

# HEALING HARMONY

A Guide to Health & Wellness Holidays in Thailand



amazing  
THAILAND  
*Always Amazes You*





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A Guide to Health & Wellness Holidays in Thailand





CREDITS

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Working Team for This Book

**Editor in Chief:** Nuengnimarn Na Nakorn  
**Project Director:** Jidapa Julakasilp  
**Project Manager:** Wanida Tirapas  
**Advisor:** Dr. Prapa Wongphaet, Dr. Anthony Perillo, Todd A. Nagle  
**Content Editor:** Jeff Petry, Todd A. Nagle, Jeremy Kempler-Johanson  
**Proofreader:** James Haft, Bonita Rose-Aimee Kennedy, Susanne Robinson  
**Designer:** Chira CH., J. Janjaturonrasamee, Asana Yuman  
**Illustrations Assistant:** Sasithorn Namamaka  
**Editorial Assistant:** Manatsawee Ketudat, Nipattra Weerathong, Santi Ngamlert, Kanyapak Chaipun, Sawarin Siriyong,  
**Researcher:** Sansanee Khurana, Panhathai Khaosawee

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## MESSAGE FROM PUBLISHER

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It's proven that smiling relieves stress, eases anxiety, boosts the immune system and lowers blood pressure, as well as releasing natural biological chemicals within our bodies that help reduce pain while boosting our mood and increasing happiness. The stress-free environment of our 'Land of Smiles' is the perfect place to not only recuperate from procedures, but also achieve better results through faster healing processes.

Not only can you find a multitude of medical/wellness solutions in major cities such as Bangkok, Phuket and Pattaya, but also throughout the country with therapies available in smaller cities like Chiang Rai, or island paradises like Koh Chang.

All of these destinations offer an impressive selection of cuisines, especially Thai food! Local dishes are not only delicious, but many also have their own proven immune-boosting and disease-fighting health benefits; some of which are anti-inflammatory, as well as anti-oxidant.

More importantly, Thailand brings together the best of both 'Western & Eastern' knowledge, as well as practical experience. Not only are Thailand's western medical facilities and practitioners equal to or better than their western counterparts, they go a step further providing medical tourists a wider range of therapeutic disciplines under the same roof with levels of service resembling luxury hotels more than non-personalized institutions, with the added value of also being knowledgeable in Oriental medicine. Insights gained balancing these two complementary areas of healing expertise tap into the innate wisdom of the body, providing you the best level of treatment and care possible to allow you to heal and return home...happy!

We hope that our in-depth research in putting together this publication can contribute to a better, brighter and more joyful you!





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GET WELL IN  
THAILAND -  
DOCTOR'S  
ORDERS

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# ■ GET WELL IN THAILAND - DOCTOR'S ORDERS

High quality accredited healthcare combined with renowned Thai hospitality - at truly affordable prices - has earned Thailand the place as Asia's leading medical tourism destination.

American expert in wellness and anti-aging, Dr. Anthony Perillo, answers your questions about Thailand, its healthcare industry, and its first-rate medical solutions.

## 1 | ARE THAILAND'S MEDICAL FACILITIES INTERNATIONALLY ACCREDITED?

Yes. Thailand prides itself on having a modern, state-of-the-art, medical system. Many hospitals have gone through the most rigorous accreditation and certification processes, passing with flying colors. In fact, in 2002, **Thailand was the first Asian country to achieve prestigious Joint Commission International (JCI) accreditation.** Today, over 17 hospitals in Thailand have received JCI accreditation. ([www.jointcommissioninternational.org/JCI-Accredited-Organizations/#Thailand](http://www.jointcommissioninternational.org/JCI-Accredited-Organizations/#Thailand))



Bumrungrad International Hospital



TRSC International Lasik Center



### DR. ANTHONY PERILLO

Since moving to Asia in 1997, Dr. Anthony Perillo, has served as Clinic Director of the Integrated Medicine Institute in Hong Kong, Director of Health and Wellness for Chiva-Som International Health Resorts in Hua Hin, Thailand, and as Chief Wellness Officer of the Holistic Medical Group in Bangkok,

Thailand. Formerly a holistic healthcare physician with 25 years of experience, Dr. Perillo now heads up Integral Solutions Co., Ltd., a multi-disciplinary business development consultancy advising clients worldwide in the medical, health, wellness and spa industries.

## 2 | WHAT QUALIFICATIONS DO THAILAND'S MEDICAL PROFESSIONALS HAVE?

Just like its hospitals, Thailand's medical professionals are also highly certified. Doctors, surgeons, and nurses have all been trained to the highest levels and standards. **Over 500 doctors practicing in Thai hospitals are American Board Certified.** These highly skilled practitioners are accredited to provide the highest quality treatment possible according to international standards.

## 3 | ARE THE COSTS (SAVINGS) REALLY THAT GREAT?

Absolutely. The cost of medical treatment in Thailand is extremely reasonable and affordable when compared with identical treatments elsewhere in the world. **Savings vary depending on the procedure, normally ranging from 40-70% less.**



Samitivej Srinakarin Hospital



## 4 | HOW ABOUT TECHNOLOGY?

**All of Thailand's major big city hospitals feature modern state-of-the-art technology throughout their departments.** They provide the latest comprehensive medical diagnosis and treatment services, with unprecedented levels of personal comfort. Equipment such as medical image archiving and modern communication systems, even automated drug management systems, are not even found in many western hospitals.



Bangkok Hospital



Bangkok Hospital

## 5 | WHAT ABOUT SERVICE?

I thought language issues might be a problem, but they're not, with some hospitals famous for having translators speaking dozens of languages such as Japanese, Arabic, Korean, French, German, Chinese and many more.

**Thais are famous the world over for their warmth and hospitality,** and they extend these traits in the medical service profession. Compassion and caring not only contribute to the overall experience, but to the healing process as well.

**Honestly, I'd say service in many hospitals is on a par with five-star hotels, if not better! One truly feels like an honored guest in most hospitals.**





## 6 HOW LONG ARE WAITING LISTS?

For the most complicated procedures there might be some slight wait time, but **we're talking days, never months or even years** as can be the case at some hospitals in the West. Many people are shocked when asked if they'd like to be admitted right away.



Bangkok Hospital

## 7 WILL I BE BORED BEFORE OR AFTER MY MEDICAL TREATMENT IN THAILAND?

Thailand is one of the world's premier tourist destinations, so you can do almost anything you'd like to do, (while keeping your doctor's orders in mind of course). Many patients choose to go to a luxury spa or wellness retreat as a pampered extension of their treatment. Others escape to picturesque mountain resorts in the north or head to white sandy beaches in the south.

Shoppers will be in paradise with the wide variety of air conditioned malls, markets and stores in Thailand, as well as the incredible number of restaurants featuring all types of Thai and International cuisine. If you're looking for colorful entertainment or dynamic nightlife, Thailand is in a class all its own. **There is certainly no shortage of things to do in Thailand.**





## 8 WHAT ABOUT ACCOMMODATIONS WHEN I'M NOT IN HOSPITAL?

I'd advise choosing a hospital based on where you want to stay when you're not in the hospital receiving treatment. Depending on your condition and type of treatment, you may want to pick a place near your medical facility, or even at your hospital, as some have guest lodging as well.

If choosing accommodations outside your hospital, Phuket and Pattaya are good for people who like beaches. There you'll find affordable luxury hotels, as well as more modestly priced clean and friendly accommodations, ranging from quaint guesthouses to beach resorts and well-serviced apartments. Chiang Mai is a great choice for those interested in culture, and they have some great boutique hotels, while Bangkok has it all.



The Racha Pool Villa



Anantara Hua Hin Resort &amp; Spa



Anantara Golden Triangle Resort &amp; Spa

## 9 ARE ALTERNATIVE MEDICINE AND OTHER ASIAN TREATMENTS ALSO AVAILABLE IN THAILAND?

Yes. Thailand offers traditional Chinese medicine, commonly referred to as TCM, and a variety of treatments in addition to those viewed as 'Western medicine'.

Asian medicine, developed over thousands of years, is enjoying increased popularity around the world. Some locations offer a fusion - a mix of 'East meets West' treatments. With a bit of research, you will find facilities offering the best Chinese, herbal, nutritional, allopathic and energetic therapies.

**Finally, there is the emerging field of lifestyle or wellness medicine, and Thailand is on the cutting edge.**

Incorporating healthy lifestyle practices with modern medicine lowers risk factors for a number of chronic diseases, aids in the treatment of pre-existing conditions, and forms a foundation for future wellness. You will receive advice on personal behavioral issues such as physical activity, substance abuse, coping with stress, etc.

**Basically, you can find and get whatever type of treatment(s) you desire. Thailand offers medical tourists an entire gamut of options to heal your body, mind, and spirit.**



Chiva-Som International Health Resort





# TREATMENTS OFFERED IN THAILAND

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Beauty and  
Wellness Treatments

38

Medical Treatments  
Having Received CCPC Accreditation

46

Other Popular Treatments in Thailand

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# BEAUTY AND WELLNESS TREATMENTS

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Traditional Thai Massage

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Piyavate Hospital

## MEDICAL SPA

Thailand is home to some of the best and most famous medical spas in the world, with a wide range of options to choose from; either with meals or fasting, including holistic and/or Ayurvedic treatments, all are customizable for your specific personal needs.

Nowadays, doctors are joining forces with spas, offering more high-tech treatments than previously available. These new centers incorporate the latest developments in both health and beauty, resulting in ‘medical spas’ or ‘holistic health centers’.

This new therapeutic entity is extremely convenient for many patients, especially those seeking medical attention, in addition to spa treatments, as everything is incorporated under one roof. At these facilities, you’ll find colon hydrotherapy or detoxification,

naturopathic medicine, acupuncture, massage therapy, revitalization therapy, skin treatment and much more.

There are many such facilities in Thailand, two of the most renowned are:

- **S Medical Spa** is widely regarded as the most luxurious and all-encompassing medical spas in Asia. Having been rated as one of the top ten spas in the world, it is winner of the AsiaSpa Awards 2007 Medi-Spa of the Year.



Nowadays, doctors are joining forces with spas, offering more high-tech treatments than previously available.



- **TRIA Integrative Wellness** is another award-winning medical spa, recipient of the ‘SpaAsia Crystal Awards’, winner of SpaAsia’s ‘Best Day Spa of the Year 2008’, as well as ‘Medi-Spa of the Year 2008’ at the AsiaSpa Awards 2008.





## ■ WELLNESS SPA

The Thai spa experience brings together a range of indigenous resources, folk wisdom and traditions that have been handed down through the centuries. It captures the very essence of traditional Thai living.

Spa operators delve into this ancient treasure trove creating exceptional spa products whose alluring dimensions of tropical paradise enrich the spa experience.

Gracious hospitality and service is complemented by the friendly caring nature and gentle ways of Thai people, adding a uniquely Thai touch to world-class service and hospitality. Kindness and compassion, combined with the act of comforting and caring for others as advocated by Theravada Buddhist tradition, is very much a part of everyday life; a gesture that is instinctive, as well as genuine.

Many of the healing techniques and well-being therapies featured on the contemporary spa menu have been adopted and adapted from such practices. These include natural healing, a tradition based on the healing power of indigenous herbs and plants including holistic remedies specially formulated to restore balance while rejuvenating mind, body and spirit, as well as a variety of other healing techniques, including meditative practices reflecting deep-rooted Buddhist influences. For example, the act of performing traditional Thai Massage is considered to be an act of compassion in which the healer (or therapist)

practices the physical application of metta (loving kindness), bestowing a healing touch in the spirit of giving, starting with an initial prayer. The Thai spa experience thus enables guests to experience various aspects of 'Thainess'.

Thailand excels in the quality and diversity of its spa offerings. Thai spas really do 'have it all'; variety and value framed in a perfect blend of Western leisure concepts and traditional Asian wellbeing therapies. Value for money is an added plus.

Thailand excels in the quality and diversity of its spa offerings. Thai spas really do 'have it all'; variety and value framed in a perfect blend of Western leisure concepts and traditional Asian wellbeing therapies.

A harmonious blend of cultural heritage and geographical diversity makes Thailand an infinitely attractive spa destination. You can find a wide variety of wellness spas, from day spas in the big cities to island wellness spas;



- **RarinJinda** in Bangkok recently won the 'Asia Spa and Wellness Gold Awards Festival 2009' as 'Thailand's Best Day Spa'. They offer exotic treatments from hydrotherapy massage to Ayurvedic therapies in addition to other popular treatments that include traditional Thai massage, aromatherapy oil massage, body masks and body scrubs, as well as their signature menu 'Elements of Life' and 'Aromatic Hot Stone Massage' available at their Chiang Mai and Phuket branches.





# HOLISTIC & ANTI-AGING TREATMENTS

Thailand has treatments to suit everyone’s preferences and needs, from the ancient to the modern, as well as from the traditional to the alternative.

Holistic health is concerned with integrating all aspects of one’s life into a healthy whole. For example, rather than prescribing a bag of pills, a holistic practitioner will meet and discuss all the different elements of a person’s life before making any recommendations. These recommendations often focus on the integration of a person’s lifestyle, diet, fitness and stress management procedures.

Typically, they will try to induce the person’s body to heal itself, rather than resorting to the ‘modern’ practice of pharmaceutical treatments. Often, recommendations are made to detoxify and cleanse the body

through diet, exercise, healthy habits, natural nutritional supplements, and in the beginning, perhaps colonics or hydrotherapy to rid the body of its accumulated toxins.

Since they play a key role in one’s general well-being, holistic medicine goes even further by bringing emotions into the picture as having an influence on one’s physical well-being; recognizing that everything is connected and interrelated.

Treatments might include yoga, meditation, dance and music therapy, or other calming therapies such as walking therapy and

mindfulness. Many health resorts and wellness retreats, in addition to private consultants throughout Thailand, can be found practicing holistic medicine and therapy.

Among the newer and rapidly increasing facilities in Thailand are those offering ‘anti-aging’ or ‘longevity’ treatments. These centers perform thorough assessments of an individual’s body, including complete blood counts, blood chemistry, urinalysis, as well as micronutrient level analysis. In some places, heavy metal toxicity, as well as hormone and inflammatory panels are assessed.

You might also receive total fitness and body composition assessments in addition to detailed cardiac function testing. More specialized facilities offer genomic assessments nowadays, along with extremely sophisticated lab tests. This ensures doctors and specialists can present a deeply personalized analysis offering a new approach to living a longer, healthier life.

Post-evaluation treatments will often include a special dietary regime and exercise program, nutritional supplements and bio-identical hormones, as well as skincare products and other lifestyle prescriptions.

One of the more famous holistic and anti-aging clinics in Thailand is **Add-Life Anti-Aging Center**, where American Board Certified doctors in Anti-aging and Regenerative Medicine use modern, state-of-the-art equipment and technology to analyze one’s condition to treat age-related decline.

A visit to such a centre will illuminate you with regard to your specific biological make-up and needs, advising you as to the best diet for your body, which nutrients you need most, as well as specific hormones that can contribute to restoring youthfulness; a truly rejuvenating experience.



holistic medicine goes even further by bringing emotions into the picture as having an influence on one’s physical well-being.





Wat Pho Temple

## ■ TRADITIONAL THAI MASSAGE

‘Thai massage’ is world famous, and a brand unto itself, famous for its healing properties. So where better to get a Thai massage and learn how to give one than in Thailand?

Traditional Thai massage involves extensive stretching and deep tissue massage, performed on a mat on the floor. Therefore, traditional attire in massage centers is comfortable, loose-fitting clothing. The massage is performed by applying firm, steady, rhythmic pressure to the body, using hands and sometimes elbows and knees.

Normally, no oils are applied. The massage traces the body’s natural energy lines, as described in both traditional Chinese and Indian medicine practices.

The general idea is to move energy along meridians through the patient’s body in a manner consistent with the patient’s

breathing. After a massage, one often feels totally relaxed and invigorated, with a balanced body back in its natural harmony.

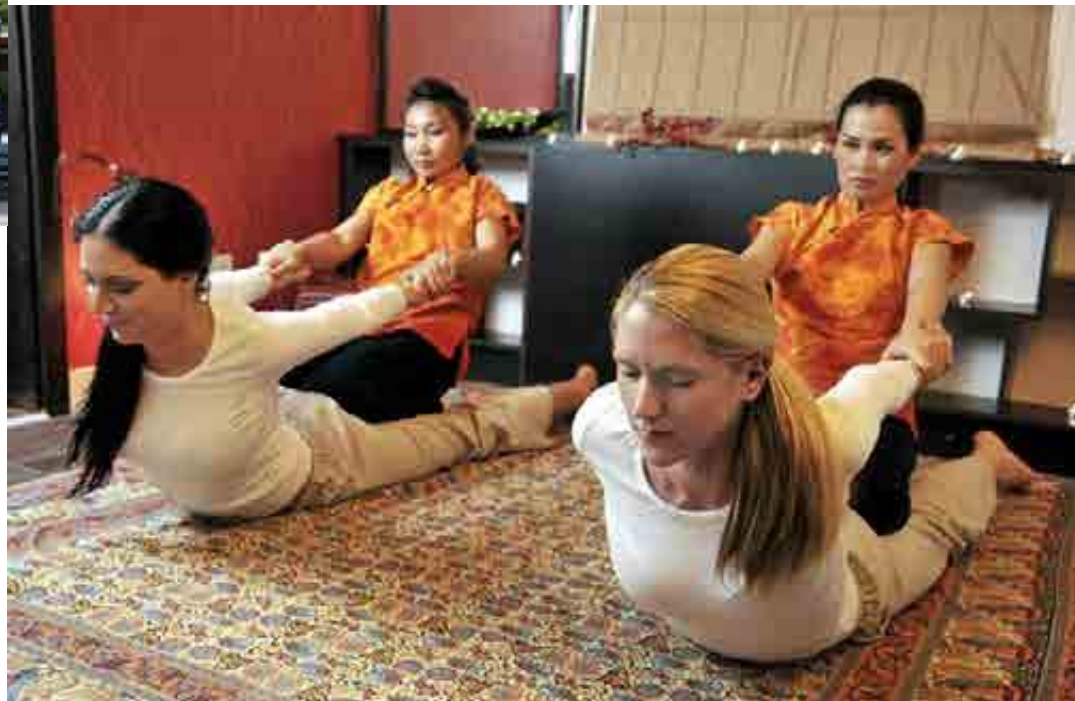
**Wat Pho** in Bangkok is world renowned for both teaching and providing massage services – known as the Traditional Medical and Massage School – as well as Wat Phra

Chetuphon, known to foreigners as the Temple of the Reclining Buddha. Wat Pho has been teaching massage for over 40 years, is the first massage school in Thailand, and is certainly its most famous.

