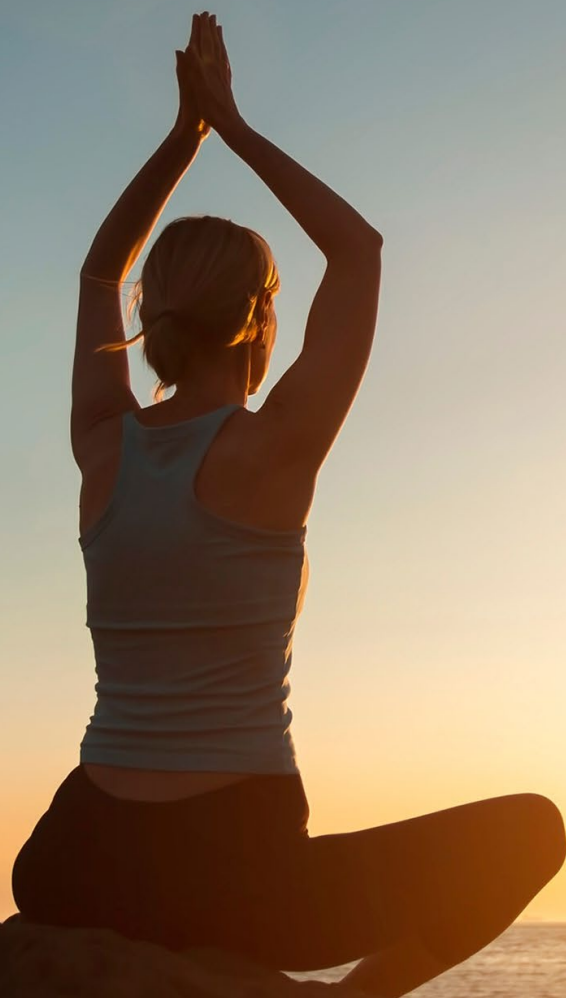


Thailand Tranquility : A Journey to *Meaningful Wellness*



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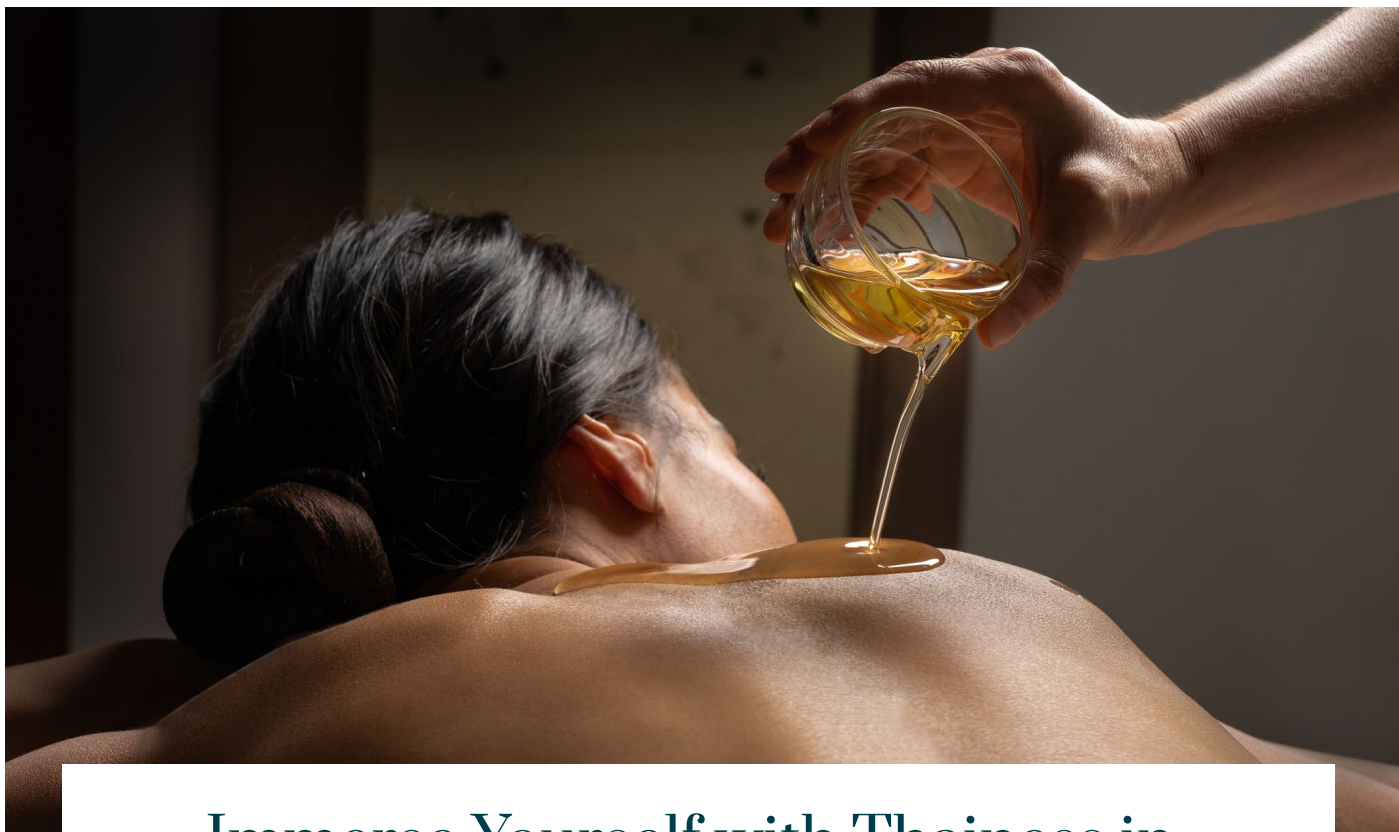




Immerse Yourself with Thainess in Bangkok City, Bangkok

Discover Thainess in the heart of Bangkok, the capital that never sleeps in Thailand. Bangkok has the Chao Phraya river which splits the city into two main areas, which are located in a variety of unseen places. In addition, Bangkok is the center of premium healthcare services with international standard and highly skilled doctors.





Immerse Yourself with Thainess in Bangkok City, Bangkok *Itinerary*

Day 1

MORNING

- Arrival in Bangkok. Explore first stop at Wat Phra Chetuphon Wimon Mangkhalaram Rajwaramahawihan temple or 'Wat Pho', where registered from the UNESCO as Memory of the World. Wat Pho is recognized as one of Thailand's important learning centers, including Thai traditional massage with techniques of various natural remedies. Exploring the fabulous art of Wat Pho, such as The Reclining Buddha, the ancient massage mural, the Four Pagodas, and the Giants of Wat Pho.

- Enjoying Thai massage at Wat Pho Traditional Thai Medicine and Massage School, choosing from a selection of; Thai massage, foot massage, or herbal compress massage (approximately 1 hour).

AFTERNOON

- Continue the journey to Khlong Bang Luang, the ancient riverside village with an easy lifestyle and great natural atmosphere.
- Lunch: a healthy traditional Thai dishes at The Artist's House on Klong Bang Luang along with traditional puppetry performance.
- Join various DIY activities at The Artist's House Klong Bang Luang, such as lacing bead bracelets,

painting (plasters, fans, plant pots and masks), drawing (calendars, and canvas).

- Experience a cruise along the Chao Phraya River with the scenery of the Grand Palace, Wat Arun (Temple of Dawn), and other monumental sites.
- Arrive at Anantara Riverside Bangkok Resort.

EVENING

- Dinner at Riverside Terrace restaurant with a sunset view of the Chao Phraya River. Enjoy international buffets with a variety of choices, such as Thai cuisine, Japanese cuisine and seafood station. A performance of authentic folk dances is provided during dinner.
- Rest.

Day 2

MORNING

- Breakfast at The Market restaurant: a healthy and nutritious menu which collaborated between chefs and doctors.
- Medical consultations at BDMS Wellness Clinic Retreat at Anantara Riverside Bangkok Resort for the individual health examination including for screening test for early diagnosis. Getting advice on stress management, food selection, adequate exercise, and considering nutrient requirements.
- Join a Thai cooking workshop at Spice Spoons restaurant with a Thai cuisine-specialized chef who teaches you to cook step-by-step, following nutrient requirements from doctor suggestions.

AFTERNOON

- Lunch at Spice & Barley restaurant: a healthy and nutritious menu which collaborated between chefs and doctors.
- Learn Muay Thai (Thai boxing) class, Thailand's national sport, at the central garden of the resort. Learn traditional Thai martial arts by knees, elbows and kicks.
- Exclusive spa treatment with Anantara Signature Massage (90 minutes), a deep tissue massage with the ultimate relaxation oils

EVENING

- Registration at Manohra room
- Dinner on Manohra Cruise: authentic healthy dishes along the historical spectacular views of Bangkok. The highlights of the menu are pomelo salad with grilled pork and chaplu (Piper sarmentosum) leaves, seafood Tom Yum, and Gaeng Rawaeng Nua (beef curry).
- Rest.

Day 3

MORNING

- Breakfast at The Market restaurant: a healthy and nutritious menu which collaborated between chefs and doctors.
- Yoga program: relieve stress practice with correct positioning. Zumba program: exercise with the rhythm of the music.
- Rest.

AFTERNOON

- Lunch at Spice & Barley restaurant: a healthy and nutritious menu which collaborated between chefs and doctors.
- Floral Daydream Afternoon Tea with healthy snacks.
- Head to Wat Arun Ratchawararam Ratchawaramahawihan (Wat Chaeng) along the Chao Phraya River. visiting the white pagoda with an enchanting architecture.
- Visit Siam Museum Siam, using modern technology devices to describe history, customs, arts and cultures.

EVENING

- Head out to Maharaj Pier, the center of the water-transport hub and areas of the local shopping center.
- Dinner at Maharaj Pier with a stunning sunset view of the Chao Phraya River.
- Return home safely.

Price and Duration

3 days 2 nights

Price: 285 USD/person

(minimum 5 people)
Prices are subject to change.

Contact Udachi

Tel: (+66) 8 5245 2458





Let The Embrace of the Andaman Sea Heal Us, Phang Nga

Head out into the warm embrace of the Andaman Sea, a paradise of Unseen islands in Phang Nga Province. Discover a new chapter with unforgettable experience of Sea Therapy, refuel your body and mind by spending more time with the ocean. For example, challenging yourself with surfing or discovering new hobbies. Bring about self-pleasure to heal your body and mind and explore a greater meaning of life.



Let The Embrace of the Andaman Sea Heal Us, Phang Nga *Itinerary*

Day 1

MORNING

- Arrived at Phuket International Airport and hopped on a bus to Phang Nga province.

MIDDAY-NOON

- Lunch at Nai Mueang Khaolak Restaurant, a restaurant designed with a mining theme. The signature dish is a traditional Southern curry and represents a medicinal menu (delicious food with medicinal ingredients), which won a Michelin Bib Gourmand award.
- Check-in at Devasom Khaolak: a luxury 5-star beachfront hotel with

excellent facilities, such as a Spa and restaurant that tend to support the local community by using local products.

- Visit “Khao Lak Elephant Home” to understand the value of sharing. Not only the cohabitation between humans and elephants, but also understanding their animal rights (no chain, no beating, no riding).
- Learning How to surf at Memories Beach, a dream destination for surfers around the world. Wander off into the sea and let the ocean heal the body and mind. Develop the focus of catching the waves and balance yourself on the board. Breathe in

the ocean scent, absorb positive energy, and let the sea recover you.

EVENING

- Dinner at “Memories Beach Bar” with the most beautiful sight of the day. Enjoy the moment of sky color changing while the sun settles at a crepuscular spot.
- Return to hotel rooms.



Day 2

MORNING

- Breakfast at the hotel
- Morning exercise to a new level with a Seaside Yoga Class to restore balance in the body and mind and absorb the healing power of the ocean. Let the warm morning sunlight wake up your inner peace.
- BodyBoard at the hotel beach: feel the waves and take in the positive energy from the environment. Focus on the self, stay balanced and enjoy.

MIDDAY-AFTERNOON

- Lunch at Takola restaurant: taste of authentic Southern foods from an in-house restaurant where cuisine is a triple year awarded Michelin Bib Gourmand. Enjoy top quality ingredients that have been sustainably sourced.
- Wellness program: relax in the middle of a quiet pool while listening to the sounds of the flowing water, sip on a welcome Drink (a warm Thai herbal drink) which helps to release the body stress. Enjoy a Thai massage to relieve body fatigues.

EVENING

- Sand Bath Therapy: lay down and listen to the sounds of the waves along the beach. Enjoy sand covering activity which suits couples in taking turns to cover each other in sand. The perfection of sand temperature helps with stimulating blood

circulation and metabolism. Absorb healing elements from the sand, close your eyes and let the sound of the waves soothe your mind.

- Romantic Walk: enjoy a couple's walk with the concept of holding hands and barefoot along the beach while watching the sun disappear into the horizon. Treat your heart and heal your body from feeling the fine grains of sand, helping stimulate the nerves and muscles, as well as gently exfoliating the skin.
- Dinner at Beach Grill and Bar restaurant: a beachside restaurant serving Mediterranean fusion dishes. This hotel restaurant gently selects fresh ingredients from local producers to support local sustainability.

Day 3

MORNING

- Breakfast at the hotel.
- Check-out from the hotel and head to the pier (approximately 1.2 hour travel).
- Take a Hua Tong longtail boat and enjoy the Unseen islands of Phang Nga. Nature has sculpted the cliffs and islands in distinct shapes that have made them specialized around the world. For example, Khao Tapu and Khao Phing Kan are known as "James Bond Island" because it was the filming location of 007 movie.

AFTERNOON

- Lunch at a local restaurant on Koh Pan Yi, serves intense flavors and fresh seafood which is caught the traditional way.
- Immerse in the local island village surrounded with friendly people. Wander around the island, and shop local products, such as the famous chili paste with crispy shrimp and accessories made from pearls of the Andaman Sea. Do not miss a walk to the most beautiful floating football fields in the world.

EVENING

- Return to Phuket International Airport safely.

Price and Duration

3 days 2 nights

Price: 1,300 USD/ 2 person

(minimum 2 people)


Prices are subject to change.

Contact Travel by MojiCity

www.facebook.com/travelbymojuicity

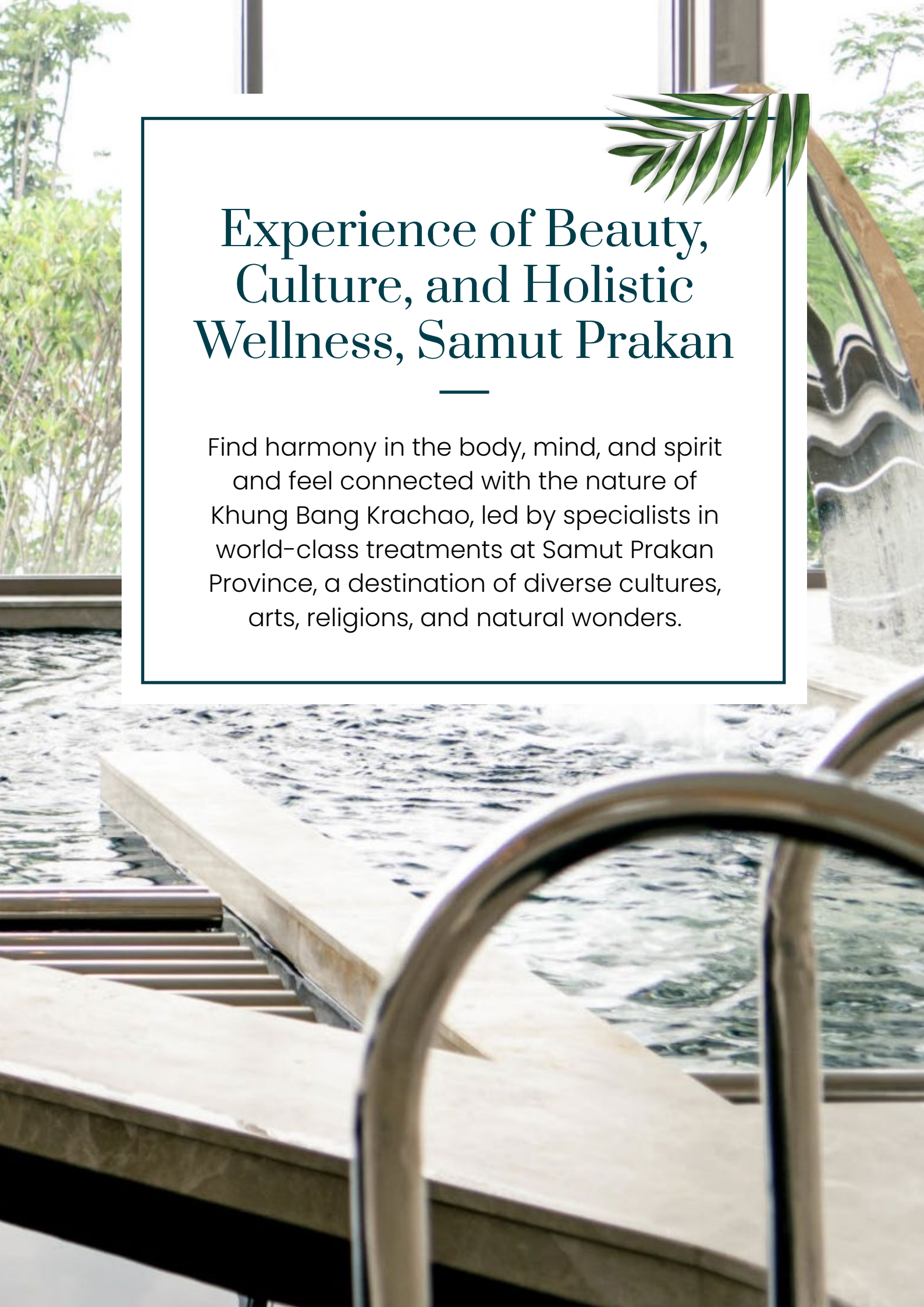






Experience of Beauty, Culture, and Holistic Wellness, Samut Prakan

Find harmony in the body, mind, and spirit and feel connected with the nature of Khung Bang Krachao, led by specialists in world-class treatments at Samut Prakan Province, a destination of diverse cultures, arts, religions, and natural wonders.



Experience of Beauty, Culture, and Holistic Wellness, Samut Prakan *Itinerary*

Day 1

MORNING

- Arrival in Samut Prakan Province.
- Visit Wat Bang Phli Yai Nai and get a blessing from Luang Pho To Buddha statue, top 3 of the most important statues for Buddhists all over Thailand. The Buddha statue in sitting posture was sculpted during the Sukhothai era.
- Visit the Erawan Museum, well known for its giant three headed elephant statue. The museum was built to preserve a collection of artifacts and sacred items as a national heritage.

