Sriracha Rd, Sriracha  
Sub-District, Sriracha District,  
Chonburi

☎ (+66) 3832 7999  
🌐 oakwoodhotelandresidencesriracha.th-  
thailand.com/en  
📍 Oakwood Hotel & Residence Sriracha







## *The Journey of* **THE NAGA SPIRITUAL WELLNESS PROGRAM**

SO SPA IS LOCATED ON THE SACRED SITE OF THE NAGA SERPENT, WHICH SERVES AS THE INSPIRATION FOR THEIR SPECIAL HEALTH PROGRAM. THE TREATMENT STARTS WITH A BATHING SESSION IN THE MINERAL SPRING THAT RUNS DOWN FROM KHAO NGON NAK (THE NAGA'S CREST MOUNTAIN), A SACRED POOL THAT LOCALS BELIEVE CURES AILMENTS AS WELL AS BRINGS GOOD FORTUNE, ESPECIALLY WHEN COMBINED WITH THE SPA'S SOUND THERAPY, WHICH DRAWS INSPIRATION FROM THE MOVEMENT OF THE NAGA AND THE SOUND OF THE ANDAMAN'S WAVES. THIS UNIQUE TREATMENT COMBINES THE POWER OF NATURE AND LOCAL SPIRITUAL BELIEFS TO UPLIFT BOTH MIND AND BODY.



## WELLNESS

### *Treatment and Therapy*



#### **PACK YOUR LUNCH AND HEAD OUT FOR A CHILLAXING PICNIC BY THE BEACH**

Pack your favorite foods in the basket and let's go picnicking by the beach. Feel the sand and the breeze, listen to the waves, and enjoy a wholesome meal prepared from fresh and healthy ingredients with only a light tint of seasoning.

#### **TIME FOR A COMPREHENSIVE WELLNESS CONSULTATION**

Gain a deeper understanding of your body and ease your worries during this hour of consultation and comprehensive therapy. Meet experts who understand the multitude of health profiles and are able to address the problem at its cause.



#### **WALK BAREFOOT ON THE SAND AND LET NATURE HEAL YOU**

Practice natural healing by walking barefoot on the sand. Soak in the vitamins from the early sunlight and put your mind to rest amidst the beautiful nature, the breezes, and the waves. It's a moment to replenish, relieve stress, sleep, and simply relax.



#### **YOGA UNDER THE SALA TREE**

Develop your muscle strength and flexibility while practicing the proper breathing technique to enhance the flow of air and oxygen throughout the body. Find an equilibrium between the body, the mind, and the soul, and let all become one.





## WELLNESS

### *Treatment and Therapy*



#### **PUT THE BODY AND MIND ON SNOOZE WITH A COMBINATION OF HOT BATH AND SOUND THERAPY**

Relax the body and mind and revitalize yourself through a therapy that combines a hot bath (where the temperature is just right) with the use of soundwaves. Put your mind to rest as you let go of stress and allow yourself to unwind.

#### **PICKING THE RIGHT THERAPY FOR A DEEP REJUVENATION WITH A SPECIALIZED THERAPIST**

Comfort the body, let go of stress, and relieve fatigue with spa treatments by specialized therapists. Enhance your spa experience with the multitude of products and packages, including Thai massage, oil massage, and water therapy.





## WELLNESS

### *Treatment and Therapy*



#### LEAN BACK FOR A SOUTHERN THAI TEA SET AND TRADITIONAL DESSERTS

Sit back in the calming ambience of a luxury spa as you enjoy a Thai tea set. Served in the Southern tradition, this tea has a rich, aromatic, and balanced flavor, while also boasting health benefits. Included in the set is a variety of traditional desserts.



#### THE SECRETS OF SO SPA SIGNATURE MASSAGE

Discover the secrets of SO Spa signature massage in an ambience of luxury, tranquility, and privacy. Blending Thai massage with stretch techniques that mimic the movements of the Naga, this traditional therapy helps relieve fatigue and stress and promotes deep relaxation.



#### TRADITIONAL FOLK WISDOM AND COCONUT OIL

Relieve muscle stiffness through massage and the folk wisdom of coconut oil. The application of coconut oil helps to remove toxins, alleviate aches and pains, nourish the skin and restore moisture, while the fragrance provides a soothing aromatherapy.