More and more foreigners have been coming in recent years to not just receive Thai massages but to learn the art of giving them. The basic 30-hour course teaches a traditional yet simple type of massage that is good for relieving fatigue, restoring energy, and alleviating muscle cramps, stress, and nervous tension. It also makes the patient’s body more supple while stimulating the blood and lymph glands, aiding one’s overall physical fitness, and having positive effects on the ‘giver’s’ body as well.

Another center of increasing fame in the Kingdom dedicated to preserving traditional Thai massage is **Phothalai**, set in a serene 16-acre complex where relaxation and tranquility are the order of the day. For anyone interested in learning, or experiencing, traditional Thai massage, you are well advised to visit either of these special places.

After a massage, one often feels totally relaxed and invigorated, with a balanced body back in its natural harmony.







# MEDICAL TREATMENTS HAVING RECEIVED CCPC ACCREDITATION

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| 40  
Cardiology

| 41  
Primary Stroke

| 42  
Osteoarthritis of the Knee

| 43  
Low Back Pain

| 44  
Breast Cancer

| 45  
Lung Cancer

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Bumrungrad International Hospital

JCI is committed to making a difference in healthcare and believes everything healthcare providers do must lead to a better experience for patients, as well as always acknowledging the human side of health care.

Medical treatments receiving CCPC accreditation assure that patients are diagnosed correctly, programs are tailored to their specific needs with all necessary patient education effectively communicated, medications are administered safely, information concerning the patient's condition is properly communicated across the entire continuum of care and surgeries are carried out effectively. These are performed by clinical staff who are qualified, competent

and well-trained in their specific medical responsibilities who undergo continuous evaluations assuring their competency. In addition, patients are assured a safe and secure physical environment with emergency management systems in place, keeping them free from harm at all times and under all possible situations.

The following conditions and their medical treatments – Cardiology, Primary Stroke, Osteoarthritis of the Knee, Low Back Pain, Breast Cancer and Lung Cancer – have undergone JCI inspection, with hospitals receiving the CCPC certification for their excellence in disease management as well as their condition specific care programs in Thailand.



Yanhee Hospital

Medical treatments receiving CCPC accreditation assure that patients are diagnosed correctly, programs are tailored to their specific needs with all necessary patient education effectively communicated.

## MEDICAL TREATMENTS HAVING RECEIVED CCPC ACCREDITATION



In addition to accrediting facilities, as the leading health care accreditor in the US, JCI accreditation's Clinical Care Program Certification (CCPC) attests that specific medical treatments fostering satisfactory results can be assured of in Thailand.

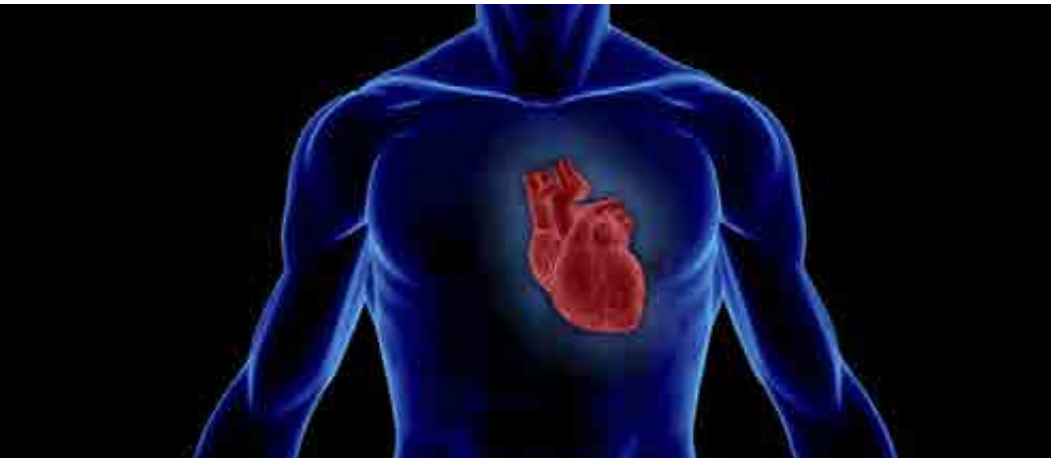


Phyathai Group of Hospitals



## CARDIOLOGY

## THREE LEADING HOSPITALS IN THAILAND HAVE RECEIVED CLINICAL CARE PROGRAM CERTIFICATION (CCPC) FOR CARDIOLOGY (HEART DISEASE)



1 | **SAMITIVEJ HOSPITAL: CLINICAL CARE PROGRAM CERTIFICATION (CCPC) FOR ACUTE MYOCARDIAL INFARCTION**

With a team of doctors, nurses and a Coronary Angiography room ready 24 hours a day, Samitivej Hospital's Heart Centre can provide emergency assistance to patients within 90 minutes of their arrival to the hospital. The centre also offers rehabilitation and nutrition therapy, using advanced medical technology as a preventive measure.

2 | **BANGKOK HOSPITAL: CLINICAL CARE PROGRAM CERTIFICATION (CCPC) FOR ACUTE CORONARY SYNDROME**

Usually associated with coronary thrombosis, Acute Coronary Syndrome is recognizable by a set of signs which can bring upon a sudden and unexpected reduced flow of blood to the heart. It can be effectively treated if diagnosed promptly. Treatments vary depending on the different symptoms and/or health conditions. Acute Coronary Syndrome is an emergency which can lead to death within a few hours. Therefore, immediate medical attention is essential.

3 | **BUMRUNGRAD HOSPITAL: CLINICAL CARE PROGRAM CERTIFICATION (CCPC) FOR ACUTE MYOCARDIAL INFARCTION WITH ST SEGMENT ELEVATION**

Acute myocardial infarction (AMI), or as it is commonly known, a heart attack, is the disruption of the blood supply to the heart causing heart cells to die. This is an irreversible necrosis of the heart muscle resulting from an imbalance of oxygen supply and demand. Acute myocardial infarction is part of the field of acute coronary syndromes, which includes unstable angina. This restriction of the blood supply alongside a shortage of oxygen can cause death or damage to the heart if not treated immediately. Heart attacks are divided into two types depending on their severity:

- AMI, or heart attack, the leading cause of death of men and women worldwide.
- STEMI, meaning ST segment elevation myocardial infarction, a more severe heart attack where the coronary artery is totally blocked off by a blood clot and nearly all the heart muscle starts to die.

## PRIMARY STROKE

A primary stroke program is a collaboration of experts in their fields to arrange the earliest possible rehabilitation for patients. With a stroke program, potential stroke patients will gain knowledge on how to combat the possible onset of a stroke.

A stroke is a medical emergency where urgent treatment is of the utmost importance. Early treatment can mean survival of the patient, as well as the minimization of brain damage. During a stroke, the blood supply to the brain is cut off, depriving the brain tissue of oxygen and nutrients. This means, that within just a few minutes, the brain cells start to die. A stroke is associated with high blood pressure, high cholesterol and cigarette smoking.

A Primary Stroke Fast Track system in leading hospitals calls for the availability of a

neurosurgeon to diagnose patients suffering from a stroke within 45 minutes of their arrival at the hospital. The neurosurgeon will also inform the level of risk posed to the patient, who will then be sent for a CT Scan and undergo laboratory tests. The neurosurgeon then collects and examines all the test results to begin treatment immediately. Treatment for stroke patients must be 'fast and the best'.

**There are three leading hospitals in Thailand that have received Clinical Care Program Certification (CCPC) for their primary stroke program:**

- **Samitivej Srinakarin Hospital**
- **Bangkok Hospital**
- **Bumrungrad Hospital**

A stroke is a medical emergency where urgent treatment is of the utmost importance.





### OSTEOARTHRITIS OF THE KNEE

**Samitivej Sukhumvit Hospital has received Clinical Care Program Certification (CCPC) for Osteoarthritis of the Knee.**

Patients receive diagnosis, treatment, follow-up care and evaluation of their therapy in a systematic procedure. Treatment can be done either through medication, physiotherapy or surgery using the latest medical technology to reduce pain and complications, slowing down the degeneration of the knee joints to prevent any disability. Patients and caretakers will also be given advice on self-care by a team of specialists so that patients can resume their normal routines and activities.



### LOW BACK PAIN

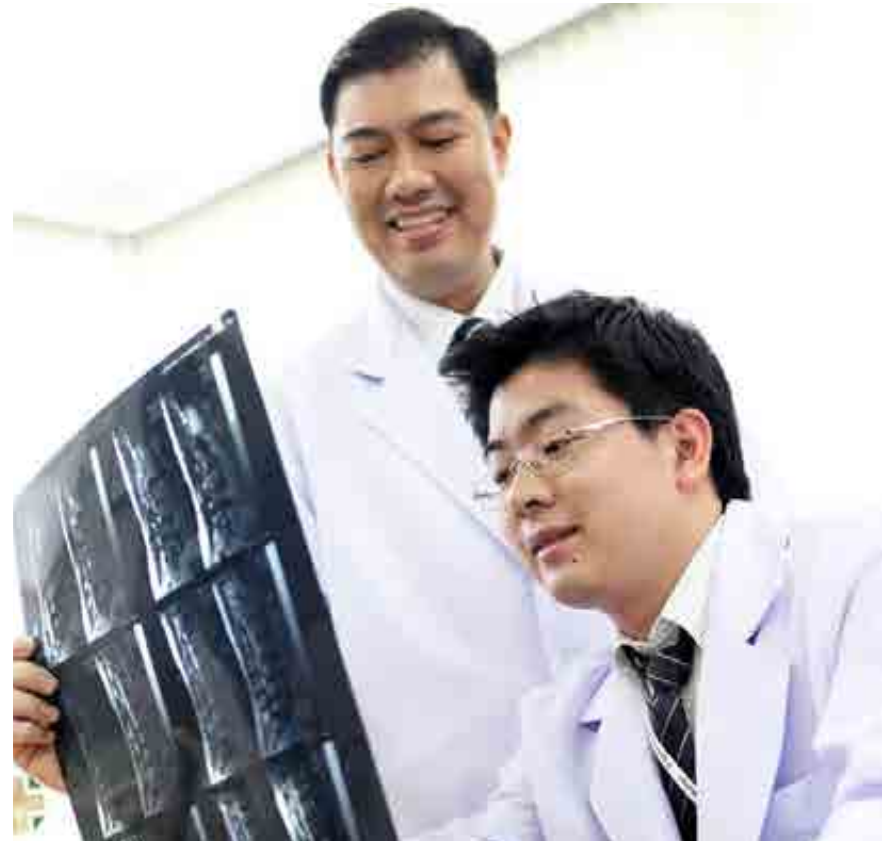
**Samitivej Srinakarin Hospital has received Clinical Care Program Certification (CCPC) for Low Back Pain.**

Samitivej Srinakarin Hospital's Orthopedic and Spinal Centre is the first hospital in Asia to be awarded the JCI CCPC certification for Low Back Pain. The hospital provides comprehensive medical treatment, on par with international standards, to patients suffering from pain in their back, bones and joints.

Their specialized system and process for diagnosing patients helps determine those who require surgery and treatment by a highly skilled and experienced expert team of orthopedic surgeons. Patients can be assured that they are receiving personalized care from their physicians as well as from rehabilitation and physical therapists, in order that they can return to their normal routine as soon as possible.

The Orthopedic and Spinal Centre at Samitivej Srinakarin Hospital has invested over THB 10,000,000 in renovations and medical equipment to provide comprehensive surgical facilities that are convenient as well as comfortable.

**Samitivej Srinakarin Hospital's Orthopedic and Spinal Centre is the first hospital in Asia to be awarded the JCI CCPC certification for Low Back Pain.**







BREAST CANCER

**Bangkok Hospital has received Clinical Care Program Certification (CCPC) for their Breast Cancer Conserving Therapy Program.**

Breast-conserving therapy, more commonly known as BCT, is an important appropriate surgery to treat early-stage breast cancer. This medical procedure consists of surgical excision of the breast cancer, which if small enough, leaves intact enough actual breast

to still allow an acceptable and comfortable appearance. Some healthy surrounding tissue may also have to be removed. It is normal on conclusion of breast-conserving therapy that the patient undergoes radiation treatment.

Successful treatment of breast cancer depends on early diagnosis, with a mammography playing a major role in the early detection of breast cancers. Reports show that a mammography can find 85 to 90 percent of

breast cancers in women over 50, discovering a lump up to two years before it can be felt. If a lump is discovered, a mammography can be a key tool in evaluating whether the lump is cancerous (malignant) or benign. If a breast abnormality is found or confirmed by a mammography, additional breast imaging tests such as ultrasound (sonography) or a breast biopsy should be performed.

LUNG CANCER



**Samitivej Sukhumvit Hospital has received Clinical Care Program Certification (CCPC) for lung cancer.**

Samitivej Hospital provides lung cancer patients with a comprehensive care and treatment program, especially in the screening of the disease among those who are in the high risk group. It emphasizes early detection and treatment through Autofluorescence Technology (AF) which can effectively treat cancer. If the cancer has spread throughout the body, diagnosis can be given through Endobronchial Ultrasound-guided Transbronchial Needle Aspiration (EBUS-TBNA) without any incision in the chest area, thereby, reducing any possible risks. Patients recover quickly and are able to resume their previous normal routine and activities.

**Clinical Care Program Certification (CCPC) received from the Joint Commission International's (JCI's) governing board attests to a hospital's competency and commitment in providing the best healthcare service globally possible.**

**Patients can rest assured that hospitals awarded Clinical Care Program Certification (CCPC) can provide them the best and safest medical care available worldwide.**

Patients can rest assured that hospitals awarded Clinical Care Program Certification (CCPC) can provide them the best and safest medical care available worldwide.







## OTHER POPULAR TREATMENTS IN THAILAND

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Dermatology

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LASIK Eye Surgery

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Cosmetic Surgery

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Sex Reassignment Surgery (SRS)

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Fertility Centers

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Children's Medical Care

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## DENTAL

Thailand is one of the world’s leading destinations for medical tourists seeking dental treatment. Because of the high degree of skill, professional service, reasonable prices and advanced technology found in Thailand’s dental clinics and hospitals, tourists from many countries take advantage of seeking dental care during their vacation.

Thailand offers international patients a wide variety of treatments including laser teeth whitening, composite and porcelain dental veneers, crowns, implants, dentures, bridges, and fillings at clinics throughout the country.

### RECOMMENDED DENTAL CLINICS:

- Dental Hospital** has been operating since 1990 in Bangkok’s convenient Sukhumvit area, with over 80 dental specialists and 120 well-trained staff working in an environment designed to make patients feel relaxed and comfortable during their short waits for treatment.



- Sea Smile** Dental Clinic is located at Phuket’s Patong Beach area, equipped with modern technology offering the perfect combination of cutting edge dentistry, comfortable surroundings and the strictest sanitary and sterilization techniques available, all with minimal pain.





## DERMATOLOGY

Dermatology is a well-developed medical specialization widely practiced among doctors in Thailand. This is very popular with Thais who desire to take good care of their skin. Often trained abroad and employing the latest techniques and applications, skilled doctors and specialists operate in environmentally controlled clinics in both private and public hospitals, with entire wings in several large hospitals dedicated exclusively to dermatology.

Treatments commonly received by medical tourists in Thailand include Botox, cellulite treatment, dermabrasion (skin refreshing), chemical peel, laser skin resurfacing, facial revival & nourishment, facial lines correction, skin rejuvenation, skin pores tightening, blemish removal, as well as Ultherapy anti-aging face-lifting using noninvasive ultrasounds to lift skin and stimulate collagen.

### RECOMMENDED DERMATOLOGY CLINICS:

- **Apex Profound Beauty** is one of Thailand's most popular dermatology clinics having recently received an award in recognition of outstanding achievement in performing the highest successful number of Ulthera Treatments in the World.



- **Romrawin Skin Body Rejuvenation Clinic** offers professional consultations on skincare and beauty by experienced dermatologists, notably Dr. Thanisorn, whose skincare and wrinkle-fighting treatments consume minimal time, are not complicated, yet achieve visible results.





## ■ LASIK EYE SURGERY

LASIK, or Laser In-Situ Keratomileusis, is a corrective eye surgery now common in many parts of the world treating refractive errors by removing corneal tissue from beneath the surface of the cornea. Thailand is one of the world's leading locations for LASIK procedures. LASIK takes only about 15 minutes per eye, and is done on an outpatient basis. It requires no injections or sutures, just eye drops to numb your eyes for a short period after the surgery. It is considered a generally safe and convenient way to improve one's vision.

In Thailand, the TRSC International LASIK Center was the first such center to be awarded the prestigious ISO 9001:2000 certification. It is the largest stand-alone LASIK facility in Asia, possessing in-depth knowledge, research, and experience. TRSC's team of ophthalmologists have handpicked the best laser technology for their patients. Every machine is tested daily for accuracy and taken care of by specialized engineers in order to provide their patients with the most effective treatment possible.

The **Rutnin-Gimbel LASIK Centre** integrates over 40 years of expertise in eye care and the best possible treatment for each of their patient's eyes offering LASIK, PRK, LASEK, Intraocular Lens Implants, Refractive Lensectomy and Near Vision CK/Near Vision LASIK, using Platinum Zyoptix 100 technology with U.S.FDA approval so that iris recognition and 3D eye tracking during laser surgery can provide the most accurate and safest treatment possible.







## ■ COSMETIC SURGERY

Thailand is considered by many to be the cosmetic surgery capital of the world, where virtually any procedure can be done quickly, at extremely reasonable prices. It is now more popular than ever and up to 70% cheaper than in the US. Millions of medical tourists have travelled to Thailand to enjoy affordable cosmetic surgery. They subsequently combine their procedure with an exotic Thai holiday, heading to the beaches or mountains while recuperating and enjoying their new look.

Botox injections, facelifts and eyelid surgery are common procedures performed by experienced and certified Thai doctors. Rhinoplasty ('nose jobs'), abdominoplasty ('tummy tucks'), hair transplants and liposuction are other popular procedures.

Thailand is considered by many to be the cosmetic surgery capital of the world.

