

WORTH-LIFE BALANCE IN THAILAND



A Journey to Reconnect with Nature,
Rebalance Your Life, and Rediscover Yourself



Discover Wellness Journeys Across Thailand
Nature Healing • Body Wellness • Soulful Retreat
All Worthy of Bringing Life into Balance



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Nature Healing.



Memories Surfhouse



From north to south, Thailand's natural gems are not only pristine – they are remarkably diverse. The northern region is known for its misty hills, lush tropical forests, and cool mountain breezes, making it an ideal setting for tea plantation tours, forest homestays, and immersive wildlife experiences. In the central region, rivers flow into the Gulf of Thailand, creating tropical reservoirs vital to local biospheres. Meanwhile, the beaches in the east and south—as featured in *The White Lotus* and *Jurassic World*—offer breathtaking beauty that rivals any in the world. Thailand's natural landscapes invite travelers to explore, unwind, and reconnect.



Forest Bathing at Asian Oasis

Bask your soul in nature

📍 Lisu Lodge by Asian Oasis, Mae Taeng, Chiang Mai

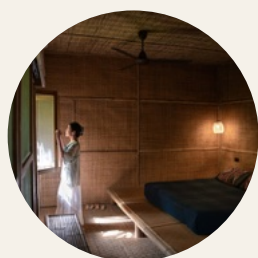
☎ (+66) 8 3540 9529 ✉ info@asianoasis.com

🌐 www.asianoasis.com/forest-bathing 📱 asianoasis 📷 asianoasis



Asian Oasis has pledged to encourage Thailand's sustainable community-based tourism through the sensory 3-day Forest Bathing package, which visitors can immerse themselves in Thailand's natural splendor and northern ethnic culture. Just a one-hour drive from downtown Chiang Mai, visitors can live like locals in a tranquil hill tribe village by spending two nights at Lisu Lodge overlooking a breathtaking panorama of sprawling rice fields and the green valley.

To deepen a connection with nature, a certified instructor will lead visitors on a mindful walk through a lush community forest. Following Japanese practice, embracing the sights, sounds, and scents of the forest is believed to improve cognitive performance and the immune system while also lowering cortisol levels, blood pressure, and anxiety. During the day, a tea tasting is arranged at the 11-acre Araksa Tea Garden, which is encircled by breathtaking views of the evergreen mountains that soothe the spirit.



TIPS

This three-day package is ideal for anyone seeking improved sleep, a clear mind, and a relaxing break from the Internet or a fast-paced lifestyle.

Sunrise Yoga and Sound Healing at

Four Seasons Resort Chiang Mai

Natural sounds purify the inner being

📍 502 Moo 1, Mae Rim-Samoeng Old Road, Chiang Mai ☎ (+66) 5329 8181

✉ privacy.officer@fourseasons.com 🌐 www.fourseasons.com/chiangmai

f Four Seasons Resort Chiang Mai @ fschiangmai



Four Seasons Resort Chiang Mai, nestled against a stunning backdrop of extensive rice fields and evergreen mountains, serves as a serene Lanna-style wellness sanctuary, where visitors can indulge in the natural beauty while experiencing a wide range of traditional holistic treatments designed to restore their mind and energy.

The must-do activity for getting vitamin D during the first bright sunshine is 60-minute Sunrise Yoga, using breathing methods to restore your physical and emotional harmony, and increase blood flow. This invigorating journey continues with the 60-minute Crystal Sound Healing session utilizing harmonic tones to vibrate your emotions, release stress, align energy flow and foster a deep sense of harmony inside.

TIPS

Schedule your stretching exercise at 7 am when the Sun shines brightly over the lush rice fields. During the day, guests can take a cooking class using organic vegetables from the resort's garden to prepare their own nutritious meals.



Embrace the Nature at Devarana Wellness

Let the mind open and embrace the nature

📍 Dusit Thani Hua Hin, 1349 Phet Kasem Road, Cha-Am, Phetchaburi ☎ Daily 9 am-8 pm ☎ (+66) 3252 0003
 ✉ huahin@devaranaspa.com 🌐 www.dusit.com/dusitthani-huahin/th/devarana-wellness
 📺 DusitThaniHuaHin 📺 @dusitthanihuahin



Dusit Thani Hua Hin's newly revived Devarana Wellness holistic center is nestled in peaceful nature—surrounded by tropical gardens and just steps from the calm Cha-Am beach—creating the perfect environment for wellbeing. To deepen this connection with nature, guests are invited

to join a complimentary 30-minute Tree Hugging session held every Monday, Wednesday, Friday, and Sunday. In this unique experience, visitors are encouraged to stretch their arms around a giant betel palm tree, absorb its grounding energy, and retune the spirit within.



TIPS

Taking off your shoes and allowing your feet to touch the grass and ground will help you become more in tune with nature and sharpen your five senses.



Get Fit Well in Nature at

InterContinental Khao Yai Resort

Where train journeys meet tropical serenity

📍 262 Moo 6, Pak Chong, Nakhon Ratchasima

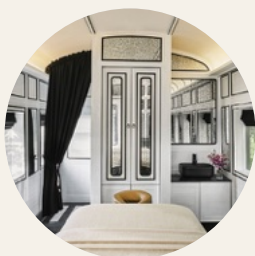
☎ (+66) 4408 2039 ✉ intercontinental.khaoyai@ihg.com

🌐 khaoyai.intercontinental.com 📘 InterContinental Khao Yai Resort 📷 [intercontinental_khaoyai](https://www.instagram.com/intercontinental_khaoyai)



Set amid the lush, secluded landscape of Khao Yai, InterContinental Khao Yai Resort is best known for its rooms and suites imaginatively designed by celebrated architect Bill Bensley, transporting guests back to the golden age of train travel. But tucked even deeper into its verdant gardens lies another hidden gem of its own: the Swan Lake.

Encircled by a ring of tropical greenery, this lake is a peaceful home to a posh little family of swans—more than a dozen or so in elegant black and white. Taking a morning jog or walking along the lakeside trail not only offers a dose of fresh air, but also provides a chance to quietly observe these majestic creatures in their serene habitat.



TIPS

The resort also features one of Thailand's most unique spas—each treatment room is a beautifully-restored train carriage, offering a wellness experience like no other.

Rebalance Body and Soul at

Sanctuary Kanchanaburi

Go with the flow of Khwae Noi River

📍 88 Sai Yok, Kanchanaburi 📞 (+66) 9 0699 9664

✉️ sanctuarykanchanaburi@gmail.com 🌐 www.sanctuarykanchanaburi.com

📌 Sanctuary Kanchanaburi 📷 Sanctuarykanchanaburi



Focusing on sustainability and environmental conservation, Sanctuary Kanchanaburi blends into nature with a maze of elegant wood cottages encompassed by a massive lake and lush tropical gardens against the backdrop of the Khwae Noi River, creating an idyllic and inviting sense for relaxation.

Leave your smartphone behind and immerse yourself in nature; guests can take in the fresh air and show their

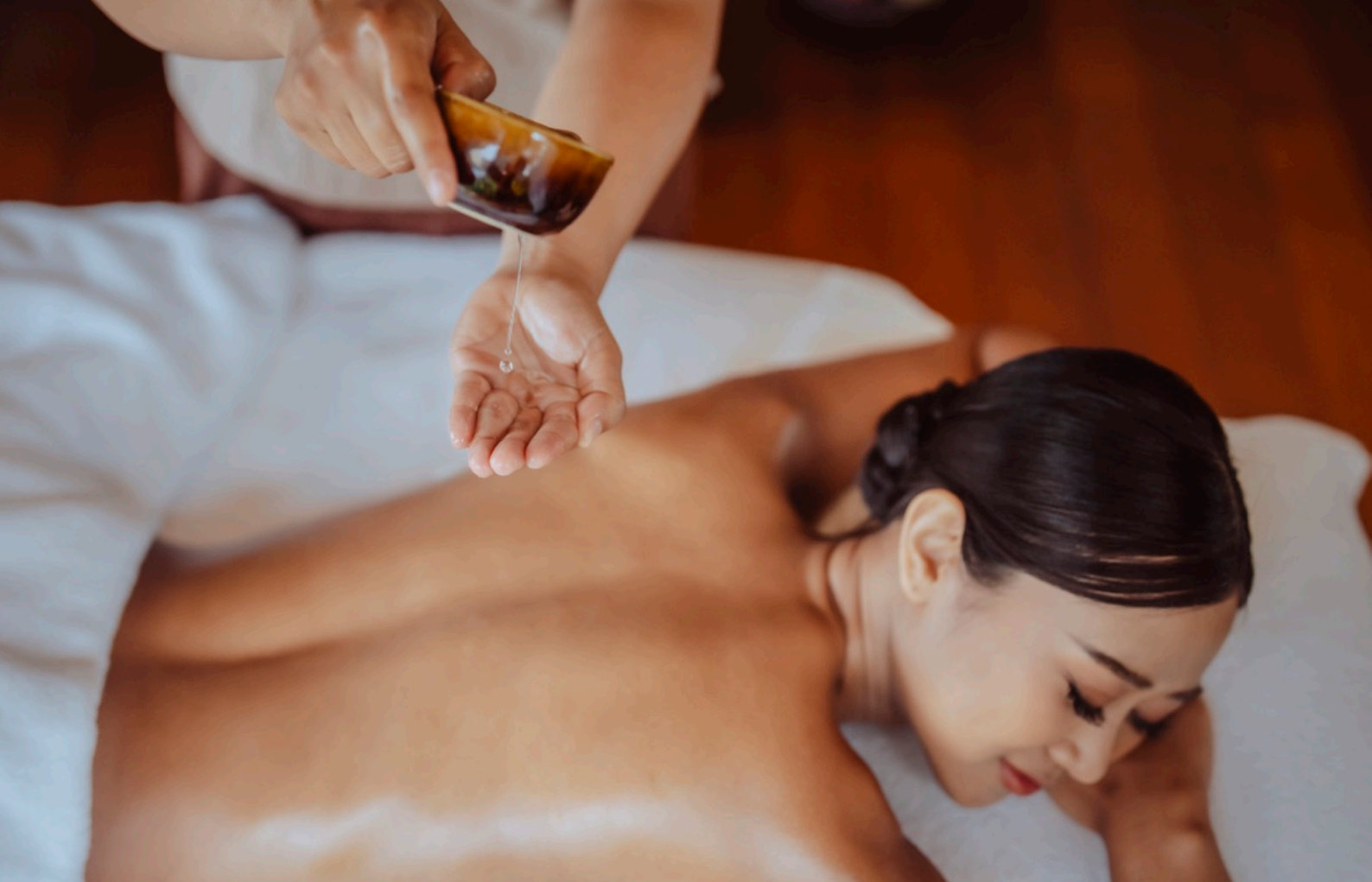
stand-up paddling skills to ride gentle waves of clear waters. For those looking to ease travel fatigue, can relax in a steam room or a range of therapeutic massages. As the sun sets over Kanchanaburi's horizon and the sky glows with orange and pink, swimming in a riverfront infinity pool is the simplest way to nurture your mind and spirit with the beauty of nature.

TIPS

For explorers who need something more entertaining, cycling down the ancient railway line to Krasae Cave is a great way to test your stamina while gazing at the spectacular scenery of mountains and jungles.







Walk in Nature at Jara Wellness

Exposure to green and blue spaces for immersive healing experiences

📍 Trisara, 60/1 Moo 6, Srisoonthorn Road, Chergntalay, Phuket

🕒 8 am–6 pm ☎ (+66) 7631 0100 ✉ host@trisara.com

🌐 trisara.com 📱 trisara 📷 trisararesort



Just meters from the tranquil beach and the Andaman Sea, Trisara Phuket's Jara Wellness reflects traditional Thai healing practices and a profound connection with nature, elevating the levels of restful holiday experiences that promote physical and mental well-being.

From Wednesday to Sunday, there are various interactive health sessions to help harmonize the mind and body.

One noteworthy session is the half-day In Nature program, which includes a 90-minute nature walk in the forest and a 30-minute stretch beneath the canopy, allowing visitors to fully immerse themselves in nature. At the end of the voyage, a 60-minute full-body massage is delivered to reduce tension, improve mood, and boost blood flow.