MIDDAY

- Continue the day at Bang Nam Phueng Floating Market, an ecotourism destination that supports the local community by organizing a marketplace for villagers to sell their products.
- Lunch: enjoy the healthy local meals at Bang Nam Phueng Floating Market at your own leisure.
- Take a bike ride along the Bang Kachao community and enjoy the natural atmosphere of “Bangkok Green Lung”.
- Discover the Baan Toop community which produces homemade aromatic incense sticks using local herbal ingredients such as lemongrass, neem tree leaves, and kaffir lime leaves. Incense sticks are part of aromatherapy through the scent of herbs.
- Attend an herbal incense-making workshop.
- Check-in at RAKxa Wellness & Medical Retreat, Bang Kachao. Attend medical consultation and body movement tests to determine the appropriate treatment program, combining modern medical treatment with traditional medical treatment.

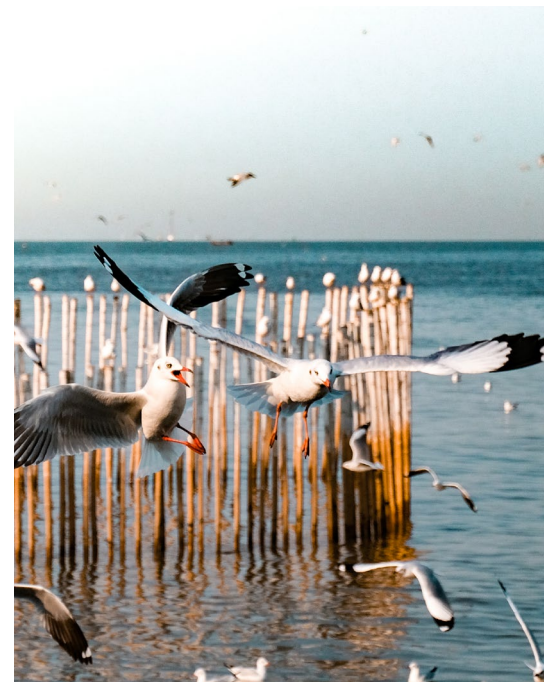
EVENING

- Hydrotherapy treatment
- Dinner at Unam restaurant (Wellness Cuisine): experience the science of balancing the four elements with a nutritionist who arranges organic foods to nourish the body, mind, and emotions for long-term wellness. Taste RAKxa’s signature herbal tea.
- Rest.

Day 2

MORNING

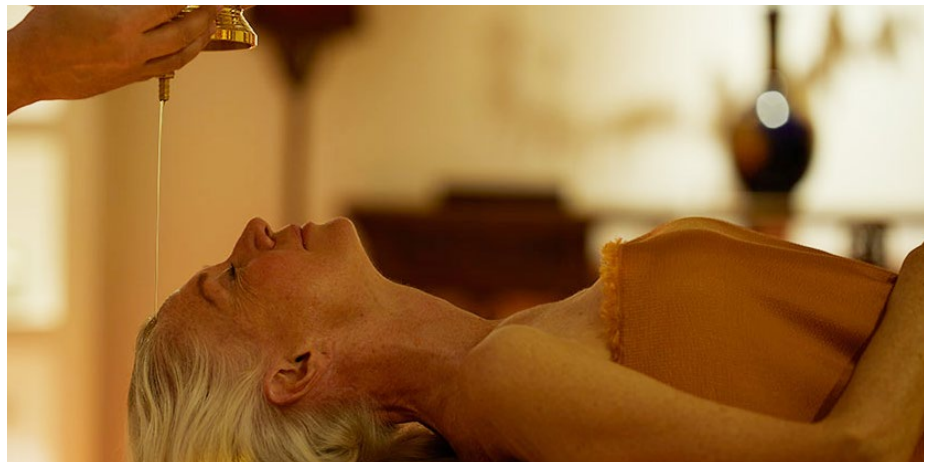
- Morning Exercise: unlock the 7 chakras through meditation and enhance the function of chakra points through 7 yoga positions by an Ayurveda specialist.
- Breakfast at Unam restaurant: a healthy menu curated by a nutritionist.
- Join a treatment program with the combination of modern medicine and traditional medicine, for example; traditional Thai massage therapy, modern physical exercise medicine and oxygen therapy.
- Rest.





AFTERNOON

- Lunch at Unam restaurant: a healthy menu curated by a nutritionist.
- Heading to Muang Boran (The Ancient town), an outdoor Thailand’s architectural Heritage, highlighting Thailand’s arts and handicrafts. The museum is located on a massive natural landscape over 800 rai.



EVENING

- Return to RAKxa Wellness & Medical Retreat
- Dinner at Unam restaurant: a healthy menu curated by a nutritionist.

Day 3

MORNING

- Morning Activity: Sound bath (Singing Bowl). Sound therapy has been used since the Egyptian Empire. Release yourself to relax and forget all anxieties, lie down, close your eyes, and listen to the sounds created by the therapist.
- Breakfast at Unam restaurant: a healthy menu curated by a nutritionist.
- Join a treatment program with the combination of modern medicine and traditional medicine, for example; traditional Thai massage therapy, modern physical exercise medicine and oxygen therapy.
- Rest.

MIDDAY

- Lunch at Unam restaurant: a healthy menu curated by a nutritionist.
- Enjoy the signature tea and a healthy snack set by RAKxa
- Explore Wat Phra Samut Chedi temple, a symbol of Samut Prakan Province. In addition, there is a place for prayer and worship.
- Visit Wat Asokaram temple. “Asokaram” is a combination of the words “Asok” (free of sadness) and “Aram” (place of peace) and hence the meaning of temple is a place of peace without sadness.

EVENING

- Continue to Bang Pu Recreation Center to see seagulls and the amazing sunset.
- Dinner at Bang Pu Recreation Center. Relax to the serene evening as you watch the sun disappear on the horizon.
- Return home safely.

Price and Duration

3 days 2 nights

Price: 285 USD/person

(minimum 5 people)
Prices are subject to change.

Contact Udachi

Tel: (+66) 8 5245 2458





Restoring the Balance of Your Body Elements, Prachuap Khiri Khan

Discover the invaluable experience of restoring your body elements from inside-out through programs created for geriatricians. Enjoy fascinating meals curated by nutritionists at health resorts at Prachuap Khiri Khan Province, where you are able to revitalize your body and mind through detoxification spa and sound therapy.





Restoring the Balance of Your Body Elements, Prachuap Khiri Khan *Itinerary*

Day 1

MORNING

- Arrival at Hua Hin.
- Consult with a health specialist and receive "Vitamin Therapy", a health treatment to replenish vitamins and other essential nutrients for the body at VLCC health clinic and beauty center. Guests able to select from 5 different vitamin replenishment formulas (Liver Detoxification, Weight Management, Immunity and Energy Booster, Skin Lightening and UV Protection, and Hair Care), which can be paired with a range of massage therapies including aromatherapy



massage, Bali massage, deep tissue massage, Abhyangam, and Thai massage.

- Doctor Talk: a workshop and discussion with our specialist on weight and bone mass. Guests also receive a bone density analysis and are able to take care of themselves at home.

NOON

- Lunch prepared by a nutritionist at Staa's Comfort Lunch.

AFTERNOON

- Join "Supreme Long Covid Recovery Program", an inside-out restoration using the modern technologies of Hyperbaric Oxygen Therapy and Ozone Therapy, at Chevala Wellness Hua Hin.

EVENING

- Selective healthy dinner at Chiva-Som restaurant
- Check-in at Avani Hua Hin Resort

Day 2

MORNING

- Absorb the morning seaside energy with a private yoga class led by a specialist.
- Check-out from the hotel and head to Palisa Farm for a Wellness Agro experience; ride a Thai farm truck and visit the organic farm.
- Farm-to-Table cooking workshop.

NOON

- Lunch at Palisa Farm.

AFTERNOON

- Check-in at Aleenta Hua Hin Pranburi Resort & Spa.
- Evaluation of your body's toxin removal and sound healing therapy with Aleenta's top spa therapy program.
- Relieve fatigue in the body through skin treatment and detox with a couple's spa program.



EVENING

- Biking along the city of Pranburi.
- Private dinner on the beach of Pranburi.

Day 3

MORNING

- Morning exercise: Stand-Up Paddle (SUP) boarding.
- Breakfast; prepare for check-out.

NOON

- Lunch at Chicken and Bee, a restaurant where gently selects organic ingredients from its own farm.
- Guests return safely.



Price and Duration

3 days 2 nights

Price: 870 USD/person

(minimum 6 people)

Prices are subject to change.

Contact Destination Asia Thailand

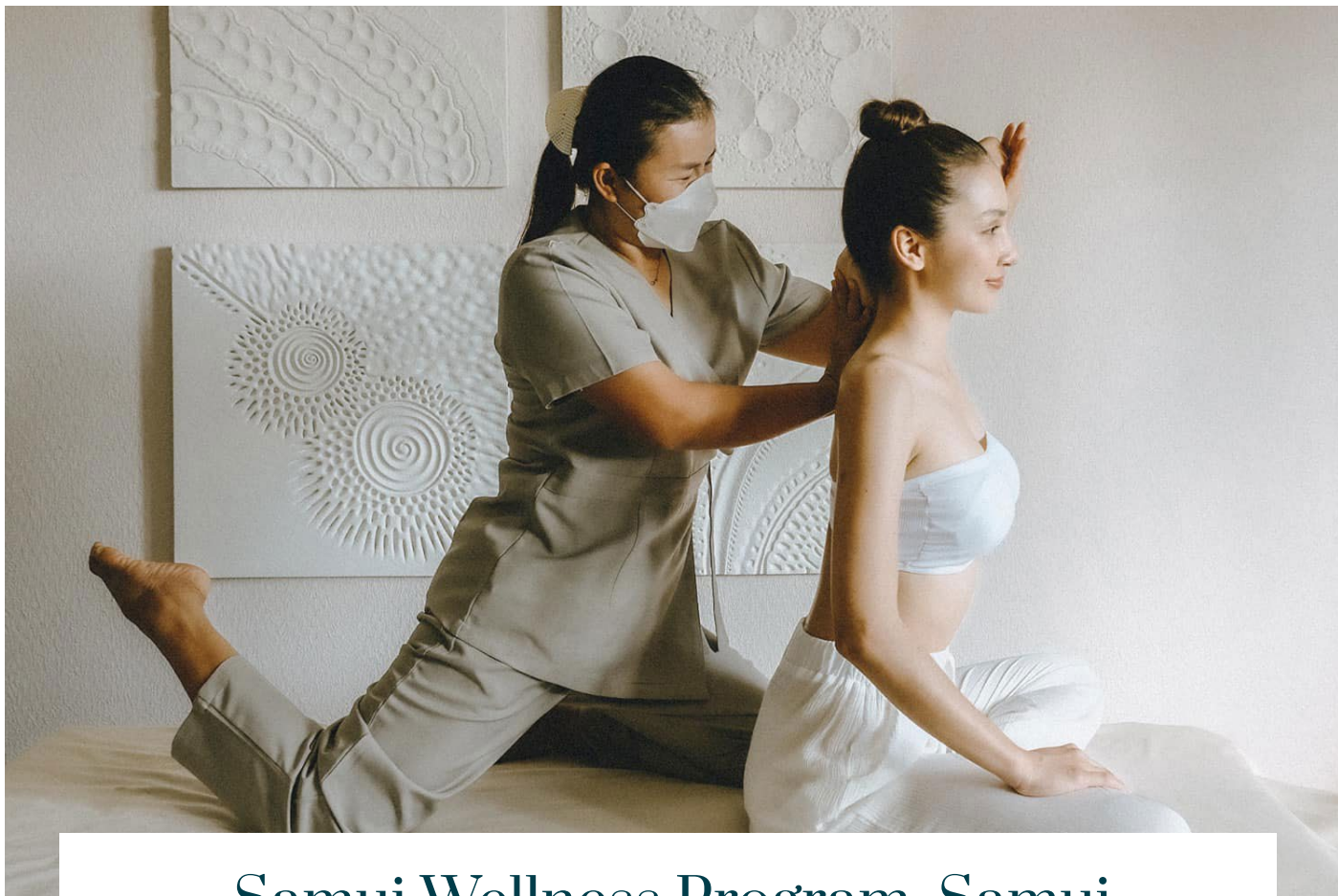
Tel: (+66) 2127 5888 ex. 5901





Samui Wellness Program, Samui

Fulfill the memorable vacation with white sandy beaches, the pure seabreeze, and boost the energy with a deluxe spa program offering quality products of Thailand. Explore the traditions of Samui through stories of local ingredients, food and other must-do activities in the island as well known as “land of pearls” in the Gulf of Thailand.



Samui Wellness Program, Samui

Itinerary

Day 1 Bangkok-Samui

MORNING

- Arrival at Koh Samui
- Visit the Big Buddha statue, a landmark of Koh Samui, which is a visible spot from an airplane eyeside. Enjoy a high viewpoint of Mae Nam Beach from the Big Buddha Temple.

NOON

- Lunch: taste of local Southern cuisine with local fresh seafood, such as Wai Kua (an octopus dish) and Surat Thani oysters at Sabienglae restaurant.

AFTERNOON

- Couple's relaxing massage at Kimpton Kitalay's modern Thai spa and wellness center. Enjoy a premium quality spa with a variety of Pimaanda products by HARNN. Experience with the Siamese Program which adapts from the movements of Southern Norah dance into massage technique.

EVENING

- Check-in at Celes Samui hotel.





Day 2 : Samui

MORNING

- Join a yoga class and watch the wonderful sunrise.
- A DIY Workshop for making a massage ball. Knowledge about Thai herbs and Thai cultures at Honey Rose herbal garden.
- Consult with a health expert at BDMS Wellness Clinic Retreat, Celes Samui Hotel.

NOON

- Lunch at Baan Suan Lang Sard, a reservations-only restaurant which specializes in fresh daily ingredients and seasonal dishes, operated by Samui natives.

AFTERNOON

- A coconut oil workshop and visiting the Coconut Museum, shopping for organic coconut products at the Coconut House.

EVENING

- Dinner at the hotel.

Day 3 : Samui-Bangkok

MORNING

- Watch the stunning sunrise and enjoy a healthy breakfast
- Visit Samui Elephant Kingdom to learn about the lives of elephants (the national animal of Thailand). There is also a cookie-making activity to prepare the elephants for feeding. Give the elephants a bath. Discover elephants' way of living in the midst of nature.

NOON

- Healthy lunch with a delightful view at Vigasa restaurant.

AFTERNOON

- Head to Samui Airport and have a safe departure.



Price and Duration

3 days 2 nights

Price: **745** USD/person

Prices are subject to change.

Contact Felix Travel

Tel: (+66) 8 2154 1456



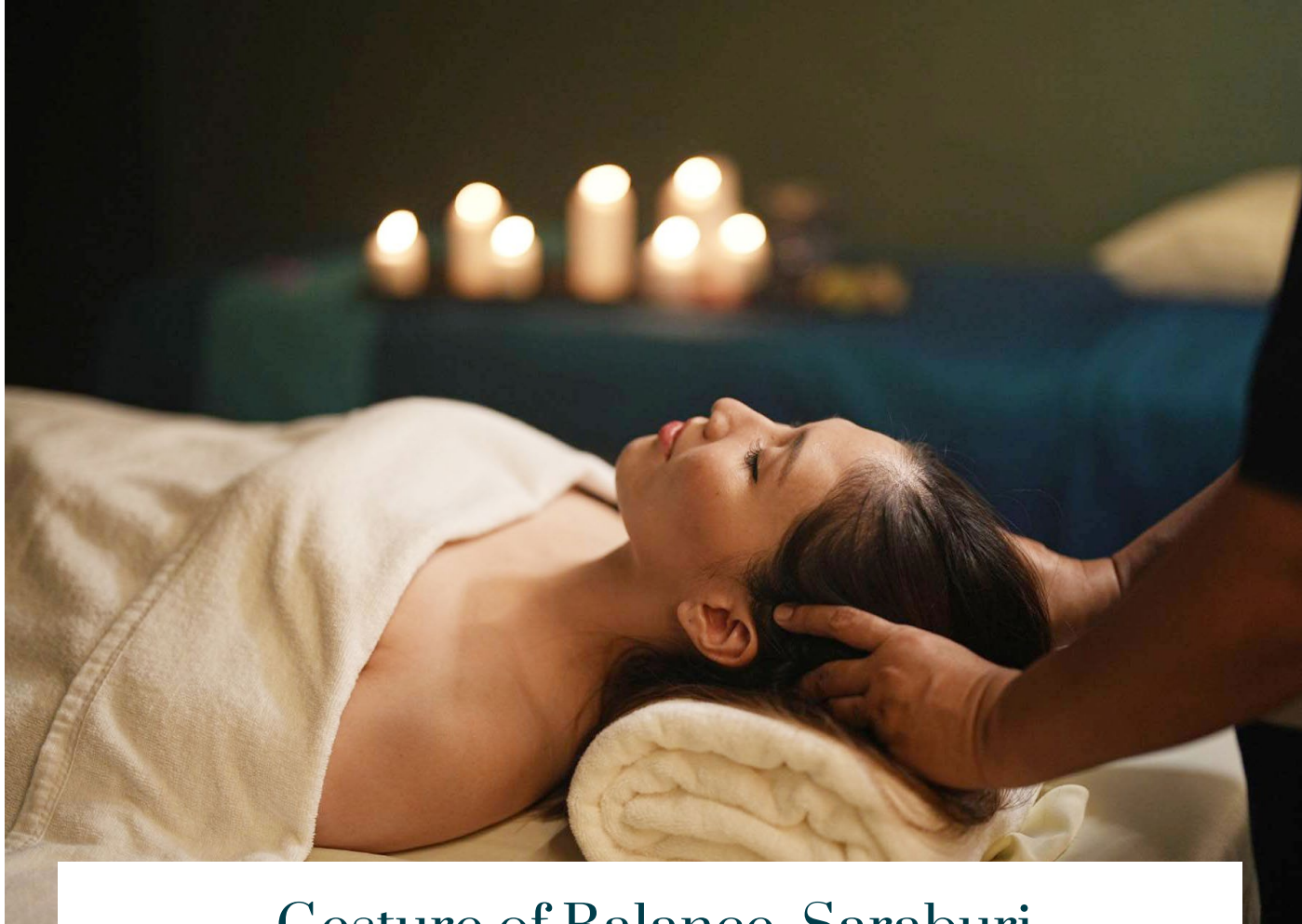




Gesture of Balance, Saraburi

Understand feelings of Relaxation, rejuvenation, and replenishment of your body and mind. Restore your self-balance surrounding the natural hills in Saraburi Province. Experience with an exclusive treatment at The Soul Resort where is a destination for holistic care and true harmony of the body and soul.





Gesture of Balance, Saraburi

Itinerary

Day 1

MORNING

- Travel to Saraburi by van.
- Relax along the journey with Music Alpha Waves sound therapy – a practice of relaxation to contribute to positive feelings, as well as reduce fatigues.