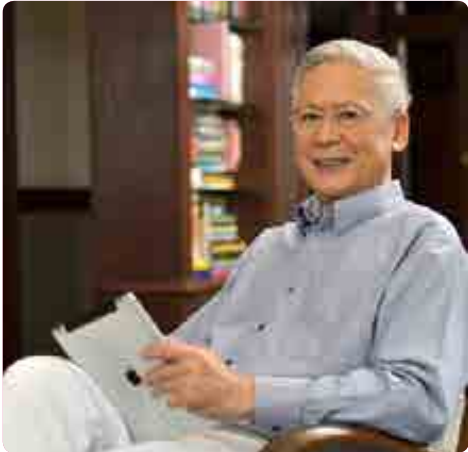
### TOP RANKED PLASTIC SURGEONS IN THAILAND:



**Dr. Witoon Wisuthseriwong** of Clinic Soi 1 is one of the most recognized plastic surgeons in Thailand, as well as the ASEAN countries. With more than 36 years of experience, his clinics offer a full range of services including, Botox, liposuction, abdominoplasty, eyelid work, scar revision, as well as breast augmentation, lift and reduction.  
[www.surgery-thailand.com](http://www.surgery-thailand.com)



**Dr. Saran Wannachamras** of Saran Cosmetic Surgery Clinic has personally performed over 3,000 cosmetic surgeries on patients from around the world. His expertise is facial plastic surgery, breast surgery and liposuction. He is fluent in English, with a friendly and personal approach that always brings extra comfort to his patients.  
[www.doctorsaran.com](http://www.doctorsaran.com)



**Dr. Bhumsak Saksri** of BNH Hospital comes highly recommended by previous patients of both cosmetic and reconstructive surgery having undergone sex reassignment surgery, buttock and hip augmentation, liposuction, facial fat injection, abdominoplasty, breast augmentation, breast lift, face lift, rhinoplasty and blepharoplasty, not only for his expertise, but also for his bedside manner.  
[www.thailandplasticsurgery.com](http://www.thailandplasticsurgery.com)





## SEX REASSIGNMENT SURGERY (SRS)

Thailand is the leading centre in the world for sex reassignment surgery (SRS), both male to female and female to male, performed by some of the most experienced surgeons in this field at costs much lower than in Western countries.

Thai surgeons offer an escape for those who feel trapped in the wrong body with the ability to transform them into the person they want to be. Apart from SRS, these plastic surgeons can also perform other surgery to enhance a more feminine woman including breast surgery, facial feminization surgery (FFS), body contouring and voice change. Many patients have already undergone sex change operations in Thailand to become the person they have always wanted to be. Prices are affordable, but more importantly, these surgeons professionalism and experience in sex reassignment surgery guarantee you are in good hands.

### SRS SURGEONS RECOGNIZED AS ‘KINGS’ OF SRS:



**Dr. Sanguan Kunaporn** of Phuket International Hospital and Phuket Plastic Surgery Clinic has over 20 years experience as a plastic and reconstructive surgeon, particularly in the field of male-to-female gender reassignment surgery. Having performed over 1600 cosmetic and reconstructive procedures on patients from over 30 countries, his current international clientele comprises American (North/Central/South), European (Eastern/Western), Japanese and other Asian nationalities all looking to turn their dreams into reality.  
[www.phuket-plasticsurgery.com](http://www.phuket-plasticsurgery.com)



**Dr Suporn Watanyusakul** of Aikchol Hospital in Chonburi Province is an aesthetic plastic and reconstructive craniofacial surgeon specializing in the fields of sex reassignment surgery (SRS), facial feminizing surgery (FFS) and augmentation mammoplasty (AM). With almost 18 years experience, he has carried out approximately 1800 primary SRS procedures on patients from some 40 countries.  
[www.supornclinic.com](http://www.supornclinic.com)



**Dr. Preecha Tiewtranon** of PAI Institute is a renowned experienced plastic surgeon throughout Southeast Asia, American Board certified since 1973. Apart from being the most sought after plastic surgeon in Thailand, his 30+ years of experience comprise over 3,500+ SRS and facial feminization surgeries.  
[www.pai.co.th](http://www.pai.co.th)





Samitivej Hospital

## ■ FERTILITY CENTERS

Thai fertility centers are registered with medical authorities, delivering a full range of services to couples looking for specialized care. In-vitro fertilization (IVF) clinics and hospitals in Thailand are fast becoming well known to foreign couples wishing to conceive a child.

In reality, the chance of successful fertility is the same whether you decide to acquire it in the United States or Europe. The only difference comes down to cost. Fertility treatment in Thailand is a fraction of the cost of its US and European counterparts, even with travel expense included. In terms of quality, IVF clinics and hospitals in Thailand are JCI accredited to perform IVF and other fertility treatments under stringent quality control, adapting advanced IVF and fertility equipment and techniques available in the United States and Europe.

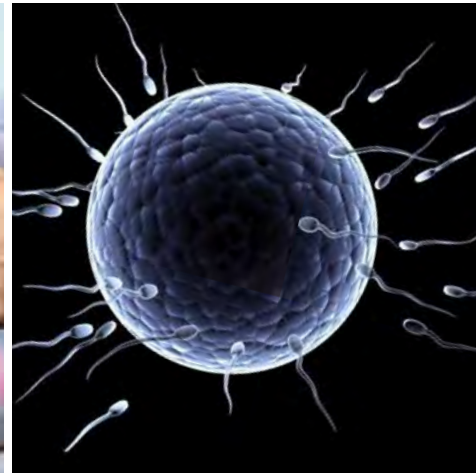
**Superior A.R.T.** is a leading center comprising the most advanced assisted reproduction technology laboratories in Southeast Asia. Established as a joint venture between Sydney IVF, Australia's premier IVF treatment provider, and several Thai experts in infertility treatments, Superior A.R.T. has a strong commitment towards research, remaining at the forefront of genetic diagnosis and testing, helping couples have healthy babies and complete their families.

Other clinics specializing in fertility include:

- **The Jetanin Institute for Assisted Reproduction**
- **The Perfect Woman Institute**
- **Samitivej Srinakarin Hospital**
- **Bangkok Hospital**
- **Bumrungrad Hospital**



Samitivej Hospital







at the Bangkok Genetic Disorder Clinic. They also encompass the Bangkok Weight Control Center and the Bangkok Sleep Disorder Clinic, as well as many other pediatric sub-specialties.

Their team of highly skilled medical specialists and caregivers are experienced in treating the medical, surgical and emotional needs of children. Since its inception, the Children's Hospital has developed a reputation for its Bone Marrow Transplant and Neonatal intensive care services that are well recognized at the Bangkok Orthopedic Clinic.

## ■ CHILDREN'S MEDICAL CARE

Samitivej Srinakarin opened the first, and so far only, private hospital in Thailand dedicated solely to children.

The Children's Hospital features a comprehensive range of medical services for children and their families in an environment developed exclusively for children, offering highly specialized services such as adolescent psychiatry at the Bangkok Child Development Center or for Down's Syndrome







# HEALTHCARE AND WELLNESS DESTINATIONS

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Primary Healthcare  
and Wellness Destinations

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Other Wellness  
Destinations

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# PRIMARY HEALTHCARE AND WELLNESS DESTINATIONS

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66  
Bangkok

74  
Phuket

80  
Chiang Mai

86  
Pattaya/Chonburi

92  
Koh Samui

98  
Hua Hin

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## ■ BANGKOK HEALTHCARE AND WELLNESS DESTINATION

Bangkok is the beating heart of Thailand, the center to which all things are drawn and most emanate. It is a city of surprising contrasts, a blend of the ancient and the modern. World-class medical facilities are often located near ancient temples, and modern medical tourists actually take advantage of this, drawing on the best of both worlds.

They may, for example, need an extremely complex heart or brain operation, for which high-tech modern technology is used. Then after the operation, they might decide to visit a temple to meditate, learn Thai massage or spend some time in a peaceful Buddhist retreat.

Given the number and quality of first-class treatment facilities, the number of medical

tourists coming to Bangkok in recent years has been increasing significantly. Patients enjoy the best facilities, with Western-trained doctors, highly qualified staff, and costs unheard of in the West. They are called “medical tourists” for a reason: they combine their medical care with a holiday using the money they saved on their treatment.



Bangkok Hospital



Bumrungrad International Hospital





FEATURED HOSPITALS IN BANGKOK

Many of Bangkok’s hospitals have won international awards and are internationally accredited. Thailand was the first Southeast Asian nation to have received JCI accreditation. The country now has seventeen JCI accredited facilities. Thirteen of them are located in Bangkok, with the number growing all the time. Here is the list of them; several having more than one location:



LIST OF HOSPITAL  
IN BANGKOK WITH JCI ACCREDITATION

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Bangkok Heart Hospital</li><li>• Bangkok Hospital</li><li>• Bangkok International Hospital</li><li>• BNH Hospital</li><li>• Bumrungrad International</li><li>• Praram 9 Hospital</li><li>• Ramkhamhaeng Hospital</li></ul> | <ul style="list-style-type: none"><li>• Samitivej Srinakarin Hospital</li><li>• Samitivej Sukhumvit Hospital</li><li>• Synphaet Hospital</li><li>• Vejthani Hospital</li><li>• Wattanosoth Cancer Hospital</li><li>• Yanhee Hospital</li></ul> |
|--|--|



Anantara Baan Rajprasong Serviced Suites



The Oasis Spa

FEATURED SPAS IN BANGKOK

MEDICAL SPAS

- **S Medical Spa** – rated as one of the top ten spas in the world and the Winner of the AsiaSpa Awards 2007 Medi-Spa of the Year is definitely one of Asia’s leading medical spas

**TRIA Integrative Wellness Center, Piyavate Hospital** – another very highly rated spa, it has won distinctions such as SpaAsia Crystal Awards and AsiaSpa Awards 2008.

HOTEL AND RESORT SPAS

- **The Oriental Spa, Mandarin Oriental Hotel** – finds itself in an exceptional class of its own

Other popular spas in Bangkok include Devarana Spa – Dusit Thani Hotel, The Oasis Spa Bangkok, Banyan Tree Spa Bangkok – Banyan Tree Hotel, Spa Cenvaree – Centara Grand at Central World, Leyana Spa, Divana Massage and Spa, Mandara Spa – Bangkok Marriott Resort & Spa, and Spa de Bangkok.



S Medical Spa



## TRAVEL GUIDE

### TRANSPORTATION

Bangkok is the major transportation hub of Southeast Asia, with the new Suvarnabhumi International Airport at its core. One can fly directly to Bangkok from around the world. The city is a huge, sprawling metropolis. It is intimidating at first, but after a few days, one quickly learns the main routes, arteries, and transport systems, making getting to where you want to go a lot easier.

It is easier to get around with countless taxis, the BTS Skytrain and Underground MRT Subway (Metro). There are also the waterways, which many new tourists overlook; take a river taxi early on and you'll probably be using them more often.

There may be traffic jams, but nowadays, one can move quickly over or under them using excellent mass transit systems. It is worth taking a map or guidebook with you when traveling around the city, as it is such a huge, sprawling area. Pick out a few places you'd like to see, and have an adventure going there; the trick is not to visit more than a couple places at a time. One often starts overly ambitious but then quickly adjusts to the tropical heat, and slower paced lifestyle.

### ATTRACTIONS

As far as attractions go, the Grand Palace, Wat Arun (Temple of Dawn), and the Wat



Phra Kaew (Temple of the Emerald Buddha), are must-sees. You might enjoy a dinner cruise along the Chao Phraya River, shopping at the massive Chatuchak Weekend Market, or even shopping for major, brand name items at Siam Paragon. There are numerous other places of interest worth consideration: Ananta Samakhom Throne Hall, Suan Pakkad Palace, the Joe Louis Puppet Show, Siam Niramit, Jim Thompson Museum and the nearby Damnoen Saduak Floating Market and Amphawa Market.

### ACTIVITIES

You can probably find whatever it is you'd like to do in the great city of Bangkok. Some

suggestions might include getting a Thai massage, attending a Thai Cooking School, seeing some Muay Thai boxing, going golfing or simply sightseeing around the city.

An appealing way to get the lay of the land, and a feel for Bangkok is to cruise around on the Skytrain, enjoying the elevated view in cool comfort. You might disembark at Saphan Taksin by the river and take a river taxi upriver past the Temple of the Dawn to the Grand Palace, then later retrace your route, or simply travel until you see an area you like, get off, and look around. Bangkok is unusually safe for a city of its size, with taxis everywhere in case you get lost.



The Naka Island a Luxury Collection Resort & Spa



## SHOPPING

It is no exaggeration to say that Bangkok is one of the world's great shopping destinations, where you can shop all day, every day, for months. There are luxury shopping malls such as Siam Paragon and Gaysorn Plaza; multi-story electronic plazas, such as Panthip Plaza; massive markets such as the overwhelming Chatuchak Weekend Market; and a gaggle of local markets that sell everything from trinkets and knick-knacks to fresh fish and flowers. Many visitors enjoy the Pratunam and Chinatown districts of Bangkok, the former for wholesale clothing, and the latter for gold, jewelry, and a mish-mash of other items.



## BANGKOK SHOPPING DESTINATIONS

### Chatuchak Market (JJ Market or Bangkok Weekend Market)

With an almost endless selection of goods, Chatuchak Market is a shoppers' paradise. It is immensely popular with local and tourists alike. Attracting more than 200,000 people on a typical weekend, this shopping destination is not for the faint of heart.

### Chidlom – Ploenchit – Ratchaprasong

Every world-class city has one and so does Bangkok, a shopping Utopia. Although other countries in the region may feel differently, Bangkokians would argue this is the ultimate shopping destination in Southeast Asia. This is the place to find luxury items; be prepared to pamper yourself.

### Some of the top shops:

Erawan Bangkok, Central Department Store Bangkok, Central World Shopping Complex, and Gaysorn Bangkok

### Siam

If Chidlom, Ploenchit, and Ratchaprasong shopping zone wasn't enough to satiate your purchasing desires, then the adjoining Siam district will quench it. What distinguishes Siam from its neighboring shopping area is the fantastic blend of exceptional local boutiques and top internationally branded shops. This is where Bangkok defines its commitment to fashion.

### Some of the top shops:

Siam Paragon Shopping Centre, Siam Discovery, Central World Shopping Complex, MBK Shopping Center, Siam Center Bangkok, Siam Square

### Chinatown (Yaowarat Road)

Many major cities have a Chinatown and with all, visiting them is akin to stepping into a different world. Bangkok's Chinatown, Yaowarat, is no exception with its wonderful blend of market stalls, whole-in-the-wall shops, and contrasting yet fitting Chinese temples. Meandering streets and alleyways leads to an abundance of food stalls and merchants offering everything from exotic produce to fine fabrics. Your list of must-do's is likely already long, but Bangkok's Chinatown should be on there, too.

### Some of the top shops:

Woeng Nakhon Kasem (The Thieves Market), Balanna Plaza, Pahurat – Little India, Sampeng Lane

### Khao San Road

Khao San Road is comprised of an interesting blend of shops along with its guesthouses and restaurants. Here, travelers can secure all their travel needs or find one of many tailors creating custom apparel. You could also wander into a number of bookstores to peruse a vast selection to satisfy your yearning for good reading.

### Some of the top shops:

Aporia Books, Amit Fashion, Banglamphu Market, Bookazine, James Fashion, Moonlight Bookshop, Shaman Bookstore, Taekee Taakon

### Pratunam

Visitors looking to find the best bargains on clothing, fabrics and textiles should head to Pratunam; it is one of Bangkok's most notable

markets. Although many merchants conduct business midday, the market is actually open twenty-four hours a day. In the evening, it transforms in a chameleon like way with pop-up, outdoor stalls erecting everywhere. The evening shopping is completely different from the day with scores of low cost items available; it is an ideal place to stretch those baht in your pocket.

### Some of the top shops:

Pantip Plaza, Garment Centre, Platinum Fashion Mall, Pratunam Centre, Pratunam Wholesale Market

### Sukhumvit Road

Easily accessed from the BTS is one of Bangkok's better-known shopping areas. It is a blend of well-appointed malls with familiar merchandise to the vibrant bustle of the street vendors lining this main artery of Bangkok.

The area speaks volumes to the dichotomy that makes Bangkok so appealing; two very different ways of life coexisting in one place.

### Some of the top shops:

Asana, Market Place, Robinson Department Store, Sukhumvit Market, The Emporium

### Victory Monument

Victory Monument is the place to go for that little something. It may not have the high fashion venues found elsewhere, but it is where you will find great, affordable accessories for your outfits. Visitors and locals alike frequent the many stalls and extensive selection for everyday wear.

### Some of the top shops:

Fashion Mall Shopping Centre, King Power Duty Free, La Villa







## ■ PHUKET HEALTHCARE AND WELLNESS DESTINATION

For medical tourists looking for an idyllic seaside location, with beaches, boats, bars and bungalows, Phuket is probably the number one place in the world. It has world-class hospitals, five-star hotels as well as more modest seaside accommodation, a great variety of diverse attractions, shows and tours, all contained on one amazing island with fantasy tropical beaches.

You can get it all done in Phuket – your heart operation, your breast augmentation, your new teeth or perhaps simply a major check-up or detox at a medical spa. Then, while recuperating, you can take a multi-day cruise around the stunning Phang Nga Bay, if that is to your liking, or just find a tranquil, more remote village by the sea on the northwest coast to read, relax, recupe and recover.

Phuket is much more than a tropical paradise these days, with its JCI-accredited Bangkok Hospital Phuket, international schools, world-renowned health and wellness spas and resorts; and harbors and marinas full of shining yachts. It is also an international hub of trade and commerce, and it is the base for the development of the entire Andaman region. Not many islands the size of Phuket can boast all she has to offer.



Anantara Phuket Villas



Anantara Phuket Villas





FEATURED HOSPITALS IN PHUKET

Phuket has a number of excellent hospitals and medical treatment facilities, with cosmetic surgery and reconstructive procedures probably leading the way as the elective treatments of choice, for which Phuket is widely known. **Bangkok Hospital Phuket** leads the way with its JCI accreditation, cosmopolitan staff, modern equipment and premier services such as international liaisons for visitors from many countries.

The first private hospital on the island – and the first to treat medical tourists and to promote medical tourism in Phuket – is the **Phuket**

**International Hospital.** This hospital is most popular for cosmetic surgery, while other medical treatments are available.

Other major Phuket hospitals and clinics with good facilities for medical tourists from the Middle East, Asia, Europe and the US include Mission Hospital Phuket, Patong Hospital, and Bangkok International Clinic. These facilities are very good and used by many visitors to Phuket in addition to Phuket’s substantial expatriate community.

FEATURED SPAS IN PHUKET

DAY SPAS

- **Sukko Cultural Spa & Wellness** - has had the honor of receiving a total of 3 distinguished awards: The Best Day Spa in Southeast Asia and The Excellent Spa of Thailand from the Hospitality Asia Platinum Awards – HAPA 2008-2010; the Outstanding Performance Day Spa: Health Tourism, from The 7th Thailand Tourism “Kinnaree” Awards 2008-2009; and The Award for Excellence, from The 8th Thailand Tourism “Kinnaree” Awards 2009-2010.