TIPS

Leave the land and dive into the underwater world, Koh Waeo, located right in front of the resort, greets visitors with a carpet of coral reefs, making it the ideal snorkeling spot. From December to April, visitors can enjoy complimentary free-motorized water sports including snorkeling, sailing, kayaks, windsurfing and stand-up paddleboarding.

Surfboarding at Memories Surfhouse

Ride the waves and recharge your body and mind

📍 Pakarang Beach, Khao Lak, Phang-nga

🕒 7:30 am–6:30 pm 📞 (+66) 9 2795 4951, (+66) 9 9159 8793 ✉ bettersurf.lowtide@gmail.com

🌐 bettersurfthailand.com 📱 Memories Surfhouse 📷 [bettersurfthailand](https://www.instagram.com/bettersurfthailand)



Khao Lak's Memories Beach is blessed with a strikingly shallow coastline, framed by verdant mountains—making it a popular destination for both novice and advanced surfers seeking to immerse themselves in nature. Riding the turquoise waves of the Gulf of Thailand against a backdrop of blue skies is an excellent way to restore both body and mind after hectic days in the city.

For those without prior experience but eager to test their stamina and spirit, Memories Surfhouse offers the 1.5-hour, one-on-one Try Surf Session, where guests first grasp basic surfing theory before expert instructors guide them through riding real sea waves. There's also the Fun Surf option, ideal for less experienced surfers looking to advance their skills.

TIPS

The ideal surfing season runs from April to December. Schedule your session around 5 pm, then reward yourself with drinks at the Memories Beach Bar, where the stunning sunset creates the perfect backdrop for your post-surf celebration.





Body Wellness.

Thai massage, a tradition of body healing passed down through generations, is world-renowned. Today, this ancient wisdom continues to evolve, with modern techniques, design innovations, and wellness technologies elevating the experience and seamlessly blending the old with the new.

Beyond massage, Thailand's wellness scene now offers a wide variety of innovative forms to pamper the body – from sensory showers and multi-temperature hydrotherapy pools to beachfront yoga and river-based paddleboarding. As time moves forward, Thailand continues to deliver body wellness experiences in diverse and inspiring ways.



Chiva-Som Hua Hin



Yam Khang Therapeutic Experience at Athita The Hidden Court Boutique Hotel

Discover the Lanna magic of foot-heated healing

📍 984 Moo 2 Wiang Chiang Saen, Chiang Rai 📞 By appointment 📞 (+66) 5360 2731-2, (+66) 6 3426 9464

✉️ athita.info@gmail.com 🌐 athitahotel.com

📌 Athitahotel 📌 athitachiangsaen



In Chiang Rai, the northernmost hill country of Thailand, Athita The Hidden Court Boutique Hotel in the ancient town of Chiang Saen teams up with local artisans to offer Yam Khang, a Lanna therapeutic practice, as an additional experience to your restful stay in this traditional Thai teakwood compound, designed to resemble folk village living.

Yam Khang (Lanna Fire Therapy) is a rare form of local wisdom that uses fire-warmed feet to massage and alleviate

muscular and bone pain while helping to release blocked energy. The skilled therapist dips their foot into healing oil made from various local herbs, places it on heated iron, and then touches it gently onto the body. The heat transmitted from the fire is believed to help cure swollen and inflamed skin, enhance blood circulation, relieve numbness in the feet, waist, and legs.

TIPS

Don't miss nearby attractions such as Chiang Saen National Museum, Wat Phra That Chedi Luang, and Wat Phra That Pha Ngao – making this a perfect location for a bicycle trip to experience local life.



Test the mind, heal the body with Moonzpell Studio

Cold therapy for body and mind

📍 9/3, Soi Prompak, KlongTan Neua, Wattana, Bangkok 📞 By appointment ☎ (+66) 8 8229 6228
✉ abouttiz@gmail.com 📱 Moonzpell Studio 📷 moonzpellstudio



Moonzpell Studio is one of Bangkok's most interesting holistic wellness practitioners, particularly for health-conscious individuals in the Sukhumvit area. It offers a wide range of yoga, sound bath, and ice bath classes—experiences that are increasingly popular among those looking to revitalize the body and muscles—all set against the cozy, green lawns of Vedanā Wellbeing Space & Venue.

The Ice Bath & Sound Healing session is designed to improve focus, enhance blood circulation, and strengthen muscles. Cold exposure stimulates the body to produce up to 250% more dopamine and other positive hormones, helping to elevate mood and reduce negativity. At the same time, the calming tones of Tibetan singing bowls guide the mind into a reset state, encouraging mental clarity, easing work-related fatigue, and promoting complete relaxation.

TIPS

Workshops must be booked in advance and rotate monthly. Ice soaking is a mental challenge and should be limited to 3-5 minutes per session to ensure safety. Please avoid meals around 1.30 hours before beginning a session, and those with high blood pressure, heart disease, or pregnancy are advised to refrain.

Bath with Views of Chao Phraya River at

The Rabbit Moon Aquatherapy

Fullmoon retreat

📍 The Salil Hotel Riverside, 2052/7-9 Soi Charoenkrung 72/1, Bang Kho Laem, Bangkok

🕒 Daily 10 am–9 pm ☎ (+66) 2844 8788 ✉ wellness@thesalilriverside.com 🌐 thesalilriverside.com/wellness

📍 The Salil Hotel Riverside – Bangkok 📷 The Salil Riverside Bangkok

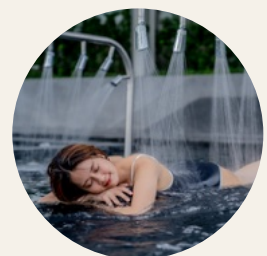


Perched atop the brand-new Salil Hotel Riverside Bangkok, The Rabbit Moon Aquatherapy pool offers panoramic views of the Chao Phraya River while soothing the body through water-based healing. During the 30-minute bath session, guests can experience nine hydromassage stations, equipped

with 50 jet streams and a specialized lighting system. These stations generate microbubbles and geysers that help relieve muscle and joint tension, improve arm and leg mobility, boost circulation, and promote a sense of calm and balance—all of which contribute to better sleep quality.

TIPS

Book the session in the evening to indulge the beautiful sunset views over the Chao Phraya River.



Maternity Treat Program at

Longevity Hub by Clinique La Prairie

Swiss living traditions Promotes Longevity

📍 The St. Regis Bangkok, 159 Ratchadamri Road, Bangkok 🕒 Daily 10 am–10 pm ☎ (+66) 2207 7779

✉ info@cliniquelaprairiebangkok.com 🌐 www.cliniquelaprairiebangkok.com

📷 Clinique La Prairie Thailand 📱 LongevityHub_bangkok



The St. Regis Bangkok's Longevity Hub by the renowned Clinique La Prairie, the only one of its kind in Thailand, is committed to offering guests personal consultations to deliver programs tailored to long-term well-being for body, mind, and lifestyle. One of the highlights is

a program designed for mothers-to-be to reclaim their well-being while their physical conditions and hormone levels shift. This 75-minute Pregnancy Massage helps relieve joint pain, promote blood flow, lessen anxiety and edema in arms and legs, and improve sleep quality.



TIPS

While moms relax, fathers-to-be can make the most of their time with the Gentlemen's Recovery Facial—a rejuvenating treatment ideal for recovering from long flights or stressful weeks. Inspired by La Prairie's Exclusive Cellular Complex, the facial promotes the skin's natural renewal process, improving firmness, elasticity, and hydration for a smoother, more youthful appearance.



Skin-Deep Shower Therapy at Sindhorn Wellness by Resense

Soothing streams for revitalized skin

📍 Sindhorn Kempinski Hotel Bangkok, 80 Soi Ton Son, Pathum Wan, Bangkok

🕒 Daily 10 am–10 pm 📞 (+66) 2095 9999 ✉ info.sindhorn@kempinski.com 🌐 sindhornwellness.com

📱 Sindhorn Wellness 📷 Sindhornwellness



Sindhorn Wellness by Resense, located at the luxurious Sindhorn Kempinski Hotel Bangkok, is unarguably one of Thailand's most advanced wellness centers, known for its distinctive features and holistic approach to well-being. This top-notch space offers a wide range of relaxing and detox treatments, along with world-class therapy facilities for every inch of the body—from multi-temperature pools

to steam rooms and a salt-walled sauna.

A highlight is the Vichy Shower—a set of adjustable water jets that a therapist gently moves across the body to deep-cleanse, massage, and hydrate the skin, while also boosting blood circulation and calming the nervous system—leaving the skin refreshed and revitalized.



TIPS

After trying the Vichy Shower, guests are encouraged to explore other hydrotherapy treatments, such as pressurized soaking baths, deep-cleansing water massages, or floating sessions in a high-salinity saltwater pool—each offering a unique way to relax, detox, and restore overall well-being.

Thai Medical Massage at Thai at Klai Thai Spa

A spa where traditional Thai medical wisdom meets modern wellbeing

📍 101, 103-105 Phat Sai Road, Samphan Thawong (Yaowarat Chinatown), Bangkok

🕒 Daily 10 am–11 pm 📞 (+66) 2161 3226 📌 Klai Thai Spa 📱 klai.thaispa



Hidden in Yaowarat, Bangkok's Chinatown, Klai Thai Spa blends ancient Thai medical wisdom with modern wellness practices to help restore balance to the body and mind. One popular treatment is the medium-pressure Nuad Klai,

inspired by traditional Thai massage postures and hermit self-stretching techniques. It combines palm acupressure and Royal Court massage to boost circulation, ease tension, relieve chronic pain and office syndrome, and calm the mind.

TIPS

For those experiencing chronic muscle pain, your healing journey continues with the Kob Ron Klai treatment—a therapeutic massage that combines deep kneading techniques with hot oil compresses to soothe tension and strengthen the tendons.





BODY WELLNESS





The Sukhothai Signature Massage at The Sukhothai Spa

Discover the magic of moringa

📍 The Sukhothai Bangkok, 13/3 South Sathorn Road, Sathorn, Bangkok

🕒 Daily 10 am–11 pm ☎ (+66) 2344 8888 ✉ thesukhothai@sukhothai.com 🌐 bangkok.sukhothai.com

📺 The Sukhothai Spa 📷 thesukhothaispa



Set against a backdrop of lush, extensive botanical gardens, The Sukhothai Spa, located within The Sukhothai Bangkok, incorporates both traditional and modern therapeutic practices from various cultures to develop an extensive selection of moringa oil-based spa treatments

to nourish the body and mind. A highlight is the 120-minute Dawn of Happiness treatment, which begins with a body scrub to remove dead skin cells, followed by a Moringa Royal Thai Massage with an herbal compress to relieve stress and tension while promoting a deep sense of calm.



TIPS

The healing cultural journey can conclude with the 60-minute Turkish Bath Ceremony or the Nail-Hands-Feet treatment at The Pedi Mani Cure Studio by Bastien Gonzalez.

Bor Naam Hydrotherapy Zone at

RXV Wellness Sampran

Aquatic remedy in the lush sanctuary

📍 88 Moo 2, Sampran, Nakhon Pathom

🕒 Daily 9 am–7:30 pm 📞 (+66) 3415 1822 ✉ info@rxvwellness.com 🌐 rxvwellness.com

📌 RXV Wellness Sampran 📷 rxvwellness



At the right hydrostatic pressure, water is believed to help reduce swelling—making hydrotherapy increasingly popular among those dealing with chronic muscle pain. The newly opened RXV Wellness Sampran in a lush, massive garden in Nakhon Pathom introduces one of the most advanced hydrotherapy zones in Thailand. The Bor Naam Zone invites guests to dip into four specialty pools, each designed with cutting-edge water jets, varying water types,

and carefully controlled temperatures to improve blood circulation and relieve muscular tension. The Vitality Pool delivers warm water massages with underwater jets and a cascading waterfall for head and neck therapy. The Soda Pool, infused with carbon dioxide, helps stimulate blood flow. The Oxygen Pool, filled with 5-micron micro-bubbles, cleanses pores and removes negative ions—supporting better breathing and skin hydration. The Cold Pool helps constrict blood vessels and reduce inflammation.