NOON

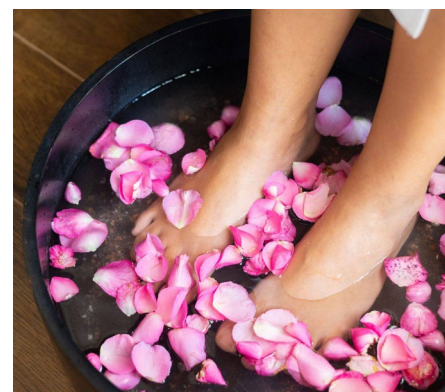
- Lunch at Mother's Home Cooking restaurant: savor the local dishes that represent the ingredients of Saraburi. The menu was curated by health and nutrition standards, for example, Khao Chae, Khanom Jeen, chili paste, and herbs.

AFTERNOON

- Check-in at The Soul Resort, a destination for practicing holistic wellness and mindfulness in the serenity of the green hills with modern facilities.
- Fresh up and re-energize with afternoon tea at the ambiance of The Harmony Tearoom, a space designed under the concept of Color Therapy.
- Enjoy a leisurely afternoon, e.g. swimming, relaxing at the sky pool, or having skin treatment at Pim Dheva Spa.

EVENING

- Dinner at Pim-Piman Restaurant.
- Restoring life balance throughout nature therapy, admiring the beautiful sunset along the hills, listening to motivating stories, and enjoying constructive activities that boost up morale and energy.





Day 2

MORNING

- Rehabilitate the souls in a real natural cottage at Hermit Hut, a wooden hut without any facilities. All you need is only an outdoor space for exercise and meditation. Trek into nature to feel appreciated in the morning atmosphere, and enjoy a Thai herbal drink.
- Breakfast: restore balance and refresh the body with 5-color vegetables healthy menu.

NOON

- Head to Huapli Market. Enjoy a local lunch menu and attend the traditional Thai desserts workshop. Experience with a local market lifestyle.
- Shopping at Saraburi souvenirs such as curry puffs seasonal fruits etc.

AFTERNOON

- Have a safe return trip.



Price and Duration

2 days 1 night

Price: 285 USD/person

(minimum 8 people)

Prices are subject to change.

Contact Udachi

Tel: (+66) 8 5245 2458







The Sanctuary of Artistic Life and Wellness, Ayutthaya

Indulge in the arts and wellness at Phra Nakhon Si Ayutthaya Province, a UNESCO World Heritage site. Enjoy an exclusive stay at THANN Wellness Destination (Bangsai Ayutthaya), soothe your body and mind, and restore your life balance in the middle of nature with an all-inclusive service that brings you an array of spa treatments and health related activities.



The Sanctuary of Artistic Life and Wellness, Ayutthaya *Itinerary*

Day 1

MORNING

- Arrived at Ayutthaya
Visit Bang Pa-In Summer Palace, a summer retreat for the kings of the Ayutthaya era.
- Visit and pay respect at a religious landmark
Wat Maha That: an early Khmer complex in Thailand featuring the unique ancient-century buddha head sculpture surrounded by the roots of the Bodhi tree.
- Visit and pay respect at a religious landmark–Wat Phra Si Sanphet: a royal temple on the site of the ancient palace in the Ayutthaya era, a similar royal temple range with the Sukhothai-era Wat Mahathat or the Bangkok-era Wat Phra Si Rattana Satsadaram (Temple of the Emerald Buddha).
- Check-in at THANN Wellness Destination (Bangsai Ayutthaya), a comprehensive wellness complex with accommodation and an array of wellness activities from spa treatments, such as physical exercises and recreation programs.

EVENING

AFTERNOON

- Lunch at Busaba Ayutthaya Cuisine: a Thai restaurant with a Casual Dining concept serving up authentic Thai tastes using both Thai and foreign ingredients.
- Dinner at Riverfront Restaurant: enjoy the fresh selective menus with chemical-free ingredients cultivated inside the resort. Enjoy a meal packed with nutritional value and experience the wellness of body and mind.
- Rest.

Day 2

MORNING

- Morning exercise: restore the balance of body and mind with unlimited relaxation programs and exercise classes, the combination of cardio exercise, weight training, and flexibility exercise.
- Recharge the mind and spirit through Agro-Tourism activities, whether collecting eggs at a farm where hens and ducks listen to classical music for emotional well-being purpose or taking a garden tour to pick seasonal vegetables for preparing healthy breakfast meals.
- Attend a Facial workshop: learn how to care for the facial skin and select the right products for nourishment, as well as techniques for facial massage to restore vibrancy.

AFTERNOON

- Lunch at Riverfront Restaurant: savor nutritious meals exquisitely prepared with chemical-free ingredients.
- Enjoy an All-inclusive Spa Treatment package with individual customized, such as facial treatment or relieving office syndrome.
- Museum visit: admire the decorative and household accessories from the Ayutthaya era, the beautiful artworks such as paintings, sculptures, architecture by the Royal Court artisans, and the folk handicrafts of villagers.

EVENING

- Take an evening promenade to appreciate the beauty of Wat Ratchaburana.
- Dinner at Hormglin Thai Dessert: authentic Thai foods and desserts.
- Rest.

Day 3

MORNING

- Morning activity: practice mindfulness, restore the balance of body and mind, strengthen the muscles and relieve tension through Yoga and Pranayama (the practice of controlling your breath in different pace, stimulating oxygen intake in the body and tuning the brain waves towards slow-wave sleep), the stage of body and mind is feeling the most relaxed)
- Breakfast at the Riverfront Restaurant
- Relax with Aromatherapy: bath, steam, sauna or salt therapy.
- Rest.

AFTERNOON

- Lunch at the Riverfront Restaurant: experience the flavors of "Farm-to-Table", natural ingredients.
- Afternoon Tea: enjoy THANN Wellness Destination (Bangsai Ayutthaya) signature tea and healthy dessert set.
- Check-out.
- Travel to Ayothaya Floating Market, the biggest floating market of Ayutthaya Province with 249 shops and a cultural tourism destination that has retained its unique folk traditions, performances, daily-use items and simple way of life.

EVENING

- Dinner at Baan Pomphet restaurant: a "MICHELIN Guide Thailand 2023" restaurant in a contemporary brick structure serving Thai delicacies from local ingredients such as char grilled river prawns with sweet fish sauce dip, orange curry with mudfish and vegetables, West Indian pea in shrimp paste, and fried sheatfish garlic.
- Return home safely.

Price and Duration

3 days 2 nights

Price: 1,591 USD/person

(minimum 2 people)

Prices are subject to change.

Contact Penguin to Fly

Tel: (+66) 99119 9966, (+66) 65446 7414



Krabi's Ultimate Wellness Getaway, Krabi

Indulge in the ultimate Krabi getaway experience with a cruise on KRABIRA's modern Huatong boat. Taste the best quality of fresh seafood from locally sourced ingredients. Enjoying a holistic wellness program, the perfect combination between Eastern and Western medicine at Amataya Wellness. Discover an unparalleled treatment from the saltwater hot spring, the only one in the world.





Krabi's Ultimate Wellness Getaway, Krabi

Itinerary

Day 1

MORNING

- Krabira longtail boat cruise - Amazing Daylight program: admire the beauty of Khao Khanab Nam and the lush mangrove forest where there is a green tunnel over one kilometer, one of the premier landmarks of Krabi.
- Stop for a private lunch on Krabira Floating Cottage amidst the backdrop of the mangrove.

AFTERNOON

- Arrived at Amataya Wellness for checking-in and enjoying a herbal welcome drink.

- Enjoy a course of health treatments: Thai massage with Phlai Oil; saltwater bath for relaxing the body and mind, stimulating blood flow, relieving rheumatoid arthritis, and rejuvenating the skin; freshen up with medicinal extracts from kaffir lime peel.

EVENING

- Meet a traditional medical Thai specialist for a health examination based on body elements; restore the balance of elements and nourish your health.
- Dip into a saltwater hot spring enriched with minerals in Arb Oon salon spa under the personalized supervision

of a specialist. Alternate between hot and cold baths to stimulate blood flow, relieve fatigue and refreshen the body.

- Dinner: healthy traditional Thai menu freshly prepared from locally sourced ingredients
- Rest, or relax in a private saltwater hot spring.

Day 2

MORNING

- Freshen up the morning with the private saltwater alternating between hot and cold bath, approximately 30 minutes.
- Breakfast with a healthy menu



- Learn local Thai health wisdom: Rue-Si Dutton (hermit contortion exercise), controlling breath, meditation, stretching to improve flexibility and relieve aches and pains, stressness, and stimulate blood circulation.

AFTERNOON

- Lunch: choose the option between Tom Yum soup or clear soup noodles made from konjac, the selective menus contain a plant that helps reduce cholesterol and triglyceride in the blood vessels.
- Foot massage: restore balance of body and effectively improve muscular, articular, and tendinous function.
- Afternoon Tea - Thai Set: sip on tea or herbal drink, together with healthy Thai desserts packed with cereals, such as ginkgo, that nourishes the heart, brain, and eyesight

EVENING

- Dinner: healthy traditional Thai menu
- Rest, or relax in a private saltwater hot spring.

Day 3

MORNING

- Freshen up the morning with the private saltwater alternating between hot and cold bath, approximately 30 minutes.
- Breakfast with a healthy menu

- Water Therapy: exercise into the water to strengthen the cardiovascular system, improve blood circulation in the warm water under the attentive supervision of a therapist.

LUNCH

- Lunch: a healthy menu, such as salmon steak, and snapper steak.
- Presentation of local Thai artisanal souvenirs from Amataya Wellness; check-out and head to the pier.
- Embark on a Huatong longtail boat, head to Koh Jum island and admire the lush mangrove forest throughout the journey.
- Check-in at Koh Jum Ocean Beach Resort; rest.

EVENING

- Dinner: a fresh seafood menu with a romantic ambience, amidst the sounds of sea waves hitting the shore and a stunning view of the sun disappearing below the horizon.
- Rest.

Day 4

MORNING

- Feel the Breath of in the purity morning breeze, watch the reflection of the sun on the ocean as it emerges from the horizon, and indulge in the white pristine sandy beach.
- Breakfast with a healthy menu
- Enjoy a leisurely kayaking activity in the ocean, or take a morning rest.

NOON

- Check-out from the hotel. Embark on the boat back to the mainland and arrive at Laem Kruad Nua Pier. A van will be ready to drop the passengers to Krabi International Airport. Guests return home safely.



Price and Duration

4 days 3 nights

Grand Family Suite: **1,869** USD/person

Family Suite: **1,549** USD/person

Deluxe: **1,229** USD/person


(minimum 2 people)
Prices are subject to change.

Contact Krabira

Tel: (+66) 8 1292 8888







Southern Isaan-Inspired Natural Science for a Harmonious Mind and Body, Buriram

Experience the beauty of stone castle town, several extinct volcanic areas, center of the ancient Khmer Empire and the legend of Arokaya southern Isaan- Chinese heritage herbal treatments;[passed down from generation to generation]; which suits for body and mind.



Southern Isaan-Inspired Natural Science for a Harmonious Mind and Body, Buriram *Itinerary*

Day 1

MORNING

- Arrived at Buriram Airport.
- Visit Prasat Hin Phanom Rung, a pink stone castle built during the 10th - 13th century in the Khmer style located in an extinct volcano area.
- Visit Ban Khok Muang Community, a cultural tourism destination where you can experience riding a local farm truck.
- Visit Prasat Hin Muang Tam, a 400-year old archaeological castle in Buriram.

- See the "Baray" reservoir (a rectangular-shaped reservoir of the Ancient Khmer's style) which's a water storage around Mount Sumeru.
- See the Ban Khok Muang hermit home, a place of healing for pilgrims who visit Prasat Hin Muang Tam. The structure design is a Hindu-style architecture built with laterites.

LUNCH BREAK

- Lunch at Tieng Na local chef's table: explore a taste of local healthy cuisine prepared by local chefs with a signature dish called "Yum Tred Prai"

AFTERNOON

- Enjoy a hands-on experience in cloth dyeing with colors of the 1000-year Baray mud.
- Learn the traditional technique of processing carex, plant-based material, into handicrafts such as Prasat Muang Tam mats and handbags.

EVENING

- Visit Play La Ploen Flora Park, the first winter flower park in North-Eastern Thailand.
- Recover from fatigue after a long day with a herbal foot spa treatment.
- Dinner.



Day 2

MORNING

- Travel to the Elephant Kingdom at Ban Ta Klang, Surin, explore the way of life between humans and elephants. Get your body ready for some morning exercise and blood pumping by elephant baths activity along the Chi River.
- Learn how to make rice paper from elephant manure.

LUNCH BREAK

- Lunch at Tang Taworn Melon Farm

AFTERNOON

- Achieve balance of the body and mind through a 4-dimensional natural therapy conducted by Thai-Chinese medical doctors and specialists at Arokaya Wellness Sala.
- Inhale Arokaya-recipe herbal steam to alleviate stuffy nose symptoms caused by exposure to dust and pollution from the big cities.
- Join the burning herbs treatment over skin and belly area to stimulate the digestive system. Attend traditional Chinese medical practices ,such as Gua Sha massage to stimulate the functioning of the blood and lymphatic systems, and ears seed therapy to stimulate the organs functions of the body.

EVENING

- Enjoy a relaxing evening or join an exciting activity at Play La Ploen Flora Park.
- Dinner at Reun San Sook Restaurant: taste of local Isaan dishes



Day 3

MORNING

- Boost up with the Immune Booster Vitamin drip treatment: strengthen your immune system and freshen your skin before going home.

LUNCH BREAK

- Lunch and coffee at Mana Cafe, Buriram.
- Return home safely.



Price and Duration

3 days 2 nights

Price: 576 USD/person

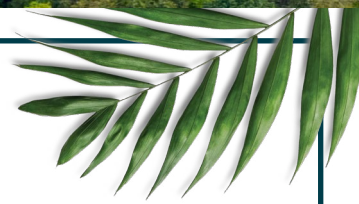
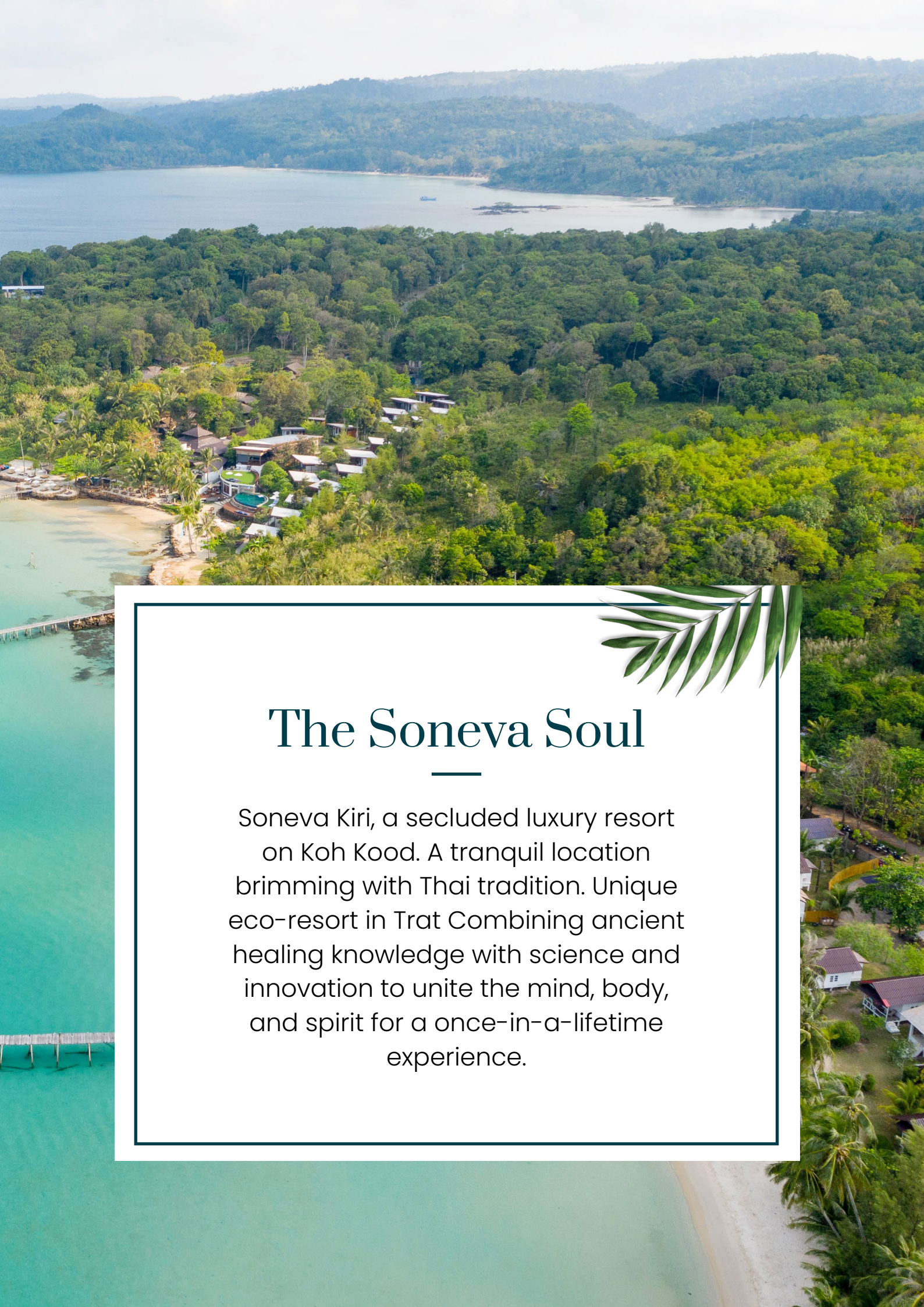
(minimum 4 people)
Prices are subject to change.