HOTEL AND RESORT SPAS

- **Anantara Spa, Anantara Phuket Villas** – in Phuket is like heaven on earth: relaxing, tranquil, beautiful and soothing. Anantara Spa Phuket Villas offers you all the special treatments you’d expect, including wraps, elixirs, massages and much more, all in gorgeous open-air treatment rooms.
  - **Banyan Tree Spa, Banyan Tree Phuket** – has been recognized as the World’s Best Spa, winning numerous international awards, and is very popular with affluent tourists.
- Other spas in Phuket include Mandara Spa – JW Marriott Phuket Resort and Spa, Six Senses Spa – Evason Phuket and Bon Island, Angsana Spa – Sheraton Grande Laguna, Dusit Thani Laguna, Laguna Beach Resort, Best Western Allamanda Laguna and Cool Spa – Sri Panwa.





Suriyamas Seafood Buffet Restaurant

## TRAVEL GUIDE

### TRANSPORTATION

Phuket is truly an international destination with direct flights from across Asia and Australia, including Kuala Lumpur, Hong Kong, Penang, Singapore, Brisbane and Sydney. Many other international points of origin offer private charters straight to the island. There are numerous flights from within Thailand making it extremely easy to visit Phuket as part of a larger trip to the country.

Once on Phuket, a rental car is possibly your best option, depending on how much you plan on traveling. As in Thailand's larger cities, the usual alternative modes of transportation are available: songthaews, tuk-tuks, metered taxis, motorcycles and bikes.

### ATTRACTIONS

Phuket has many fascinating attractions, shows and tours for those who want to get off the beach for a while. Some of these are the dazzling Phuket Fantasea performance, historic Phuket Town, Phuket Waterfall and Chalong Big Buddha.

Visitors are encouraged to explore Phuket from the waterside, discovering spectacular maritime sites as well as Ao Chalong (Chalong Bay), Phuket Abalone Farm and Krathu Waterfall. There are some spectacular nearby islands such as Racha Yai, Racha Noi, Koh Hae, Koh Phan Yee and Koh Yao Noi to explore. Be sure to include Koh Tapoo, the island made famous in the James Bond film.

### ACTIVITIES

Phuket offers, among many other things, numerous popular water activities: sailing, canoeing, scuba diving, snorkeling, jet skiing, waterskiing and fishing. There is an equally impressive list for those preferring to keep active on land: golf, nightlife, bird watching, elephant trekking, horseback riding, Muay Thai boxing, cooking classes, mountain biking and jungle trekking.



Sail in Asia



Jungceylon Patong-Phuket



Jungceylon Patong-Phuket

### SHOPPING

As one comes to expect in Thailand, Phuket has excellent shopping that includes many items unique to its destination. You can find works from local artisans such as cultured pearls, nielloware and pewter. The main shopping areas are Patong Beach (Beach Road, Ocean Bangla Shopping Center, Ocean Patong Shopping Center); Rat U Thit Road Shopping (Sainamyen Plaza, Banzaan Fresh Market, Boon Som Plaza, Paradise Night Market, OTOP Market); Kata and Karon Beach; and Bang Tao Beach, the latter known for more upscale products.





This is a big city with a small town feel, and a short drive in any direction takes you out into the rice fields and surrounding mountain peaks. Meanwhile, within the city's confines are many international restaurants, bookstores, pubs, clubs, universities and world-class hospitals. There are numerous, beautiful resorts found both within and nearby Chiang Mai that are ideal for recuperating. Medical tourists can enjoy diverse cultural activities before or after their treatments, including watching cultural performances, taking a handicraft workshop

and attending a Thai cooking or massage class. Those feeling a little more adventurous might consider visiting elephant camps or perhaps a nearby hill tribe mountain village, some within an hour of Chiang Mai.

Chiang Mai is easily accessible with an international airport offering many domestic and international flights daily. Hidden away somewhat in the north of the country, and in Bangkok's shadow, Chiang Mai is an excellent alternative, and worth consideration.

## ■ CHIANG MAI HEALTHCARE AND WELLNESS DESTINATION

Chiang Mai is one of the great Asian cities, and consistently ranked high in travel magazine and international surveys. It is ideal for medical tourists not only because of its treatment facilities, but also because of the range of its post-treatment spas, resorts and alternative healing centers.





## FEATURED HOSPITALS IN CHIANG MAI

Several Chiang Mai hospitals are now geared up to handle medical tourists, with a number of packages being offered to meet their needs, including different degrees of check-up options. Most hospitals will also assist patients with other needs such as accommodation before and after treatment.

**Chiang Mai Ram**, a JCI-accredited hospital, is the most popular hospital in Chiang Mai for medical tourists. It treats patients for cosmetic surgery, cardiac care, sexual reassignment surgery, knee replacement and other specialized medical treatments. There is an English-speaking liaison officer or staff to assist international patients with their needs. Most doctors also speak English well and are accustomed to working with foreign patients. Chiang Mai Ram is a very modern hospital with excellent facilities and up-to-date, if not state-of-the-art, equipment.

In addition to Chiang Mai Ram, other hospitals with excellent doctors and services in Chiang Mai include Lanna Hospital, McCormick Hospital, St. Peter Eye Hospital, Rajavej Chiang Mai Hospital and Chang Puak Hospital.



Tao Garden Health Spa & Resort



The Oasis Spa



Tao Garden Health Spa & Resort

## FEATURED SPAS IN CHIANG MAI

### HEALTH RESORTS AND DESTINATION SPAS

**Tao Garden Health Spa and Resort** – renowned internationally as a holistic, healing, health resort, where you can experience a wide variety of alternative treatments

**Jirung Health Village** – famous for its superior service, Jirung is an award-winning health village, increasingly popular among medical tourists

### HOTEL AND RESORT SPAS

**Dheva Spa, Mandarin Oriental Dhara Dhevi** – due to its outstanding facilities and premier services, Dheva Spa has received many international awards

Other recognized and popular spas in Chiang Mai include The Oasis Spa Chiang Mai, The Spa – Four Seasons Resort, Angsana Spa Green View Chiang Mai – Green View International Resort, Cheeva Spa, Peak Spa, Ban Sabai Spa – Ban Sabai Village Boutique Resort and Spa, Chur Medical Spa and Rada Spa.



## TRAVEL GUIDE

### TRANSPORTATION

Chiang Mai is commonly known as Thailand's second city and is essentially the de facto capital of northern Thailand. It is a major crossroads and transportation hub and can be reached via all forms of transportation, including international flights. Vehicles can easily be rented in Chiang Mai, either with or without drivers, and there are a wide variety of local transportation options.



### SHOPPING

Several of the handicraft items that you see elsewhere in Thailand are actually made in, or near, Chiang Mai. It is very easy to visit them and purchase the products at the source, especially in Ban Tawai, the woodworking and handicraft capital of Thailand.

There is an incredible array of popular products available in Chiang Mai for visitors to purchase: handicrafts, luggage, home décor, furniture, spices, souvenirs, samurai swords, art of all types, silver, antiques and paintings by local artists. Those wishing to adorn themselves will appreciate the selection of Thai silk, purses, wallets, watches and jewelry on offer. For something truly unique, keep your eyes open for the alien statues made from auto parts: there really is not much you won't be able to find.

Shopping Areas in Chiang Mai include the Old City, the Riverside area of Chiang Mai and the world famous Chiang Mai Night Bazaar.

### ATTRACTIONS

Chiang Mai has over three hundred temples within the city, and are worth exploring. There are outstanding natural attractions around Chiang Mai as well, many of them an easy day excursion, such as Doi Inthanon National Park, Doi Ang Khang National Park, San Kamphaeng Hot Springs, Bo Sang Umbrella Village, Bhubing Palace, Chiang Dao Cave and the Chiang Mai Zoo.

### ACTIVITIES

Chiang Mai has a unique tourist environment all its own, natural and different in several ways. There are a number of alternative treatment centers that you can study at or visit. Many schools offer lessons in cooking and massage. The nearby mountains are perfect for hiking, trekking and visiting a hill tribe village. There are special events which take place throughout the year, as well as incredible Thai holidays such as Songkran (Thai New Year Water Festival) in April, and Loy Kratong in November. Be sure to check your calendars if you wish to be there for these events.



ITM Thai Massage School







## PATTAYA/CHONBURI HEALTHCARE AND WELLNESS DESTINATION

Pattaya is one of Thailand's prime medical tourism destinations. It offers more than a dozen private and government-run hospitals. In addition, Pattaya has an incredible array of world-class attractions and activities. There is a lifetime of choices available for those wanting to create a memorable medical holiday. It is an ideal location to rejuvenate one's health in many ways.

Patients will be in competent hands as medical personnel are accustomed to tourists with many of them speaking fluent English. Visitors can expect highly trained physicians. A majority of doctors have been educated in Western institutions. They offer the most up to date procedures and utilize the latest in medical equipment. In keeping with Thailand's world-renowned hospitality, visitors may be surprised to learn hospital staff members can also assist medical tourists with finding accommodations not only in selecting the correct treatment but also work to reduce the costs of medical care.

Distinguishing Pattaya from many other medical tourism destinations is the ease of

access to a multitude of individual or family activities. Whatever a visitor may desire in a warm weather destination, Pattaya has it. As an example, tourists may take to the sky in a hot-air balloon or spend an afternoon on one of many world-class golf courses. A group activity may include a day at one of the world's largest open zoos, a thrilling visit to theme parks or a stroll through exquisite gardens and mind-blowing museums. Adults may take in one of numerous music festivals or perhaps one of the internationally renowned transvestite cabarets. Finally, let us not forget the picturesque beaches accompanied by windsurfing, horseback riding or just soaking up the sunshine.







#### OTHER POPULAR HOSPITALS IN PATTAYA INCLUDE:

**Pattaya International Hospital** is one of Thailand's most modern medical centers. It offers 80 inpatient beds, 24-hour emergency service, and a full range of advanced facilities, including intensive care, obstetrics, x-ray, laboratory, pharmacy, dental clinic, fully-equipped operating theatres and a physical therapy center.

**Pattaya Memorial Hospital** was the first private hospital in Pattaya city. They have been serving patients for over 29 years with experienced doctors, nurses and highly trained staff.

**Samitivej Sriracha Hospital**, accredited by International JCI prides itself in being one of Thailand's leading medical and healthcare hospital. Samitivej provides the finest medical treatment for locals and tourists alike, with attentive care by certified physicians.

**Phyathai Sriracha Hospital** is part of the Phyathai Hospital Group. The hospital is conveniently located between the towns of Chonburi and Pattaya and can provide quality one-stop service to up to 1,200 out patients a day as well as 250 inpatients. The hospital has the most modern equipment to support qualified specialists and support staff.

#### FEATURED SPAS IN PATTAYA

##### DAY SPAS

- **Let's Relax Spa** – a professional day spa near the Dolphin Circle
- **The Oasis Spa Pattaya** – a well-established spa on top Big Buddha Hill, Pattaya

Other popular spas in Pattaya include Spa Silavadee, P.S. Spa, Cliff Spa – Royal Cliff Hotels Group, Royal Garden Spa – Pattaya Marriott Resort and Spa, Amburaya Spa – Sheraton Pattaya Resort, Devarana Spa – Dusit Thani Pattaya and Spa Cenvaree – Centara Grand Mirage Beach Resort Pattaya.

#### TRAVEL GUIDE

##### TRANSPORTATION

Pattaya is about a two-hour drive from Bangkok, less from the Bangkok Suvarnabhumi Airport. It does not have an airport of its own, the only airport nearby is U-Tapao, used solely by Bangkok Airways for flights between Pattaya and Koh Samui. Taxis, minibuses and limousines are also available at the airport for transport to Pattaya. Within Pattaya, travelers have access to bus service or may prefer the more iconic blue *songthaews*. There are thousands of these converted pickups that hold two benches in the back for seating.



#### FEATURED HOSPITALS IN PATTAYA

**Bangkok Pattaya Hospital (BPH)** is right at the top of the list; with Joint Commission International (JCI) accreditation, BPH is certainly amongst Asia's – if not the world's – best hospitals. Bangkok Pattaya Hospital has more than one hundred specialists, fully trained nurses, and interpreters fluent in twenty different languages, ensuring its place as one of Asia's international forerunners in medical tourism.



Rarin Jinda Wellness Spa Resort



Banyan Tree Hotel Bangkok



## ATTRACTIONS

Hundreds of thousands of visitors head to Pattaya annually to go to the beach or take trips to nearby islands. Other attractions popular with visitors are Tiffany and Alcazar Cabaret shows, Nong Nooch Garden, Sri Racha Tiger Zoo and the nearby island of Koh Larn (Coral Island). Some additional destinations worth consideration are Million Years Stone Park and Pattaya Crocodile Farm, Underwater World, Sanctuary of Truth, Alangkarn Theatre, Khao Kheow Open Safari Zoo and Mini Siam.



## ACTIVITIES

Pattaya has long been world famous for its nightlife, its beaches, and maritime activities. Other exciting and fun-filled activities include Miniature Racetrack (Go-Karting), Pattaya Park and Pattaya Lake Land cable ski, bungee jumping, windsurfing and paragliding. At the beach, visitors enjoy banana boating, jet skiing, waterskiing and parasailing. Dive trips during the day, diving courses, snorkeling, fishing and sailing are also popular in Pattaya.

Golfers, both novice and expert, are spoiled for choice, with a wide selection of golf courses around Pattaya. Popular courses include the Phoenix, Pattaya Country Club and the Plutaluang Navy Golf Course near Sattahip, which offers eighteen holes of golf for about 1,000 baht (around 33 US dollars)!

## SHOPPING

Pattaya has more shopping places than you can imagine for a city of its size. There is very little you can't find in Pattaya that you might miss from back home. The choices of venues range from malls and plazas to outlets and smaller souvenir

shops. The selection is huge, with both Thai and international products on sale.

Shoppers looking for an immense selection in one spot should make their way to one of the large malls: Jim Thompson Factory Sales Outlet, Factory Outlet Mall and Outlet Village Pattaya, Mike's Shopping Mall, Royal Garden Plaza, Central Festival Pattaya or The Avenue Pattaya. If you prefer smaller shops or strolling the streets, then consider places like La Casa Del Habano, Kalad, Lukdod Shop, Mai Mai and Walking Street.

Porn U-Mai Thai Silk, Baan Chiang Thai Silk and Pamai Shop should be on your list for fine Thai fabrics. Be sure to visit H. Sengs International Gems, Imperial Jewelry, Tom's Gems, Pan-Siam Gem and World Gems Collection to find some of Thailand's notable hand-made jewelry. There are a handful of galleries to consider for a special art piece to take home such as Bollini Gallery, C.W. Tavich, Jaran Gallery, Royal Galleries and Lukmai Gallery. Jomtien Beach also has many places, including the Beachwear Store, Bookazine, GS Puma Adidas Jomtien, Versace's by Sunny and Pattaya Floating Market.

## PATTAYA: WORLD-CLASS HEALTH CARE PARADISE – SECOND HOME TO THE WORLD

The City of Pattaya: A self-governing municipality with a total population of 1,000,000+ happy inhabitants



Mr. Itthiphol Khunplume,  
Mayor of Pattaya City

Pattaya is widely regarded as one of Asia's favorite seaside resorts; with something for everyone, it is increasingly known as the "Thai Riviera". Pattaya caters to tourists from all cultures and walks of life, providing a safe, relaxing, fun-filled stay amongst the white sand beaches, world class hotels, wide variety of local and international restaurants, as well as shopping centres and markets, featuring local OTOP handicrafts to global luxury labels. In addition, with its 30+ international standard golf courses, there are challenges for golfers, no matter their handicap!

Global recognition of Pattaya's superior quality of life, offering a wise and secure investment for a second home, has been confirmed by the UK's highly reputable newspaper, 'The Telegraph' when real estate and tourism experts, including senior journalist

Christopher Middleton, ranked Pattaya as one of the world's best 20 cities for foreigners to establish their second home.

Pattaya is also home to some of the world's finest JCI accredited healthcare establishments, making it not only a superb choice for enjoying your golden-years to the fullest, but also guaranteeing a solid choice for one of your most important investment decisions.

Already a leading choice for health conscious holiday-goers as their preferred health and wellness destination, you'll find it a worthwhile investment of your time to explore Pattaya's more long-term holiday options.

Without a doubt, you are sure to be impressed by the multitude of modern hospitable services, facilities and amenities offered by

this ocean-front city. It's a true certainty that Pattaya win your heart, knowing that your second home/retirement paradise can fulfil your dreams of life in a 'heaven-on-earth' paradise.

Pattaya's constantly improving services and modern comforts make use of the latest technology, comfort and security innovations, assuring that your 'new home' not only rivals your present quality of life, but, in many cases, actually elevates your lifestyle to new levels of luxury and well-being.

All of these combined attributes and advances in infrastructure development are motivated with the intent of offering Pattaya residents one of the best lifestyle choices available on the planet. It's this fact that has officially earned Pattaya a seal of quality attesting to its world-class healthcare, as well as a solid choice for the establishment of a second home.

If by chance you haven't yet had the opportunity to visit our modern enjoyable city, may we please suggest that you consider honouring us with a visit. Not only will you be assured of a wonderful vacation, but the wide offer of longer term residential opportunities, seen first-hand, are sure to raise the bar on your future dreams as our famous 'Thai Smile' kindles new-found warmth into your heart, as well as an even larger feeling of well-being in your investment portfolio.



Alcazar Pattaya





Koh Samui's peaceful setting makes it a popular destination for mental and physical enrichment. The island is home to a number of excellent treatment facilities as well as wellness spas and health resorts. Cosmetic surgery is also a popular procedure as well as advanced and extraordinarily reasonable dental services.

Thailand's second most popular island destination, after its big brother Phuket on the opposite (Western) coast, is located in the Gulf of Thailand about 420 miles (720 km) south of Bangkok. It floats about 50 miles offshore from Surat Thani, with most visitors arriving by ferry. Bangkok Airways has regular flights there from seven cities, both in Thailand and abroad. In addition, Thai Airways has a daily flight from Bangkok.

## KOH SAMUI HEALTHCARE AND WELLNESS DESTINATION

Flying into Koh Samui is an experience most visitors never forget. As you descend towards the island, all you can see is one big canvas of coconut trees. There are few more idyllic settings to enrich one's health and wellness; you've just arrived at everyone's image of an exotic, tropical island paradise, and you will realize how true this statement is the longer you stay.



Anantara Bophut Koh Samui Resort &amp; Spa



Anantara Bophut Koh Samui Resort &amp; Spa





## FEATURED HOSPITALS IN KOH SAMUI

Samui's hospitals and clinics are accustomed to receiving foreign patients from around the world. Many doctors are Western-trained and certified, and speak English, as do many of the nurses and other medical professionals. Special packages are offered that often include a few nights at a luxury resort along with a full, professional health check-up with all the latest equipment.

**Bangkok Hospital Samui** is the facility of choice for many medical tourists, as it is divided into a number of specialized clinics, including the ear nose throat clinic, dental clinic, beauty center and advanced brain and neurosurgery center.