TIPS

A full bathing cycle can be completed in two rounds, with each soak lasting 10–15 minutes to support full-body realignment.







A Whole-Day Wellness Program at THANN Wellness Destination

A holistic destination where sustainable living aligns with fresh healing approaches.

📍 1, Moo 5, Bang Sai, Ayutthaya 🕒 Daily 8 am–10 pm
☎ (+66) 3591 0910 ✉ info@thannwellness.com 🌐 thannwellness.com
📱 Thann Wellness Destination 📷 thannwellnessdestination



Surrounded by the greenery of Ayutthaya, Thailand's ancient capital, THANN Wellness Destination blends the art of sustainable living with innovative holistic approaches to promote long-term wellbeing in an invigorating environment. Guests enjoy unlimited access to all facilities and comprehensive wellness programs, customized based on a body composition analysis that provides insights into each guest's physical condition, mindfulness level, and cognitive growth.

Program options include Yoshi Balancing, which combines yoga and Tai Chi to strengthen core muscles and improve body balance, and aqua exercise, which blends aerobic and resistance training in a saltwater pool to boost cardiovascular health and relieve joint and muscle pain. Guests can also join an organic farm tour and a visit to a museum, which is home to a private collection of ceramic ware, gilded silver niello ware, and other artifacts from the Ayutthaya era.



TIPS

For those seeking an oasis of calm, a halotherapy session in the salt cave is highly recommended. This microclimate-based treatment is believed to improve respiratory function, skin conditions, lung health, and the immune system. When 1 to 5 microns of medical-grade salt are inhaled, they travel deep into the sinuses and respiratory tract—absorbing moisture, clearing mucus, cleansing airways, and helping kill bacteria.

Wellness Retreat Program at AvaniWell

Wellness reimagined—spa, science, and healing in one place

📍 Avani+ Hua Hin Resort, 1499 Phet Kasem Road, Cha-am, Phetchaburi
 ☎ Spa opens 9 am–9 pm ☎ (+66) 3289 8989 ✉ avaniwell.vhhv@avanihotels.com
 🌐 www.avanihotels.com/en/hua-hin/avaniwell 📘 AvaniWellHuaHin 📷 [avaniwellhuahin](#)



Located within Avani+ Hua Hin, the newly launched AvaniWell is a cutting-edge health clinic and wellness center offering personalized programs focused on long-term results. Backed by medical professionals, dietitians, personal trainers, physiotherapists, and cosmetologists, AvaniWell combines advanced science with holistic care. The 2-night Signature Wellness Retreat focuses on rest, renewal,

and tailored treatments aligned with individual wellness goals. The program includes body composition analysis, balanced meals, and daily wellness activities such as Pilates Reformer, yoga, personal training, herbal steam therapy, physiotherapy, JetPro facial, and a sound healing bath—each designed to help restore physical balance, relieve stress, and revitalize the skin and mind.

TIPS

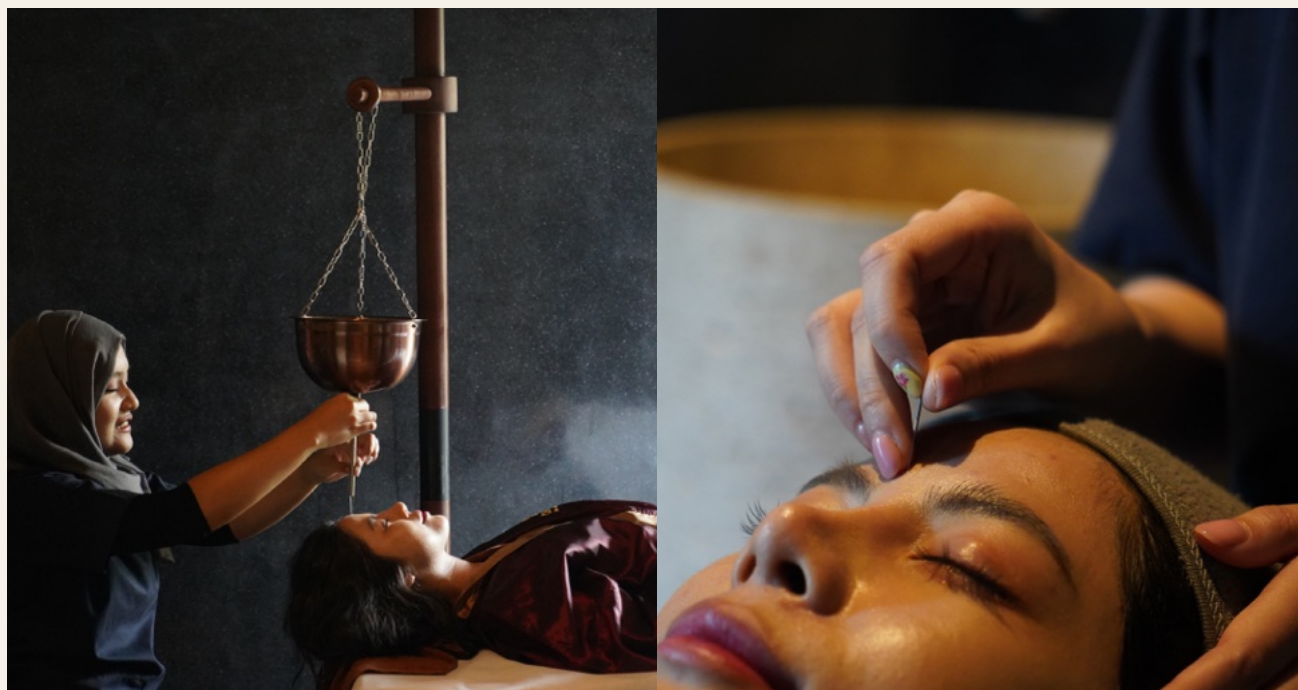
For those with clear health goals, a 2- or 4-night program offers the opportunity to achieve even more effective results.



Thai & Chinese Wisdom Combination at ChivaRak Wellness Clinic

Ancient Remedies Elevate Work-Life Balance in Modern Society

📍 1392 Phet Kasem Road, Cha-am, Phetchaburi
 🕒 Daily 10 am-7 pm 📞 (+66) 3242 1799 ✉ sales@b-healthy.co
 🌐 b-healthy.co/privilege/chivarakwellness 📌 ChivaRak Wellness Clinic 📱 chivarak.wellness



ChivaRak Wellness Clinic, located near Hua Hin resort town, offers top-notch holistic healthcare services that blend Thai, Chinese, and Ayurvedic therapeutic practices—further elevated with modern regenerative wellness techniques.

One of its most popular offerings is the Thai & Chinese Wisdom Combination treatment, especially favored by those suffering from office syndrome and seeking relief from neck,

back, and muscle discomfort caused by repetitive postures.

Following a physical analysis and health consultation, guests can choose from a range of treatments, including herbal compress massage, cupping therapy, acupuncture, and recovery massage—all aimed at restoring balance, relieving tension, improving sleep quality, and alleviating migraines and allergies.



TIPS

A must-try for athletes is the Sports Massage, which combines Thai and Swedish techniques to enhance muscle performance, improve flexibility, reduce the risk of injury, and speed up recovery.

Gut-Health Therapy at Chiva-Som Hua Hin

Be healthy from the inside out

📍 73/4-6 Phet Kasem Road, Hua Hin, Prachuap Khiri Khan

☎ (+66) 3253 6536 ✉ reservations@chivasom.com 🌐 www.chivasom.com

📱 [chivasomhuahin](#) @ [chivasomhuahin](#)



For over 30 years, Chiva-Som Hua Hin has been a world-renowned destination for holistic wellness. With the core belief that optimal well-being comes from rebalancing the mind, body, and spirit, Chiva-Som's unique services are a seamless blend of traditional therapeutic techniques, cutting-edge healthcare, and nourishing cuisine, all designed to help guests achieve a healthier, more harmonious life.

The resort offers 16 multi-day, customizable retreat

programs for various well-being goals. A particularly noteworthy program is the Gut Health Retreat, which is designed to rebalance the body's core functions for optimal overall health and immunity. This 5- to 7-night retreat includes personalized dietary plans made with ingredients sourced from the resort's organic farms, complemented by essential vitamins and minerals that support detoxification and improve the digestive system.

TIPS

Highly recommended is Chi Nei Tsang, a deep abdominal massage that rebalances hormones, improves sleep quality, reduces bloating, and eases emotional stress. This treatment offers a profound sense of well-being, starting from your core.





BODY WELLNESS



Sun God Energizing at Gaia Spa Hua Hin

The Sun, sea, and Moon navigate the holistic journey

📍 83/188 Soi Huathanon 23, Hua Hin, Prachuap Khiri Khan

🕒 Daily 10 am-10 pm ☎ (+66) 3290 0800 ✉ info.huahin@letussea.com 🌐 www.letussea.com

📌 Let's Sea Hua Hin Al Fresco Resort 📍 letussea



Let's Sea Hua Hin Al Fresco Resort's Gaia Spa Hua Hin focuses on sustainability and simplicity, creating tranquil spaces for wellbeing and reconnection with nature. All spa treatments are themed around three natural elements—the sun, moon, and sea—designed to restore harmony between body and soul. Inspired by the sun, the 120-minute Radiant Sunrise package uses a red scrub and invigorating

essential oils to re-energize tired spirits. The journey begins with the Rose & Rosehip Glow, which cleanses the body with an aromatic moisturizer made from sea salt, rose, and rosehip. This is followed by the Deep Tissue New Dawn Massage, designed to increase blood flow, relieve tension, and promote overall body balance.

TIPS

To synchronize with the soothing sounds of the sea, visitors can continue their holistic journey with the Sea Blue treatment using Swedish massage techniques to simulate the steady pulse of the ocean to promote blood circulation and relieve stress, while the almond and blueberry scrub helps rejuvenate your skin and remove dead skin cells.



Personalized Wellness Experience at

Ayurah Spa & Wellness Centre

Relax with the sea breezes

📍 183 Moo 4, Paknampran, Pranburi, Prachuap Khiri Khan

🕒 Spa opens 10 am-6 pm ☎ (+66) 3261 8333 ✉ reservation@akaryn.com 🌐 aleenta.com

📍 Aleenta Hua Hin - Pranburi 📷 aleentahuahin



Ayurah Spa & Wellness Centre at Aleenta Hua Hin-Pranburi Resort & Spa offers not only a serene natural setting ideal for ultimate relaxation, but also personalized wellness programs designed to enhance overall wellbeing through a variety of holistic approaches. Signature programs include detox, stress and burnout recovery, and Ayurvedic massage therapy.

Following an in-depth wellness consultation to understand each guest's personal goals, Ayurah curates six special activities tailored to the desired outcomes. Experiences may include cycling to a nearby fishing village, trekking through Sam Roi Yot National Park, meditating on the beach, or enjoying a Thai massage by the sea for a full-body unwind.



TIPS

Health-conscious guests can also join a culinary adventure, handpicking fresh vegetables, herbs, and organic eggs from the resort's own organic farm to prepare their own lunch or dinner.