Contact Friday Trip

Tel: (+66) 2373 8008, (+66) 8 8008 2906-7

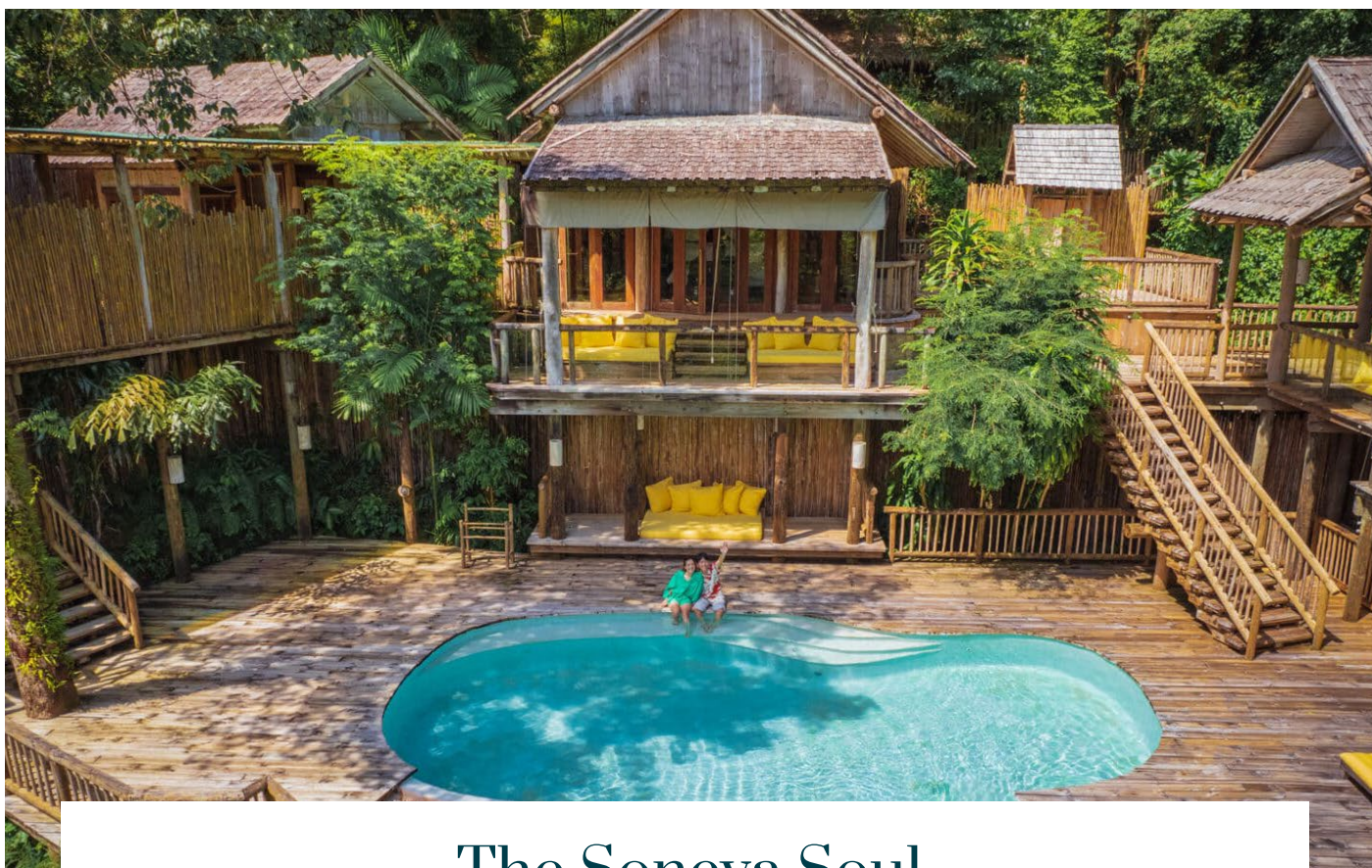






The Soneva Soul

Soneva Kiri, a secluded luxury resort on Koh Kood. A tranquil location brimming with Thai tradition. Unique eco-resort in Trat Combining ancient healing knowledge with science and innovation to unite the mind, body, and spirit for a once-in-a-lifetime experience.



The Soneva Soul

Itinerary

Day 1

MORNING

- Arrive at Soneva Kiri Koh Kood on a private jet.
- Approximately 1 hour of travel
- Landing at a private airport on Koh Mai Si (a small island close to the resort)
- A warm welcome under the concept “no news, no shoes” where guests get closer to nature, and enjoy the exclusive service of our Barefoot Butler who takes guests to their luxury villas.
- Unwind from the fatigue of the journey with “Abhyangam” oil massage, a traditional therapy from India, and meet with a natural healing specialist before beginning the activities.
- Experience Thai and Mexican cuisines at the heart of an organic farm with tasty creations by Chef Samantha Haerberli, using premium ingredients and plants from the farm.

AFTERNOON

- A workshop on plant-based cooking with freshly picked ingredients at the Colours of the Garden restaurant.

EVENING

- Evening exercise in the private beach area, e.g., kayaking, and stand-up paddle (SUP) boarding.
- Dinner at the Thai gourmet restaurant Kruua Mae Tuk (Tuk’s Kitchen) with a no-menu dining concept.





Day 2

MORNING

- Spiritual fulfillment at sunrise amidst the sound of sea waves hitting the shore; Continental breakfast prepared right on the beach.
- Take a cruise along Koh Kood; Lunch at a fishermen's village.

AFTERNOON

- Snorkel and appreciate the coral reefs at Koh Rang; learn about the appropriate approach to sea conservation.
- Reenergize the skin and restore emotional balance after the sea adventure through the "24K Gold Age-Defying Facial" exfoliation treatment program.

EVENING

- Private barbeque dinner and movie at Cinema Paradiso.

Day 3

MORNING

- Absorb positive energy from the sea through a yoga session under the close guidance of a specialist.
- Swimming session at the private luxury pool villa.

NOON

- An unparalleled culinary experience at Treepod Dining, a "bird's nest" restaurant surrounded by green hills and a 360-degree vista of the sea.

AFTERNOON

- A session of Toksen (hammer and chisel massage to stimulate pressure points throughout the body) at Soneva Kiri.
- Sunset viewing and dinner on an exclusive luxury cruise.

Day 4

MORNING

- Breakfast
- Awareness-building on the interconnectedness between the body and the mind; instinct therapy with a specialized therapist.

NOON

- Lunch at The View Restaurant Nikkei, a Japanese-Peruvian fusion restaurant.

AFTERNOON

- Guests return safely.

Price and Duration

4 Days 3 Nights

Price: 5,245 USD/person

(minimum 2 people)
Prices are subject to change.

Contact Image Holiday (Thailand)

for More information.

Tel: (+66) 2 661 8081







Unlocking the Secrets of Lanna Natural Healing - Restoring Balance to The Body and Mind from Inside-Out, Chiang Rai

Venture into the vast forest and embrace the special moment during your getaway at a luxury hotel nestled among the trees, lakes, and hills. Unwind and ease into the simplicity of folk wisdom with a Lanna “bengal root” herbal treatment at a spa amid the serenity of nature.





Unlocking the Secrets of Lanna Natural Healing - Restoring Balance to The Body and Mind from Inside-Out, Chiang Rai *Itinerary*

Day 1

MORNING

- Arrived at Mae Fah Luang Airport, Chiang Rai province.
- Enjoy a sip of tea or coffee, and learn about tea cultivation at Choui Fong Tea Plantation.

LUNCH BREAK

- Lunch at Ma Long Der: Get a taste of northern fusion foods.

AFTERNOON

- Take a cruise along the Mekong River to the beginning spots between 3 country borders called 'the Golden Triangle'.
- Check-in at Anantara Golden Triangle Elephant Camp & Resort

EVENING

- Romantic dinner at Opium Terrace and delight with nature views at Elephant Bar.
- Experience the heart of nature at the "Jungle Bubble". Enjoy the sunset and discover the magic of the stars in the clear night sky at the Golden Triangle.





Day 2

MORNING

- Breakfast.
- Take a morning stroll in the forest with the gentle giants (elephants) under the supervision of elephant keepers.
- Complete your getaway experience by giving the elephants a bath.

LUNCH BREAK

- Lunch: sit back and relax with a Picnic Box next to the elephants in their green habitat.

AFTERNOON

- Reduce fatigue with the “Lanna Experience”, starting with a Floral Foot Ritual (foot spa), then continuing a body polishing and wrapping by using bengal root (a local Lanna herb that helps to relieve and reduce inflammation), and ending with a body wash and therapeutic massage by using bengal root.

EVENING

- Dinner at Locus Native Food Lab: the Chef’s Table style serves meals with creative touch with a taste of contemporary northern cuisine.



Day 3

MORNING

- Breakfast
- Check-out. Travel to Lor- Yo Community. Learn about local lifestyles, morals and amusement of Akha people.
- Entertain yourself with life in the forest, forage the herbs for preparing an Akha meal right in the forest under the close guidance of local experts.

LUNCH BREAK

- Lunch: enjoy an Akha meal in the forest.

AFTERNOON

- Learn about authentic tea culture, explore the tea plantation, and experience the traditional lifestyle of the Chinese community according to history.
- Return home safely.

Price and Duration

3 days 2 nights

Price: 1,719 USD/person

(minimum 4 people)
Prices are subject to change.

Contact Elite Holiday and Agency

Tel: (+66) 86971 7388, (+66) 2661 9399





Fit and Fun, Let's Ride Together, Udon Thani - Loei

This fun and informal excursion, a low - carbon travel experience, takes you through Loei Province by bicycle, where you can enjoy the vast nature and leisure activities. You will stay in a wooden lodge built from reclaimed wood in the original style of Loei Province.





Fit and Fun, Let's Ride Together, Udon Thani - Loei *Itinerary*



Day 1

MORNING

- Arrival at Udon Thani airport.
- Breakfast at Madam Pahtehh (Branch 1)
- Travel to Loei province (approximately 150 km.)
- Check-in at Ban Mai Leelawadee, a wooden lodge (rebuilt from an old structure but still retaining the original Isaan style - Loei province) with a pool for relaxation.

LUNCH

- Lunch at the pool terrace area of the lodge.

AFTERNOON

- Bike ride to Ban Na Or Market (4 km.): experience a local fresh market and be tempted by the food and local product. Buy ingredients to prepare dinner.
- Return to the guest house. Prepare the ingredients from the market.

EVENING

- Have fun with a cooking class and enjoy dinner: Thai delicacies including Som Tum and Tom Yum Kung (spiciness level can be adjusted according to taste).

Day 2

MORNING

- Bike ride to Phu Phuttho (8 km.): see the sunrise and enjoy a morning walk from the parking lot to the Buddha image. Relax with basic morning yoga.
- Breakfast at the pool terrace of the lodge.
- Bike ride to Wat Sri Chan Ban Na Or (5 km.): visit the Old Wooden House Museum, listen to stories about the Loei people's way of life and their cotton production, and visit the weaving community of Ban Na Or.

LUNCH

- Lunch at Chom Bua Cafe and Restaurant

AFTERNOON

- Bike ride to Nam Man Sub-District (20 km.): spend the afternoon on a raft, close your eyes, sit back, and enjoy in the ambiance of the breeze, the sky, and the mountains.
- Stop on the way back to see the way of life of rubber farmers. Search for bamboo shoots and yanang leaves at the organic rubber farm, and shop at the market for additional ingredients to prepare a local delicacy (bamboo shoot curry) for dinner.

EVENING

- Dinner.
- Rest in the evening in Ban Mai Leelawadee

Day 3

MORNING

- Bike riding and trekking up to Phu Bo Bit Forest Park (15 km.): marvel at the 360-degree panorama of Loei and feel the freshness in the air. Depending on the weather, you may be able to see a sea of fog.
- Stop for a Vietnamese-style breakfast at Kao Piak Glan Chai on the way back.
- Stop for an outdoor coffee at Chamcha Cafe (4 km.).

LUNCH

- Lunch at Him Phu Steak (2 km.)
- Return to the lodge (6 km.)

AFTERNOON

- Relax in the swimming pool, or take a rest at your leisure.

EVENING

- A special dinner in a "farewell party" atmosphere with wine from Chateau de Loei.

Day 4

MORNING

- Morning walks around the lodge.
- Breakfast.
- Check out.
- Head to Loei airport and safely return home.

Price and Duration

4 days 3 nights

Price: 700 USD/person

(6 people and no more than 8 people)

Additional terms: visitors can bring their own bicycles.
(transportation at your own tour package.)

This price does not include: alcoholic beverages,
tips for guides and all service teams, round-trip airfare.

Prices are subject to change.

Contact Essence of the East Thailand Travel

Tel: (+66) 8 1587 4066



Discover a New Community Tourism Experience in Chonburi's Land of The Coconut, Chonburi

Follow the coconut trail in Takhian Tia community in Chonburi province. Learn about the community's distinct, simple lifestyle and recharge your spirits through cultural tourism. Have fun with activities such as dyeing fabrics with coconut shells, a massage with coconut oil (a well-known product of the community); and a local dish prepared from the extraordinary coconut.





Discover a New Community Tourism Experience in Chonburi's Land of The Coconut, Chonburi *Itinerary*

Day 1

MORNING

- Arrival at Takhian Tia community of coconut lovers in Chonburi province. Visit Saroj and Waew Garden, a cultural tourism destination, and learn about cold-pressed coconut oil.
- Try a coffee made with coconut and other local desserts made with coconut.

NOON

- Lunch

AFTERNOON

- A relaxing foot massage with coconut oil.
- Have a DIY experience in dyeing fabrics with natural dye from coconut shells.
- Enjoy a leisurely bicycle ride through the coconut garden and learn about the way of life of the Takhian Tia community.

EVENING

- Arrival at Cape Dara Resort Pattaya
- Dinner





Day 2

MORNING

- Breakfast.
- Experience the beauty of the sea: snorkel to the coral reefs of Samae San Island, see the coral reefs on a boat cruise, kayak, or ride a bicycle along a nature trail.

NOON

- Lunch.
- Safe return home.

Price and Duration

2 days 1 night

Price: 315 USD/person

(minimum 4 people)

Prices are subject to change.

Contact Bualuang Tour & Trading

Tel: (+66) 8 1565 5271

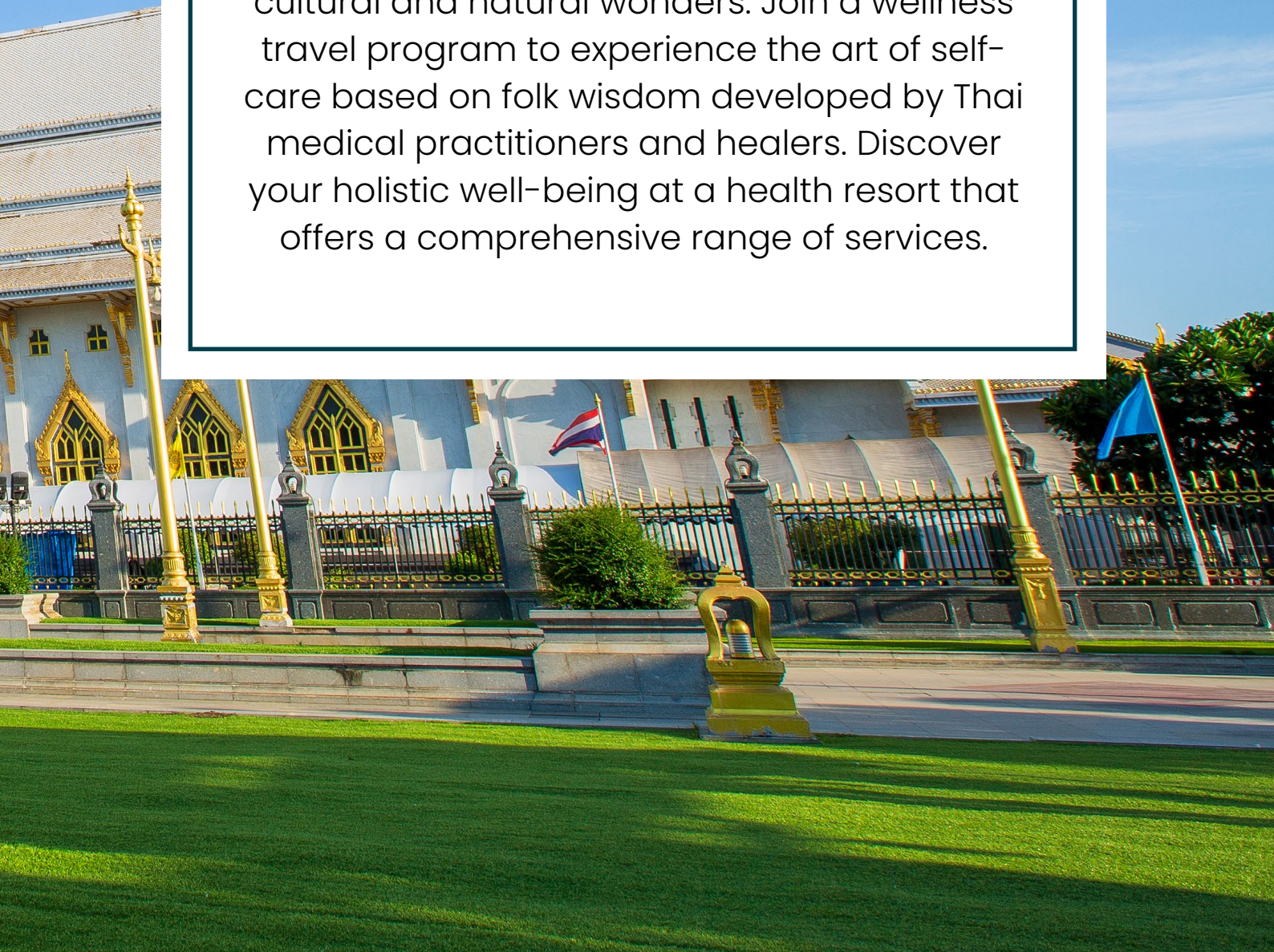






Overflowing with Merit and Bliss in Chachoengsao, Chachoengsao

Immerse yourself in the enchanting allure of Bang Pakong River in Chachoengsao Province, and discover a variety of religious, cultural and natural wonders. Join a wellness travel program to experience the art of self-care based on folk wisdom developed by Thai medical practitioners and healers. Discover your holistic well-being at a health resort that offers a comprehensive range of services.





Overflowing with Merit and Bliss in Chachoengsao, Chachoengsao *Itinerary*

Day 1

MORNING

- Start of the excursion to Wat Saman Rattanaram. Visit the beautiful pink reclining Ganesh, the largest Ganesh statue in Thailand.
- Continue to Wat Sothon Wararam Worawihan. Worship respect to “Buddha Sothon”, the symbolic Buddha image of Chachoengsao province, designed in Lancang esthetics.

LUNCH

- Lunch and shopping at Talad Ban Mai, a market in the historic community of Chachoengsao.
- Visit to Khao Hin Sorn Royal Development Study Center, a research center for professional development and natural resource restoration.

EVENING

- Check-in at Sanpuhard Health and Wellness Club, a leading venue for holistic and multidisciplinary wellness.
- Health consultation to customize wellness and alternative medicine specialists to customize treatment.
- Relieve fatigue with a massage: therapeutic massage, home massage, deep tissue massage, reflexology, aromatherapy, or facial.
- Dinner at the hotel restaurant: a healthy menu created by nutritionists.
- Rest.

Day 2

MORNING

- Meditation therapy by Sanpudard Health and Wellness Club, in collaboration with Wat Pasukato: restoring balance and relieving stress through morning meditation on the banks of Bang Pakong River.
- Breakfast: healthy menu
- Visit to Khlong Khuean Shri Ganesh International Park. Pay your respects to the standing Ganesh bronze statue, considered the largest in the world.
- Take a boat cruise along the Bang Pakong River. Experience the flow of water and nature. See important sights along the river, such as the teak house of Krom Muen Marupong Siripat, the old city wall, historical temples, and the floating market.

LUNCH

- Lunch at Greenville Farm-to-Table: enjoy fresh vegetables right on the farm.
- Return to the Sanpudard Health and Wellness Club.

EVENING

- Relax and improve muscle flexibility with hydrotherapy, or relax in the herbal steam bath and Himalayan pink salt bath.
- Dinner at the hotel restaurant: a healthy menu prepared by nutritionists.
- Rest.