## GUA SHA MASSAGE, A CHINESE TRADITION OF FACIAL REVITALIZATION

Treat yourself to Gua Sha massage, a traditional Chinese medicine practice of using a stone to stroke and press on the skin to stimulate blood circulation, flush out toxins, restore youthful skin, and reduce wrinkles and dullness from the inside out.



## BOOSTING METABOLISM THROUGH MASSAGE

Burn more calories with a massage therapy that boosts metabolism. This technique helps the body flush out toxins, relax and relieve stress, rebalance the digestive system and improve bowel movement, resulting in weight loss and clearer skin.

## WELLNESS *Menu*



## FOOD AS MEDICINE

Treat yourself to a healthy menu that packs both flavor and nutrition. Curated by nutritionists, this menu follows a recipe in preparing food as medicine which helps to detoxify, restore inner balance, and promote good health from the inside out.



## NEARBY *Attraction*

### A VISIT TO THE BEAUTIFUL WAT NAKA THAMARAM

Experience the beauty of Krabi and faith in the Naka. The Great Naka Shrine at Wat Naka Thamaram originated from the mythical beliefs of the Krabi people and is the only place for religious ceremonies and worship for the Buddhist villagers.



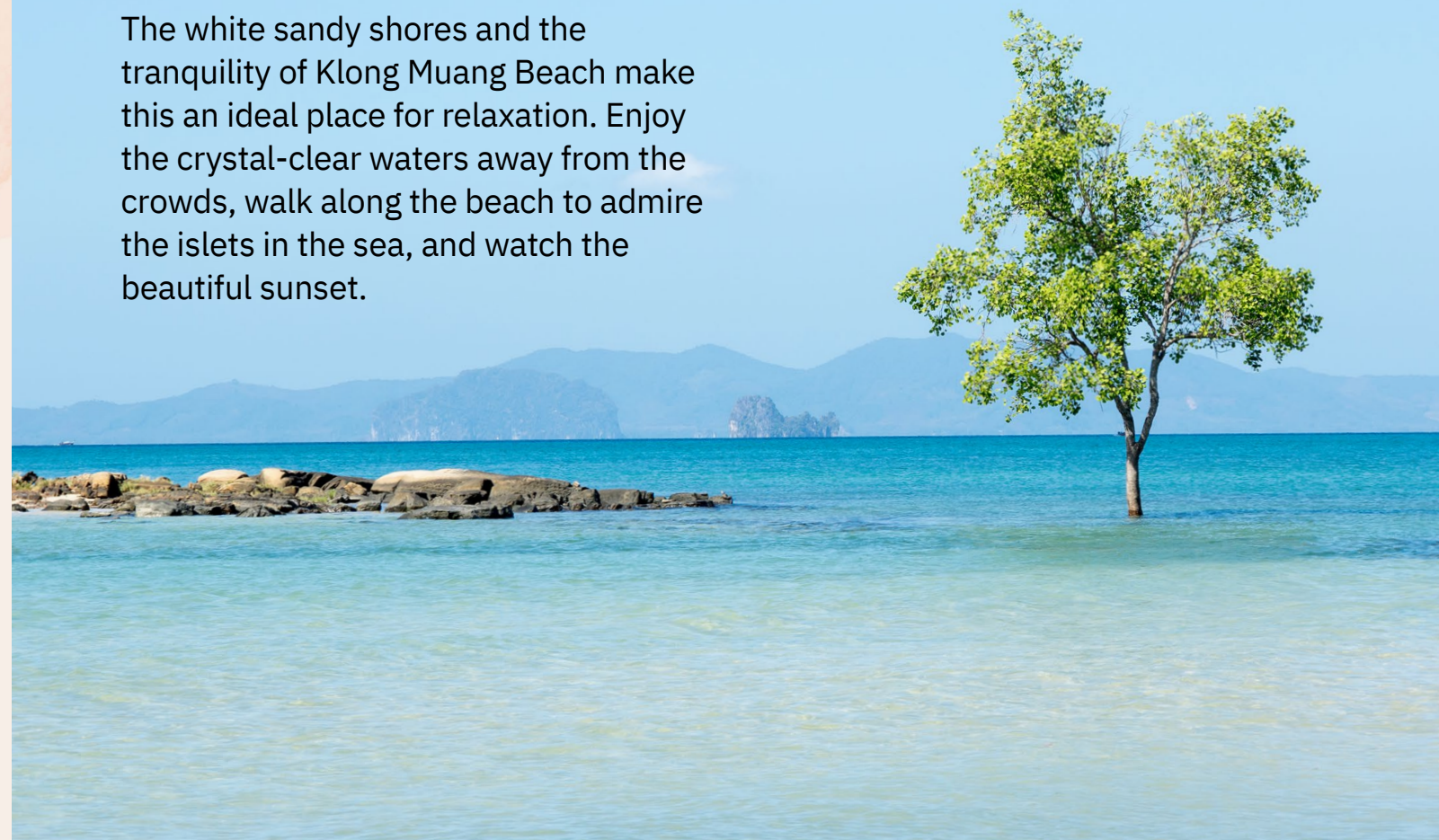
### NGON NAK NATURE STUDY TRAIL

Relax and delight in this nature study trail amidst the diversity of trees and a water stream. Head up to the viewpoint on Khao Ngon Nak to see the islets of Phang Nga bay and marvel at the beauty of the sea, the mountains, the sky, and the sun.



### MARVEL AT THE BEAUTY OF KLONG MUANG BEACH

The white sandy shores and the tranquility of Klong Muang Beach make this an ideal place for relaxation. Enjoy the crystal-clear waters away from the crowds, walk along the beach to admire the islets in the sea, and watch the beautiful sunset.



### LEARN TO COOK IN THE RECIPE OF SOFITEL KRABI

Master the flavors and the distinct touches of Thai cuisine in a cooking class that focuses on healthy eating. Get to know the chef's secrets as you learn to prepare popular dishes like seafood Tom Kha and Massaman curry with fish and shrimp.