THE BARAI Mind & Body Link at

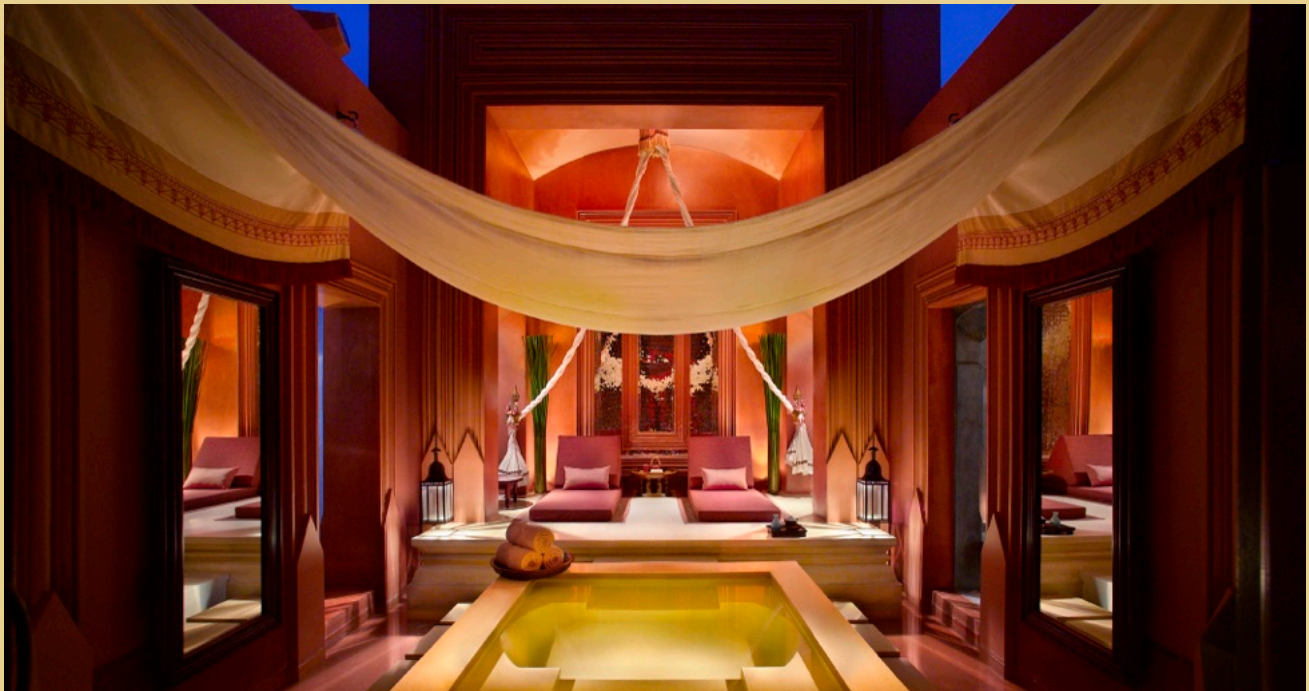
THE BARAI

Reinvigorate your spirit amidst architectural splendor

📍 91 Hua Hin-Khao Takiap Road, Hua Hin, Prachuap Khiri Khan

🕒 Spa opens 10 am–9 pm ☎ (+66) 3252 1234 ✉ thebarai.hrhuahin@hyatt.com

🌐 thebarai.com 📺 The Barai 📷 the_barai



The award-winning Barai Spa Resort has long been celebrated for two things: its striking Khmer temple-inspired architecture in photogenic red hues, and its transformative spa experiences. Treatments at The Barai are designed around the four elements—Earth, Water, Air, and Fire—nurturing body, mind, and soul in harmony.

During the 90-minute THE BARAI Mind & Body Link treatment, Tarini Graham Ayudhya, an energy healer, uses

her voice to guide visitors through the start of their holistic journey. Breathing exercises help fill the body with oxygen and encourage energy flow, while a therapist performs a full-body relaxing massage focused on tight areas to achieve comprehensive mind and body balance. This quick yet effective treatment fosters self-awareness, and the breathing techniques can be incorporated into daily life to improve health and wellbeing.

TIPS

For guests looking to continue their self-reflection journey, the Ice Ice Baby Therapy offers a bold new ritual worth trying. Participants immerse themselves in a tub filled with ice—an experience believed to stimulate cellular function, improve sleep quality, strengthen the immune system, and reduce inflammation.



PAÑPURI Signature Aromatic Massage at PAÑPURI WELLNESS HARBOR

Asian therapeutic traditions meets customized holistic leisure

📍 Andaz Pattaya Jomtien Beach, 345, Moo 3 Na Jomtien, Pattaya, Chonburi

🕒 Spa opens daily 10 am–10 pm 📞 (+66) 3811 4391 ✉️ wellness.andaz@panpuri.com 🌐 panpuri.com/wellness-harbor

📍 Panpuri Wellness Harbor



Beyond the bustling Pattaya town center, further South, Jomtien Beach is emerging as a new wellness destination, and Andaz Pattaya Jomtien Beach is leading the way—thanks to its tranquil setting on a quieter stretch of coastline where guests can breathe in fresh air, absorb positive energy, and experience a variety of wellness programs

at PAÑPURI WELLNESS HARBOR. One standout offering is the 90- or 120-minute PAÑPURI Signature Aromatic Massage, which blends rhythmic Swedish massage techniques with Thai aromatic massage and PAÑPURI essential oils to improve blood flow, ease muscle tension, and restore energy.



TIPS

Another must-try is the Offshore Serenity Package, featuring a choice of soothing treatments such as pranayama, hatha yoga, vinyasa yoga, Thai aromatic massage, deep tissue massage, and a mini facial massage—all designed to promote deep relaxation, refresh the body, improve posture and flexibility, enhance skin vitality, and restore your inner glow.



Onsen with Sea Views at

Let's Relax Onsen and Spa Pattaya

Thailand's first seaview hot tub

📍 Grande Centre Point Space Pattaya, 888 moo 5, Pattaya, Chonburi

🕒 Daily 10 am-midnight 📞 (+66) 3326 6145 ✉️ sparsvn@letsrelaxspa.com 🌐 letsrelaxspa.com

📺 Let's Relax Onsen 📱 @letsrelaxonsen.official



Perched on the seventh floor of Grande Centre Point Space Pattaya, Let's Relax Onsen & Spa Pattaya offers something no other onsen in Thailand can—panoramic views of the Gulf of Thailand. The hot tub is enriched with minerals imported from Japan's famed Gero Onsen, long believed to promote healing and cellular rejuvenation. The White Ion

Bath, heated to 40°C, produces silky water infused with ultra-fine microbubbles that cleanse, soften, and nourish the skin. The warm soak also stimulates blood circulation, eases muscle tension, and lifts your mood. Imagine soaking as the sun sets—pure magic.



TIPS

For the best sea and sunset views, plan your soak between 10 am and 6 pm when the natural light hits just right.

Sand Bath at

The Retreat Spa

Relax at the deepest level in volcanic sand

📍 The Retreat, Koh Chang, Trat 🕒 Daily 10 am–10 pm ☎ (+66) 3961 9419

✉ reservation@theretreatkohchang.com 🌐 www.theretreatkohchang.com

📱 The Retreat Koh Chang 📷 theretreatkohchang

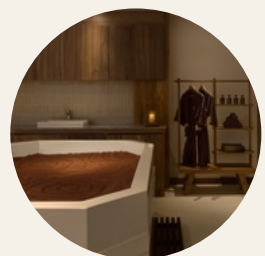


True to its name, The Retreat Spa at The Retreat Koh Chang blends traditional wellness practices with the peaceful island setting of Koh Chang to help improve sleep quality, purify energy, and recharge the mind from the fast-paced world. The Inner Strength Sand Bath Journey combines the spa's signature Volcanic Sand Bath—known for its internal purification and anti-

inflammatory benefits—with Traditional Thai Massage and Foot Reflexology, creating a deeply restorative experience. This holistic treatment promotes flexibility, boosts circulation, eliminates impurities, and supports the nervous system—guiding the body toward balance through time-honored techniques.

TIPS

Volcanic sand is rich in minerals and is believed to help stimulate the body's natural detoxification process.



Hot Spring Session at Amataya Wellness

Experience the magical wonder of Khlong Thom saline hot springs.

📍 88, 7 Huai Nam Khao, Klongtom, Krabi

🕒 Daily 8 am–7 pm 📞 (+66) 9 2270 2589 ✉ info@amatayawellness.com 🌐 krabiamatayawellness.com

📱 Amataya Wellness 📷 Krabi_amatayawellness



Amataya Wellness benefits from its unique location near Thailand's only saline hot spring, Khlong Thom, to create a wellness center that integrates the healing properties of mineral-rich spring water with both Western and Eastern medical principles. The Khlong Thom Saline Hot Springs are believed to support skin rejuvenation, strengthen

the immune system, and help rebalance the body. One of the signature treatments, the Arb Oon Salt Hot Spring Session, offers a soothing soak in a private saline pool, allowing guests to absorb essential minerals through the skin. The optimal water temperature aids both mental and physical recovery and may help lower the risk of chronic conditions.



TIPS

Take short soaks with cooling breaks in between, and be sure to stay well hydrated before and after your bath

Dip in Natural Hot Spring at

Wareerak Hot Spring & Wellness

A fuse of local hot bath ritual and modern hydrotherapy for wellbeing.

📍 18 Moo 7 Khlong Tom, Krabi 🕒 Daily 6 am–9:30 pm

☎ (+66) 7563 7130, (+66) 9 8017 9680 ✉ info@vacationvillage.co.th 🌐 www.wareerak.co.th

📌 Wareerak Hot Spring and Wellness 📷 wareerakhotspringandwellness



Under the shaded canopy of a tropical forest, Wareerak Hot Spring & Wellness merges Thai-style therapeutic wisdom with modern hydrotherapy—allowing guests to immerse themselves in nature while enhancing their health. All five terraced pools are filled with natural, mineral-rich waters from the Khlong Thom area, heated between 42°C and 54°C with a neutral pH level of 7. Certified by Institute

Fresenius in Germany, the mineral content includes calcium, hydrogen sulfate, and carbonate, with trace amounts of iron, manganese, and silica. These minerals are believed to help relieve joint pain and hypertension, heal chronic bruises and sprains, enhance sleep quality, reduce fatigue, and nourish the skin.

TIPS

This holistic journey can extend with the 90-minute Wareerak Signature Massage featuring Thai massage and relaxing herbal oil massage with warm compress to smoothen out all the knots in your body.



Thai Hammam at

Amatara Welleisure Resort

Award-winning wellness retreat with all-inclusive features

📍 84 Moo 8, Sakdidej Road, Panwa Cape, Phuket

🕒 Spa opens daily 10 am–9 pm ☎ (+66) 7631 8888 ✉ reservations.phuket@amatara.com

🌐 amatara.com 📱 Amatara Welleisure Resort 📷 [amatararesort](https://www.instagram.com/amatararesort)



Located in the Panwa Cape area in southeastern Phuket, Amatara Welleisure Resort has been named the 2nd best in Thailand's Best Hotel & Spas by the Travel+Leisure Luxury Awards Asia Pacific 2024 for its all-inclusive wellness programs, which emphasize personalized activities and nutritious cuisine. One standout experience is the Signature Thai Hammam—a bathing ritual that blends Moroccan

and Turkish traditions with restorative Thai therapies. The session begins with a natural Moroccan black soap treatment, followed by a therapeutic thermal mud application, Himalayan salt cave therapy, and Thai herbal steam. Together, these steps aim to cleanse and nourish the skin, revitalize the body, boost circulation, and support immune health.



TIPS

Book an ocean view treatment room in advance to fully immerse in the experiences and awaken all five senses.

Amanpuri Awakening at

Amanpuri Holistic Wellness Centre

Where ancient healing wisdom meets alternative remedies for wellbeing

📍 Amanpuri, Pansea Beach, Thalang, Phuket

📞 The experience is available exclusively to hotel guests ☎ (+66) 7632 4333 ✉ amanpuri@aman.com

🌐 aman.com 📺 Amanpuri 📷 amanpuri



Amanpuri, the ultra-luxury all-villa resort on Phuket's Pansea Beach, is home to a private Holistic Wellness Centre offering a range of transformative wellness programs and practices—all set against the stunning backdrop of tropical gardens and the Andaman Sea.

Among the highlights is the 150-minute Amanpuri Awakening treatment, aiming to foster a deep sense of

relaxation and renewal. This journey begins with an aromatic body exfoliation using Thai herbs, spices and extra-virgin coconut oil to polish your skin. A classic Thai massage is then performed, either fragrant with herbal compresses or deep stretching involving pressure point stimulation, followed by a personalized facial that leaves the skin glowing.

TIPS

Athletes looking to reclaim their mental and physical wellness can take advantage of Novak Djokovic's three-day Detoxification program. It includes a traditional Thai massage, a sauna and hydrotherapy session, a meditation class, and a monk blessing ceremony to promote spiritual power.