Day 3

MORNING

- Morning activity: experience the Thai exercise of Hermit Dutton (contortion) under the supervision of specialized therapists.
- Breakfast
- Learn the basic principles of traditional Thai medicine for self-care. Join a workshop on making balm, herbal massage oil and pillow mist.

LUNCH

- Lunch: healthy menu.
- Drive to Mini Murrah Farm. Visit the farm and see a demonstration of the procedures and processes used to harvest Murrah (a breed of river buffalo known for its high quality milk).
- Enjoy an afternoon snack at the Mini Murrah Farm.

EVENING

- Safe return trip.



Price and Duration

3 days 2 nights


Price: 720 USD/person

(minimum 10 people)

Prices are subject to change.

Contact FB Page travelholic **ชีวิตดีเที่ยว**

Tel: www.facebook.com/travelholicstory

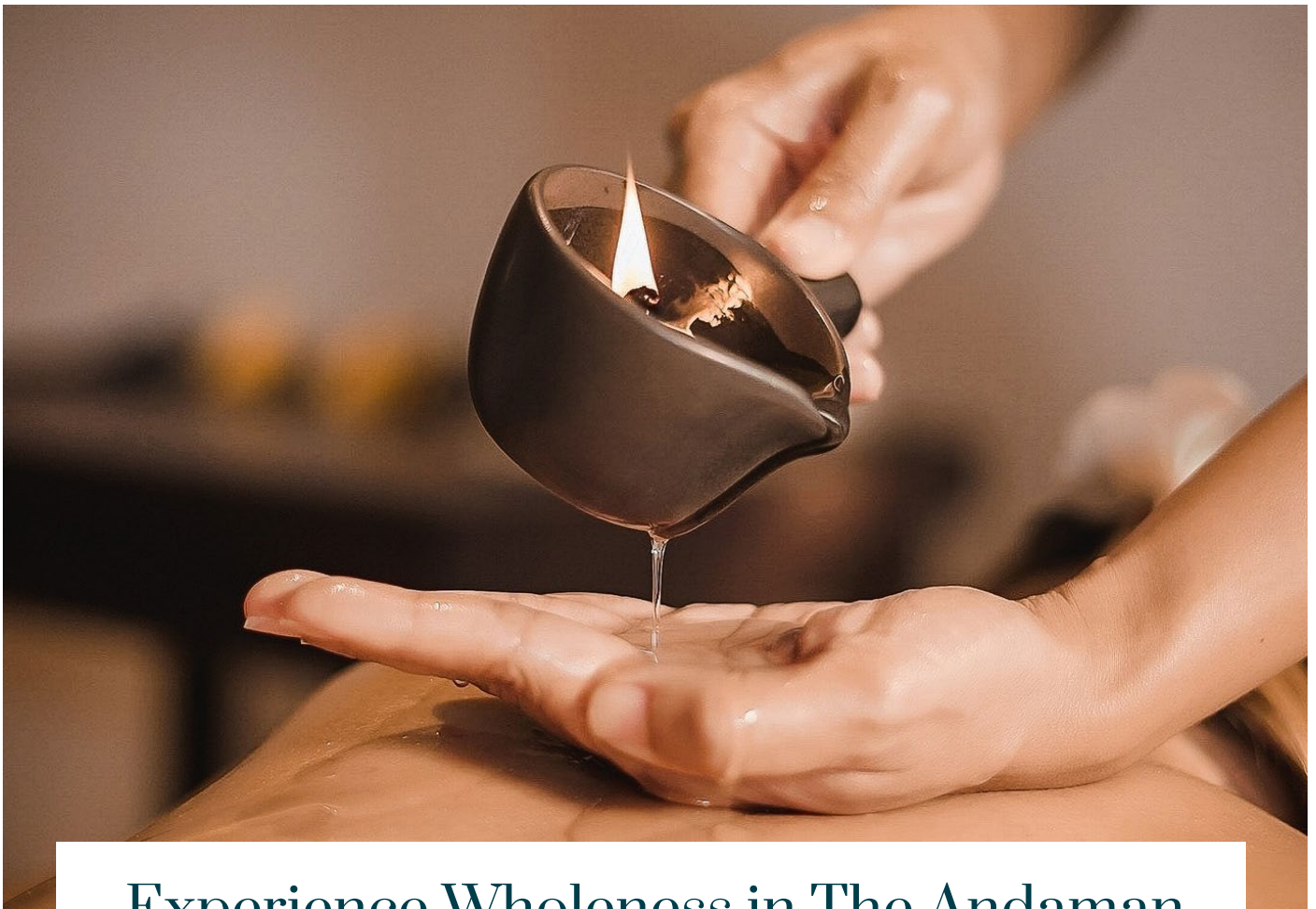


Experience Wholeness in The Andaman Paradise, Phuket

Recharge your energy at the sea on a wellness journey that brings you closer to nature. Find harmony by spending time on the beach, kayaking or exercising on the shore while watching the beautiful sunset.

Breathe in fresh air and positive energy during a yoga exercise by the sea, or go barefoot and feel the grains of sand. Visit an orchard and herb garden in search of premium ingredients for a healthy meal.





Experience Wholeness in The Andaman Paradise, Phuket *Itinerary*

Day 1

MORNING

- Arrival in Phuket. Check in at The Mangrove Phuket. Relax in the tranquility of the sea and natural surroundings.

LUNCH

- Learn how to prepare local Phuket dishes and the traditions of Thai cuisine in a cooking class that begins with selecting ingredients from the garden and the sea. choose a drinks menu of your choice (for 2 persons).

EVENING

- Glamping Dinner & BBQ by the Sea: listen to the tides and the breeze while enjoying prime cuts of meat (pork, chicken, wagyu beef) and seafood. Enjoy the backdrop of the sunset over the white sand beach of the resort.
- Rest.



Day 2

MORNING

- Seaside yoga at dawn: stimulate your blood circulation for a freshness to start the day (private class for 2 guests)
- Anti-Aging Breakfast Set for 2: Enjoy a healthy breakfast rich in vitamins to boost your metabolism and muscle repair, and delay aging.

LUNCH

- Enjoy outdoor activities at the resort, including paddle boarding, kayaking and beach volleyball; OR relax with a spa treatment, Thai massage and oil massage at the Ramada Resort by Wyndham Khao Lak, a luxury beach resort that brings you closer to the sea with a panoramic views of the horizon amid the soothing sounds of tides and breezes.
- Enjoy a fruit smoothie (refillable) or a Thai tea set, served the Southern style
- Get a foot massage to restore balance and stimulate the functions of your organs and systems (60 minutes)

EVENING

- Dinner: Enjoy a healthy Southern meal packed with authentic flavors and immunity-boosting properties.
- Rest.

Day 3

MORNING

- Breakfast: a delightful international buffet and local cuisine. Highly recommended are Khanom Chin Nam Ya (rice noodles in curry soup) and Kaeng Tai Pla (fish belly curry) with local vegetables.

MIDDAY

- Revitalize your body and mind with a wellness massage: relax, detox, restore balance in the immune system and stimulate blood circulation (90 minutes).
- Enjoy water activities such as paddle boarding and kayaking (pool bar available) or light activities on the private beach – an escape from the stress and hassle of daily life for both body and mind.

EVENING

- Dinner at Sassi's Beach Bar: enjoy an international and healthy menu. Don't miss the spicy tuna salad, grilled salmon, avocado and baked goat cheese coated with almonds.

Day 4

MORNING

- Breakfast: a delightful international buffet and local cuisine. Highly recommended are Khanom Chin Nam Ya (rice noodles in curry soup) and Kaeng Tai Pla (fish belly curry) with local vegetables.
- Get a therapy session with Thai massage and herbal compress massage (the hot herbal compress helps to stimulates blood flow).
- Head to the airport for a safe return trip.

Price and Duration

4 Days 3 Nights

Low Season **398** USD/Person

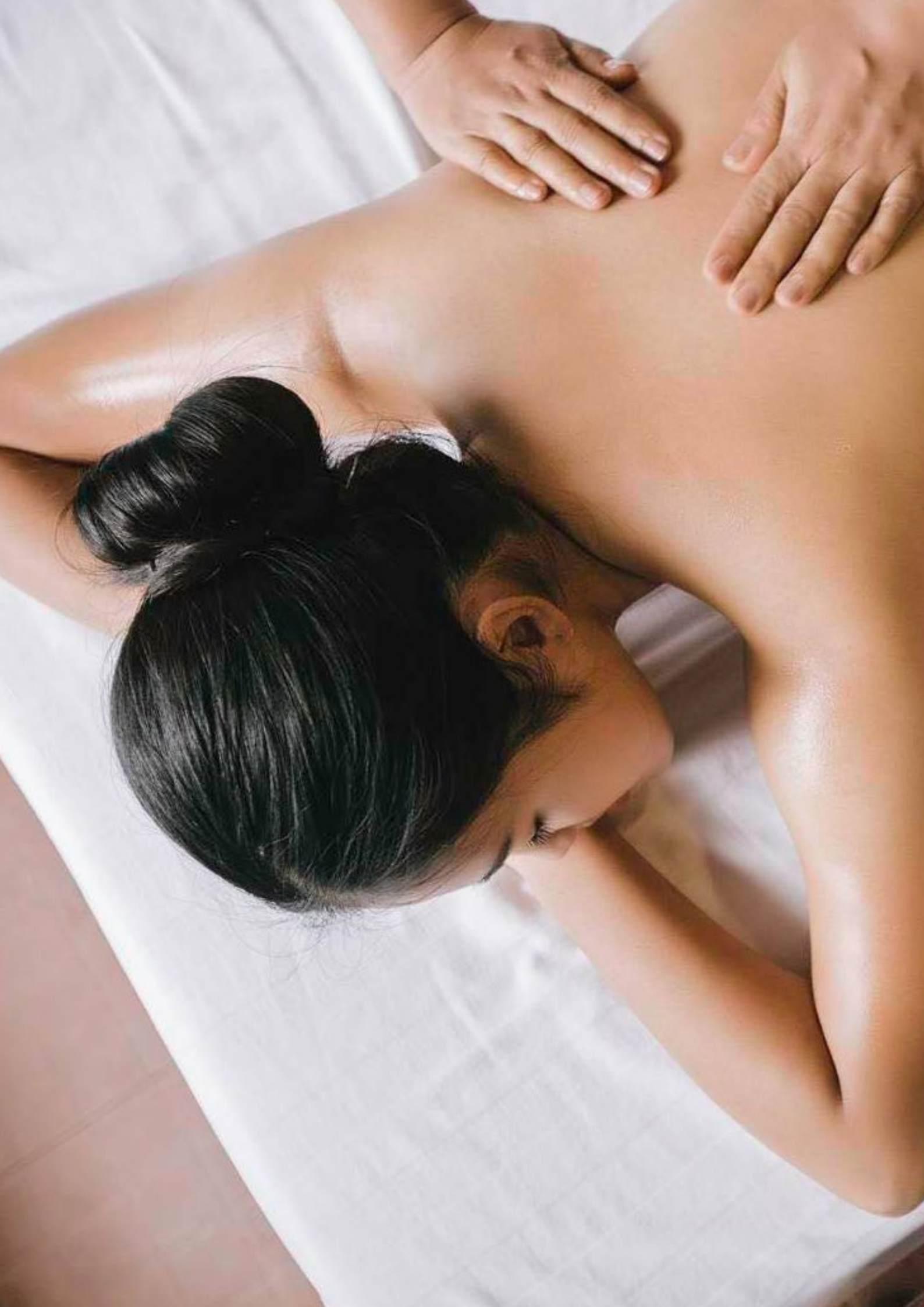
High Season **527** USD/Person

(minimum 10 people)

Prices are subject to change.

Contact FB Page Travelkanuman


www.facebook.com/Travelkanuman

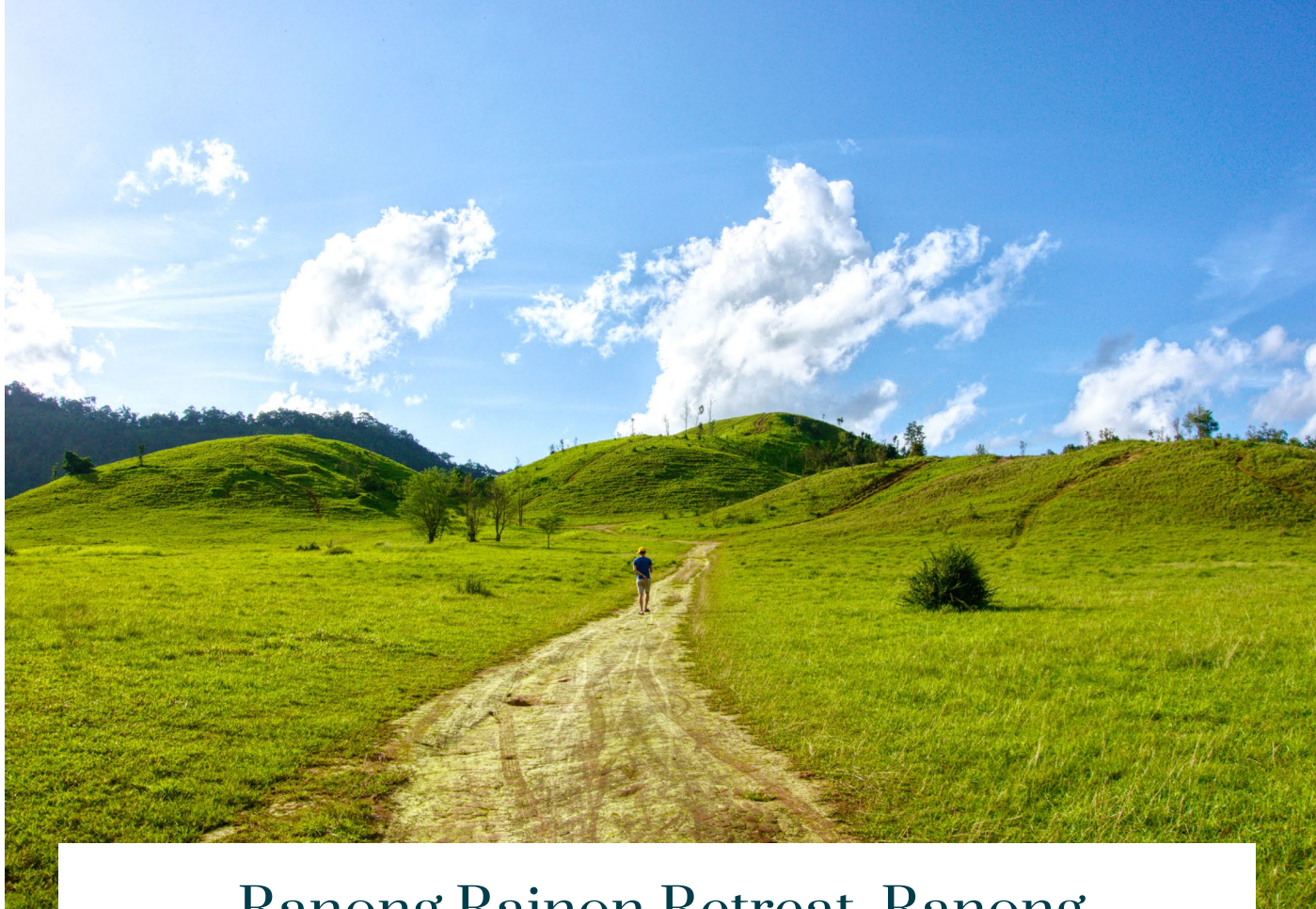




Ranong Rainon Retreat, Ranong

Ranong, the “8-month rain / 4-month shine” city of natural wonders, is famous for its rainwater, mineral springs and seawater. This wellness city awaits its visitors with the retro charm of wooden mini buses, a bath in the mineral spring during rainfall, and a prayer in the Buddhist temples for good health and happiness.





Ranong Rainon Retreat, Ranong

Itinerary

Day 1

MORNING

- Arrived in Ranong province. Experience Ranong's unique charm with a ride on a classic wooden minibus to Sapan Yoong morning market. Indulge in the market as you enjoy the local food and desserts and check out the vast selection of local vegetables and fresh seafood.
- Pray for blessings and fortune at Wat Suwan Khiri or Wat Na Muang, a royal temple that is over 100 years old. Inside the temple is a Datu pagoda, a Myanmar-style pagoda and an important archaeological landmark in Ranong.

- Travel to Hat Som Paen, a village in the hills, to experience nature along the canal, the "Ranong Grand Canyon" and a jade green water pool. On the way back, stop at Hat Som Paen market to see the well-preserved historic houses and taste a local delicacy - Hat Som Paen-style Lod Chong (cendol in coconut milk).

LUNCH

- Lunch at Kun Lin Restaurant.
- Learn how to stir-fry Baegu leaves, a famous local dish, and taste the restaurant's signature health drink.

AFTERNOON

- Have a dip in the Raksa Warin hot spring at Namnong Hot Spa. This onsen offers both hot and cold baths and Ranong-style massage.

EVENING

- Head to Phu Khao Ya to experience the sunset.
- Dinner: Enjoy local dishes and healthy drinks in a classic wooden minibus. If you are traveling in the rainy season, you can also see the beautiful Ngao waterfall.
- Check in at ST Resort Siamese Tin Park Ranong.



Day 2

MORNING

- Breakfast: Ngao local delicacies such as Roti, Chicken Biryani, Khanom Chin, and traditional desserts.
- Head to Ban Pron Rang community. See the one and only Hindu temple of Rayong, ring the temple bells for fortune and pray to the deities – customary practices of the Indian community in Ban Pron Rang.
- Learn about herbal compresses. Wrap your own DIY compress ball with colorful batik fabric and steam it in mineral water at the Pru Lum Pri spring in Ban Pron Rang; OR
- Learn about mineral salt scrubs at the Pru Lum Pri spring, Ban Pron Rang.

LUNCH

- Lunch: traditional local dishes at ST Resort Siamese Tin Park Ranong

AFTERNOON

- Develop a greater appreciation for the nature around you through fabric eco printing, a technique that embeds leaves/flowers into fabric to create a unique fabric design.

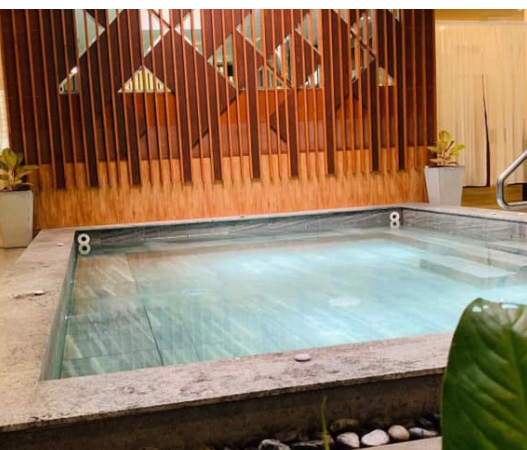
EVENING

- Dinner: a delicious menu of fresh seafood.
- Relax and enjoy the evening at ST Resort Siamese Tin Park Ranong.