# TRIP *Idea*



## MORNING

- Welcome to SO Spa, the Spa of the Sacred Faith of the Naga
- Join the comprehensive therapeutic consultation with experts who understand the health differences
- Pamper your body and mind with the combination of water bath and sound waves for intensive therapy
- The secret massage of SO Spa integrating Thai massage and the Naga's posture to stretch and bend for relieving fatigue

## AFTERNOON

- Join Sofitel Krabi's cooking class to convey the charm of Thainess through foods. Meals are prepared by expert nutritionists based on health properties under the principle of "food as medicine"
- Choose the right treatment for your health: intensive healthcare by expert therapists providing a spa experience with a variety of products and options, such as coconut oil massage, Gua Sha facial massage or massage for improved metabolism
- Thai tea set: healthy southern tea served with traditional Thai desserts in the relaxing atmosphere of the spa



## EVENING

- Yoga under the Sala tree: learn how to improve muscle strength and flexibility, practice breathing properly to drive the air and oxygen inside the body
- Pack food into a basket and set out for a relaxing picnic by the beach. Enjoy a meal prepared with healthy ingredients and minimal seasoning
- Bon voyage



## PRICE

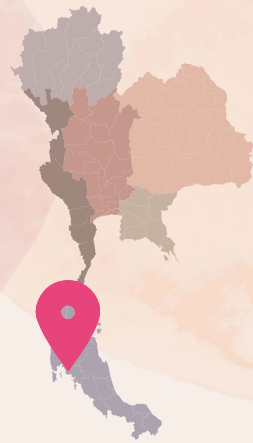
Starting at: 12,999 THB/person  
Duration: 1 day

\* Prices are subject to change  
For more information, please contact  
SO Spa, Sofitel Krabi Phokeethra  
Tel: (+66) 7562 7800



# THE JOURNEY OF THE NAGA SPIRITUAL WELLNESS PROGRAM

## Directory



### SO SPA, SOFTEL KRABI PHOKEETHRA

📍 200 Moo 3 Klong Muang Beach,  
Nong Talay Sub-District, Mueang Krabi District

☎ (+66) 7562 7800

🌐 [www.sofitelkrabiphokeethra.com/wellness-hotel-krabi/so-spa](http://www.sofitelkrabiphokeethra.com/wellness-hotel-krabi/so-spa)