Other quality treatment facilities that offer many procedures and operations are Samui International Hospital, Samui Hospital, Bandon International Private Hospital and the Thai International Hospital Koh Samui. All provide excellent medical care, well-trained staff, and very affordable rates.

## FEATURED SPAS IN KOH SAMUI

### HEALTH RESORTS AND DESTINATION SPAS

- **Kamalaya Koh Samui** – Thailand's award-winning wellness sanctuary and holistic spa resort. You can experience a life-enriching medical holiday, including options for detox, yoga, stress and burnout, fitness and weight control.
- **Absolute Sanctuary** – nominated for Spa Cuisine of the Year for AsiaSpa Award 2010, it is another very popular spa and resort on the island.



Kamalaya Koh Samui Spa Resort

## HOTEL AND RESORT SPAS

- **Anantara Spa, Anantara Bophut Resort and Spa** – is what you might imagine when you dream of a tropical island luxury spa, set in glass-walled treatment rooms in lush water gardens. Their trained therapists infuse natural elements of Southeast Asia such as banana and pumpkin body polishes and Thai spice aromatherapy into a range of signature treatments like Culture of Anantara, a combination of five different massage styles: Shiatsu, Thai massage, Lomi Lomi, Swedish and Balinese, designed to induce pure relaxation
  - **Anantara Spa, Anantara Lawana Resort and Spa** – is where your path to renewal begins as you stroll through the peaceful gardens of this Koh Samui spa resort that echoes the mix of cultures expressed throughout the history of Samui. Recover, rejuvenate, and refresh yourself at Anantara Lawana Resort and Spa by indulging in a variety of treatments, including Elemis facial treatment, Thai massage or essence of white coconut body scrubs.
  - **Tamarind Springs Spa, Tamarind Retreat** – received “The Award of Outstanding Performance for Health Tourism” by the Tourism Authority of Thailand and the much sought after “Day Spa of the Year Award” for excellence.
- Other popular spas in Koh Samui include the Six Senses Spa – Six Senses Hideaway Samui, New Body and Mind Retreats, Ban Sabai Spa – Ban Sabai Retreat and Spa, Health Oasis Resort, Dharma Healing International, Santiburi Spa – Santiburi Beach Resort Golf & Spa, The Spa Resort and The Imperial Spa – The Imperial Boat House Resort & Spa.



Anantara Lawana Koh Samui Resort & Spa



Six Senses Samui - A SALA Property



Six Senses Samui - A SALA Property



## TRAVEL GUIDE

### TRANSPORTATION

Samui is not difficult to get to, whether by land, sea, or air. Many ferries make their rounds daily between Surat Thani and Chumporn on the mainland, to the islands of Koh Samui, Koh Pha Ngan and Koh Tao. Koh Samui International Airport on the island is served mostly by Bangkok Airways, with a daily Thai Airways flight. There are also an airport and train station in Surat Thani, where people can arrive and then make their way to nearby ferries. Once on Koh Samui, travelers may access the usual selection of Thai transport vehicles, including cars, motorcycles, bicycles, taxis and songthaews (converted pick-ups).

### ATTRACTIONS

There are many curious and interesting attractions on Koh Samui. Some of the most popular are Ang Thong Marine National Park, Wat Phra Yai (Big Buddha Temple), Secret Buddha Garden, Grandmother & Grandfather Rocks, Hin Lat Waterfall, the Snake Farm, Naga Pearl Farm, Samui Aquarium and Tiger Zoo and the Butterfly Garden & Insect Museum. In addition, there are famous beaches: Chaweng, Lamai, Maenam, Bophut and Choengmon. Boat service occurs daily to islands in the area: Koh Tao, Koh Pha Ngan and Koh Nang Yuan.



Santiburi Beach Resort



Andaman Sea kayak

### ACTIVITIES

As one might expect, there are lots of activities to choose from if you are so inclined. Water lovers will find scuba diving, snorkeling, parasailing and water skiing. Those preferring a day on land may elect the challenging 18-hole Santiburi Country Club; a championship golf course with spectacular views, rolling hills and a charm all its own. The physically fit might find the perfect outlet in traditional Muay Thai training, and those seeking a more relaxed day should consider cooking courses or yoga instruction.

### SHOPPING

Shopping in Koh Samui is largely based around three major market areas: Chaweng, Lamai and Bophut.

Chaweng is where the action is, with both sides of the road lined with shops, bars and restaurants of every size, shape, color and flavor. Popular shopping spots include Classic Gems, Sports Stadium Samui, Life's a Beach, Hard Core Surf, Khun Chaweng Shopping Centre and Jim Thompson.

Lamai's shopping is based mostly on the Beach Road and includes Asian Lights, Buddy Boutique Hotel Shopping Plaza, Lamai Fresh Market, Lamai Night Bazaar, Hin Ta Hin Yai Rocks and Popala House.

Finally, there is Bophut Beach's main street with shops, restaurants and a few fashionable boutiques. You might have a peek at Bophut Plaza, Samui Robot Group, Siddharta and Siri to see what's on offer.



Anantara Bophut Koh Samui Resort &amp; Spa





Anantara Resort &amp; Spa

## ■ HUA HIN HEALTHCARE AND WELLNESS DESTINATION

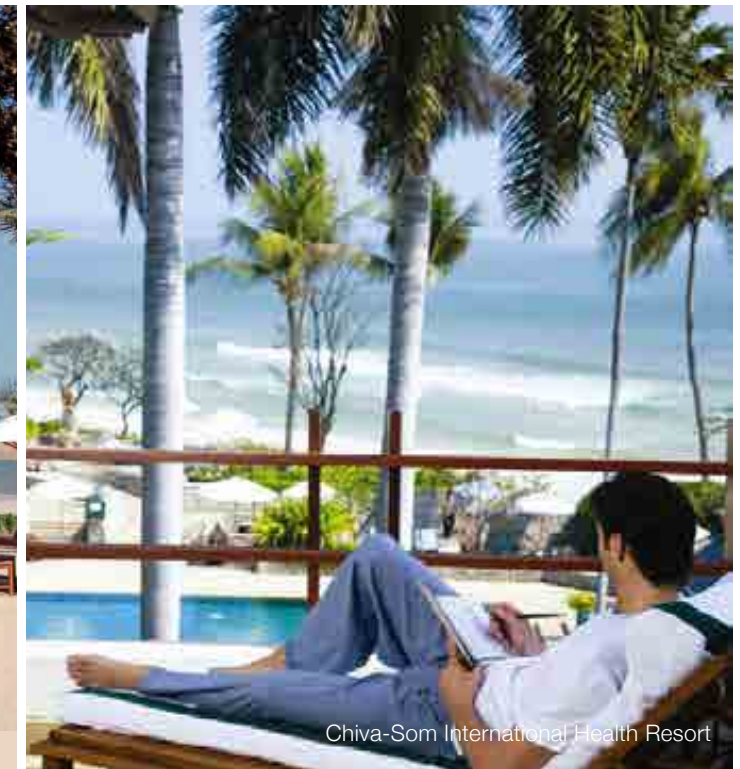
Hua Hin is a relatively new medical and wellness spa destination that is becoming extremely popular as an alternative to Bangkok. It is a quiet, clean, family-oriented place and serves as a retirement home of many Westerners.

The town offers a laid back and friendly seaside atmosphere with good infrastructure, clinics, hospitals, pharmacies and international schools. As it is the Royal beach resort, cabarets, discos, and other nightspots are more regulated than normal and rather limited, which some may find refreshing.

Hua Hin has a stunning beach, lovely waterfalls, lush limestone mountains and plenty of leisure activities. What better place to rejuvenate than at an internationally renowned spa in a great location? Whether undergoing spa treatment, dentistry or medical services in Hua Hin, it is the perfect place for those who love a more sedate holiday style.



Asara Villa &amp; Suite



Chiva-Som International Health Resort



## FEATURED HOSPITALS IN HUA HIN

The hospitals in Hua Hin offer personalized care by well-trained doctors and nurses using high-tech medical equipment. There are many English speaking staff and doctors fully trained to serve increasing number of tourists arriving in Hua Hin.

The first private hospital built in the famous beach resort of Hua Hin is **San Paulo Hua-Hin Hospital**. A boutique hospital with just sixty beds, it provides very efficient healthcare services, twenty-four hours a day, by qualified specialists and medical personnel, equipped with modern medical facilities.

This new **Bangkok Hospital Hua Hin** is a boost to the standard of overall healthcare in town. It is part of The Bangkok Dusit Medical Services Group, which operates in all major Thai destinations.

Other popular hospitals and clinics in Hua Hin include Hua Hin Hospital, Hua Hin International Polyclinic and Hua Hin Red Cross.



## FEATURED SPAS IN HUA HIN

### HEALTH RESORTS AND DESTINATION SPAS

- **Chiva-Som** – regarded as one of the world's great spas, it is synonymous with premier quality, taste, and class. For the past ten years, Chiva-Som has been the only destination spa to consistently appear in the top three of the Condé Nast Traveller (UK) Reader's Travel Awards. It was chosen as the "World's Best Destination Spa" in the 2006 Travel + Leisure World's Best Awards (USA).
- **The Barai, Hyatt Regency Hua Hin** – another of the world's highest regarded spas. It is a world destination for health resort and wellness spa patrons, having received many international awards such as Best Resort Spa – SpaAsia Crystal Awards 2009, 50 of Asia's Best – Luxury Travel Magazine Australia and Hot List 2007 – Condé Nast Traveler Magazine.



Chiva-Som International Health Resort

## HOTEL AND RESORT SPAS

- **Anantara Spa, Anantara Hua Hin Resort and Spa** – is one of the most aesthetically pleasing resorts you're ever likely to experience, with custom designed individual garden courtyards created by award-winning landscape architect Bill Bensley. When your body is calling out for body butter therapy, steam baths and herbal massages, satisfy your senses at Anantara Hua Hin Resort and Spa.

Other world-class spas in Hua Hin include Six Senses Spa – Evason Hua Hin, Mandara Spa – Hua Hin Marriott Resort & Spa and Spa Cenvaree – Sofitel Centara Grand Resort & Villas.



Chiva-Som International Health Resort



Anantara Hua Hin Resort &amp; Spa



Six Senses Hua Hin



## TRAVEL GUIDE

### TRANSPORTATION

Getting to and around Hua Hin is very easy. Visitors to Hua Hin arrive by train, bus, car or even plane. It is only a two and a half-hour drive from Bangkok. Many hotels and guesthouses are located near Hua Hin's town center. Those located farther away typically provide shuttle services to and from town. Taxis and tuk-tuks are easily found around the city center and are reasonably priced for those who wish to explore nearby attractions. Visitors can also rent cars, motorbikes or even bicycles to tour the area on their own.

### ATTRACTIONS

As the oldest beach resort in Thailand, Hua Hin has a wide range of attractions to choose from, not least of which is relaxing on the famous, long, white sandy beach as well as enjoying various beach activities.

Hua Hin features numerous world-class golf courses, several Buddhist temples, bustling local markets, outstanding seafood restaurants and numerous spas and massage parlors that are ideal for relaxation, rehabilitation and rejuvenation.

Historic attractions include the Old Palace, the Hua Hin Railway Station and others. Daytrips include visiting the surrounding countryside to ride elephants or nearby Takiab Beach, where visitors can ride horses or climb the hill to a Buddhist temple. Other attractions include: Klai Kang Won Palace, Khao Tao, Pa La-u Waterfall, Khao Wang (Palace Hill), Plearn Wan, Hua Hin Night Market, nearby Cha-am Maruekhathaiyawan Palace, Sam Roi Yod National Park and Tham Phraya Nakhon.



Anantara Resort &amp; Spa



Hua Hin Safari &amp; Adventure Park

### ACTIVITIES

Hua Hin features a wide variety of activities, including golfing, elephant trekking, Thai massage, cooking courses, walking, cycling and horseback riding. Water Sports in Hua Hin include swimming, fishing, waterskiing, jet skiing, sailing, windsurfing, kite boarding, parasailing, kayaking, snorkeling and scuba diving. Hua Hin is a golfer's paradise, featuring nine renowned courses all within a thirty-minute drive.



Hua Hin Floating Market



Chiva-Som International Health Resort



Cicada Market

### SHOPPING

As Hua Hin is such a popular destination for both international and local visitors, it is no surprise that there are numerous souvenir shops. With two night-markets, a local market, and numerous boutique stores, Hua Hin is an excellent place to shop for locally produced handicrafts, fabrics, souvenirs and food products.

The main shopping areas in Hua Hin include: Hua Hin Night Market, Khao Takiab, Cicada Market, Happy Gallery, Khao Takiab Mountain and Ran Thai.





# OTHER WELLNESS DESTINATIONS

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Koh Chang

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Chiang Rai

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## Koh Chang



## KOH CHANG WELLNESS DESTINATION

Koh Chang is a gorgeous destination and perfect for medical tourists seeking a relaxing atmosphere where they can visit a spa resort or other health and wellness facility. It is ideal for those not requiring major procedures or operations. Travelers may focus on healing and nurturing treatments such as massage, detoxification and meditation therapy.

Despite being Thailand's second largest island after Phuket, Koh Chang is not nearly as developed as its larger cousin or Koh Samui. This is due in large part to being a bit removed from the more popular destinations. The resulting more subdued atmosphere is a welcomed reality to visitors who find their way here with many returning time and time again.

Koh Chang is a tropical marine national park with much of the island being virgin rainforest. It is definitely a place for nature lovers with an affinity to water or land recreation. The usual main activities are present but offered in a more serene setting than perhaps found elsewhere.

Regardless of its seemingly untouched environment, accommodation options still cover the whole gamut of room types, from huts on the beach to luxury villas and even apartments for rent.





## FEATURED SPAS IN KOH CHANG

### HEALTH RESORTS AND DESTINATION SPAS

- **The Natural Spa, The Spa Koh Chang Resort** – the first health resort spa in Koh Chang. Located in the tranquil and green environment of Salak Kok Bay on the eastern coast of Koh Chang, the Spa Koh Chang Resort is noted for its fasting and cleansing program. It is based on Dr. Richard Anderson's health concept and offers an excellent detoxification method for your body.

### HOTEL AND RESORT SPAS

- **Breeze Spa, Amari Emerald Cove** – has been recognized by the Thailand Tourism Awards as an outstanding quality spa and for its contribution to sustainable tourism in the area of health and wellness.
- **The Royal Spa, Koh Chang Paradise Resort and Spa** – since its opening in 2002, The Royal Spa has been known for offering high quality spa treatments to discerning customers. In 2005, The Royal Spa Academy was established to offer training programs for spa therapists and spa owners.

Other popular spas in Koh Chang include Aiya Spa – Aiyapura Resort & Spa and Namm Spa – Dusit Princess Koh Chang.



Photograph by Sirikiat Bunworaset



## TRAVEL GUIDE

### TRANSPORTATION

Koh Chang is located about 190 miles (315 km) southeast of Bangkok near the Cambodian border in Trat province. One can drive to Trat, or take an air-conditioned bus there. Bangkok Airways is the only carrier flying into Trat, where you can catch one of the regular ferries to Koh Chang. Once on the island, there are songthaews and taxis. Motorcycles and bicycles are available for rent to explore the island.

### ATTRACTIONS

There are some great waterfalls on the eastern coast of Koh Chang. Mu Koh Chang National Park, which comprises parts of Koh Chang and other islands, can be easily reached by boat on a nice day trip. Koh Chang's waterfalls – once frequented by previous kings of Thailand – are favorites of hikers, trekkers and wildlife and bird watchers. The most popular waterfalls are Klong Plu Waterfall and Thanmayom Waterfall. You can also visit Bang Bao Fishing Village and the nearby islands of Koh Ngam, Koh Chang Noi, Koh Wai, Koh Rang and Koh Kood.



The Spa Koh Chang Resort





Ban Kwan Chang Elephant Camp



www.sleepy-nokkie.com



## SHOPPING

Although shopping isn't the main event on Koh Chang, there are souvenir shops selling handicrafts, t-shirts, tailored clothing and sarongs.

Some beaches have a few boutique shops, and many vendors sell goods along the beach.

Shopping areas in Koh Chang include White Sand Beach, Klong Prao Beach (three villages – each with its own shopping plaza), Kai Bea Beach and Lonely Beach.

## ACTIVITIES

The great attraction of Koh Chang is Mother Nature herself, and people who love nature love Koh Chang. The beaches are lovely and well preserved, and the mountainous interior of the island makes for great exploratory adventures. There is also elephant trekking, which includes options to feed and bathe the gentle elephants in a waterfall.

Thai Cooking classes are another popular option in many resorts on the island. Other interesting and worthwhile activities include kayaking, canoeing and firefly viewing as well as a visit to an elephant camp or fishing village.

Many tour operators on the island offer snorkeling and diving tours as the diving is highly rated with visibility up to 65 meters on a calm day. If you feel more adventurous, you can try Tree Top Adventure Park, where you can move through an assortment of contraptions such as rope bridges, Tarzan swings, flying skateboards, tightrope walking and sailing down giant zip lines. In the end, one leaves Koh Chang feeling renewed, refreshed and invigorated.



www.sleepy-nokkie.com





## ■ CHIANG RAI WELLNESS DESTINATION

Often the best method to enrich health and wellness is to escape the fast pace of city life for a few days; and some may argue it should be a lifetime. This is exactly the lure of Chiang Rai and the surrounding area with its great beauty, natural resources and rural charm. Most are grateful that Chiang Rai has long existed in the shadow of Chiang Mai, its much grander neighbor located a few hours to the south.

The incredible quaintness of Chiang Rai means the absence of maddening crowds and yet, it also offers exclusive wellness spas that are completely appreciative of the area's natural environment. Although Chiang Rai may be a bit remote, with its international airport it is also accessible.

Chiang Rai province is the perfect base for mountain trekking, excursions to the Golden Triangle, day trips to hill tribe villages within the jungle or tours to mystical Doi Mae Salong or Doi Tung. It is a curious and fascinating small town in its own right, with its diverse population blending to create a welcoming and distinct personality. More and more Westerners are falling prey to her charms as well, and retiring here to enjoy its extremely affordable cost of living.





## FEATURED SPAS IN CHIANG RAI

### HOTEL AND RESORT SPAS

- **Four Seasons Spa, Four Seasons Tented Camp Golden Triangle** – located amongst the bamboo forests of the Golden Triangle, this award-winning spa in the country draws on the rural ambience and tranquility to aid clients in their healing and rejuvenation process.
- **Anantara Spa, Anantara Golden Triangle Resort and Spa** – has received many awards for not only best spa-resort, but among the top hotels in the world.

Other popular spas in Chiang Rai include Bamboo Spa – Phu Chaisai Mountain Resort and Spa, Chiang Saen Spa – The Regent Chiang Rai Boutique River Resort and Spa, Hom Nuan Spa – Golden Pine Resort and Spa, Bodhi Tree Spa – Phowadol Resort and Spa, Teak Garden Thai Spa – Teak Garden Spa Resort and Doi Hom Fha Spa – Doi Hom Fha Resort & Spa.