Day 3

MORNING

- Enjoy a walk or a bike ride as you experience the local lifestyle at Ban Nhao Market and the charming multicultural community along the Nhao Canal. Enjoy the positive energy of the mountains and waterfalls.
- Breakfast at the hotel.
- Head to Namtok Ngao National Park and Pron Rang hot spring. Treat your body and mind to a mineral spring amidst a beautiful natural backdrop.
- Shopping for souvenirs at the farm outlet
- Safe return home.



Price and Duration

3 days 2 nights

Price: 260 USD/person

(minimum 20 people)
Prices are subject to change.

Contact Jazy on Tour

Tel: (+66) 9 4915 3641





Discover a Charming World Heritage While Caring for The Body and Mind, Ayutthaya

Revel in the beauty and tranquility of a World Heritage city. Discover a special moment during a relaxing getaway. Enjoy this journey of healing, revitalization, and holistic well-being while striving for sustainable wellness and restore balance in your life.





Discover a Charming World Heritage While Caring for The Body and Mind, Ayutthaya *Itinerary*



Day 1

AFTERNOON

- Travel to Ayutthaya Province
- Check-in at Thann Wellness Destination.
- Experience a warm welcome with afternoon tea or corn milk (organic and sugar-free) and Thann Wellness' signature compressed towel.
- Relax in the THANN onsen (hot spring), which uses water that has been processed through an aromatic oil extraction process to help increase blood flow, relieve pain, and relax muscles and joints.

EVENING

- Dinner at Riverfront Restaurant: enjoy a "Farm-to-Table" menu of Thai fusion dishes prepared with fresh produce from local farms.
- "Turn Down" Service: making adjustments inside the room to create an ideal space to relax before taking a rest.



Day 2

MORNING

- Morning exercise for holistic well-being: Have fun and stimulate circulation through activities such as yoga, Muay Thai and Pilates; OR enjoy the tranquility of the morning in nature on a water bike or paddle board (choose the activities at your leisure).

LUNCH

- Visit to Boonnag Thai Cottage, a garden house by the river. Watch a demonstration in hand-woven silk. Learn about traditional mat weaving with carex fibers. Visit neighboring Nathipkasem, a chemical-free, organic rice field. Learn to make Thai desserts from Thao Thong Kip Ma's recipe.
- Lunch at Ayutthayaram Restaurant: a healthy and traditional Thai menu.

EVENING

- Take an evening walk to Wat Ratchaburana and admire its beauty.
- Dinner at Hom Klin: enjoy traditional tastes of Thai cuisine and desserts with a view of Wat Ratchaburana.

Day 3

MORNING

- Get a wellness treatment at THANN Sanctuary Signature Massage: relieve fatigue and office syndrome, treat yourself with certified skin care products (with dermatological test, irritation test and efficacy test) and enjoy a truly relaxing experience with aromatherapy.

LUNCH

- Lunch at the Riverfront Restaurant.

AFTERNOON

- Arrive home safely



Price and Duration

3 days 2 nights

Price: 830 USD/person

(minimum 2 people)
Prices are subject to change.

Contact Penguin to Fly

Tel: (+66) 99119 9966, (+66) 65446 7414







Discover Happiness and Reminiscing The Senses of The Andaman Sea, Phuket

Discover new experiences and create unforgettable memories on a trip to “the Pearl of the Andaman Sea” and a UNESCO-listed city of gastronomy. Restore harmony and balance through spa, food, relaxation, and tourism. Regenerate body and mind through the Thai heritage of spiritual wellness.



Discover Happiness and Reminiscing The Senses of The Andaman Sea, Phuket

Itinerary

Day 1

AFTERNOON

- Arrival in Phuket.
- Check in at the Suuko Wellness & Spa Resort. Freshen up with a welcome drink - Thai herbs and Phuket pineapple juice.
- Rest or relax with some hot and cold drinks. Try the healthy herbal Americano (Triphala Plus coffee) at Suuko Gallery Café

EVENING

- Have a skin treatment and facial massage, restore hydrated and plump skin with a Holistic Gold Facial Therapy, stimulate facial muscles, and transform dull and tired skin into radiant skin.
- Enjoy a healthy dinner at the Suuko Wellness & Spa Resort restaurant.



Day 2

MORNING

- Traditional Life Force Rebalancing: Receive a treatment from a Thai medicine specialist and re-energize the body and mind through life force rebalancing.

LUNCH

- Thai cooking class: learn to select Thai herbs and create a DIY healthy Thai meal.

EVENING

- Treat yourself to a facial massage with Holistic Gold Facial Therapy, which will stimulate your blood flow and lymphatic system, as well as stimulate your facial muscles.
- Enjoy a healthy dinner at the Suuko Wellness & Spa Resort restaurant.



Day 3

MORNING

- Rehabilitate your mind and restore fresh-looking skin through the "Four Element Detox" (adjusting the body elements to stimulate skin firmness and radiance).

LUNCH

- Thai lunch at Blue Elephant Phuket (Chin Pracha House)
- Visit the old town of Phuket and experience the diversity of ethnicities, traditions, and lifestyles in the city of Sino-Portuguese architecture. Taste of the local snacks and desserts of Phuket.

AFTERNOON

- Safe return home.

Price and Duration

3 days 2 nights

Price: 660 USD/person

(minimum 4 people)

Prices are subject to change.

Contact Thailand Journeys

Tel: (+66) 8 1809 6768







Unveiling The Southern Gateway, Embracing The Majestic Nature of The Sea, Chumphon

Open the doors to the south on an extraordinary journey through the biodiversity of Chumphon Province. Indulge in the beauty of the sea, islands and hills, and immerse yourself in the local seamen's way of life. Savor some fresh seafood and heal your mind through the powers of Ocean Therapy.



Unveiling The Southern Gateway, Embracing The Majestic Nature of The Sea, Chumphon *Itinerary*

Day 1

MORNING

- Arrival in Chumphon province. Excursion to Khao Matree viewpoint for a 360-degree panoramic vista of the islands and Pak Nam Chumphon. Pay respects to the statue of Guan Yin or the Bodhisattva Avalokitesvara.
- Visit the Chumphon National Museum. Learn about the history of Chumphon from the past to the present: 1) Chumphon today 2) Chumphon in Pre-Historic Era 3) Historic First Step 4) Chumphon Historic Era 5) Chumphon during the World War II and Heroic

Deeds of the Military Youth 6) Chumphon and urbanization amidst the power of typhoon 7) Chumphon natural history and outstanding heritage 8) Admiral Prince Abhakara Kiartivongse, Prince of Chumphon.

NOON

- Lunch: Enjoy a healthy menu at the New Healthy Café.
- Pay respects to the sacred sites of Chumphon province: Wat Chao Fah Sala Loy / Admiral Prince Abhakara Kiartivongse Shrine / Wat Phra Borommathat Sawi / Wat Thung Siad.

EVENING

- Check-in at Tusita Wellness Resort and enjoy recreational activities, such as kayaking and biking.
- Dinner: Enjoy the healthy creations at the Murraya Restaurant.
- Rest.



Day 2

MORNING

- Morning exercise: Thai Hermit Dutton (contortion)
Holistic wellness: Learning to control body and mind, develop inner chi energy for healing, rehabilitation, and health.
- Breakfast at Murraya Restaurant.
- Embark on a boat for snorkeling and admire the majestic sea and islands of Chumphon, such as Koh Ran Kai, Koh Ran Ped, Koh Khai.

AFTERNOON

- Lunch: fresh seafood and healthy menu on Koh Yo.
- Admire the chorals of Koh Wiang, a paradise sea destination for all divers.
- Pay respect to the standing Buddha statue at Wat Khao Chedi.

EVENING

- Check-in at the Chumphon Cabana Resort.
- Dinner at YakkaJon restaurant: taste the flavors of homegrown, chemical-free, and natural ingredients. Enjoy fruits and vegetables from a network of farmers for natural farming, and fish that are freshly caught in nature by local fishermen.
- Rest.

Day 3

MORNING

- Morning activity: visit to the local market with a chef who specializes in the selection of fresh local ingredients from the sea. Immersion in the local way of villagers.
- Breakfast at YakkaJon restaurant.
- Embark on a boat for a snorkeling trip. Indulge in the enchanting beauty of the marine resources around the islands - Koh Ngam Yai, Koh Ngam Noi, Lak Ngam, etc.

AFTERNOON

- Lunch: a special boxed set from YakkaJon restaurant.
- Visit to Plearn School of Natural Agriculture in Chumphon Cabana to learn a sustainable way of self-sufficiency.
- Visit the crab bank and release baby crabs into the sea.
- Afternoon snack.

EVENING

- Safe return home.



Price and Duration

3 days 2 nights

Price: 900 USD/person

(minimum 10 people)
Prices are subject to change.

Contact Udachi

Tel: (+66) 8 5245 2458





Discover The Sila Phet Community of Nan Province, Experience Tourism at A Community Enterprise, Nan

Discover new experiences in a small town, hidden in a valley covered by mist and untampered nature, where locals enjoy a slow-life. Enjoy visiting organic farms and taste the local healthy cuisine From Farm-to-Table. Learn about local customs and folk wisdom related to wellness, and savor the authentic tastes of local food through a menu that emphasizes low-calories, low carbs, and low sugars. Learn the ways of the Nan people at the Sila Phet Community and attend a workshop on preparing food with local herbs.



Discover The Sila Phet Community of Nan Province, Experience Tourism at A Community Enterprise, Nan *Itinerary*

Day 1

MORNING

- Travelers meet at the airport.
- Departure from Bangkok
- Arrival in Nan province, land of culture and local wisdom for wellness. Breakfast at Nantawan Farm: a healthy menu in the concept of “organic and fresh from the farm” and calorie-conscious nutrition with low carbs and sugar. For those wanting to burn stored fats, it is recommended to have sugar-free coffee or tea and not to fast for a period longer than 16 hours.

NOON

- Lunch at Gin Restaurant: a local health menu with authentic flavors using local herbs.

AFTERNOON

- Relieve fatigue through massage therapy in the Nan-Lanna style.

EVENING

- Dinner at Hua Nam Mushroom Farm: a healthy menu with an emphasis on proteins, fruits, vegetables and reduced carbs and sugar. No food after 18:00. Begin intermittent fasting. The body will burn fat from daily consumption as well as stored fat over a period of 12-16 hours (varies from individual to individual).
- Check-in at Cocoa Valley Resort.

Day 2

MORNING

- Breakfast. Check out.
- Fruit-picking in the garden: pick a variety of fruits such as dragon fruit, cocoa, longan, guava and rambutan.
- Cooking workshop at Sila Phet Community: learn to prepare northern cuisine using the local ingredient “Ma Kwaen” (Sichuan peppercorn).

NOON

- Lunch at Sila Phet community: enjoy a local meal served in the Nan tradition.

AFTERNOON

- Departure flight out of Nan.

EVENING

- Arrive safely to Bangkok.



Price and Duration

2 days 1 night

Price: 400 USD/person

(minimum 6 people)
Prices are subject to change.

Contact Penguin to Fly

Tel: (+66) 99119 9966, (+66) 65446 7414

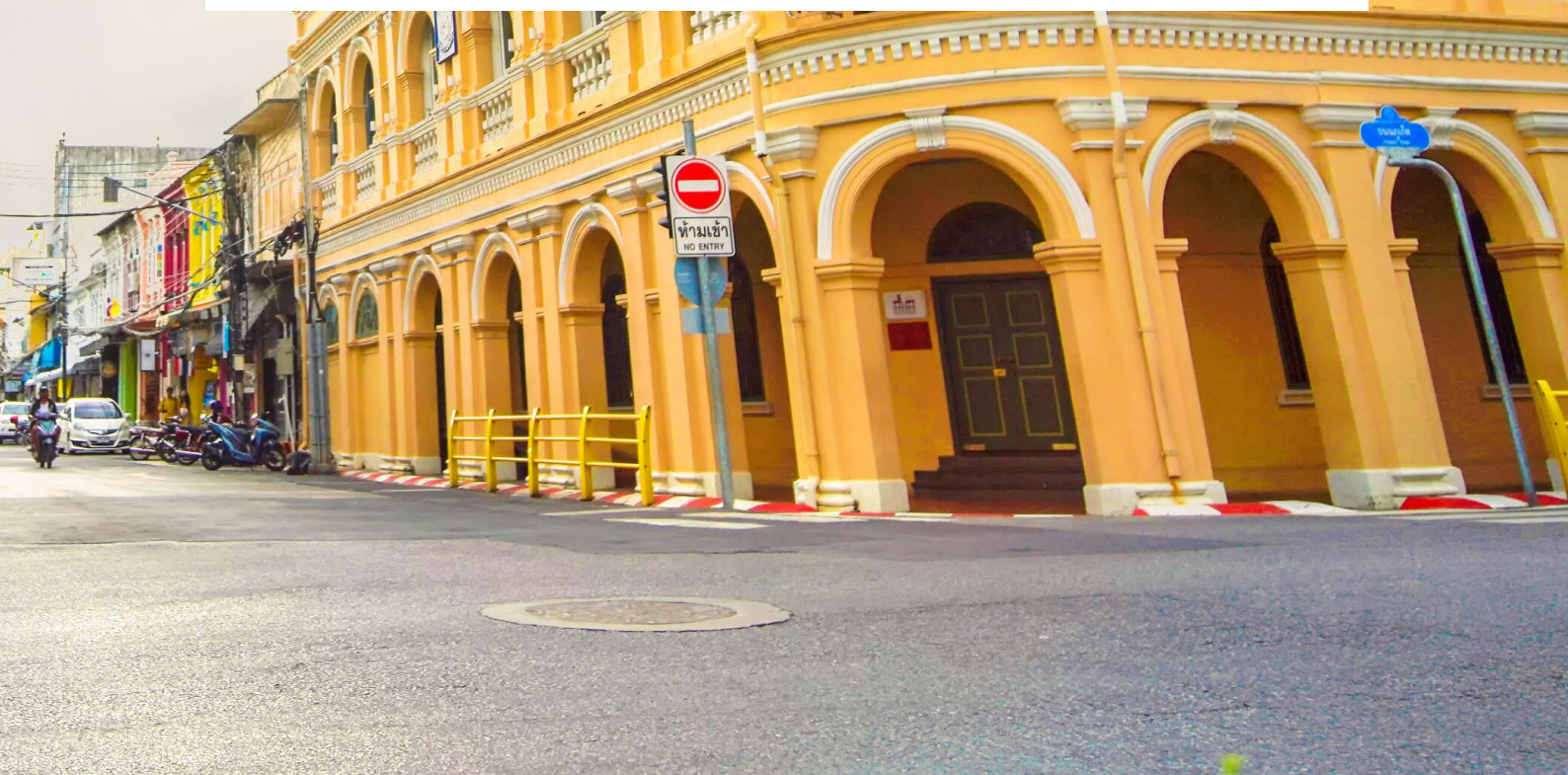






A Time for Alternative Therapy and Healing in Phuket, Phuket

Embark on a cultural excursion to the old town of Phuket. Taste the fresh seafood, get dressed in local Baba Nyonya attire, or learn to make a nutraceutical meal (foods from health-nourishing properties to fight against Covid-19) with a renowned chef at the Blue Elephant restaurant. Enjoy a therapeutic spa program, detox and restore internal balance during a cozy and carefree holiday.





A Time for Alternative Therapy and Healing in Phuket, Phuket *Itinerary*



Day 1: Check up

MORNING

- Airport pickup, or meet at the meeting point in Phuket.
Health checkup program:
A: Checkup program at Thanyapura Health & Sports Resort
B: Checkup program at TheLifeCo Detox and Wellness Center

NOON

- Lunch:
A: Healthy lunch menu at DiVine Restaurant, Thanyapura Health & Sports Resort
B: Healthy lunch menu at TheLifeCo Detox and Wellness Center

AFTERNOON

- Check-in at the resort.
- Rest, or enjoy a health activity at the resort.

EVENING

- Free time.



Day 2: Relax

MORNING

- Breakfast.
- Rest. Enjoy a spa treatment and lunch at the resort, or take a day tour:
 - A: (Sea activity) yacht ride + lunch on the yacht.
 - B: (Sea activity) Speedboat ride + lunch on an island of your selection.
 - C: (Nature activity) Excursion at the mangrove forest to learn about the ecosystem and seafood ingredients + lunch on a raft.
 - D: (Land activity) Rainforest ziplining at Hanuman World + lunch at Three Monkeys Restaurant.

EVENING

- Healthy dinner at the resort.



Day 3: Cooking class. Food & Cultural tour

MORNING

- Breakfast.
- Cooking class at Blue Elephant restaurant: prepare a healthy menu.

NOON

- Lunch at the Elephant restaurant.

AFTERNOON

- Get dressed in traditional Baba Nyonya attire, have a sip of coffee, take a walk through the old town to listen to stories, taste local food in the community, and capture beautiful pictures along the Lad Yai Walking Street.
- Head to Phuket airport for the return flight, or head back to the resort in Phuket province.



Price and Duration

3 days 2 nights

Price: 600 USD/person

(minimum 15 people)
Prices are subject to change.

Contact Felix Travel

Tel: (+66) 82154 1456







Travel with The Leeled Community for Conservation in Surat Thani, Surat Thani

Impress at the beauty of the sea in the Gulf of Thailand, visit the communities of Leeled and Bang Bai Mai, and get on a boat to see the abundant mangrove forest - the "Amazon of Thailand". Jump into the mud to plant mangrove trees and be part of the conservation effort. Be mesmerized by the swarm of fireflies lighting up the night.



Travel with The Leeled Community for Conservation in Surat Thani, Surat Thani *Itinerary*

Day 1

MORNING

- Arrival in the Leeled conservative community.

NOON

- Lunch: have a delightful taste of the Leeled's Southern Thai cuisine.

AFTERNOON

- Learn about the traditional way of life of the fishermen and explore the "Amazon of Thailand"
- To shop popular local products such as Leeled shrimp paste.
- See the Nipa palm houses and the coconut farm.
- Get on a boat to see the abundant mangrove forest that continues to expand every year - a phenomenon often referred to as "forest invasion into the sea".
- Take part in the conservation effort of the "Amazon of Thailand": get down in the sea and collectively plant many mangrove trees.





Day 2

MORNING

- Drink a morning coffee and other beverages that choose from the many chic cafes such as Vanilla Café & Bistro, Cafeteria, Day & Night Café Bar & Restaurant, Cher, etc.
- Visit the Bang Bai Mai Community. Take a boat to the Unseen tunnel of the Nipa palms and learn the local life. To shop local products made from the community.

NOON

- Lunch: choose from the many restaurant options such as local food joints of the Bang Bai Mai Community, Lucky Restaurant, Day & Night Café Bar & Restaurant, Sky Hill, Yok Kheng, or Lao Owe.
- Say goodbye to the Bang Bai Mai Community with an impression.