📍 Sofitel Krabi Phokeethra Golf and Spa Resort

### KHAO NGON NAK

📍 Moo 3 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

### WAT NAKA THAMARAM

📍 Nong Talay Sub-District,  
Mueang Krabi District, Krabi

### KLONG MUANG BEACH

📍 Nong Thale Sub-District,  
Mueang Krabi District, Krabi





# HEALTH PACKAGE *4 Days Program*

BAAC – BANGKOK ANTI-AGING CENTER ARE EXPERTS IN COMBATING BOTH THE AGING PROCESS AND THE ASSOCIATED ILLNESSES AND AILMENTS. THIS PACKAGE BOOSTS MENTAL AND PHYSICAL WELLBEING AND FORTITUDE IN A WARM ENVIRONMENT IN THE HEART OF BANGKOK.





## WELLNESS

### *Treatment and Therapy*



#### GET A BLOOD TEST AND A FULL-BODY

Get your blood test and full-body scan with the latest medical equipment at BAAC. The experienced medical team will help you understand the functioning of your body – a step towards preventing severe illness and restoring your health spot on.



#### TRADITIONAL REIKI MASSAGE WITH A PROFESSIONAL THERAPIST

Combat fatigue and restore the equilibrium of inner energy through Reiki massage, a healing art dating back over a century. In this tradition, professional therapists guide the flow of natural energy through your body to promote healing and relaxation.

#### A CUSTOMIZED VITAMIN BOOSTER TO STRENGTHEN THE BODY, NEUTRALIZE FREE RADICALS, AND ENHANCE IMMUNITY

Restore balance in your body with a customized nutrient and vitamin booster. Revitalize, detox, and enhance your immune system. Nourish your organs to maintain optimal functioning and promote your wellbeing from inside-out.





## WELLNESS *Menu*

### MARVEL AT THE NIGHT SCENES OF BANGKOK ON AN EVENING DINNER CRUISE ALONG THE CHAO PHRAYA RIVER

An evening cruise along the Chao Phraya River can always deliver a wonderful experience and blow you away with the enchanting architectural sights like Asiatique, Taksin Bridge, Wat Arun, and the Grand Palace, to name a few.



## WELLNESS *Night*



### PATHUMWAN PRINCESS HOTEL

Located in the heart of Bangkok, this 5-star hotel boasts luxury and comfort in the best possible location. Complete with modern fitness facilities and spa treatments by professional therapists, this is your ultimate place of relaxation and revitalization.

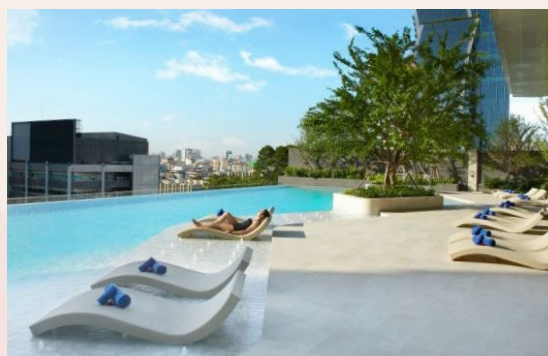


## WELLNESS *Night*



### SWISSOTEL BANGKOK RATCHADA

Each visit to this hotel guarantees an utmost relaxing experience. Exercise and stay fit at StudioFit, get a skin and facial treatment, or restore youth and relieve fatigue through an enchanting Thai therapy at Taravati Spa.



### SOMERSET RAMA 9

This serviced apartment in Bangkok is designed to meet the needs of foreigners, business travelers, and short- and long-stay visitors. Enjoy the convenience of the easy-to-reach location and the shuttle services to facilitate your commute.

## NEARBY *Attraction*



### THEVALAI GANESH

A well-known destination among both Thais and foreigners, the Thevalai Ganesh is particularly popular among the superstitious who come here with a suite of worshipping items to pray for success, prosperity, and abundance.