Anantara Golden Triangle Resort



Anantara Golden Triangle Resort and Spa



## TRAVEL GUIDE

### TRANSPORTATION

Chiang Rai is somewhat off the beaten path, which is why it is so beautiful and peaceful. However, it is not that difficult at all to get there – by plane, bus, car or even motorcycle, which is a gorgeous ride through the mountains. Thai Airways as well as Thai AirAsia have daily flights between Bangkok and Chiang Rai. Once there, there are a number of car or motorcycle rental companies, or given Chiang Rai's size, you might even rent a bicycle for the duration of your stay.

### ATTRACTIONS

Before Chiang Mai's ascendance, Chiang Rai was the capital of the expansive Lanna – or “millions of ricefields” – Kingdom. Thus, there are remnants of her greatness throughout the area in the form of ancient temples and city walls. Chiang Rai was once a crossroads of the north due to its location near the infamous Golden Triangle, where Thailand meets Laos and Burma. Formerly, this was a wild, lawless land of drug warlords and opium routes. Now, it is home to an extraordinary Opium Museum, and through the Royal Project's drug





eradication programs, the farmers are now growing tea, coffee, strawberries and other crops instead of opium. It remains a scenic and fascinating area to sightsee.

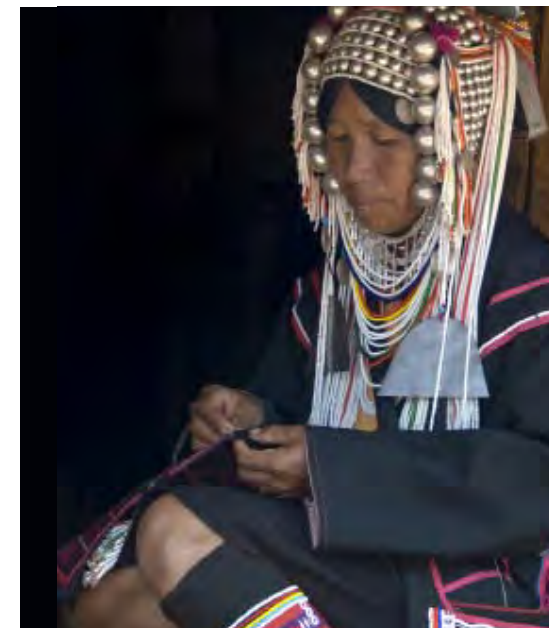
There are a number of wonderful sites to visit in the area, beautiful gardens and plantations, ethnic villages and winding border roads. Some of the sites you may wish to see include the Golden Triangle, Kok River, Mae Sai, Doi Tung, Mae Fah Luang Botanical Gardens, Doi Mae Salong, Phu Chi Fa, Chiang Rai Hilltribe Museum, Chiang Saen National Museum, Wat Phra Sing, Wat Phra That Chedi Luang and Wat Rong Khun – the White Temple. One should also consider visiting the hill tribe villages of the Yao, Karen, Lisu, Hmong, Lahu and Akha.



Anantara Golden Triangle Resort and Spa

### ACTIVITIES

Given its location and environment, most of the activities in Chiang Rai are natural and out of doors. It is a great place for trekking, taking boat rides, river rafting, elephant riding and cycling. Golfers will find a few nice courses in the area, and there is a small zoo and animal park for the children.



### SHOPPING

Many of the mountain villages in the Chiang Rai area produce handicrafts or ethnic jewelry for sale. You will find small, intriguing markets along the winding roads to Doi Mae Salong, which has one of the most amazingly diverse morning markets in the country. Here, mountain peoples in their traditional dress, participate in ethnic Chinese trading often with Westerners ogling strange concoctions with scorpions or snakes in jars of “medicine”. Travelers will find more traditional, typical markets in Chiang Rai city including the Night Bazaar. It is the inspiration for Chiang Mai’s world-famous night bazaar. Be sure you visit just after the sun sets. In addition to shops and stalls, there are a few places in the area selling Western food.

Mae Sai, the border crossing to Burma, is about 36 miles (60 kms) north of Chiang Rai. It is a fascinating border town with a wide range of items for sale, from dried fruit to DVD’s to gems. You can also get a pass to cross into Tachilek, on the Burmese side. Visitors can find a selection of gems, especially jade for sale in Mae Sai. The jade workshops are open for visits and are interesting to see. Some items for purchase are not exportable to many Western countries. Shoppers should be mindful and may elect to consult a travel guide or their home destination’s policies.





# MEDICAL TOURISM GUIDE

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# GUIDE FOR MEDICAL TOURISTS

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Bumrungrad International Hospital

## ■ GUIDE FOR MEDICAL TOURISTS

If you're considering surgery or perhaps a medical holiday in Thailand, you've come to the right place. Here you will find all the information you need to research and prepare for a successful medical trip to Thailand.

First of all, you should know that Thailand is one of the best places in the world to go for medical treatment. There are many reasons why this is the case, including world-class medical facilities with internationally trained doctors, state of the art equipment, extensive experience dealing with patients from abroad, and the most attentive care you'll ever receive from a hospital.

Add to this a country that is easy to fly to from anywhere in the world, and one that has the best tourism infrastructure in the region by far. Thus, you can appreciate its attractiveness as a medical tourism destination. Furthermore, with almost unbelievable cost savings, your decision to go to Thailand starts becoming very easy indeed.

Of course there are a number of topics you'll need to look into before making the final decision, as you would before going anywhere for serious medical treatment. Some of these issues are general, while others are more Thailand-specific.

The key to success is adequate research and thorough preparation. Make all your plans, choices and decisions before you leave home.

We've prepared this guide to make this process as easy and straightforward for you as possible. We suggest reading through it first, and then selecting the items relevant to you for further exploration. Doing so will give you the peace of mind you'll need to begin your journey through this important healing adventure.

Alternatively, if for whatever reasons you prefer to have someone else handle everything for you, please see our section at the end of this chapter on using medical tourism agents or companies. There are many reasons you might prefer to have this handled professionally for you step by step, and a proper agent will do exactly what is needed to guide you through the process.

If it's possible for your partner, spouse, friend or a relative to join you on your trip to Thailand, all the better. Obviously, there will be times when you're not functioning at your best, and someone from home will be a great

comfort to you not only in hospital, but in a foreign country.

Once they know that it's Thailand you have chosen for your operation, or medical treatment, you may find yourself with an embarrassment of riches; i.e., who to choose to join you? In most cases, there will be some post-treatment recovery time needed, and it would be hard to find a more beautiful and pleasant environment to spend it in than at your Thai destination of choice: perhaps a beach, a mountain resort, or even a wellness retreat. The possibilities are limited only by your imagination.

The key to success is adequate research and thorough preparation. Make all your plans, choices and decisions before you leave home. Then you can simply go with the flow of the plan you have created, relax and take care of what needs to be done.







THAT IS EXACTLY WHAT THE FOLLOWING INTERNATIONAL PATIENT GUIDE HAS BEEN DESIGNED TO HELP YOU ACCOMPLISH. WE HOPE YOU FIND IT USEFUL AND WISH YOU THE BEST OF LUCK.

#### 1 | DO YOUR RESEARCH

Do your homework. Step 1 involves gathering as much information as possible, then organizing and evaluating it. Make sure to discuss it and consider everything, before making a decision to proceed or not.

Get as much information and documentation as possible from your current doctor. Read all the information and discuss your options with your doctor and other specialists, if possible.

Consider all the treatment options and alternatives as well as potential complications and the typical length of the recovery process.

Once you know all this, you'll be in a good position to proceed to the next step.

#### 2 | MAKE THE DECISION TO PROCEED

Now that you've done your research and know all your options, you're ready to make the decision to proceed and look more seriously into seeking medical care in Thailand. There will be numerous steps in this process, but you will learn something important in each one and gradually, you'll have chosen a hospital and a doctor as well as begun to make your travel plans.

Ideally, you will discuss your various selections with someone you trust and seek testimonials from others who have already done what you are now planning. One day, you may be the one in a position to advise others, but now you must start looking for the best hospital or clinic and doctor to handle your specific case.

Ideally, you will discuss your various selections with someone you trust and seek testimonials from others who have already done what you are now planning.



3 | MAKE A SHORT LIST OF DOCTORS AND TREATMENT FACILITIES

This is obviously the most important decision you'll be making, so take your time, look into all the options, evaluate each one, ask questions and then make a decision.

You'll certainly want a facility and a doctor that make you feel at ease and are not rushing or pressuring you into making a decision. Avoid the medical service providers and doctors who are impatient or impersonal; there are many others around who will provide you with the respect and patience you deserve.

Make a short list of two or three of the places that you have found best meet your criteria. Continue on with the next steps in your process, and eventually you'll narrow it down to the perfect place with the best doctor for you. You should continue with this checklist until you feel comfortable making your decision.

Be sure to look into the doctor's background, qualifications and experience. If this information is not forthcoming, cross them off your list and move on to the next place, until you find one that answers all your questions thoroughly, makes you feel comfortable and offers assistance as you need it.

Before making the big decision, check out the facilities as closely as possible; determine all the costs involved; confirm who your attending physician will be, and establish the time frame for not only your treatment but also for the recovery process. You'll need to know exactly how long you'll need to stay in Thailand after your treatment to avoid any complications that might occur – you don't want something happening to you that you need to deal with a few days after you return home.

If you're ever unsure about any of these issues, either push for more information or seek the help of a medical travel agency which has experience with the type of treatment you are seeking. You should be confident of every step of the process before finalizing your plans to undergo treatment in Thailand.

4 | ESTABLISH INITIAL CONTACT WITH THE HOSPITALS OR CLINICS YOU'VE CHOSEN

Now that you've chosen some hospitals or clinics, contact them. Start with their website's email contact form; this will be a good first test of their responsiveness and professionalism.

Once you've made contact, ask them some of the basic questions you've prepared in advance: what is the treatment process for your condition at their facility; who will be doing the required procedure; what are their qualifications; what are the total costs, including pre- and post-surgery tests, medications, and service; how long do you need to be in Thailand; and what are the other terms and conditions?

Be sure to advise them of any complicating factors you may have that they will need to be aware of to give you an accurate estimate. For example, having certain allergies, being pregnant, having HIV or diabetes and other conditions could have an impact on the treatment, length of stay and costs.

You should be confident of every step of the process before finalizing your plans to undergo treatment in Thailand.

5 | QUESTION THE DOCTOR AND HOSPITAL THOROUGHLY

Since your treatment is certainly a critical issue to you and your health, don't hesitate to question the treatment facility and doctor about anything you're unsure of. If you are not receiving the responses you need, you should look elsewhere. You'll need to ask tough questions such as your doctor's experience and qualifications, what complications might arise as a result of your procedure, what type of anesthesia will they be using and other questions. You need to feel comfortable with the facility and the doctor and confident to proceed, so this will be like a final screening process for you.

Here are some sample questions you might ask, depending on what type of treatment or surgery you will be having:

- What accreditations does your hospital or clinic have?
- How many international patients have received this procedure at your facility?
- How much recovery time will I need? What can I do during this period?
- What professional organizations do you belong to?
- Could you send me a list of references of those that have had this procedure done at your facility?
- How soon after the procedure can I safely fly home?
- What qualifications do you hold, and where did you receive them?
- Will I need to undergo anesthesia during this procedure? Please elaborate on details, including anesthesiologist, type of anesthesia to be used, etc.
- What happens if complications develop after I return home? How and who will deal with these complications?
- Are you certified with local, national and/or international health organizations?
- What kind of follow up procedures do you have for my procedure or operation?
- What is your experience in performing this type of procedure?
- Where will the procedure actually take place?
- What is included in the price of the procedure?
- How frequently and when did you last perform this type of procedure?
- Do you have a crash cart in case of an emergency?
- What is not included in the price of the procedure?
- What is your success rate for this procedure?
- What happens if something goes wrong and I need additional treatment or another operation? Who will cover these expenses?
- What are the frequency and types of complications that you have had performing this type of procedure?
- How long will I be hospitalized altogether?



6 | **SELECT A FACILITY  
AND A DOCTOR**

Based on all your research and the answers to all your questions from your short list, you are now in a position to make the final decision as to which hospital or clinic and doctor you will use. Depending on the type of operation or procedure you need, there may still be time to change your mind on the ground in Thailand after physically examining the facilities and meeting your doctor. For more major operations that need advance scheduling and down payments, this is far less of an option.

7 | **PREPARE  
PRE-INFORMATION  
MATERIALS**

For many procedures or operations, the doctor will want to see as many materials as possible about your condition. You should have all your x-rays, photos, MRI's and other relevant information scanned, so that you will always have the originals.

Ask your home facility to assist you with this or recommend services where you can make copies of these important files. Your treatment facility or doctor in Thailand should request this information from you. If they don't, either ask them yourself or choose another hospital or clinic that does ask you for them.



Samitivej Srinakarin Hospital

8 | **FINALIZE ALL  
INFORMATION AND COSTS**

After these initial contacts and exchanges of information, you need to get a quote for all services and treatment required. The medical facility should be advising you thoroughly during this process about time as well as any pre-surgical requirements that you need to know such as not eating for a specific length of time and not taking aspirin for a certain number of days.

9 | **MAKE AN APPOINTMENT**

During the process above, you should have been advised regarding scheduling procedures. Depending on your medical condition and the treatments you are to receive, it is advisable to contact a hospital several weeks to several months in advance to ensure that you can receive treatment from the doctor you prefer when it is convenient for you to travel to Thailand to receive it.



Samitivej Srinakarin Hospital





## 10 | PLAN YOUR TRAVEL TO THAILAND

The actual planning of your trip can be a bit overwhelming, especially on top of all your medical planning. Thus, we have compiled this checklist for you.

- Make all your reservations and bookings for air travel, accommodation and any tour packages you might wish to take. Get hotel recommendations from your hospital, clinic or travel broker, making sure it is located near your treatment center. Take into account recovery time and doctor's recommendations regarding travel and any post-treatment activity.
- Figure how much time you'll be spending in Thailand. If it's more than 30 days, you should get a tourist visa from the Thai Embassy in your home country for 60 days. Please see our "Useful Information for Visitors to Thailand" section for further details.



Samitivej Srinakarin Hospital

- Make a travel packet of important documents, maps and information you'll need in Thailand. Leave one set of copies at home. Important documents you'll need include:
  - Medical records: e.g., X-Rays, MRI's, health histories, photographs, immunization records, prescriptions and any other health records relevant to your surgery. Carry all these medical reports and any medicines in your carry-on luggage so there is no chance of them getting lost.
  - Copies of your passport, air tickets, extra photographs and other essential medical paperwork.
  - Emergency contacts, including names and numbers of relatives, friends, employer and your home physician.
  - Map of the locations and telephone numbers of your home embassy in Thailand, the hospital where you will receive medical treatment and the hotel where you will be staying.
  - Cash, credit cards, debit cards and travelers checks. Bring enough cash to cover all travel expenses, as well as unforeseen expenses. You can change your home currency into Thai Baht at the airport upon arrival or numerous banks and foreign exchange services in Thailand. You'll also be able to withdraw money at the many ATM's located around Thailand.
  - Driver's license. Carry your driver's license and make sure it will remain valid throughout your trip and long beyond. Keep this in a prominent place along with your passport, as these will serve as important identification documents and be useful in case of emergencies.





### 11 | RECEIVE YOUR PRE-OPERATIVE ASSESSMENT

Depending on your operation or procedure, you will have a pre-operative assessment performed before your treatment. Be sure to schedule time for this and ask your treatment facility what will be involved.

### 12 | RECEIVE YOUR TREATMENT

At this point, you've done all that you can, and you are in the hands of your chosen doctor and treatment provider. You can now relax, remain calm and follow the instructions given to you in your medical facility.

### 13 | WHAT TO DO AFTER TREATMENT?

This all depends on your procedure or operation. In most cases, you'll be spending at least some time in the hospital. Be sure to check this beforehand so you know what to expect and can plan accordingly.

At some point, you'll be released. Since chances are you'll need to come back for a check-up, you may have some time to take a tour, visit a spa perhaps or see some sights. You should have planned for this already if you've been following the checklist above. Take it easy and try to enjoy your medical holiday before your check-up and eventual departure.

Be sure to get as much information as possible before leaving Thailand, as communications will obviously be more difficult from abroad. You should know the answers to common questions such as:

- How much pain will I have, and how long will it last after my procedure?
- What are the possible complications of my procedure, and how common are they?
- How soon can I have visitors after my treatment?
- Will I need physical therapy, and if so, for how long?
- How long should I stay in Thailand before flying home?
- Will I need physical help getting around after my treatment? If so, for how long?
- How long should I wait before returning to work?
- What restrictions should I observe after my procedure, and for how long?
- What medications will I need, where are they available, and how long will I need to take them?
- Will there be follow-up options with my doctor from home, such as telephone calls, emails, or online chats?
- What should my home physician know? And what should I give my doctor in the form of files, x-rays, or documents?
- What about insurance paperwork? Will you assist me with this?







#### 14 | FIGURE THE TOTAL COST OF YOUR MEDICAL HOLIDAY

Although the cost of your treatment will most certainly be less than at home, be sure to take into account all costs of your medical holiday when planning and budgeting for your trip. Don't forget to include the following:

- Passports, visas, and any supplementary paperwork
- International flights and extra (hidden) fees
- Immigration and emigration fees
- Transportation costs from your home to your hotel in Thailand – and back
- Accommodation
- Food
- Communication costs: telephone, internet and phone cards
- Medical equipment, if needed (wheelchairs, crutches, bandages, etc.)
- Medication
- Travelers insurance
- Post-operative treatment and recovery
- Shopping, entertainment and recreation
- Tours
- Gifts
- Contingency funds

#### 15 | BE PREPARED TO STAY LONGER OR SHORTER THAN EXPECTED

You may not want to get air tickets with too many conditions, as your post-operative treatment may take more, or possibly less, time than projected. Do not make your schedule too tight and inflexible, as it's not unusual for changes to occur.

#### 16 | WORK WITH A MEDICAL TOURISM COMPANY

As we mentioned at the beginning of this chapter, you can arrange medical treatment yourself or you can use a medical tourism agent, of which there are now many available.

If you've been to Thailand before and feel comfortable communicating with clinics or hospitals, you might want to consider arranging everything yourself. If you run into trouble, you can always seek professional assistance later.

If you have friends or relatives living in Thailand, you're probably better off having them assist you if they are willing to do so. They will certainly have your best interests at heart and be familiar with the Thai medical scene. They may be able to negotiate discounts for you, and you won't need to pay a broker.