BODY WELLNESS



Natural Hot Tub

Rak Ranong Hot Spring Spa

Southern Thai hot springs, modernized

📍 88/8-9 Phet Kasem Road, Bang Rin, Ranong

🕒 Daily 9 am–10 pm ☎ (+66) 6 5348 8936 ✉ info@rakranong.com

🏠 Rak Ranong Wellness 📷 Rakranong



Located in the tranquil southern town of Ranong, Rak Ranong Hot Spring Spa brings new life to the region's traditional hot spring culture by blending modern design with advanced hydrotherapy technology—offering refreshing leisure experiences for health-conscious travelers. Inspired by Japanese onsen, the spa features a variety of therapeutic

pools, including a hot spring pool, jet stream pool, milky pool, chilled pool, and outdoor whirlpool—all filled with mineral-rich water naturally heated to optimal temperatures. These waters help relieve muscle tension, stimulate blood circulation, calm the mind, soften the skin, and may even enhance sleep quality.

TIPS

The best time to soak is between 9 am and noon, when a warm morning bath can help lift your mood, ease anxiety, and gently detox the skin.



Half-Day Wellness Retreat at

Garrya Tongsai Bay Samui

Holistic practices and Thai healing traditions promote overall wellbeing

📍 84 Moo 5, Bophut, Koh Samui, Surat Thani

☎ (+66) 7791 3750 ✉ reservations-Tongsaibay@garrya.com 🌐 www.garrya.com

📌 Garrya Tongsai Bay Samui 📷 [garryatongsaibaysamui](https://www.instagram.com/garryatongsaibaysamui)



Pure and geographically secluded, Garrya Tongsai Bay Samui offers a private, relaxing, and verdant environment—ideal for aspiring islanders looking to reconnect with nature. The resort provides multiple-day wellness programs for in-house guests, while visitors can also join the popular Half-Day Wellness Retreat, which blends holistic practices, spa treatments, and nutrient-rich cuisine

Perfect for test-and-try travelers, the retreat allows guests to curate a mix of active and passive activities. Options include private yoga sessions, Muay Thai training, and stretching classes to boost focus and blood circulation. This is followed by a Thai herbal steam and a deep bodywork massage to relieve tension and enhance overall wellbeing. The experience concludes with a three-course healthy meal designed to revitalize and refresh both body and soul.



TIPS

During the day, guests may create their own schedule for beach hopping, including Silver Beach, Chaweng Beach, and Maenam Beach. The Fisherman's Village walking street is only a 15-minute drive from the resort and offers guests a glimpse into local life.

Coconut Experience at

Melati Beach Resort & Spa

Discover the magic of the coconut for enhanced wellbeing

📍 9/16 Moo 5 Bophut, Thongson Bay, Koh Samui, Surat Thani

☎ (+66) 7791 3400 ✉ admin@melatiresort.com 🌐 www.melatiresort.com

📌 Melati Beach Resort & Spa 📷 melatibeachresort



Tropical coconuts are Koh Samui's natural gem—abundant and rich in nutrients—and Melati Beach Resort & Spa has created a special program that harnesses their benefits for both body and mind.

Offered at the resort's newly refurbished spa, the award-winning 2.5-hour Coconut Experience makes full use of Samui's coconuts. Packed with nutrients believed to help boost the immune system and antioxidants known

to enhance skin health, the experience delivers wellness from the inside out. The program begins with a coconut charcoal body scrub to stimulate blood circulation and remove dead skin cells. This is followed by a warm compress massage using coconut shells to exfoliate, nourish the skin, and relieve muscle tension. The experience concludes with a coconut oil head massage, designed to stimulate hair growth, soothe scalp concerns, and promote overall wellbeing.

TIPS

Early risers can participate in stretching yoga and Tai Chi classes on the beach while admiring the breathtaking views of the sea.



Absolute Weight Management Program at **Absolute Sanctuary**

Weight loss is a gateway to healthy living

📍 88 Moo 5, Cheongmon, Bophut, Koh Samui, Surat Thani

☎ (+66) 7760 1190, (+66) 8 1374 7782 ✉ bookings@absolutesanctuary.com

🌐 absolutesanctuary.com 📺 Absolute Sanctuary 📷 [absolutesanctuariesamui](https://www.instagram.com/absolutesanctuariesamui)



Absolute Sanctuary has built its reputation on delivering a unique blend of holistic wellness, fitness, lifestyle, and weight management programs—offering guests highly effective solutions for achieving profound, inside-out transformation.

In addition to bio-impedance analysis, the 10- and 14-day Weight Management Programs combine physical activities such as yoga, Pilates, cardio bootcamp, and aqua aerobics

with cleansing therapies, nutritional supplements, slimming body treatments, and a cooking class—all designed to help guests achieve long-term lifestyle changes.

This program aims to reduce the risk of diabetes and stroke, lower blood sugar and cholesterol levels, and improve flexibility.



TIPS

For seniors looking to embrace aging gracefully, the Golden Years Program focuses on overall wellbeing through personalized mobility exercises, brain training, senior-specific nutrition plans, and expert guidance for living a meaningful and active retirement.

Jade Stone Massage at

Quan Spa at Khao Lak Marriott

Feel the healing power of jade stones

📍 Khao Lak Marriott Beach Resort & Spa, 1/111 Moo 2, Khao Lak, Phang Nga

🕒 Daily 9 am–9 pm 📞 (+66) 7642 8077 🌐 marriott.com/hktmk

📍 Khao Lak Marriott Beach Resort & Spa



Quan Spa at the brand-new Khao Lak Marriott Beach Resort & Spa stands as a wellness destination in its own right. This opulent Thai-style sanctuary offers a well-curated spa menu that blends Thai and Asian healing traditions—perfect for elevating a holiday experience. One of the highlights is the 90-minute Jade Stone

Massage, which uses warm jade stones—believed in Chinese tradition to have cooling, soothing, and anti-aging properties. This deeply relaxing ritual helps restore balance, ease muscle tension, promote blood circulation, smooth the skin, eliminate negative energy, and foster mental peace.

TIPS

For those with sensitive skin, it's believed that jade stone massage may also help reduce inflammation.



SUP Yoga at Go With The Flow

Soothing floating toward mental equilibrium

📍 17, 56 Sukkha Prachasan 2, Pak Kret, Nonthaburi
 ☎ By appointment ☎ (+66) 8 5146 9019, (+66) 2584 2222
 📺 go with the flow 📸 @gowith_theflow_th



Go With The Flow is a wellness activity group focused on delivering water-based body wellness experiences. The two-hour program features two activities: Ice Bath and SUP Yoga on a floating board. It is held once a month on designated dates and times at Kalanan Riverside Resort, located on the banks of the Chao Phraya River, not far from Bangkok.

Each session begins with an Ice Bath, allowing participants

to experience invigorating cold that helps stimulate blood circulation, strengthen the immune system, and boost dopamine levels to promote mental balance. This is followed by yoga practice on a paddleboard in the middle of the water, designed to release muscle tension and improve focus through balance training—surrounded by scenic river views and the calming sounds of nature.



TIPS

Sessions must be booked in advance, with each limited to only 8 attendees. Private group bookings for 8 or more people are available on weekends at Kalanan Riverside Resort in Nonthaburi. It's like a mini water theme park—so don't forget to bring sunscreen, hats, sunglasses, swimwear, spare clothes, towels, and toiletries.



VIKASA

Soulful Retreat.

The state of a balanced mind and soul is key to wellbeing, and in Thailand the ways to achieve it have evolved far beyond traditional sitting meditation. Wellness experiences have become more diverse, from serene beachside sound healing and floating sound baths in tranquil pools, to immersive light-and-sound therapy and mindfulness retreats focused on emotional clarity.

Thailand's soul-focused wellness offerings have continued to expand—modern, mindful, and deeply restorative—in response to the increasingly diverse needs of wellness travelers.

Find Inner Peace in the Jungle at

iRetreat Jungle Bliss, Pa Pae

Buddhist wisdom opens the door to a peaceful mind

📍 214 Moo 2, Ban Pang Ma Kluay, Pa Pae, Mae Taeng, Chiang Mai

📞 By appointment ☎ (+66) 8 9899 5347 ✉ reservations@iretreat.co

🌐 iretreat.co 📱 iRetreat Wellness Meditation 📷 [iretreatwellnessmeditation](https://www.instagram.com/iretreatwellnessmeditation)

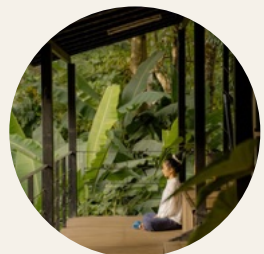


Tucked away in Chiang Mai's lush tropical forest, iRetreat Jungle Bliss, Pa Pae is an inner peace hideaway dedicated to offering a grounding camping experience for spiritual meditation, inner reflection, and nature reconnection—led by English-speaking monks from a nearby monastery.

For those short on time, the Day-Trip Meditation program offers basic guidance on living a balanced life. Visitors will be introduced to breathing techniques, basic meditation practices, and foundational Buddhist teachings designed to help develop inner strength.

TIPS

Overnight guests at the woodland camp can also join ancient Buddhist rituals or organize a mountain trek for further exploration. Visitors are kindly asked to wear modest clothing at all times, as the retreat is located near a monastery.



Shirodhara at

Origan Spa

Ayurvedic traditions awaken the link to the inner self

📍 44 Moo 3, Ban Pong, Hang Dong, Chiang Mai

🕒 Daily 10 am–7 pm 📞 (+66) 8 9199 9488 ✉️ origanspa@chiangmaiwellbeing.com

🌐 www.origanspa.com 📌 Origan Spa 📷 [origan_spa](https://www.instagram.com/origan_spa)



Origan Spa, the newest addition to Insa Wellness Resort, offers guests a harmonious blend of Thai, Indian, and Western holistic practices aimed at promoting overall wellbeing from within. Designed in alignment with Vastu principles, the spa harnesses the five elements of Ayurveda to create a healing environment.

A highlight is the 60-minute Shirodhara treatment, designed to enhance mental clarity, align energy flow, and encourage deep relaxation. During the session, a therapist gently pours warm oil over the forehead's third-eye spot, helping to calm the nervous system and stimulate the higher chakras. This process is believed to reduce stress, support mental detoxification, and deepen inner connection.



TIPS

The 3-day, 2-night Breath & Battle Retreat is a new option for those seeking to strengthen both body and mind. It includes Muay Thai practice, pranayama and meditation, mat pilates, yoga, sound bath, and Lanna Thai massage.

Mindful Yoga Retreat at

Museflower Retreat & Spa

A smooth holistic experience brings harmony to the soul

📍 159/1 Moo 1 Ban Samanmit, Don Sila, Wiang Chai, Chiang Rai
📞 By appointment ☎ (+66) 5202 9823, (+66) 9 3137 0414 ✉ retreat@museflower.com
🌐 museflowerretreat.com 📱 Museflower Retreat & Spa 📷 museflowerretreat



Museflower Retreat & Spa in Chiang Rai is a holistic wellness sanctuary where therapeutic practices, relaxing spa treatments, and the art of vegetarian cuisine come together to soothe the mind and promote wellbeing from within.

The all-inclusive three- to seven-day Yoga Retreat package helps guests rebalance their body and mind through Hatha yoga, meditation, holistic therapies, vibrational healing sessions, therapeutic herbal steam treatments, mineral baths, and organic vegetarian meals.

TIPS

To further appreciate the beauty of northern Thai culture and nature, guests can arrange sightseeing trips to nearby attractions such as Oub Kham Museum, renowned Thai national artist Thawan Duchanee's Black House, and Doi Tung Royal Villa & Flower Garden.







Handpan Music Sessions at Fung Studio Handpan Bangkok

Reconnect with your inner mind through the tempos of the steel handpan

📍 The Upper Ground, 18 Kamphaeng Phet Road, Chatuchak, Bangkok © By appointment

☎ (+66) 8 3446 3562 ✉ fungstudio.handpan@gmail.com 🌐 fungstudiohandpan.com

📱 Fung studio handpan Bangkok @ fungstudio.handpan



The handpan is a magical instrument—made entirely of steel, uniquely shaped with curves, bumps, and openings. But when touched the right way, it echoes melodic tones filled with deep emotion and the right frequency to soothe the mind. Each handpan sings a different tune, depending on its design and origin. Simply listening to the handpan's sound—and immersing yourself in its rhythm—can bring

a sense of joy and delight, making it a form of music therapy in its own right. Fung Studio offers various sessions for guests to immerse themselves in an environment that boosts concentration and relieves stress—from guided handpan practice and handpan listening sessions to a special one that combines handpan music with muscle line tapping massage for a deeper state of calm.