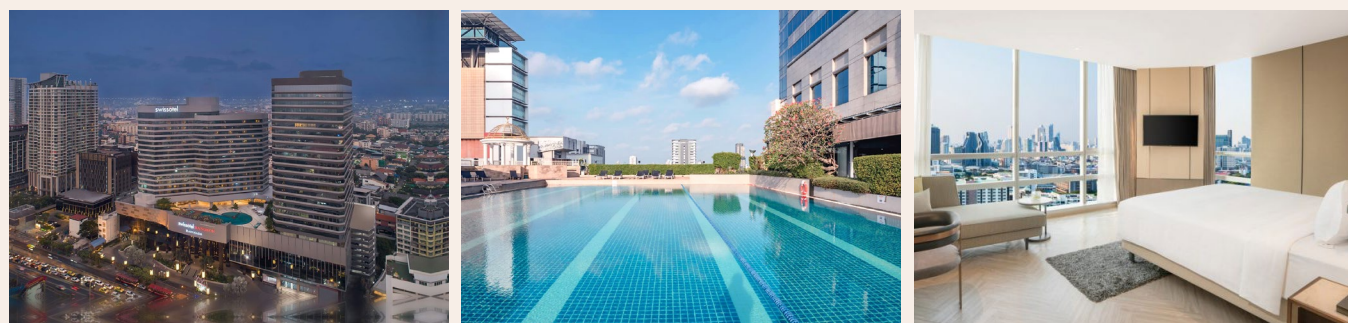
### EMBARK ON A HEALTHY FOOD-TASTING TOUR

Discover the exceptional experience of a Bangkok TUK TUK Tour that will take you through the winding streets of Thailand's capital. Enjoy the ride as you soak in the evening breeze and stop for a taste of healthy local treats.





# TRIP *Idea*



## DAY 1

### AFTERNOON

- Guest Welcoming and check-in at Pathumwan Princess Hotel, Swissotel Bangkok Ratchada, or Somerset Rama 9 Bangkok

### EVENING

- Take a Bangkok TUK TUK Tour at night, taste healthy local cuisine, enjoy a fun trip through the nooks and crannies of Bangkok

## DAY 2

### MORNING

- Join the Live Blood Analysis and BIO Body Scan by Bangkok Anti-Aging Center (BAAC) to have the blood tests and body scans with BAAC's instruments and knowledgeable physicians to understand the mechanisms of the body correctly

### AFTERNOON

- Replenish the body with Intravenous Vitamin Treatment (IV), the personalized vitamins to strengthen the body, fight against free radicals, and build immunity of the body

### EVENING

- Cruise on Chao Phraya River to sightsee the beauty of Bangkok at night



## DAY 3

### MORNING

- Workout and free rest

### AFTERNOON

- Reiki Session by Athenee Spa, the science of traditional Reiki massage, with professional therapists to relieve your fatigue for a good rest

### EVENING

- Pay respect to Lord Ganesha for auspiciousness

## DAY 4

### MORNING

- Bon voyage



## PRICE

Starting at: 29,900 THB/person  
Duration: 4 days 3 nights

\* Prices are subject to change  
For more information, please contact  
BAAC – Bangkok Anti-Aging Center  
Tel: (+66) 2 277 2894



# HEALTH PACKAGE 4 DAYS PROGRAM

## Directory

### BAAC-BANGKOK ANTI-AGING CENTER

📍 3 Soi Pramuan Suk, Samsen Nok  
Sub-District, Huai Khwang District,  
Bangkok

☎ (+66) 2 277 2894  
🌐 bangkokanti-aging.com  
📍 BAAC-Bangkok Anti-Aging Center

### SOMERSET RAMA 9 BANGKOK

📍 22 Ratchadaphisek Rd,  
Huay Kwang District, Bangkok

☎ (+66) 2 239 1999  
🌐 somersetrama9.com-bangkok.com  
📍 Somerset Rama 9 Bangkok

### THEVALAI GANESH

📍 Ratchadaphisek Rd, Din Daeng  
Sub-District, Din Daeng District,  
Bangkok

### PATHUMWAN PRINCESS HOTEL

📍 444 Phayathai Rd, Wang Mai  
Sub-District, Pathum Wan District,  
Bangkok

☎ (+66) 2 216 3700  
🌐 www.pprincess.com  
📍 Pathumwan Princess Hotel, Bangkok

### SWISSÔTEL BANGKOK RATCHADA

📍 204 Ratchadaphisek Rd, Huay Kwang  
Sub-District, Huay Kwang District,  
Bangkok