AFTERNOON

- Sightseeing around the city of Surat Thani
- Visit Wat Suan Mokkhaphalaram (founded by the philosopher Buddhadasa Bhikkhu).
- To shop Phum Rieng silk.

EVENING

- Back to Bangkok.

EVENING

- Dinner: enjoy a tasty local menu prepared by a community chef, such as fried mullet in curcuma and shrimp chili paste served with vegetables from the farm.
- Enjoy the moment in the evening, see the sunset, and the millions of birds returning to their nests at the mangrove forest.
- Check-in at the Navakitel Design Hotel (or a similar hotel).

NIGHT

- Get on a boat and watch the sight of millions of fireflies.
- Say goodbye to the Loeled conservative community.

Price and Duration

2 days 1 night

Price: 235 USD/person

(minimum 5 people)

Prices are subject to change.

Contact Bualuang Tour & Trading


Tel: (+66) 8 1565 5271

Additional terms: This price includes accommodation, community activities, and all meals based on the program. Not included in this price is airfare and VAT.

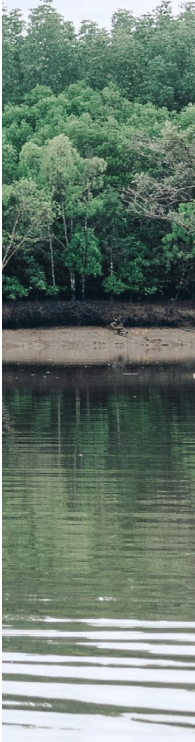




Discover the Yee-Pheng Community of Krabi, Experience Ecotourism at a Community Enterprise, Krabi



Discover unforgettable moments with the beauty of the sea in Krabi province – the “Jade of the Andaman”. Visit the Yee-Pheng community, ride the Tao Tan boat along the brackish water canals hidden within the mangrove forest, gain a better understanding of the ecosystem and listen to nature. Enjoy a breakfast on the boat and explore the old town of Koh Lanta dating back over 100 years.





Discover the Yee-Pheng Community of Krabi, Experience Ecotourism at a Community Enterprise, Krabi *Itinerary*

Day 1

MORNING

- Arrival in Krabi province.

NOON

- Lunch.

AFTERNOON

- Sail into the Andaman Sea for heading to Koh Lanta.
- Relax at the hotel on Koh Lanta.

EVENING

- Dinner: local meal.
- Unwind with a panoramic view of the sunset at the sea.





Day 2

MORNING

- Head to the Yee-Pheng community. Soak in the morning sunlight at Thung Yee-Pheng.
- Ride the “Tao Tan boat”, traditional row boats, were formerly used to transport charcoal and now it has been renovated into beautiful tourist boats.
- Be enchanted by the colorful atmosphere and the beauty of the sea in the morning. Enjoy a delightful breakfast menu, such as rice porridge with fish, traditional desserts, and Lampeng tea or hot coffee.
- Wander along the brackish water canals hidden in the lush mangrove forest, listen to the sounds of nature, and watch the animals start their day.
- Visit the Ta Ruea market to experience the islanders’ way of life and to shop local souvenirs.



NOON

- Lunch: Savor the traditional recipes of the Yee-Pheng community, served in local woven baskets.

AFTERNOON

- Bid farewell to the Yee-Pheng community.
- Explore the old town of Koh Lanta, a community dating back over 100 years. Visit the Koh Lanta community museum, a heritage wooden structure displaying artifacts that reflect lifestyle, knowledge, and custom of the Koh Lanta people.



EVENING

- Return to Bangkok.



Price and Duration

2 days 1 night

Price: 210 USD/person

(minimum 6 people)
Prices are subject to change.

Contact Friday Trip

Tel: (+66) 2373 8008, (+66) 8 8008 2906-7







Health Rejuvenation Through Medical Wellness, Samui

Discover a Medical Wellness travel and rejuvenation on a paradise island to unwind and refuel yourself. Learn the local life of the coconut farmer community, a cultural heritage of Samui with lively vibes, therapy retreats, and healthy cuisine rich in Thai herbs and organic produce. Join a detox course, relax to the sound of the tides, revel in the tranquility of the ocean, and enjoy an enchanting getaway from the hassle of everyday life.



Health Rejuvenation Through Medical Wellness, Samui *Itinerary*

Day 1

MORNING

- Departing flight from Bangkok to Koh Samui.
- Breakfast at Cafe de Pier, a renowned health restaurant on Koh Samui (low carb, low sugar, low calories).
- Travel to Koh Mat Sum on a private boat (approximately 20 minutes).
- Picnic, drink coffee and tea on the beach.
- Photo session with pigs, an icon of the island.

NOON

- Lunch on a private beach: a healthy menu of simple dishes with all 5 food groups and Thai herbs that energize guests.

AFTERNOON

- Return to Koh Samui

EVENING

- Dinner: herbal menu at the Sabienglay restaurant (exquisite local dishes prepared with quality local ingredients).
- Check-in at the hotel; relax with water therapy and water aerobics and unwind from the day's travel.





Day 2

MORNING

- Emotional healing: meditation and yoga.
- Breakfast at the hotel (low carb, low sugar, low calories). For those wanting to burn stored fat, it is recommended to have sugar-free coffee or tea and not to fast for a period longer than 16 hours.
- Therapy Detox: detox massage using local herbal medicine practices.

NOON

- Lunch at The Nature Samui (meals prepared using produce from an organic farm in Samui).

AFTERNOON

- Learn about the local life of the Samui Coconut Creative Community, health products made from coconut (e.g. coconut oil), and the traditional lifestyles of the Samui people.

EVENING

- Dinner at Krua Chao Ban (local herbal menu, high protein, low carb and sugar). Don't eat and drink after 18:00. Begin intermittent fasting lessons. The body will burn fat from daily consumption as well as stored fat over a period of 12-16 hours (depends on individual).



Day 3

MORNING

- Healthy breakfast at the hotel; check-out.

NOON

- Return to Bangkok safely.



Price and Duration

3 days 2 nights

Price: 455 USD/person

(minimum 6 people)

Prices are subject to change.

Contact Felix Travel and Management

Tel: (+66) 8 2154 1456







Travel to The Khemmarat Tourism Community Enterprise in Ubon Ratchathani, Ubon Ratchathani

Visit Ubon Ratchathani, the easternmost province of Thailand. Explore the cultures of Isaan through the stories of handwoven fabrics, try on a sarong and taste an Isaan dinner. Enjoy the cheerful vibes of the Rum Tang Wai performance, dance to the rhythm of Paslop, and eat Vietnamese food. Marvel at the beauty of the glowing temple and the scenery of the Mekong river.



Travel to The Khemmarat Tourism Community Enterprise in Ubon Ratchathani, Ubon Ratchathani *Itinerary*

Day 1

MORNING

- Travel from Ubon Ratchathani city center to Khemmarat tourism community in the Mekong basin on a van (air-conditioned).
- Welcome to the land of joy with a beautiful scarf. Refresh yourself with a sip of Java plum juice.

NOON

- Lunch: local menu

AFTERNOON

- Cultural activity: “follow the stories of handwoven fabrics, learn their significance” from cotton cultivation to spinning, winding, dyeing (indigo blue or other colors), and finally weaving the beautiful fabric.
- See the display of Ikat fabrics and be mesmerized by the distinct Nak Noi patterns of Khemmarat.
- Heal your mind through Art Therapy: relieve accumulated stress and increase meditation.
- Wellness activity: improve your skin with local common

herbs at “The Java plum body wash workshop” – an effective supplement to moisturize and brighten your skin.

- Travel in time to see the first hotel of Khemmarat – an old 2-storey wooden structure with the sign “Sook Sa Nguan Hotel” – and see a mini-exhibition telling a story of the hotel’s past.
- Visit Ban Khun Puriprasat Local History Museum: experience the authentic way of life of Khemmarat at an elevated wooden house displaying traditional household objects.
- Take a leisurely walk along Khemmarat Thani Cultural Walking Street to see the heritage houses.



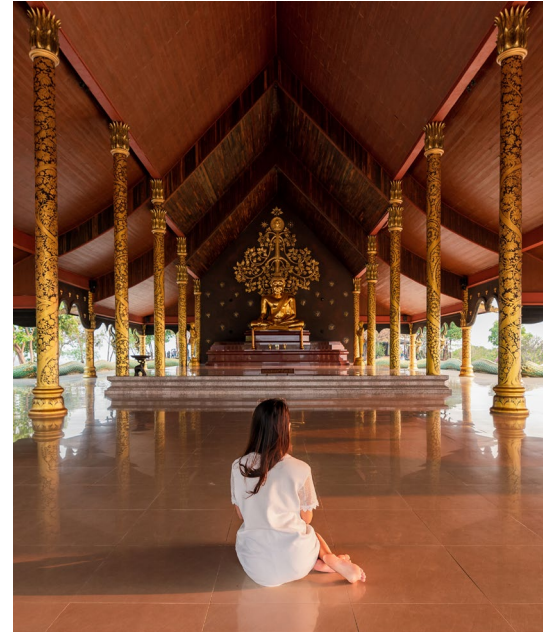
EVENING

- Dinner: a dinner experience on the Mekong with traditional recipes of the Isaan plateau. “Kin Khao Laeng, Hak Paeng Kan” menu has been designed for the elderly with reduced spices-sodium and more carminative herbs, while retaining an authentic flavor.
- Folk performances from the community: having fun with the cheerful “Ram Tang Wai” and ending the night with a Laotian “Paslop” line dance.
- Check-in at Tohsang Khongjiam Spa & Resort, a laid-back resort on the Mekong. Choose a spa treatment that suits your needs and relax to the Thai-Khmer-Bali atmosphere.
- Restore balance through an evening meditation at Wat Sirindhorn Wararam, a glow-in-the-dark temple, with a local instructor to help you relax your mind in a Buddhist tradition.

Day 2

MORNING

- Breakfast: enjoy a diversity of healthy menus. Enjoy a group (bike) ride along the Mekong under the supervision of an instructor to ensure a safe ride for the elderly.
- Color Therapy: delight in the colors of tie-dyed fabrics at Cotton Village. Practice meditation and unwind with stress-relieving activities. Make your DIY souvenirs.
- Visit Wat Bung Khi Lek. See the large, unique Ariyametrui Pagoda and the 56 white Buddha images in the “subduing mara” posture. These Buddha images have been commissioned through the contributions from the Bung Khi Lek villagers and followers of Luangpu Chanhom Suphatharo, the former abbot of this temple and a successor of the occult sciences of Laos Kingdom.



LUNCH BREAK

- Lunch at Indochine restaurant, a famous Vietnamese restaurant of Ubon Ratchathani serving a menu that emphasizes vegetables with anti-oxidation and anti-aging properties. The restaurant is a reflection of the culinary influences from the wave of Vietnamese migration since the Indochina Wars.



Price and Duration

2 days 1 night

Price: 290 USD/person

(minimum 6 people)
Prices are subject to change.

Contact Friday Trip

Tel: (+66) 2373 8008, (+66) 8 8008 2906-7

Additional terms: This price includes accommodation, community activities, and all meals based on the program. Not included in this price is airfare and VAT.





The Jungle Journey, Chiang Rai

Discover unforgettable experiences in northern Siam. Learn about the traditional life of Thai people from past to present.

Try a hands-on activity in rice transplanting, go trekking in the forest of the Akha, and sleep at a farmstay. Take an adventurous walk on a wooden rope bridge over 40 meters from the ground, and relax with a spa by the Kok river.





The Jungle Journey, Chiang Rai *Itinerary*

Day 1

MORNING

- Arrival at Chiang Rai. Head to Doi Tung Tree Top Walk, a wooden rope bridge over 40 meters from the ground and 300 meters in length. See Doi Tung from a new perspective, where the gigantic trees look like a dotted landscape, the treetop only an arm's length away, and the mountaintops at eye-level. This is an experience not to be missed.

NOON

- Lunch at AHSA FARMSTAY, a lodge in the style of a traditional Thai house.

AFTERNOON

- Learn about the local ways of the community and the nostalgic ambiance amidst a setting of traditional architecture.

- Learn about the traditional ways of Thai people: cooking, farming, and constructing houses in the local architectural design.
- Get hands-on experience rice transplanting.
- Try herbal steam in a chicken pen and herbal face mask.

EVENING

- Cooking class: have fun learning to prepare a local meal.
- Dinner at the farmstay.



Day 2

MORNING

- Breakfast at the farmstay.
- Educational trekking in nature along the trail of the Ban Suan Pa community, an Akha village surrounded by forests and mountains, and endowed with rich natural features including 3 waterfalls.

NOON

- Foraging and having lunch in the forest.

AFTERNOON

- Picnic in the forest: relax and soak in the purity of nature, taste the local tea and snacks.
- Farm visit: see the villagers' herbal farms.
- Capture pictures with the waterfalls along the way.

EVENING

- Dinner.
- Arrival and check-in at Le Meridien Chiang Rai Resort



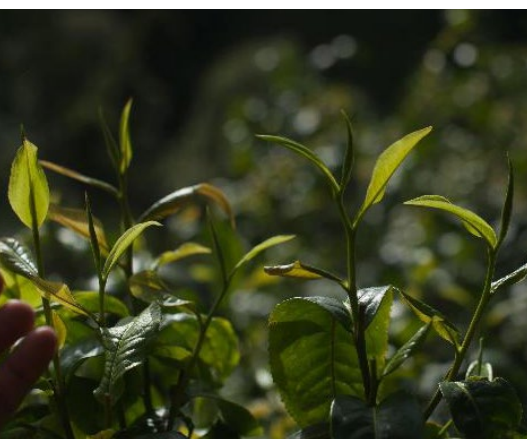
Day 3

MORNING

- Breakfast at the farmstay, then check-out.
- Head to Parvati Spa to relax in the middle of nature by the Kok river. Enjoy a wellness treatment by experienced therapists who will help you restore balance, re-energize, and discover internal peace through natural spa products and massage techniques that combine eastern and western wisdom.
- Stop at Sawanbondin Farm & Tea House for listening to the story of "tea", and the enchanting science and the art of this drink.

NOON

- Lunch at Chivit Thamma Da Coffee House.
- Have a safe return trip.



Price and Duration

3 days 2 nights

Price: 800 USD/person


(minimum 4 people)
Prices are subject to change.

Contact Friday Trip

Tel: (+66) 2373 8008, (+66) 8 8008 2906-7

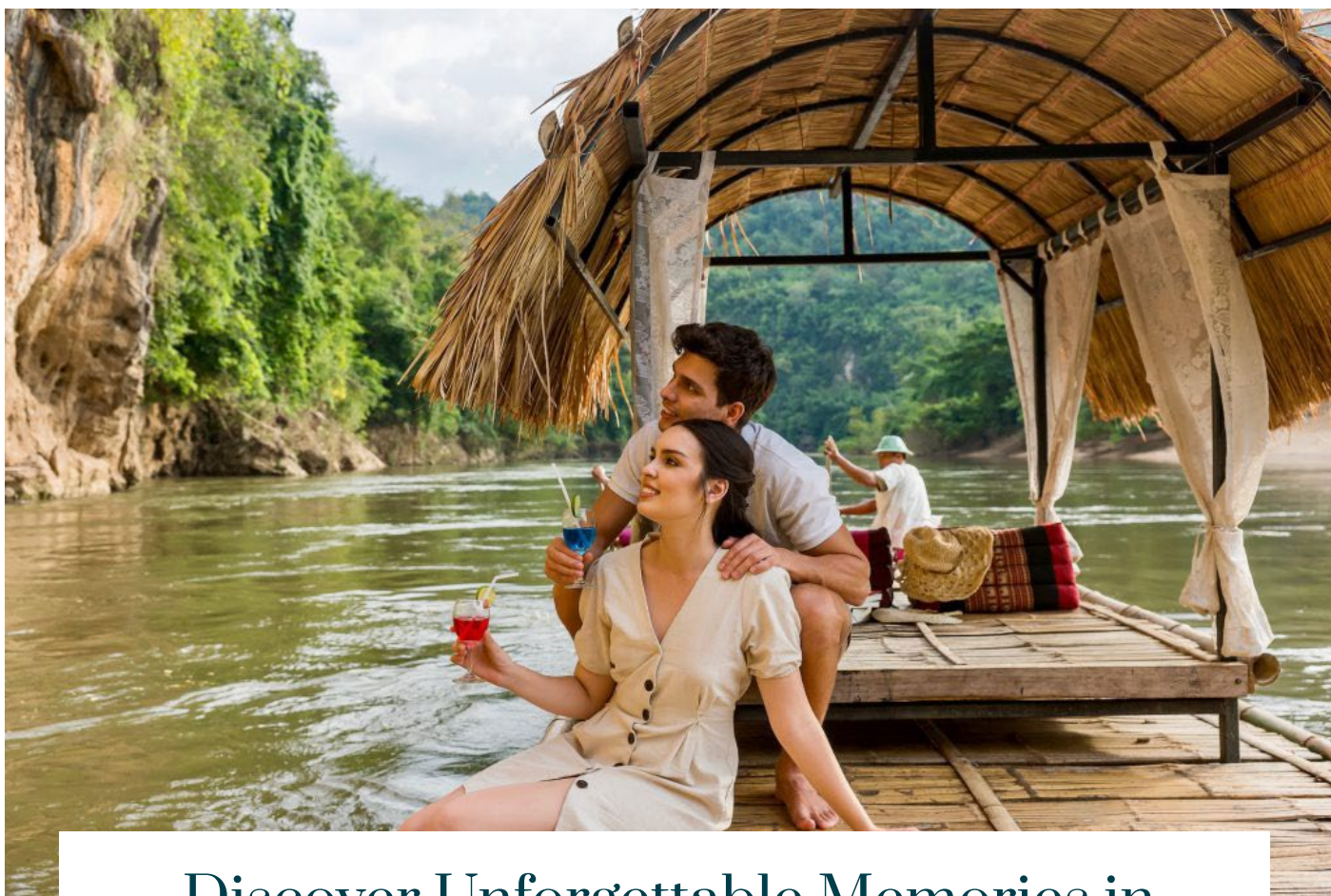






Discover Unforgettable Memories in Kanchanaburi, Kanchanaburi

Visit the Kwai river for an unforgettable experience. Immerse yourself in the ways of the local villagers and walk in the steps of an elephant keeper by bathing and feeding the elephants in the jungle. Have some adventure ziplining over a lake, rafting, or kayaking, and don't forget to relax at the end trip with a Thai massage.



Discover Unforgettable Memories in Kanchanaburi, Kanchanaburi *Itinerary*

Day 1

NOON

- Arrival at Kanchanaburi province. Head to Ban Nong Khao community. Receive a warm welcome with a Ram Yoey folk dance, along with a sip of cool melon juice – a signature of Kanchanaburi.
- Lunch: a meal prepared by the local chef.