TIPS

Fung Studio also takes custom orders for this Swiss-born instrument, so you can have your own at home. Prices vary depending on the origin of the pan—from Europe to China. Part of the studio is Kaori Craftroom, which also offers herbal scent workshops.

Sand Mandala at Gompa Studio

Discover the ancient Tibetan art for inner peace

📍 268, 270 Si Phraya Road, Khwaeng Maha Phruttharam, Bang Rak, Bangkok

📞 By appointment only ✉ gompastudio.contact@gmail.com 🌐 www.gompastudio.com

📺 Gompa Studio 📷 [gompa_studio](https://www.instagram.com/gompa_studio)

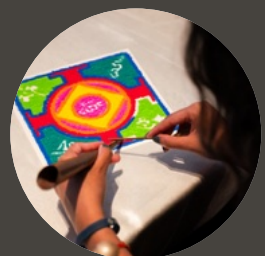


Inspired by the sacred practice of sand mandala, an ancient art form used by Tibetan monks to cultivate calm and enlightenment, Gompa Studio hosts some of Thailand's first Sand Mandala & Sound Healing Workshops. In this experience, guests are invited to use a traditional tool called a chak-pur to carefully guide colored sand into intricate patterns. The process is a form of active meditation, allowing participants to express emotion, quiet the mind,

and remain fully present. Once the artwork is complete—or even if a breeze disturbs it—the canvas will be swept clean. This moment serves as a reminder that no existence is certain, a core teaching in Buddhist philosophy. The workshop takes place in a serene setting, infused with the scent of incense and the resonant tones of Tibetan singing bowls—awakening all five senses and deepening the meditative journey.

TIPS

On Saturdays, the Sand Mandala & Sound Healing Workshop will be held at the studio, together with a traveling experience and exhibition in several locations. For the latest schedule, check Gompa Studio's official Facebook page.





Chakra Balancing at

Attuned Studio

Feel the miracle of soothing sound waves

📍 The Upper Ground, 18 Kamphaeng Phet Road, Chatuchak, Bangkok

🕒 By appointment ✉️ icesoundhealing@gmail.com

🌐 www.icesoundhealing.com 📺 Ice Sound Healing 📱 [icesoundhealing](#)



Hidden in the commercial district of Chatuchak, Attuned Studio offers a calming experience that blends ancient Himalayan singing bowl techniques with meditation to guide visitors into deep relaxation and mental clarity.

Called Chakra Sound Healing, the session helps rebalance and align the body's energy centers, promoting overall well-being and a profound sense of inner harmony.

TIPS

For those who are recovering from insomnia, Chakra Sound Healing can help alleviate anxiety, realign their thoughts, remove negativity, resulting in better sleep quality.



Gong Sound Healing at Lotus Wellness

The secret to inner harmony

📍 Pitak Court, Soi Sathorn 1, Sathorn, Bangkok © Depending on daily schedule
 ☎ (+66) 8 2283 3442 ✉ lotuswellnessbangkok@gmail.com 🌐 www.lotuswellnessbangkok.com
 📺 Lotus Wellness Bangkok 📱 lotuswellnessbangkok



Regain your focus with a unique ‘gong’ sound healing treatment set in a Thai-colonial house transformed into a tranquil refuge. The serene space is outfitted with gongs, crystal singing bowls, and other sound healing instruments. The 60-minute Gong Relaxation session is a must-try,

guiding visitors through gentle stretches and meditation to warm up both body and mind before massaging their soles with organic essential oils. Then, lie down and let the symphonic waves flow through your body, melting away all tension.



TIPS

You can also continue your journey with a Floating Sound Bath in warm water, where guests can immerse themselves in a weightless experience that relaxes the spine, muscles, and joints while soothing sounds stimulate the parasympathetic nervous system.

Reiki experience at Ratha Healing

Japanese healing expertise is the key to energy balance

📍 40 Sukhumvit Road, Phra Khanong, Khlong Toey, Bangkok 📞 By appointment
☎ (+66) 6 2624 1564 ✉ rathakarn.ter@gmail.com 🌐 rathahealing.com
📍 Ratha Healing & Urban Healing Space BKK 📱 rathahealing



Ratha Healing blends ancient Himalayan singing bowl techniques with Japanese energy-healing traditions to create a deeply relaxing, holistic experience that helps awaken the mind and realign the body's energy centers.

During the 60-minute Reiki treatment, the therapist typically places their hands just above specific parts of the body, with the goal of lowering anxiety, enhancing blood flow, alleviating pain, and improving sleep quality.

TIPS

Beginners can start with the Crystals for Wellbeing session to learn the fundamental techniques for cleansing and rebalancing their energy.





Aqua Sound Bath at

Devasom Khao Lak Beach Resort & Villas

Azure waves harmonize with therapeutic acoustics on the beach

📍 79 Moo 3 Khuk Khak Beach Road, Khao Lak, Phang Nga

📞 By appointment for sound bath ☎ (+66) 7659 2277 ✉ rsvn.khaolak@devasom.com

🌐 devasom.com/khaolak 📱 Devasom Khao Lak Beach Resort & Villas 📷 [devasom_resorts](https://www.instagram.com/devasom_resorts)



Blending Asian and modern soul-healing traditions, Devasom on Khuek Khuk Beach invites guests to step out of their rooms and float above the beachside pool while immersed in a one-of-a-kind sound healing experience. Under the sun, the Aqua Sound Bath session integrates hydrotherapy and soothing sound waves to nurture both

body and soul. Guests can relax on an inflatable bed as an instructor uses Himalayan singing bowl techniques to guide them into a meditative state. This experience is designed to foster physical relaxation, mental clarity, enhanced cognitive function, and inner calmness.

TIPS

Ideal for health-conscious travellers, the resort organizes the Devasom Sol Festival every year to provide distinctive holistic wellness experiences through yoga, sound healing sessions, arts workshops, wholesome cuisine, and other mindful entertainment.



Serene Sleep and Jet Lag Recovery at La Vita Sana Khao Lak

A touch of Asian healing wisdom

📍 80/15 Moo 5 Phet Kasem Road, Takua Pa, Khao Lak, Phang Nga
 📞 By appointment ☎ (+66) 7642 8588-9 ✉ info@lavitasanakhaolak.com
 🌐 www.lavitasanakhaolak.com 📺 La Vita Sana Khaolak 📷 lavitasanakhaolak



La Vita Sana, one of the largest wellness centers in Khao Lak, takes inspiration from pan-Asian healing traditions to offer holistic wellbeing—from skin-deep relaxation to inner balance. The center blends sound healing, meditation, Ayurveda, Thai and Chinese medicine, and natural art therapy into its extensive wellness menu.

A highlight is the Serene Sleep and Jet Lag Recovery package. This three- to seven-day program is designed to promote deep sleep and revive health after travel fatigue.

The journey begins with a personal medical consultation and continues with herbal bathing, onsen soaking, hot brick stepping, and a foot massage to relax tense muscles, boost blood flow, and rebalance energy. Treatments also include acupuncture, abdominal massage, fire rebalance therapy, aromatherapy massage, herbal eye poultices, and a soothing sound bath—all working together to promote total relaxation, ease digestive discomfort, and calm irritation and inflammation.



TIPS

While parents indulge in their spa programs, the wellness center also offers soothing treatments for young travelers. The Junior Aromatic Massage helps reduce stress hormones and improve sleep quality, while the Junior Sun Secrete Massage uses Aloe Vera to gently nurture sun-exposed skin.

The Thai-Style Wellness Retreat at **ThaiLife Wellness & Meditation Resort**

Explore the art of Thai-style healthier living

📍 1/5 Moo 2, Takua Pa, Phang Nga

☎ (+66) 7659 3081 ✉ info@thailifewellness.com 🌐 thailiferetreats.com

🏠 ThaiLife Wellness & Meditation Resort 📷 thailifewellnessresort



Focusing on the simplicity of Thai-style sustainable living, ThaiLife Wellness & Meditation Resort, set amidst lush greenery, combines Asian therapeutic methods with meditation across various programs to promote overall wellbeing while encouraging guests to fully immerse themselves in nature.

The three-day, two-night Thai-style Wellness Retreat package includes morning stretching yoga and guided meditation sessions designed to rejuvenate the mind in a tranquil setting. Combined with tailored dietary plans, the retreat also offers a choice of Thai and oil massage treatments—both aimed at fostering complete relaxation.

TIPS

During the day, visitors can watch a herd of free-roaming buffalo on the green lawn, learn about organic farming, and sample unique, nutritious beverages—such as a cashew pineapple smoothie, believed to support heart health and improve blood vessel function.



Meditation by the Beach with

Soul Friend & Spiritual Garden

Immerse in Khao Lak's serene soundscape

📍 97 Phet Kasem Rd, Takua Pa, Phang Nga

🕒 Mon, Wed-Fri 10 am-5 pm; Sat-Sun 10 am-6 pm ☎ (+66) 6 4323 6415 ✉ soulfriendandspiritualgarden@gmail.com

🌐 soulfriendworld.com 📺 Soul Friend and & Spiritual Garden 📷 [soulfriendandspiritualgarden](https://www.instagram.com/soulfriendandspiritualgarden)



Soul Friend & Spiritual Garden studio in Khao Lak creates a tranquil sound environment in the early morning, inviting meditators to immerse themselves in deep serenity while practicing yoga and meditation by the beach. For a deeper connection with nature, the studio's exclusive

Mind Space Meditation on Pakarang Beach features a range of practices designed to help guests explore their inner selves, enhance cognitive functions, and improve sleep quality—all happening while acoustic sounds of the waves and fresh air soothe the souls.



TIPS

Those with chronic sleep problems can benefit from the Sacred Sleep workshop to improve sleep quality, or the Mind Trip Sound Experience to promote inner serenity through rhythmic breathing and sound meditation.



Sleep Therapy Journey at Kamalaya Wellness Sanctuary

A mindful retreat for emotional balance

📍 102/9 Moo 3, Koh Samui, Surat Thani

☎ (+66) 7742 9800 ✉ info@kamalaya.com

🌐 kamalaya.com 📱 Kamalaya Koh Samui 📸 kamalayakohsamui



Kamalaya is an award-winning wellness resort on Koh Samui, celebrated for its dedication to overall wellbeing. One of its most notable retreat programs is Sleep Enhancement, developed in response to the growing popularity of sleep tourism—and the modern-day emphasis on quality rest as a foundation for physical health, emotional balance, and peace of mind. This program blends modern medical practices with Asian healing traditions to help guests

address the mental and emotional barriers that affect sleep quality.

The journey includes body bioimpedance analysis, naturopathic lifestyle consultation, Traditional Chinese Medicine sessions, Ayurvedic massage therapy, meditation, and natural remedies—all designed to restore the body's regenerative functions, boost the immune system, enhance cognitive performance, and nourish the nervous system.



TIPS

For individuals experiencing sleep problems—or those simply seeking ultimate relaxation—consider booking a stay of at least 8 nights to achieve deeper, longer-lasting results.

Yoga Retreats at **VIKASA**

A peaceful haven where yoga practitioners dive deeper into the soul

📍 211 Moo 4, Koh Samui, Surat Thani

📞 By appointment ☎ (+66) 7742 2232 ✉ share@vikasa.com

🌐 vikasa.com 📺 Vikasa Yoga 📷 vikasayoga



For both beginners and experienced yoga practitioners looking to enhance their skills and reconnect spiritually with nature, VIKASA is the place to be. Set against the stunning vistas of the Gulf of Thailand, this yoga school offers a wide range of classes, workshops, and teacher training programs—each grounded in the discipline of yogic breathing and pranayama practices.

The seven-day Signature Retreats come in different themes to suit individual lifestyles—Evolve, Balance, Escape, Silent, Thrive, and Move—each offering a foundation of yoga practice along with unique activities designed to foster deeper self-awareness and inner serenity. Other options for self-transformation include Vikations 365 and the Personal Program, both of which are offered year round.