On the other hand, if you have never been to Thailand and don't know anyone living in the country, you may want to seek the help of professionals, especially if you're elderly, disabled or an inexperienced traveler. There are potential obstacles along the way, and if you are not in the best of health, you're well advised to let a medical tourism agency handle everything for you. If you choose carefully,

they may hardly cost anything extra, as they will receive their payments while handling your case and arranging all logistics.

The truth is that a professional medical tourism provider can take care of virtually everything for you, even the unexpected, which are worth looking into, even if you decide to handle things yourself.

Among their services are providing you with detailed information about various procedures, detailed hospital and surgeon profiles, medical records transfer, free surgery quotes, pre-and post-consultation with the Thai hospital, feedback and testimonials from previous patients, medical and dental loan financing, passport and visa advice, airport pick-up and drop-off, travel insurance, hotel booking, tourism services in country and more.

The bottom line is that due diligence and advance research are critical to a safe, successful and healthy medical holiday. Whether you end up handling it yourself or using a broker or provider, think ahead, plan your trip wisely and remain open and flexible. If you follow all the advice above, you're sure to have a successful medical holiday and an exciting cultural adventure in the process.

The bottom line is that due diligence and advance research are critical to a safe, successful and healthy medical holiday.





# USEFUL INFORMATION FOR VISITORS TO THAILAND

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## PASSPORT & VISAS

Citizens of New Zealand, Australia, Canada, the USA, and most European nations may enter Thailand for up to 30 days without a Thai visa when arriving by air. Be sure to note that those entering Thailand by land, however, will receive a Thai visa waiver for only 15 days.

You may not require a visa for Thailand if you are citizen of one of the 40 or so nations that qualify for a Thai visa waiver or Thai visa exemption. Please visit [www.mfa.go.th](http://www.mfa.go.th) for more details and the latest information from the Ministry of Foreign Affairs. Visa application forms are also available here.

If your citizenship does not qualify you for a visa waiver, or if you are planning to stay in Thailand for longer than your visa waiver would allow (30 days at the airport normally), you'll need to apply for a Thai visa at an embassy or consulate outside of Thailand, normally in your home country. These will typically be for 60 days.

You can renew these tourist visas in countries bordering Thailand, typically Laos, Cambodia, or Malaysia. Three consecutive visas can be issued to you in this manner, after which you'll need to leave the Kingdom for 60 days before beginning the process anew.

## CUSTOMS & IMMIGRATION

### ON ARRIVAL AT THAILAND IMMIGRATION AND CUSTOMS

Before traveling to Thailand – or anywhere abroad – please be sure that your passport will not expire for at least 6 months. It is highly recommended that you always have at least 9 months validity on your passport, as one never knows if something unexpected might happen during your travels to cause delays, at which point you won't have to worry about your passport expiring.

### DECLARATIONS AND ALLOWANCES

**Duty Free:** No import fees will be charged to anyone entering Thailand as long as the value of their personal items is not more than 80,000 Baht. Furthermore, goods you bring in need to be for personal or professional use, not subject to restriction or prohibition, and the overall amount is within reasonable limits.

In addition, you cannot bring more than 250 grams of cigars or smoking tobacco, or 200 cigarettes into Thailand, or more than 1 liter of wine or liquor.

For further details, visit the Thai Customs Department website: [www.customsclinic.org](http://www.customsclinic.org)

It is highly recommended that you always have at least 9 months validity on your passport.





Tourists can receive VAT refunds of 7% on items purchased at major stores. In order to qualify, however, one must spend at least 2,000 Baht per store each day, and the total must come to a minimum of 5,000 Baht.

MONEY MATTERS

BARGAINING

Bargaining is common throughout Thailand, the exception being in big department stores. In general, you can expect to bargain prices down roughly 20-40%.

You will fare much better if you do this in a spirit of fun and above all, in a calm, friendly manner. Thais will appreciate your negotiating skills if you do this properly. People may gather around to watch your bargaining skills as well, adding to the fun.

TIPPING

In the past, there was no tipping done in Thailand; people paid for what they wanted, and that was that. However, as tourism increased, and Westerners began arriving in larger numbers, many of them tipped, just as they would back home. Obviously, this is something one gets used to rather quickly, so tipping is now a much more common practice in Thailand, especially at larger tourist destinations.

At restaurants – not street stalls – it's become much more common to leave tips of about 10%. It's common to let taxi drivers keep the change within

reasonable limits. Tipping in hotels is a personal matter, and depends on the service offered: normally 20 Baht is adequate for porters, waiters, and parking attendants. Of course, the service staff in larger hotels expects a bit more, which in Thailand is only about 50 to 100 Baht, or 2-3 US dollars. Many hotels and large restaurants now add a 10% service charge to the bill automatically.

VAT REFUND

Tourists can receive VAT refunds of 7% on items purchased at major stores. In order to qualify, however, one must spend at least 2,000 Baht per store each day, and the total must come to a minimum of 5,000 Baht.

If you qualify, you must take your receipt, passport, and flight info to the VAT Refund counter at the store where you bought the items. You must do this on the same day as well. When you're at the airport leaving Thailand at the end of your trip, you will see a VAT Refund counter in the departures terminal before you pass through customs on your way to the departures. After you have completed the procedures, you must show these forms and the purchased items to the customs officials there.

BUSINESS HOURS

CLINICS AND HOSPITALS

All major hospitals have 24-hour emergency rooms for those with urgent matters. These hospitals normally have a walk-in service throughout the day, whereas private clinics' hours vary depending on the clinic. Often they will have morning and evening hours, and the physicians will work in hospitals during the day. Please check the clinic hours before going to them.

EMERGENCY SERVICES

Emergency services are available 24 hours/day in all of Thailand's big cities. Again, the larger cities will have better services, while smaller villages may only have a small clinic with a nurse. The emergency number is 191, and you should ask a Thai to call for you to ensure proper understanding and communication.

BANKING HOURS

Thai banks are open Monday through Friday from 8:30 a.m. to 3:30 p.m. Some branches are open longer hours and on weekends in malls. Currency exchange booths generally have longer hours every day for the convenience of tourists needing to exchange currency.

SHOPS AND DEPARTMENT STORES

Most malls and department stores are open from 10:00 a.m. to 9:00 or 10:00 p.m. every day. Small convenience stores open early in the morning and stay open late, often until around midnight. There are also 7-11 stores everywhere in Thailand now, which basically never close.

BTS SKYTRAIN

The BTS skytrain runs daily from 6:00 a.m. to midnight. Service is very frequent and more trains operate during rush hours.

MRT SUBWAY

The MRT underground Blue Line begins service at 6:00 a.m. and shuts down at midnight daily. These trains run very frequently, arriving about 5 minutes apart during the morning and evening rush hours.

POST OFFICES

Thailand's post offices are open Monday through Friday from 8:30 a.m. to 4:30 p.m., and in some places, Saturday and Sunday from 9:00 a.m. to 12:00 p.m. Many small branches are closed on weekends. All post offices are closed on public holidays.

MUSEUMS AND GALLERIES

Thailand's museums and art galleries are normally open to the public from 9:00 a.m. to 4:00 p.m. daily. Times may vary from place to place, and some may close one day during the week and/or on public holidays. It is always best to check in advance before making plans to visit a museum or gallery.

NIGHTCLUBS / PUBS

Most night spots in the Kingdom are required to close by 1:00 a.m., while hotel bars and certain clubs in major tourist destinations may have special permits from the authorities to stay open until 2:00 - 3:00 a.m.





### DOS & DON'TS OF THAI CULTURE

Thai culture is renowned for its openness, friendliness, and generosity. Thais are rightly proud of their country, their culture, and the Monarchy. Given their non-confrontational nature, you may not know in many cases that you are even doing something offensive. This is why it's important to learn what you can about Thai culture and customs in advance, and follow these basic rules:

- Above all, visitors should show respect for the King, the Queen and the Royal Family, as well as any images of royal family members. It is against the law to speak ill of the Royal family, and it is required to stand in honor of the King prior to movie screenings and other public events.
- One should dress neatly and respectfully in public, especially when visiting religious

sites. T-shirts, shorts, tank tops, and similar beach-type attire are not permitted, and you will not be allowed in to many temples in such garb. Shoes are always removed before entering temples or people's homes.

- All Buddha images are sacred, and should be treated as such. Do not climb upon them for photographs or otherwise defame them.
- Buddhist monks are forbidden to touch or be touched by a woman, as well as to accept anything from the hand of one. If a woman has to give anything to a monk, she should first give it to a man who can then offer it to the monk.
- Monks are likewise not allowed to sit next to women on public transportation, so women should be aware and respectful,

Thai culture is renowned for its openness, friendliness, and generosity. Thais are rightly proud of their country, their culture, and the Monarchy.

and not occupy an empty seat next to a monk, causing him to move.

- In general, Thais do not normally shake hands when greeting one another. Instead, they place their palms together in a prayer-like gesture called a wai. A younger person or person of lesser social status wais an elder or more senior person, who will then return the gesture. This is changing somewhat in business settings, where more Western etiquette is frequently observed.
- For Thai people, the head is the highest part of the body and the feet are the lowest,

both literally and figuratively. Therefore, avoid touching people on the head and do not point your feet at people whenever possible. Do not use your feet to point at objects, move things, or even close a door; it is considered very bad form to do so.

- Public displays of affection are frowned upon, as are visible displays of emotion, especially anger or rage. Thais respect patience and tranquility a great deal, and displaying calm behavior will be respected by Thais, as well as aid you in your interactions.





IMPORTANT TELEPHONE NUMBERS

TELEPHONE SERVICES

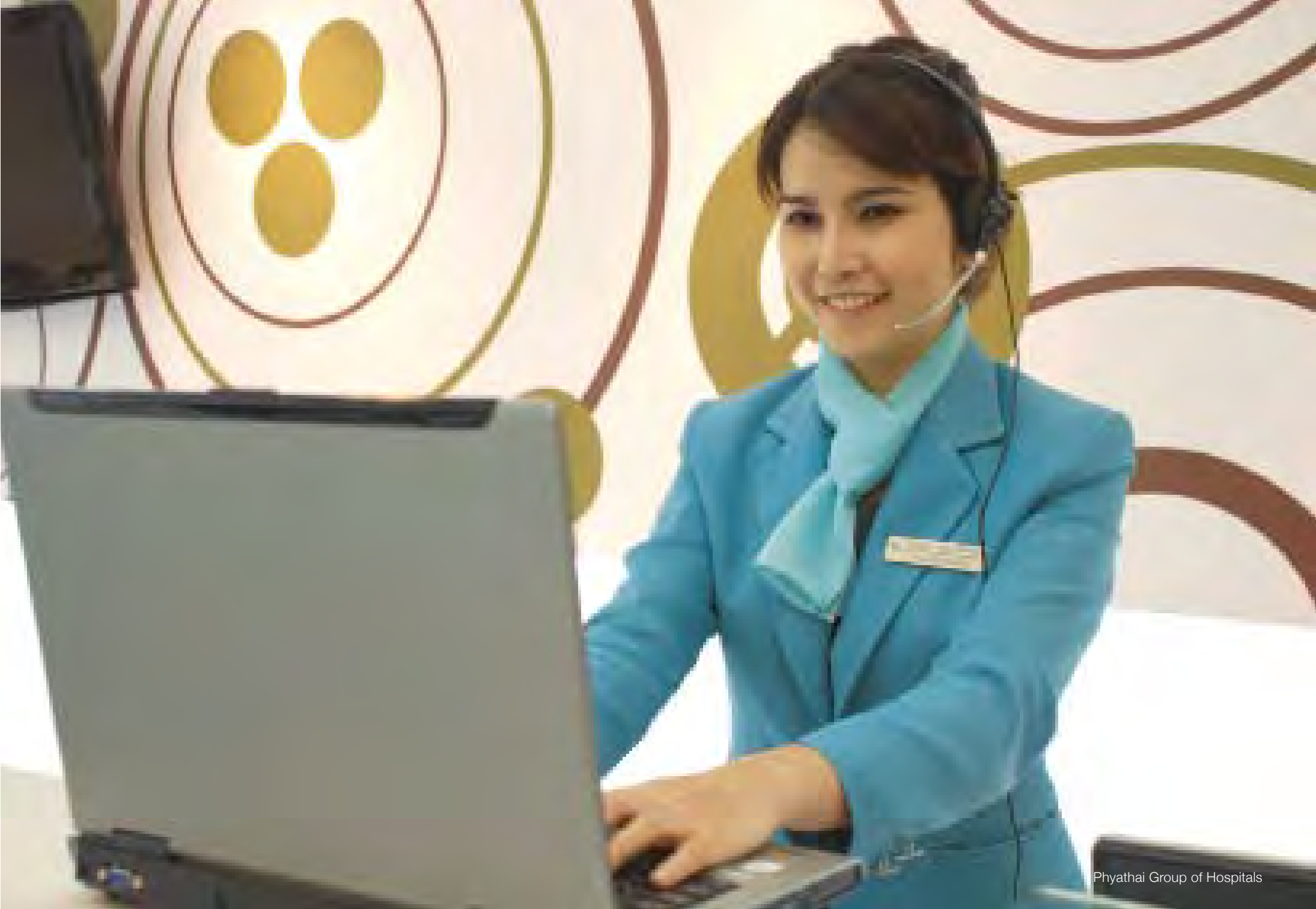
Directory Assistance	1133 (Bangkok), 183 (upcountry)
Long Distance Service	100
IDD	001 + country code + area code + phone number

EMERGENCY CALLS

Police	191
Fire Brigades	199
Tourist Police	1155, 0 2281 5051
Ambulance (Bangkok)	0 2255 1133 to 6
TAT Tourist Service Centre	1672

OTHER USEFUL NUMBERS

Bangkok Suvarnabhumi Airport (Call Center)	0 2132 1888
Public Transportation Centre	0 2132 9100
Limousine	08 1822 6055, 08 3606 0088
Emergency / Security Service	0 2132 1911
Airport Medical Center	0 2132 7777
THAI Airways International	0 2132 0040
Bangkok Railway Station	1690, 0 2223 7010, 0 2220 4444 (RSVN), 0 2220 4334, 0 2621 8701
Air-conditioned Bus Stations	
• East	0 2391 8097, 0 2391 2504
• North & Northeast	0 2936 2852 to 66
• South	0 2434 7192, 0 2435 1200
Immigration Division	0 2287 3101 to 5
BTS Skytrain Hotline	0 2617 6000
MRT Subway	0 2246 5733, 0 2246 5744





# HOSPITAL ACCREDITATION

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# INTERNATIONAL ACCREDITATION

## 1 | JOINT COMMISSION INTERNATIONAL (JCI)

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO), commonly known as The Joint Commission, is an independent, not-for-profit organization that evaluates and accredits more than 19,000 healthcare organizations in the United States.

JCAHO's Joint Commission International (JCI) was founded in 1997 to survey hospitals outside of the United States. JCI, which is not-for-profit, currently accredits facilities in Asia, Europe, the Middle East and South America, and has accredited more than 400 hospitals in 46 countries.

Through international accreditation, consultation, publications and education programs, JCI extends

The Joint Commission's objectives worldwide by working to improve the quality of patient care by assisting international health care organizations, public health agencies, health ministries and others evaluate, improve and demonstrate the quality of patient care and enhance patient safety worldwide. International hospitals seek accreditation to demonstrate quality, and JCI accreditation is considered a seal of approval by medical travelers from the U.S.

JCI's standards and qualifications are derived from an international consensus of achievable expectations for structures, outcomes and processes for medical facilities. The standards are designed to accommodate cultural, religious and legal factors within specific countries and regions.



Thailand was the first country in Asia to achieve JCI accreditation in 2002, and 17 hospitals in Thailand are now accredited:

- Bangkok Heart Hospital (Bangkok)
- Bangkok Hospital (Bangkok)
- Bangkok International Hospital (Bangkok)
- Bangkok Hospital Pattaya (Pattaya / Chonburi)
- Bangkok Hospital Phuket (Phuket)
- BNH Hospital (Bangkok)
- Bumrungrad International (Bangkok)
- Chiangmai Ram Hospital (Chiang Mai)
- Praram 9 Hospital (Bangkok)
- Ramkhamhaeng Hospital (Bangkok)
- Samitivej Srinakarin Hospital (Bangkok)
- Samitivej Sriracha Hospital (Pattaya / Chonburi)
- Samitivej Sukhumvit Hospital (Bangkok)
- Synphaet Hospital (Bangkok)
- Vejthani Hospital (Bangkok)
- Wattanosoth Cancer Hospital (Bangkok)
- Yanhee Hospital (Bangkok)





Bangkok Hospital



Phyathai Group of Hospitals



Praram 9 Hospital

2 | CLINICAL CARE PROGRAM  
CERTIFICATION (CCPC)

The Joint Commission Resources Board of Commissioners has approved the change of Joint Commission International's (JCI's) program-specific certification initiative from Disease or Condition-Specific Care Certification (DCSC) to Clinical Care Program Certification (CCPC). JCI's CCPC program is designed to evaluate disease management and condition-specific care programs that are provided by medical facilities.



Bangkok Hospital

JCI's CCPC program is designed to evaluate disease management and condition-specific care programs that are provided by medical facilities.

As opposed to accreditation, Clinical Care Program Certification demonstrates excellence in the integration and coordination of care for treatment of a specific disease. The CCPC standards apply to disease programs for the following:

- Heart Failure
- Acute Myocardial Infarction
- Primary Stroke
- Diabetes Mellitus (*Type 1*) and/or Diabetes Mellitus (*Type 2*)
- Chronic Kidney Disease (*Stage I to IV*)
- End-Stage Renal Disease
- Palliative Care (*all types*)
- Traumatic Brain Injury
- HIV/AIDS Management
- Cancer (*all types*)
- Pain Management
- Asthma
- Joint Replacement (*all types*)
- Transplantation (*all types*)
- Chronic Obstructive Pulmonary Disease (COPD)

CCPC ACCREDITED  
HOSPITALS IN THAILAND INCLUDE:

Bangkok Hospital Medical Center

- Acute Coronary Syndrome
- Breast Cancer Conserving Therapy Program
- Heart Failure Program
- Primary Stroke Center

Bumrungrad International

- Primary Stroke Program
- Acute Myocardial Infarction with ST Segment Elevation
- Diabetes Mellitus Type 1 and 2
- Chronic Kidney Disease Stage I to IV

Samitivej Srinakarin Hospital

- Low Back Pain Program
- Primary Stroke Program

Samitivej Sukhumvit Hospital

- Lung Cancer Program
- Acute Myocardial Infarction Program
- Osteoarthritis of the Knee Program





# LOCAL ACCREDITATION

## HOSPITAL ACCREDITATION (HA)



The Hospital Accreditation (HA) process is a collective organizational commitment to quality improvement, organizational analysis, self-assessment, strategic formulation of organizational development planning, human resources development, teamwork and service systems focusing on patient-oriented strategies.