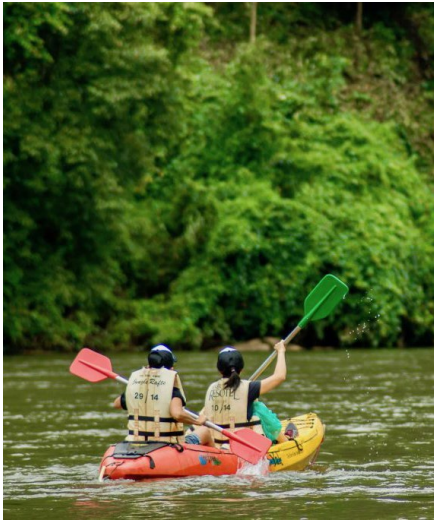
AFTERNOON

- Hop on a farm truck to see the traditional way of life.
- Visit Wat Nong Khao for praying and blessing.
- Immerse in the local way of life, learn to make the traditional Khanom Tan dessert and the Pha Khao Ma Roi Si checkered cloth.

EVENING

- Dinner at Keeree Mantra Restaurant Kanchanaburi
- Check-in at River Kwai Resotel Resort





Day 2

MORNING

- Alms-giving: experience the Buddhist morning ritual of giving food to monks in the middle of nature.
- Breakfast.
- Head to Sai Yok Elephant Park to spend a day as an "ad hoc elephant keeper" – look after, bathe, and feed elephants. Admire the nature and the lushness of the community forest.

NOON

- Lunch at Balloon Delicious Paradise.

AFTERNOON

- Return to the resort for recreational activities:
- Rafting or canoeing
- Relaxing spa and taking a Thai massage

EVENING

- Dinner at the resort: taste a jungle menu paired with a premium wine (OTOP)

Day 3

MORNING

- Breakfast. Check-out from the resort.
- Ziplining at Tree Top Adventures Park: hop across the jungle and over the lake through ziplining.

AFTERNOON

- Lunch at The Village Farm to Café
- Pay respect to the beautiful pagodas at Wat Tham Suea to shop souvenirs.

EVENING

- Have a safe return.



Price and Duration

3 days 2 nights

Price: 290 USD/person

(minimum 20 people)

Prices are subject to change.

Contact Friday Trip

Tel: (+66) 2373 8008, (+66) 8 8008 2906-7



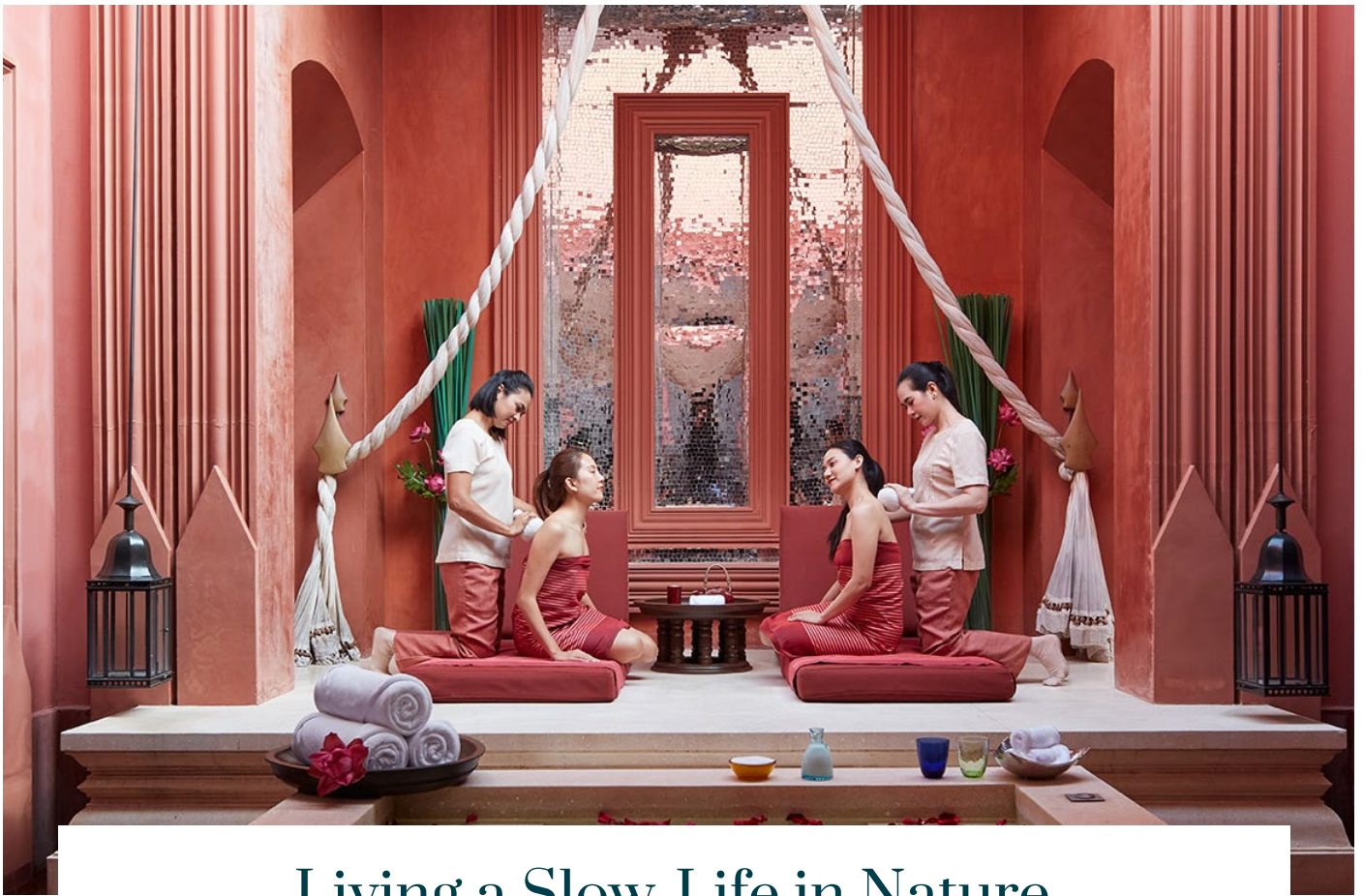




Living a Slow-Life in Nature, Prachuap Khiri Khan

Experience a slow-life at a small quiet community in the hills of the Thailand-Myanmar border. Unwind and relax with a sip of robusta coffee from locals, a taste of local cuisine, and a splash in the stream. Amuse yourself at a bonfire in a camping atmosphere, grill some barbeque, and sleep under the moon and the stars.





Living a Slow-Life in Nature, Prachuap Khiri Khan *Itinerary*

Day 1

NOON

- Lunch at Yung Gleua Ban Laem Restaurant: taste fresh seafood with a view of the salt ponds at a restaurant housed inside a former salt barn that still retains its character.

AFTERNOON

- Check-in at THE BARAI Spa and Residential Suites, Hua Hin.
- Relax and choose from a selection of spa and wellness treatments.

EVENING

- Dinner at the charming seaside.





Day 2

MORNING

- Breakfast.
- Visit to Ban Pa Mak community, Prachuap Khiri Khan, This community is small and quiet in the hills along the Thailand-Myanmar border with fresh air quality and a stream running through is an ideal location for Social Detox.
- Coffee break at Robusta Pa Chang Kao: have a sip of robusta coffee and a taste of seasonal desserts such as Pa La U durian cake and sweets prepared from Thap Sakae coconuts.
- Venture into the orchard at Rai Tarntip.

NOON

- Lunch: local meal

AFTERNOON

- Have a splash in the stream of Ban Pa Mak to shake off your heat, and have fun with water activities such as tubing.

EVENING

- Barbeque dinner: gather around a bonfire in a cool breeze at the Ban Pa Mak community campground and see the stars.

Day 3

MORNING

- Morning exercise: get a good stretch with local equipment such as ball joints and Nipa palm branches, soak in the morning breeze and relax.
- Breakfast. Pack up and bid farewell to the community after a rewarding stay.

AFTERNOON

- Lunch at Chicken and Bee : Good food and Organic Farm
- Return safely.



Price and Duration

3 days 2 nights

Price: 499 USD/person

(minimum 8 people)
Prices are subject to change.

Contact Penguin to Fly

Tel: (+66) 99119 9966, (+66) 65446 7414





PANVIMAN CHIANG MAI



Relax to The Ways of Lanna Chiang Mai, Chiang Mai

Replenish your wellness, bathe in a hot spring, and relax your muscles with massage therapy. Experience chemical-free local cuisine in the old town Lanna ambience and revel in the unique arts and cultures of the region.





Relax to The Ways of Lanna Chiang Mai, Chiang Mai *Itinerary*

Day 1



MORNING

- Arrival at Chiang Mai International Airport. Head to Pong Kwaw community in Samoeng district (approximately 1 hour 30 minutes).
- Pray at Wat Ton Tan and visit the centuries-old chapel. Experience a Bai Sri Su Kwan; welcome ceremony by the village philosopher.
- Bathe in a hot spring: relax your muscles with the natural view of the forest and enjoy hot herbal tea to relieve fatigue.

NOON

- Lunch: a local meal that brings you exquisite flavors from the village, served with chemical-free vegetables from backyard gardens.

AFTERNOON

- Massage therapy in the Lanna school: relax your muscles in a sky spa at Panviman. Enjoy a post-massage Afternoon Tea set: gymnema tea (OTOP) paired with a local dessert.

EVENING

- Check in at Panviman Chiang Mai Spa Resort.
- Dinner at PANORAMA restaurant in the resort.



Day 2

MORNING

- Breakfast at the resort.
- A Tai Lue style onsen at Samoeng Center: relax before taking a lesson on Thai art, culture, and handicraft – both traditional and contemporary – at Kalm Village. This local folk wisdom is adapted into contemporary formats.

NOON

- Lunch at Moreganic Restaurant, a vegetarian restaurant served with premium ingredients for a healthy meal.

AFTERNOON

- Fah Lanna Traveller's Retreat: Nourish the body and experience comprehensive relaxation through Thai reflexology and aroma oil massage at Fah Lanna Spa; a leading spa in Chiang Mai with the unique Lanna characteristics.
- Stop at Intagible.bar, the only non-alcoholic cocktail bar in Chiang Mai which substitutes alcohol with natural ingredients such as tea, rice, and fruits. Each drink is presented with an explanation of its origin.
- Dinner. Check in at Anantara Chiang Mai Resort.



Day 3

MORNING

- Breakfast. Check out from the resort.
- To shop souvenirs at the Chiang Mai OTOP Center.

NOON

- Lunch before the departure trip.



Price and Duration

3 days 2 nights

Price: 680 USD/person

(minimum 15 people)

Prices are subject to change.

Contact Travel by FB Page MojiCity

www.facebook.com/travelbymojicity





PEACE @PHUKET, PHANG NGA, Krabi

Challenge and enhance your body and mind. Connect, transform, complete, and contribute positively with people, culture and nature through “PEACE” activities.

- Purpose: set clear goals for each day of the journey.
- Engagement: learn from stories and through action with the 3Rs - Food (R-Haan), Building (R-Karn) and Clothing (R-Ponn).
- Accomplishment: Snorkeling and reveling in the beauty of marine life and the underwater world, kayaking and admiring the enchanting mangrove forest.
- Change: Being ecotourism, planting mangroves, releasing baby blue crabs into the sea, promoting marine biodiversity.
- Equilibrium: Signature Day Spa at Wellness Resort, creating balance between the mind and the body.





PEACE @PHUKET, PHANG NGA, Krabi

Itinerary

Day 1

Old Town Phuket - learning the life of the Phuket people through the 3Rs

“Food (R-Haan), Building (R-Karn) and Clothing (R-Ponn)”

MORNING

- Pick up travelers at the hotel or at Phuket International Airport, visit Old Town Phuket, learn about the local community life.
 - Immerse in the local traditions and learn about the heritage of Phuket textile/clothing, dress up in Baba Nyonya attire.
 - Visit the Phuket Thai Hua Museum, the Woo Gallery, or the Peranakan Phuket Museum.
 - Experience the unique local snack tradition of Phuket in the heritage building Khunithetjeenarak House (i46 Old Town shophouse)
 - Experience the traditional lifestyle of the Phuket people at Elderly Ayi Po Teng’s house.
- Pray at Saeng Tham Shrine, a 120-year old shrine in the Old Town.
 - Enjoy a leisurely wander and sightseeing of the Sino-Portuguese shophouses, the historic commercial center on Lard Yai Walking Street (Thalang Road), and the old shops.
 - Wander along Soi Romanee, a former entertainment district during the tin mine period, and see contemporary street art.
 - See a demonstration on beating iron and support the effort in conserving the blacksmith profession, which once prospered in the Dibuk Road area.



AFTERNOON

- Experience the Baba kitchen with an authentic recipe of the most famous dish; Hokkien Mee at House No.92.
- Lunch: Hokkien Mee, Chicken Biryani, Khanomjeen, O-aew (a shaved ice dessert)
- Free time for shopping on Lard Yai Walking Street, or enjoying contemporary Phuket flavors at Torry's Ice Cream
- Return to the resort

EVENING

- Free time at the resort; Spa & Massage; Dinner (advance reservations needed)

Resort Options in Phuket and Corresponding Spa & Massage Programs

1. 5-star hotel: Sala Phuket Mai Khao Beach Resort

- Treatments use Pevonia Botanica products which contain 100% plant extracts and essential oils. Detox and replenish your skin, refresh and revitalize for plumper skin.
- Recreational activities in the resort include: Thai Boxing, Private Charter, Cooking Class, Yoga by the Beach
- Recommended spa programs:
 - Sala Signature
 - Essence of Luk Pra Kob

Web Link: www.salahospitality.com/phuket/wp-content/uploads/sites/6/2022/12/sala-spa-menu.pdf

4-star hotel: Suuko Wellness & Spa Resort

2. Authentic Thai natural health treatments and programs with special massage techniques from Suuko that unlock the flow of chi, together with unique aromatherapy massage.
- Examples of health and spa programs
 - Body Balance Package
 - Aromatherapy Revitalizing & Age-defying
 - Traditional Muscle Recovery Program
 - Five Elements Thai Detox Program
 - Noble Gold Traditional Wellness for Beauty & Vitality Program
 - Other activities
 - Massage workshop by a professional therapist
 - Hermit Dutton (contorsion) exercise
 - Thai cooking workshop

Web Link: suukowellness.com/spa





Day 2

Phang Nga - Ban Tha Din Daeng Community

MORNING

- Travel to Phang Nga
- (Spiritual Wellness) Sightseeing of the beautiful and unique beachside teakwood temple, the only one in Southern Thailand, at Tha Sai Temple
- (Sustainable Wellness) Arrival in the learning center of Ban Tha Din Daeng Community, an ecotourism destination with eco activities.
- (Wellness Agro Tourism) See the hydroponics vegetable plot and taste the salad. Learn about the secrets of water management and agriculture.
- (Cultural Wellness) Visit the mining memorial, an industry that once flourished and brought prosperity to the people of Phang Nga, hence the name “billion-Baht mine”. See a demonstration on the traditional life of sifting for minerals and get firsthand experience sifting with the villagers.
- (Eco-Adventure Wellness) Paddle a kayak to see the mangrove forest and the fishermen’s lifestyle along a stunning route stretching 5 kilometers.

AFTERNOON

- (Wellness Agro Tourism) Learn about local ingredients and distinct dishes from the community. Enjoy a lunch meal prepared by the locals of Ban Tha Din Daeng Community.
- (Eco Adventure Wellness) Take a cruise on the Hua Tong longtail boat, a traditional seafaring boat of Phang Nga. See the beauty of Khao Na Yak and the white sandy beach contrasting against the turquoise water.

- (Volunteer Wellness Retreat) Have a fun time releasing baby blue crabs, shrimps, fish, and contribute to the community’s marine biodiversity; or plant mangrove trees and contribute to the expansion of mangrove areas to prevent soil erosion and preserve the ecosystem.
- Recap the learning experiences and stories of the Ban Tha Din Daeng Community.
- To shop local handicrafts and souvenirs before heading back to the resort.

EVENING

- Dinner at a Michelin-award restaurant or at the resort.

Recommended restaurant

- Ta Tuay Restaurant: delicious food, fresh and clean local ingredients, diverse menu options, seasonal and rare dishes, awarded Michelin Bib Gourmand.

Resort Options in Phuket and Corresponding Spa & Massage Programs

- 5-star hotel: Sala Phuket Mai Khao Beach Resort
- 4-star hotel: Suuko Wellness & Spa Resort

Day 3

Amazing 5 Islands - Krabi, Phuket

MORNING

- Welcoming travelers at the resort
- Meet at the meeting point where drinks, fruits, and snacks are served while listening to a briefing on the program of the day.
- Travel to Koh Lon. Relax and enjoy beach activities such as riding the banana boat, parasailing, and scuba diving (additional expenses).
- Take a boat cruise to the snorkeling location at Mai Thon Island to see coral reefs.
- Continue on the boat to Green Island, a prime spot for snorkeling and seeing coral reefs and marine life (depends on weather conditions and sea level).

AFTERNOON

- Relax and take a walk on Koh Phi Phi Don, have lunch, swim and sunbathe, and enjoy the majestic views of Ao Ton Sai and Ao Loh Dalum or go shopping at Phi Phi Shopping Street.

- Visit Koh Phi Phi Leh and see the enchanting sceneries of Ao Loh Dalum, Ao Pi Leh, and the Viking Cave.
- Depart from Koh Phi Phi Leh to see the natural wonders of Koh Naan.

EVENING

- Return to the pier and transfer to Phuket International Airport or back to the resort, dinner, and rest at the resort.

Recommended restaurant

- Kan Eang at Pier

Resort Options in Phuket and Corresponding Spa & Massage Programs

- 5-star hotel: Sala Phuket Mai Khao Beach Resort
- 4-star hotel: Suuko Wellness & Spa Resort

Price and Duration

3 days 2 nights

Price based on options selected (minimum 2 people)

Optional A: **690 USD/ Person**

2 nights hotel accommodation included, no spa package included.

Optional B: **280 USD/ Person**

Tour activities included, transportation included, 2 nights hotel accommodation and spa package not included.

Day 1: Phuket Old town

- **47 USD** for one person
- **25 USD** for each person for two or more

Round trip private transportation from hotel to destination for 1-3 person(s) 45 USD and 4-10 persons 60 USD

Day 2: Ban Tha Din Daeng

- **30 USD** for each person not included English Tour Guide

Round trip transportation from hotel to destination including English Tour Guide for 1-3 Person(s) 115 USD and 4-6 persons 145 USD

Day 3: Incredible 5 Islands

(Koh Phi Phi Island • Koh Lon Island • Koh Mai Thon Island • Koh Green Island • Koh Nan Island)

- **85 USD** for each person including Tour package and Tour guide.

Prices are subject to change.

Contact Friday Trip Tel: (+66) 2373 8008, (+66) 8 8008 2906-7



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Thailand
Meaningful Wellness
new chapter of wellness journey

“Find harmony
within as
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Tourism Authority of Thailand (Head Quarter)
1600 New Phetchaburi Road, Makkasan, Ratchathevi, Bangkok 10400 Thailand
Tel. (+66) 2 250 5500