TIPS

In-house guests can also try the weekly Ice Bath session, which combines cold exposure with meditative breathwork techniques to enhance focus, improve blood circulation, and strengthen the immune system.





Yoga Against Breathtaking Sunset at Tadasana Wellness

Stretching yoga with Koh Tao's blue waves

📍 19/2, Koh Tao, Surat Thani

📞 By appointment ☎ (+66) 8 7799 5695

📌 Tadasana Yoga & Wellness Koh Tao @ tadasana.kohtao



Tadasana Wellness transforms a private boat deck on Koh Tao into an open-air wellness pavilion, inviting health-conscious travelers to join yoga and wellness sessions against the breathtaking backdrop of the Gulf of Thailand. A must-try is the Sunset Yoga & Sound Healing

session. The journey begins as the sky gradually changes color, with visitors stretching to relieve tension, calm the nervous system, and regain inner harmony. Afterwards, the resident guru team uses singing bowls to create a healing resonance that soothes and clears the mind.

TIPS

Another must-try is the Signature Mat Pilates & Sound Healing session, designed to strengthen the body's core and soothe the mind while fostering reconnection with the inner self.



Weightless therapy at

Banyan Tree Krabi

Immerse in a zero-gravity world for a deep relaxation

📍 279 Moo 3, Tubkhaek Beach, Muang, Krabi

☎ (+66) 7581 1888 ✉ spa-krabi@banyantree.com

🌐 www.banyantree.com 📱 Banyan Tree Krabi 📷 [banyantreekrabi](https://www.instagram.com/banyantreekrabi)



The luxury Banyan Tree Spa, perched on Tubkhaek Beach, combines various ancient healing traditions with modern therapeutic practices to provide guests pleasant holistic experiences in Krabi's soothing coastal environment.

The latest offering is the 60-minute Weightless Therapy, which combines flotation and body stretching to promote profound relaxation. Guests can choose between

two alternative sessions: Wave Stretch, where an instructor uses buoyancy to gently float guests in water while guiding them through a series of stretches—allowing the rhythmic flow of water to help release tension points, much like a massage. One Weightless , where guests can immerse themselves in the water and relax in a zero-gravity environment, further deepening the sense of calm and weightlessness.



TIPS

The treatments are conducted in a guest's pool villa to provide privacy and are weather dependent. Those looking to experience the way of local life and the splendor of nature, can opt for a 15-minute cruise to the Koh Klang community, which is bordered by lush mangrove forests. There is a wide range of interesting handcraft workshops, and trekking tours available.

Naam Wellness at

VARANA Krabi Hotel

A journey of water healing

📍 258 Nong Talay, Mueang Krabi, Krabi

🕒 Daily noon-1 pm, 5-6 pm ☎ (+66) 7565 6989 ✉ rsvn@varanahotel.com

🌐 www.varanahotel.com 📺 Varana Krabi Hotel 📷 varanakrabihotel



Varana Krabi Hotel is a “wellcation” resort designed to inspire peace of mind, featuring facilities that encourage guests to slow down, reconnect with themselves, and embrace the natural surroundings. Naam Wellness, the hotel’s signature wellness experience, offers a unique hydrotherapy journey that not only utilizes water to heal the body, muscles, and skin, but also incorporates sense-awakening experiences to rebalance the mind.

Visitors are guided through 10 stages of hydrotherapy stations designed to relax both body and mind—from cleansing the spirit under a waterfall enhanced by immersive lighting, detoxifying the skin with a mineral mud mask, and soothing in herbal steam, to experiencing contrast baths in hot and cool plunge pools, unwinding in an outdoor hydrotherapy pool, and floating in a high-density saline pool. Guests can also restore balance while relaxing on heated stone beds, before enjoying the comfort of a rest area.

TIPS

The resort’s Faa Spa offers a wide selection of therapeutic massages that incorporate local herbs to promote long-term wellness. A major highlight for serious swimmers, Varana is also home to Krabi’s first Olympic-sized swimming pool.



Take a Deep Breath at The Soul Resort

A mindful oasis in the limestone valley

📍 99/9 Songkhon, Kaeng Khoi, Saraburi

☎ (+66) 3624 1777 ✉ info@thesoulresort.com 🌐 thesoulresort.com

📺 The Soul Resort 📷 thesoulresort



The lush and evergreen greenery of Phra Phutthabat Noi Mountain provides a serene backdrop—and pure feng shui energy—for The Soul Resort, where the overnight Mindfulness Retreat program helps guests rediscover their inner serenity through dhamma-related activities.

In the early morning, a resident guru leads a walking meditation to demonstrate how to reconnect with nature and awaken the body's electromagnetic current. A master monk then guides a breath meditation under a towering Bodhi tree, followed by a dhamma talk to uplift the spirit.

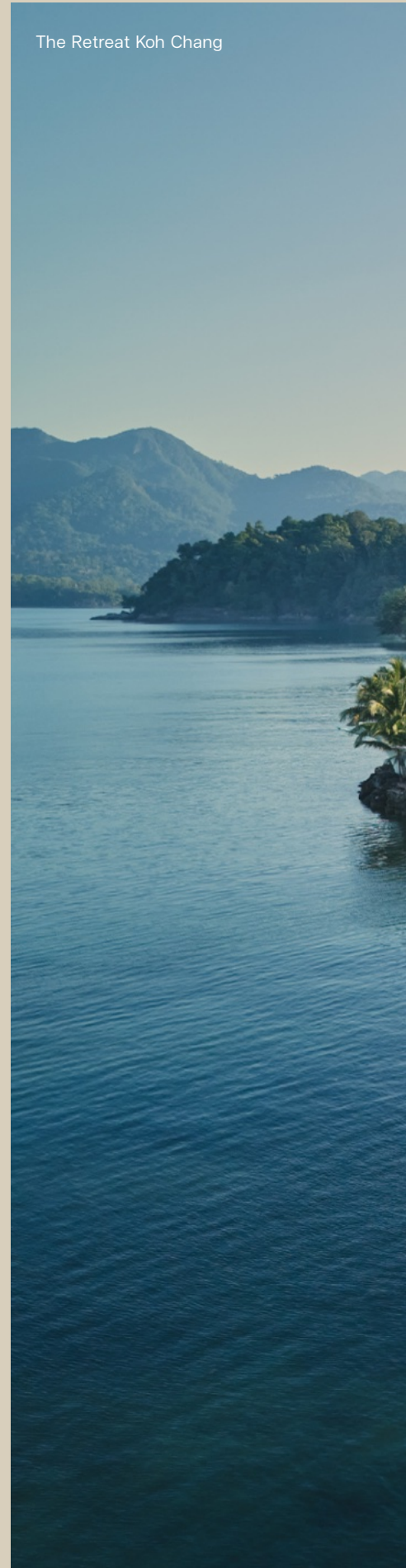


TIPS

Additionally, there is the Harmony Library and Tearoom, designed around the Symphony of Color concept to immerse visitors in a vibrant world of color.

The Retreat Koh Chang

Wellness Routes.

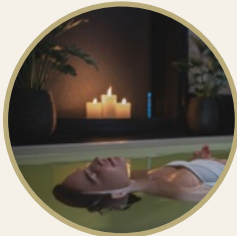




CHIANG MAI



BANGKOK



HUA HIN



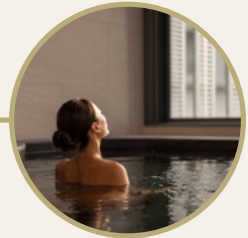
PHUKET-
PHANG NGA



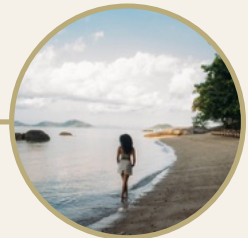
KHAO YAI-
SARABURI



PATTAYA



SAMUI



WELLNESS DESTINATION

CHIANG MAI

NATURE'S EMBRACE



KHAO YAI – SARABURI

FRESH BREATH ESCAPE



BANGKOK

URBAN BALANCE



PATTAYA

RELAXATION JOURNEY



HUA HIN

HOLISTIC HIDEAWAY



SAMUI

THE HEALING ISLAND



PHUKET – PHANG NGA

WELLNESS BY THE WAVES



Sindhorn Wellness by Resense at Sindhorn Kempinski Hotel Bangkok

DAY 01

- **Sindhorn Kempinski Hotel Bangkok:** Stay near Lumpini Park at this award-winning luxury wellness hotel. Have healthy French-Mediterranean lunch at **Bistrot De La Mer** and try the **Vichy Shower** treatment that deep-cleanses and gently massages skin thoroughly at **Sindhorn Wellness by Resense**.
- **Sarapad Thai at One Bangkok:** Shop for creative Thai souvenirs and aromatherapy products by local brands.

DAY 02

- **Rattanakosin Island Tour:** Visit key cultural landmarks of Bangkok including Wat Phra Kaew (Temple of the Emerald Buddha), Wat Pho (Temple of Reclining Buddha), and Wat Arun (Temple of Dawn).
- **Supanniga Eating Room Tha Tien:** Lunch at this riverside Michelin Guide-recommended restaurant. Try the Eastern Thai specialty including sweet-and-sour Moo Chamuang.
- **Gong Relaxation at Lotus Wellness:** Sound healing with gong, meditation, and foot massage with organic essential oils.
- Alternative Activity: **Sand Mandala at Gompa Studio:** Try a Tibetan sand mandala session at Gompa Studio to practice mindfulness and letting go.

RECOMMENDED HOTELS



Sindhorn Kempinski
Hotel Bangkok



The Salil Hotel Riverside
Bangkok



The Sukhothai
Bangkok

2 DAYS 1 NIGHT

PATTAYA

Relaxation Journey

LET'S RELAX ONSEN AND SPA PATTAYA
AT GRANDE CENTRE POINT SPACE PATTAYA



PAÑPURI WELLNESS HARBOR
AT ANDAZ PATTAYA JOMTIEN BEACH

Let's Relax Onsen and Spa Pattaya

DAY 01

- **Let's Relax Onsen and Spa Pattaya:** Thailand's first seafront onsen located on the 7th floor of Grande Centre Point Space Pattaya. The mineral-rich hot baths use imported minerals from Japan's famed Gero Onsen. Services include Akasuri Japanese Scrub and various themed rooms such as hot stone, relaxing, and multimedia cold room.
- **Andaz Pattaya Jomtien Beach:** Check into a luxury resort nestled in a serene green landscape along Jomtien Beach. This wellness-focused retreat encourages relaxation close to nature.



Let's Relax Onsen and Spa Pattaya

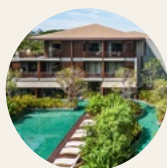


PAÑPURI WELLNESS HARBOR at Andaz Pattaya

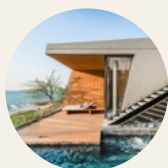
DAY 02

- **Morning Activities at Andaz:** Choose from yoga, beachside jogging, or fitness sessions.
- **PAÑPURI WELLNESS HARBOR at Andaz Pattaya:** Experience a 90-120 minute PAÑPURI Signature Aromatic Massage blending Swedish and Thai techniques with carefully selected essential oils.
- **Lay Beach Club:** Dine and unwind at Pattaya's new beach club with cozy vibes. This venue emphasizes eco-friendly practices and local community support.
- **MASON Spa:** Try the **Mason Zila Stone Signature Massage** using stones from Ang Sila, Chonburi, or explore other spa inspirations like **silk cocoon spa (at Amari Pattaya)** and **pineapple spa (at Centara Sonrisa Sriracha)**.