☎ (+66) 2 694 2222  
🌐 www.swissotelbangkok.com  
📍 Swissôtel Bangkok Ratchada

### ATHENEE SPA

📍 444 Phayathai Rd, Wang Mai Sub-  
District, Pathum Wan District, Bangkok

☎ (+66) 2 650 8800  
🌐 th.theatheneebangkok.com  
📍 The Athenee Hotel,  
a Luxury Collection Hotel

### ALANGKA CRUISE

📍 72/8 Ratchaprarop Rd, Makkasan  
Sub-District, Ratchathewi District,  
Bangkok

☎ (+66) 6 3214 0999  
📍 Alangka Cruise

### BANGKOK TUK TUK TOUR

📍 1026 Rama IV Rd, Thung Maha  
Mek Sub-District, Sathorn District,  
Bangkok

☎ (+66) 8 2799 1099  
🌐 bangkochtuktuktour.com  
📍 Bangkok TUK TUK Tour







# POST COVID-19 *Retreat*

DESIGNED FOR PATIENTS RECOVERING FROM COVID-19, THIS PROGRAM AIMS TO RESTORE, PROMOTE, AND IMPROVE THE PATIENTS' HEALTH. THE RETREAT TAKES A HOLISTIC APPROACH IN CARING FOR THE PATIENT PHYSICALLY, MENTALLY, SOCIALLY, AND SPIRITUALLY. THE ULTIMATE GOAL IS TO PROVIDE PATIENTS WITH GOOD HEALTH, A BALANCED LIFE, AND A GOOD QUALITY OF LIFE.



# WELLNESS

## *Treatment and Therapy*



Credit: facebook.com/jinwellbeing

### MAKE YOUR OWN HERBAL INHALER

Join this workshop to make your own herbal inhaler from fruit and flower extracts. This multipurpose formula can be used as an inhaler to relieve nausea or as a balm to relieve pains. Bring it with you to social gatherings at Jin Wellbeing County.



Credit: facebook.com/jinwellbeing

### BODY-WEIGHT EXERCISE

Tailored to your individual performance level, this program helps you develop muscle strength and advises you on nutrition and weight control. Get personal training with a sports scientist for quick and effective results.



Credit: facebook.com/jinwellbeing

### PRACTICE YOUR BREATHING TECHNIQUE

Proper breathing is a part of holistic elderly care. Practice the right technique to replenish and strengthen your lungs, improve breathing efficiency, and reduce fatigue. This helps with chest expansion and reduces the risk of atelectasis.



## WELLNESS *Treatment and Therapy*



### TRAINING THE NEURAL CORRELATES

Train the neural correlates and enhance the functioning of the nervous system with a multidisciplinary team that will help nourish your physical and emotional wellbeing, as well as revitalize your cognitive health for a more wholesome life.



### PAINT YOUR OWN SACK

Restore your inner balance and emotional wellness through Art Therapy. Heal your body and mind with the help of a doctor who will analyze and diagnose the source of pain before assigning the most effective treatment.

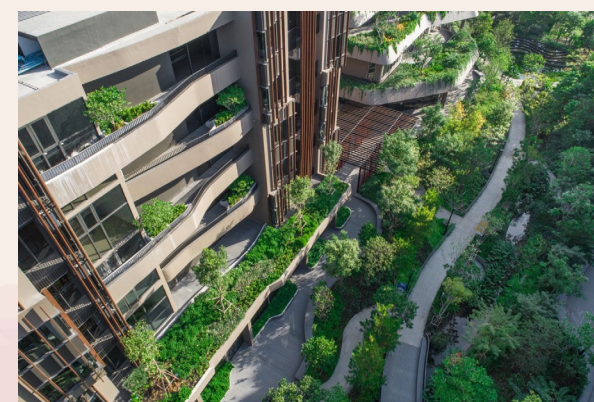
## WELLNESS *Night*



Credit: facebook.com/jinwellbeing

### JIN WELLBEING COUNTY

Enjoy a peace of mind at an elderly care center with medical staff around the clock. Engage in wellness activities in a calming environment complete with all the necessary facilities. Live a good life and wake up happy every morning.