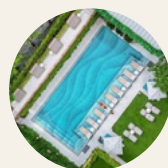
RECOMMENDED HOTELS



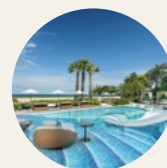
Andaz Pattaya
Jomtien Beach



MASON



Meliá Pattaya Hotel



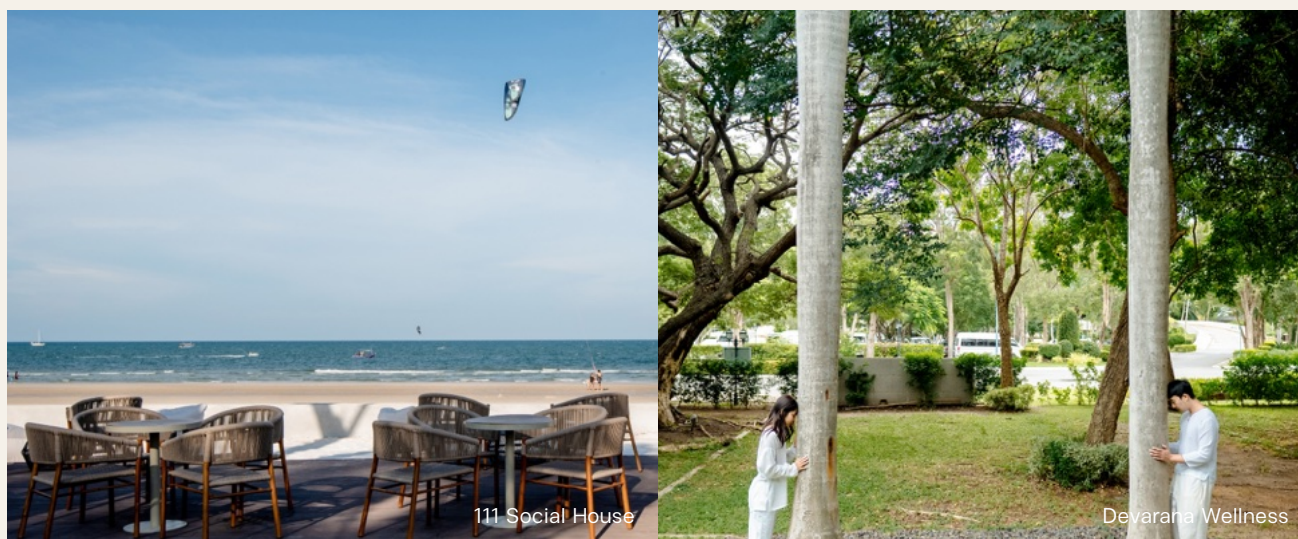
Pattaya Marriott
Resort and Spa

DAY 02

- **Tree Hugging:** Morning tree-hugging activity (30 mins) at **Devarana Wellness** at Dusit Thani Hua Hin to connect with nature and calm the mind. This activity is free for in-house guests.
- **Phuwichit Farm:** Visit this cocoa lover's paradise. Walk through real cocoa plantations, taste fresh cacao, watch the chocolate-making process, and enjoy craft chocolate and drinks.
- **111 Social House:** Dine at a century-old white wooden building overlooking the sea. This semi-beach club offers healthy meals and superfood beverages.
- **Cicada Market:** Shop for handmade crafts and art at Hua Hin's popular night market, set in a lush tropical garden with live music. Open on Fri, Sat, and Sun.
- **Som's Table:** Enjoy a chef's table dinner at a homey house by the beach. The seasonal menu features ever-changing creative dishes made from local ingredients.
- **Let's Sea Hua Hin Al Fresco Resort:** Stay at this quiet, romantic beachfront resort known for award-winning design and eco-conscious practices.

DAY 03

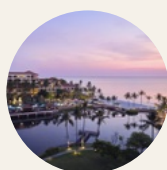
- **Radiant Sunrise at Gaia Spa:** A signature post-yoga treatment ideal for jet-lagged travelers. Begins with Rose & Rosehip Glow using sea salt and rosehip products, followed by New Dawn Massage with deep tissue techniques and custom oils.
- **Oceanside Beach Club & Restaurant:** Savor fresh seafood with panoramic sea views and relaxing wave sounds.
- **Hua Hin Railway Station:** Visit this historic landmark built in 1911 in the reign of King Vajiravudh, credited for developing Hua Hin as a beach resort town.
- **Khomapastr Hua Hin:** Shop for souvenirs from this iconic Thai textile brand established in 1948.



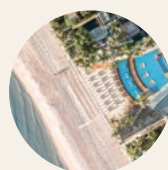
RECOMMENDED HOTELS



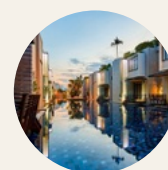
Avani+ Hua Hin
Resort



Dusit Thani
Hua Hin



InterContinental
Hua Hin Resort



Let's Sea Hua Hin
Al Fresco Resort





Soul Friend & Spiritual Garden

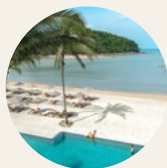
DAY 03

- **Mind Space Meditation:** Book in advance with **Soul Friend & Spiritual Garden** for sound therapy and nature-based introspection. It promises to soothe the mind, improve sleep quality, and provide a peaceful meditation experience amidst the ambiance of Khao Lak.
- **Memories Beach:** Surf or take lessons at one of Thailand's most popular beaches for surfing. Try Surf program available for beginners, with rental options for experienced surfers (best during April-December).



Memories Surfhouse

RECOMMENDED HOTELS



Anantara Layan Phuket
Resort



Amatara Welleisure
Resort



JW Marriott Phuket
Resort & Spa



Khao Lak Marriott Beach
Resort & Spa

RECOMMENDED

HOTELS

CHIANG MAI

Nature's Embrace

Aleenta Retreat Chiang Mai

- 📍 Mueang Chiang Mai, Chiang Mai
- ☎ (+66) 5209 0333
- 🌐 aleenta.com/chiang-mai
- 📌 Aleenta Retreat Chiang Mai

Anantara Chiang Mai Resort

- 📍 Mueang Chiang Mai, Chiang Mai
- ☎ (+66) 5325 3333
- 🌐 chiangmai@anantara.com
- 📌 Anantara Chiang Mai Resort

Cross Chiang Mai Riverside

- 📍 Mueang Chiang Mai, Chiang Mai
- ☎ (+66) 5393 1999
- 🌐 crosschiangmairiverside.com
- 📌 Cross Chiang Mai Riverside

Raya Heritage

- 📍 Mae Rim, Chiang Mai
- ☎ (+66) 5311 1670
- 🌐 rayaheritage.com
- 📌 Raya Heritage

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KHAO YAI-SARABURI

Fresh Breath Escape

InterContinental Khao Yai Resort

- 📍 Pak Chong, Nakhon Ratchasima
- ☎ (+66) 4408 2039
- 🌐 khaoyai.intercontinental.com
- 📌 InterContinental Khao Yai Resort

Hansar Thai Wellness Khao Yai

- 📍 Pak Chong, Nakhon Ratchasima
- ☎ (+66) 6 2432 0599
- 📌 Hansar Thai Wellness Khao Yai

Sala Khaoyai

- 📍 Pak Chong, Nakhon Ratchasima
- ☎ (+66) 4400 9950
- 🌐 salakhaoyai.com
- 📌 Sala Khaoyai

BANGKOK

Urban Balance

Sindhorn Kempinski Hotel Bangkok

- 📍 Pathumwan, Bangkok
- ☎ (+66) 2095 9999
- 🌐 kempinski.com/en/bangkok/sindhorn-hotel
- 📌 Sindhorn Kempinski Hotel Bangkok

The Salil Hotel Riverside Bangkok

- 📍 Bangkholaem, Bangkok
- ☎ (+66) 2844 8787
- 🌐 thesalilriverside.com
- 📌 The Salil Hotel Riverside Bangkok

The Sukhothai Bangkok

- 📍 Sathorn, Bangkok
- ☎ (+66) 2344 8888
- 🌐 sukhothai.com/bangkok/en
- 📌 The Sukhothai Bangkok Hotel

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PATTAYA

Relaxation Journey

Andaz Pattaya Jomtien Beach

- 📍 Sattahip, Chonburi
- ☎ (+66) 3822 1234
- 🌐 andazpattaya.com
- 📌 Andaz Pattaya Jomtien Beach

MASON

- 📍 Sattahip, Chonburi
- ☎ (+66) 3819 4699
- 🌐 masonpattaya.com
- 📌 MASON PATTAYA

Meliá Pattaya Hotel

- 📍 Banglamung, Chonburi
- ☎ (+66) 3316 8555
- 🌐 melia.com/en/hotels/thailand/pattaya/melia-pattaya
- 📌 Meliá Pattaya Hotel

Pattaya Marriott Resort and Spa

- 📍 Sattahip, Chonburi
- ☎ (+66) 3316 8542
- 🌐 marriott.com/utpjb
- 📌 Pattaya Marriott Resort and Spa

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HUA HIN

Holistic Hideaway

Avani+ Hua Hin Resort

- 📍 Cha-Am, Phetchaburi
- ☎ (+66) 3289 8989
- 🌐 avanihotels.com/en/hua-hin
- 📌 Avani+ Hua Hin Resort

Dusit Thani Hua Hin

- 📍 Cha-Am, Phetchaburi
- ☎ (+66) 3252 0009
- 🌐 dusit.com/dusitthani-huahin
- 📌 Dusit Thani Hua Hin

InterContinental Hua Hin Resort

- 📍 Hua Hin, Prachuap Khiri Khan
- ☎ (+66) 3261 6999
- 🌐 huahin.intercontinental.com
- 📌 InterContinental Hua Hin Resort

Let's Sea Hua Hin Al Fresco Resort

- 📍 Hua Hin, Prachuap Khiri Khan
- ☎ (+66) 3290 0800
- 🌐 letussea.com
- 📌 Let's Sea Hua Hin Al Fresco Resort

SAMUI

The Healing Island

Absolute Sanctuary

- 📍 Koh Samui, Surat Thani
- ☎ (+66) 7760 1190
- 🌐 absolutesanctuary.com
- 📌 Absolute Sanctuary

Garrya Tongsai Bay Samui

- 📍 Koh Samui, Surat Thani
- ☎ (+66) 7791 3750
- 🌐 garrya.com
- 📌 Garrya Tongsai Bay Samui

Kamalaya Wellness Sanctuary

- 📍 Koh Samui, Surat Thani
- ☎ (+66) 7742 9800
- 🌐 kamalaya.com
- 📌 Kamalaya Koh Samui

Melati Beach Resort and Spa

- 📍 Koh Samui, Surat Thani
- ☎ (+66) 7791 3400
- 🌐 melatiresort.com
- 📌 Melati Beach Resort and Spa

Tamarind Springs Forest Spa

- 📍 Koh Samui, Surat Thani
- ☎ (+66) 8 5926 4626
- 🌐 tamarindsprings.com
- 📌 Tamarind Springs Forest Spa

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PHUKET-PHANG NGA

Wellness by the Weaves

Anantara Layan Phuket Resort

- 📍 Thalang, Phuket
- ☎ (+66) 7631 7200
- 🌐 anantara.com/en/layan-phuket
- 📌 Anantara Layan Phuket Resort

Amatara Welleisure Resort

- 📍 Phuket, Phuket
- ☎ (+66) 7631 8888
- 🌐 amatara.com
- 📌 Amatara Welleisure Resort

JW Marriott Phuket Resort & Spa

- 📍 Thalang, Phuket
- ☎ (+66) 7633 8000
- 🌐 marriott.com/hktjw

Khao Lak Marriott Beach Resort & Spa

- 📍 Takua Pa, Phang Nga
- ☎ (+66) 7642 8077
- 🌐 marriott.com/hktmlk
- 📌 Khao Lak Marriott Beach Resort & Spa

RECOMMENDED TOUR OPERATORS

EVENTS TRAVEL ASIA

- 📍 3761/161-162 Charoen Rat Soi 7, Yaek 7-3, Bang Khlo, Bangkholaem, Bangkok
- ☎ (+66) 2672 3669
- ✉ max@weareeta.com
- 🌐 www.eventstravelasia.com

Go Vacation Thailand .

- 📍 25th Floor, Chartered Square Building, 152 North Sathorn Road, Bangrak, Bangkok
- ☎ (+66) 2267 1202
- ✉ info@go-vacation.com
- 🌐 go-vacation.com

ITC Bangkok Co., Ltd.

- 📍 50/980 Moo 9, Muang Thong Thani 6 Soi A2, Bangpood, Pak Kret, Nonthaburi
- ☎ (+66) 2832 0777
- ✉ inquiry@itcbangkok.com
- 🌐 itc.travel



Tourism Authority of Thailand
1600 Phetchaburi Road Makkasan Ratchathevi
Bangkok 10400
tourismproduct.tourismthailand.org