Credit: facebook.com/jinwellbeing



Credit: facebook.com/jinwellbeing



NEARBY *Attraction*

**WAT SAN CHAO MARKET**

Come for a prayer at Wat San Chao and take a stroll in the market along the Chao Phraya River. Situated near Wat Makham, Wat San Chao, and Sian Pae Shrine, this market boasts an array of treats such as pork noodles, fish noodles, and chive dumplings.



Credit: thiteaw.blogspot.com/2019/05/pwatermarket.html

NEARBY *Restaurant / Cafe*



Credit: facebook.com/jinwellbeing

**JIN CAFÉ**

Take a break at JIN CAFÉ, a spacious and quiet structure perched in the lush greenery. It's an ideal spot to relax, read a book, or sip some coffee. Open every day, this café welcomes all those who come for the activities at Jin Wellbeing County.



# TRIP *Idea*



facebook.com/jinwellbeing

## DAY 1

### AFTERNOON

- Check in at Jin Wellbeing County.
- Participate in a lung rehabilitation breathing exercise to promote function after Covid 19 infection.

### EVENING

- Take a body weight exercise class to strengthen the body.



facebook.com/jinwellbeing



facebook.com/jinwellbeing

## DAY 2

### MORNING

- Have a healthy breakfast.
- Practice a breathing exercise to effectively restore lung function
- Have fun while promoting wellness through the use of herbs in a “workshop on herbal inhalers”

### DAYTIME

- Enjoy afternoon coffee at Jin Café
- Practice a breathing exercise to effectively restore lung function

### EVENING

- Go for a walk, see the beauty of the Chao Phraya River at Wat San Chao Floating Market, Pathum Thani Province.
- Have dinner and walk back to the accommodation.
- Take a training program to enhance the functioning of the neural correlates in the body

## DAY 3

### MORNING

- Have a healthy breakfast
- Practice a breathing exercise to promote and effectively restore lung function

### DAYTIME

- Enjoy DIY sack painting
- Have lunch.
- Return safely.

## PRICE

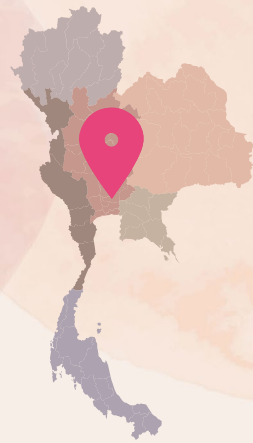
Starting at: 15,000 THB/person  
Duration: 3 days 2 nights

\* Prices are subject to change  
For more information, please contact  
Divana Scentuara Spa Bangkok  
Tel: (+66) 6 3474 6566



# POST COVID-19 RETREAT

## Directory



### WAT SAN CHAO MARKET

📍 2/1 Moo 3, Ban Klang Sub-District,  
Mueang Pathum District,  
Pathum Thani

☎ (+66) 2 975 6302

### THONBURI BURANA HOSPITAL

📍 89/3 Moo 3 Phaholyothin Rd,  
Klong Nueng Sub-District,  
Klong Luang District, Pathum Thani

☎ (+66) 2 078 5777

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

### JIN WELLBEING COUNTY

📍 89/3 Moo 3 Phaholyothin Rd,  
Klong Nueng Sub-District,  
Klong Luang District, Pathum Thani

☎ (+66) 2 078 5777

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

### JIN WELLBEING RESTAURANT

📍 89/3 Moo 3 Phaholyothin Rd,  
Klong Nueng Sub-District,  
Klong Luang District, Pathum Thani

☎ (+66) 2 078 5777

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





**Tourism Authority of Thailand**  
1600 Phetchaburi Road, Makkasan, Ratchathevi,  
Bangkok 10400 Thailand