Hospital accreditation is defined as: “A self-assessment and external peer assessment process used by health care organizations to accurately assess their level of performance in relation to established standards and to implement ways to continuously improve”.

There are analytical, counseling and self-improvement dimensions to the process and related issues centered around evidence-based medicine, quality assurance and medical ethics. The reduction of medical error is a key role of the accreditation process.

Quality improvement, by using "The Hospital Accreditation" approach, is a concept and practice that yields beneficial results to patients, customers, hospital personnel, the hospital itself, faculties of medicine, Thai society and the country as a whole.

According to the Health Care Accreditation Institute, a public organization, there are more than 230 hospitals now accredited in Thailand. Please see [www.ha.or.th](http://www.ha.or.th) for further details.



Piyavate Hospital



# SAFETY ISSUES



# ■ SAFETY ISSUES

Medical tourism in Thailand is generally safe and trouble-free. Like anywhere, though, it's only common sense to do proper research and check out the facilities and doctors whose care you may be under. You will most certainly receive personalized attention, modern health care, comfort, convenience and very affordable pricing.



TRIA Integrative Medical Institute

Nonetheless, you will be in a country not your own, so you should investigate everything as best you can, and ask questions until you are satisfied. You should also do some research and learn what you need to know about traveling to Thailand. We have compiled a few key points for you to think about below, which will make a good start for your preparation.

## LOOK INTO ACCREDITATION

Look for accredited hospitals that perform the procedure or offer the treatment you need. Accreditation will ensure that the facility, equipment and personnel meet the safety standards you will want during your stay.

Carefully examine the different types of accreditation your medical treatment facility has, as there are both international and local types of accreditation, as well as a number of certification programs.

Please see our section on "Hospital Accreditation" in this chapter to learn about the different types available and some of the hospitals that have achieved this accreditation in Thailand. There are many good hospitals in Thailand, many of which are internationally accredited.

## CHECK YOUR INSURANCE

After you've done your research into your treatment center and potential doctor, get an estimate of what it will cost. Be sure to include all components of your treatment, before, during and after, as well as medication and tests. See the "Guide for Medical Tourists" for more details regarding pricing.

Check to see how much of your bill your insurance will cover. In order that you don't have any surprises later. Insurance companies are now realizing that medical tourism is no longer just for cosmetic surgery but for serious procedures and complex operations as well. Thus, more companies are willing to cover more expenses, especially since your Thai hospital expenses could be 60-70% less in some cases.

DON'T GO IT ALONE

It's always best to use the buddy system, especially when traveling to a new destination abroad, even more so if you're going there to have a major operation performed. Chances are you may not be functioning at your peak performance levels, and a healthy friend or family member will be able to assist you in many ways, especially after your procedure.

There's nothing like a familiar face to comfort you when you're coming out of anesthesia, not to mention traveling together to a Thai beach before returning home.

PREPARE FOR THE UNEXPECTED

You can't anticipate everything that could go wrong from the time you leave your house to the time you return home with your health treatment behind you. However, you can think ahead and do your homework; then, you'll be more aware of some of the things that could possibly go wrong.

Talk to your travel agent, ask for advice and consult your home country's official travel advisory website. If there's been any trouble or specific problems in the area you plan to go, your travel advisory site will advise you of the situation and how to proceed.



Chiva-Som International Health Resort

The last thing you want is to be taken ill with something other than your primary affliction; for example, malaria, dengue fever or food poisoning. Therefore, it's best to place it safe until after your procedure is performed, Stay close to your hotel; eat in enclosed, air-conditioned restaurants; and avoid dark, seedy areas at night.

Check and re-check the following until you know where everything is by heart: Where is my passport? Where are my emergency contact numbers? Where is my hotel information – in English and Thai? Is all my paperwork in order? When is my next appointment? Knowing all this will give you peace of mind, which is important before your treatment.

TRAVELING WITH YOUR MEDS

Traveling is not what it used to be. If you are going to need to take drugs and medications with you on your flight, do not simply assume that you'll be able to do so without advance preparation. We have listed some helpful advice for you in this regard below:

- Go to the airport early, so you won't need to rush and have plenty of time to clear security.
- Do not move your pills or drugs from their original marked containers. You may think it's a good idea for traveling, but it is definitely not. Airport and airline personnel will want to know exactly what medications you are carrying and see your name on the bottles.

- Keep a note from your doctor in the special bag you will buy for your medications. The note should clearly explain your medical condition and indicate what drugs you have been prescribed.
- Inform your airline during the booking process of your condition and the medications you will be hand-carrying with you on board the flight.
- At present, containers with over 100 ml of liquid are not allowed on flights. If you do have medications in liquid form, such as eye or ear drops, cough medicine or the like, you'll need to clear these with airport security in advance. Once again, go early, and keep your doctor's note with your medications.
- Since you should not really be traveling alone if you have a serious condition, make sure your travel companion is well-informed of your medications, especially any drugs that might be needed in the event of a complication or emergency.
- Keep track of time zones. You'll need to adjust your medications accordingly. Keep your watch set to your home time until you reach your hotel, where you can recalibrate your time settings and dosages.
- Finally, be sure you have an adequate supply of the medications you need to take before reaching your doctor or hospital in Thailand. That will be the place to re-stock, not in a pharmacy or chemist you happen to find on the street outside your hotel.



The more you know about Thailand in general, and medical tourism in particular, the less chance there will be for something to go wrong.

VACCINATIONS AND PRECAUTIONS

Thailand is a beautiful, safe, popular, modern tourist destination; however, it is also located in a tropical climate zone. Unless you’ve been to Thailand many times before, you’re going to be exposed to local pathogens, bacteria and diseases your body may not have encountered before. Therefore, be prepared and play it safe by looking into the vaccinations you should have before traveling around the world.

Your travel agent or medical tourism provider will have a list of recommendations for you, since most vaccines are recommended and not mandatory. For a more authoritative list, visit the websites of the World Health Organization and the Center for Disease Control and Prevention.

Be sure to plan ahead as some vaccinations require advance time of several weeks or months; do not put this off until the last minute. You should begin preparing for your trip several months in advance in order to have plenty of time to take care of everything with time to spare.

KNOWLEDGE IS  
POWER – AND PROTECTION

The more you know about Thailand in general, and medical tourism in particular, the less chance there will be for something to go wrong. For example, legal recourse is not the same the world over. It may be worth looking into the laws on malpractice, for example. Check with your treatment center, your medical tourism agent if you have one and your own insurance company. You’ll want to know what’s covered and what isn’t, just to be sure.

Once again, check your facility’s credentials, accreditations and certifications. See if it has JCI or other international or local accreditation, and don’t forget to check your personal doctor’s credentials as well.

Many hospital websites now have blogs or forums associated with them; read them. Discuss your procedure or treatment with others who have already had it performed. Ask them what you need to be prepared

for, what you should bring and what you need to know. People love to share their experiences, and you will gain a world of knowledge this way.

For example, have you told your Thai treatment center about any preexisting medical conditions you have that might complicate surgery such as allergies or diabetes? What about special dietary needs? These are things to discuss before your treatment or procedure, not after. Send your hospital all your important information and files in advance.



Samitivej Srinakarin Hospital



TRIA Integrative Medical Institute

You certainly wouldn't be the first person to fall in love with Thailand and want to keep returning again and again.

#### AFTER THE OPERATION

Along these lines, be sure that your hospital or treatment center will be giving you adequate and sufficient follow-up care. Check all the details before committing to anything. Don't feel pressured into paying advances or down payments too quickly before you're totally confident about your treatment center's credentials and procedures.

After your medical procedure, do not rush off into the mountains on an adventure tour, go bungee jumping or fly home the next day thinking that all is now fine and dandy. Flying may seem passive and safe, but you're actually sitting at high altitudes in one position for long periods of time. Blood clots or DVT (Deep Venous Thrombosis) are not something you want after a heart operation.

Remember, you've flown around the world to one of the top tourist destinations on the planet. Take advantage of it and relax in a spa, or on the beach, or at a luxury resort for a week or so, depending on the type of

procedure you've recently undergone. Follow your doctor's advice carefully – he or she is the reason you've flown to Thailand. Listen to them and recuperate slowly.

Of course, you're not going to be able to stay on indefinitely, no matter how much you'd like to, and if you had a serious operation, you'll need to coordinate your postoperative therapy between your health care provider in Thailand and your home physician. Therefore, it's important to keep everyone in the loop, and make sure you have all the necessary files, paperwork, test results, x-rays, etc., before returning home.

If you keep all the above safety issues and procedures in mind, exercise common sense and listen to your health care providers, chances are you'll have a very successful and enjoyable medical holiday. You'll probably even be thinking of other reasons to return again in the future. You certainly wouldn't be the first person to fall in love with Thailand and want to keep returning again and again.





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# ABOUT THAILAND

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## ■ ABOUT THAILAND

Thailand is a fascinating country. It is a land of Buddhist temples, exotic wildlife, lush rainforests, modern metropolises, and amazing islands. Thailand has a singular history and a unique culture that includes world-renowned Thai food, an exotic climate, 5-star hotels and hospitals, as well as spectacular health spas and wellness retreats. But what really makes Thailand special are its people: generous and welcoming, whether in a small mountain village or in the bustling capital city of Bangkok.

### COUNTRY

Thailand is a constitutional monarchy, whose current head of state is HM King Bhumibol Adulyadej. It is the only Southeast Asian nation never to have been colonized by a European power. As a result, a distinct and unique Thai kingdom has existed for close to 800 years. Until 1939, Thailand was known as Siam, after which time it has been called “Thailand”, which literally means “Land of the Free”.

### CAPITAL

Bangkok

### GEOGRAPHY

Thailand is roughly the size of Texas and France, with a geographical area of some

514,000 square kilometers, or 200,000 square miles. Thailand, especially Bangkok, is the hub of mainland Southeast Asia. Few people visit this region without passing through Bangkok, one of the world’s great cities.

### WEATHER

Thailand has a lovely, tropical climate, with temperatures ranging between 19 to 38 °C (66-100 °F). Although often hot and humid, half the year is quite close to the most ideal weather one could ever hope for. Generally speaking, Thailand can be divided into three seasons: the “hot” season (March – June), the rainy season (July – October), and the “cool” season. Most tourists visit Thailand between November and February, when the days are pleasant, and the nights are cool.





POPULATION

The population of Thailand comprises roughly 65 million citizens. Approximately 7 million citizens live in the capital city, Bangkok, though this number varies seasonally and is very difficult to count.

PEOPLE

Over 75% of Thailand’s nearly 65 million citizens are ethnically Thai, with the other 25% a mixture of Chinese, Indian, Malay, Mon, Khmer, Burmese, and Lao. There is greater diversity in the sprawling capital, with people from all over the world calling Bangkok home. There is a Muslim majority in several provinces in the far south, near the border of

Malaysia, and there are small pockets of other ethnic groups, such as the Karen, Lahu, Lisu, Yao, and Hmong, living predominantly in the northern mountains.

RELIGION

Approximately 94.6% of Thais are Buddhist, 4.6% are Muslim, and 0.7% are Christian. While religion in Thailand is predominately Buddhist, Thais show great tolerance towards other religions and generally coexist quite peacefully.

LANGUAGE

Virtually all of the population speaks Thai or one of its regional dialects, such as Isan



Anantara Gloden Triangle Resort & Spa



The Naka Island a Luxury Collection Resort & Spa

(or Lao) in the northeast part of the country. English is spoken by many people in the larger cities, especially in the business districts and in areas frequented by large numbers of tourists.

NATURE

Thailand encompasses many different ecosystems, and there is something for everyone, be it mountains, beaches, or jungles. A great deal of wildlife can be found in many national parks, and there are still natural rainforests in the country. The mountains in the north can be quite wild and remote, and still contain wildlife.

GOVERNMENT

Thailand is a constitutional monarchy, with a democratically elected prime minister the head of government and a hereditary Thai King as head of state. The Thai Constitution calls for Thai citizens to elect their leaders in the form of a parliament, with a bicameral legislature consisting of a Senate and House

of Representatives, with executive authority in the hands of the prime minister. There is also a judiciary, overseen by the Supreme Court, designed to act independently of the other two branches of government.

ECONOMICS

Thailand’s economy is largely export-driven, and accounts for approximately 60% of the country’s US\$ 200 billion GDP, the second largest economy in Southeast Asia. Thailand is the world’s largest exporter of rice, followed by other agricultural products. It is also a great exporter of automobiles, made in Thailand’s eastern seaboard, along with computers and other electronic appliances. Rubber and textiles, as well as jewelry, are also exported in significant quantity. Thailand is one of the world’s premier tourist destinations, with tourism accounting for about 7% of its GDP. Thailand remains a prime destination for countries outsourcing diverse types of products, given its central location and attractive incentives.



CURRENCY

The currency of Thailand is the Thai Baht, which comes in coins and banknotes. The largest banknote is the one thousand baht note, valued at about 30 US dollars in 2011.

BANKING

Thai banks are plentiful, found in both large and small cities. Their hours are typically Monday through Friday, 9:30 a.m. to 3:30 p.m. Many bank branches in malls have abridged hours on Saturdays. Currency exchange booths have much longer hours for the convenience of tourists. All forms of transactions, both domestic and international, can be conducted at most any Thai bank.

TIME ZONE

Thailand Standard time is GMT +7, and the country does not observe daylight savings time.

ELECTRICITY

Electricity in Thailand is 220 v. at 50 cycles per second, compatible with appliances from the U.K., but not with items from the US and other nations. Visitors from the US and other countries not on the 220/50 v. system should bring adapters to run most of their appliances, though many now come with dual voltage capability. Many outlets in Thailand can facilitate flat, two pronged plugs; though most feature holes for round plug ends. Very few outlets outside the largest cities feature three-

hole grounded outlets. You should bring or buy a three-to-two prong adapter if you wish to use your notebook computers, or similar appliances, throughout Thailand. Adapter kits can be easily purchased and are very handy indeed.

ACCOMMODATION

Thailand has an abundance of accommodation options, be it five-star luxury spa retreats or small, charming family-run beachfront bungalows. There is accommodation here for every type of traveler on any budget. Prices will be more expensive in the “high” tourist season, between November and February, and prices are generally reduced from May through September, during the “low” season.

TELEPHONE

The Thai telephone system is modern, well-developed, and widespread, especially for users of cellphones. Inexpensive cellphones are available in most cities, and you can buy phone-time almost anywhere. There are also public telephones widely available, communications centers, and Internet cafés throughout Thailand. All you’ll need to worry about is the time difference back home.

INTERNET

The Internet in Thailand has exploded in the past few years, and is available everywhere except the most remote villages. Net cafés are the new ‘Mom & Pop’ businesses in small villages and can be found throughout the country. In the larger cities, there are now more of them than 7-11’s, which are also everywhere. Wi-Fi hotspots are popping up everywhere as well, some free and some payable on an hourly rate. The trend towards free usage is increasing, however, as more and more hotels, restaurants, coffee shops, airports, and even hospitals provide high speed access as a value-added service for their customers.

NEWS

There are a number of good English-language newspapers in Thailand, the largest being The Bangkok Post and The Nation. There are also a number of English radio stations, and English news is sometimes shown on Thai TV channels, in addition to foreign news channels such as CNN and BBC. To keep informed of Thai tourism events and destinations, simply browse TAT’s website.





GETTING HERE  
AND AROUND

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## ■ TRAVELING TO THAILAND

Whether your destination is Bangkok, Phuket, Chiang Mai, or the most remote provinces, you'll have no trouble getting there. All major cities have airports, and there are numerous border crossings to enter the Kingdom. Please see the following details regarding travel different options.

### TYPES OF TRANSPORTATION

#### AIRLINES

As Bangkok is principal hub of mainland Southeast Asia, flying is certainly the most convenient way to reach Thailand from major airports around the world. There are also flights from many countries to major cities and tourist destinations, including Phuket, Chiang Mai, Krabi, Koh Samui, and Hat Yai, as well as Udon Thani in northeast Thailand.

In addition, there are many domestic flights every day, from Chiang Rai and Chiang Mai in the north to Phuket, Krabi, and Hat Yai in the south. An increasing number of low-cost airlines are now serving Thailand domestically and internationally as well.

#### BUS AND COACH

There are many buses traveling between Thailand and Laos, Cambodia, and Malaysia. The only country bordering Thailand where this is not possible is Myanmar, although there are flights between Bangkok and Yangon regularly.

From Laos, buses cross the Friendship Bridge traveling between Vientiane, Laos, and Nong Khai, Thailand, a small border town on the banks of the Mekong River. From Nong Khai, you can catch buses to elsewhere in Thailand, or you can continue on to the larger city of Udon Thani, two hours away. Udon Thani has an airport, as well as bus stations, so you can choose to continue your journey via plane or bus from there.

Should you be traveling north to Thailand from Malaysia, you can cross into Thailand at several different border crossings, including Yala, Narathiwat, or the main crossing into Songkhla province. Most every bus entering Thailand in the south will take you to Hat Yai, which is the hub for buses traveling to other Thai destinations.

If entering overland from Cambodia, from Battambang or Siem Reap, you will cross into Thailand at the border towns of Poipet, Cambodia and Aranyaprathet, Thailand. Here you'll need to disembark in Cambodia, cross over on foot, and arrange further transport from the Thailand side, which is not difficult.

As Bangkok is principal hub of mainland Southeast Asia, flying is certainly the most convenient way to reach Thailand from major airports around the world.

TRAINS

The principle border crossing for visitors taking trains into Thailand is located near the Malaysian border town of Butterworth. Travelers from Singapore and Kuala Lumpur can travel by train north to Thailand, although it is necessary to change trains en route. The journey from Singapore can last up to 48 hours, as two changes of train are required. There are numerous stops along the way, especially if you're heading all the way up to Bangkok.

Private trains with first-class sleeper cars certainly make a train trip more enjoyable, though it comes at a price. One can travel the Eastern & Oriental Express, a colonial style luxury train that runs from Singapore and Malaysia north into Thailand. This is an unforgettable experience for romantic train-lovers indeed.

A short stretch of railway opened in 2009 connecting Nong Khai, Thailand to Vientiane, Laos, which makes an interesting alternative to crossing the bridge by bus, which most people do. This 10-minute trip travels between

Nong Khai's train station and Thanalaeng station outside Vientiane. There are immigration stations at both locations, which are less busy than the main immigration post at the Friendship Bridge. There are also trains running night and day between Nong Khai and Bangkok.

As for Cambodia, there is no train travel at present. However, once you cross into Aranyaprathet, Thailand from Poipet, Cambodia, you'll be able to travel onward by train if you like.

There are long-term plans to upgrade the Cambodian railway so that travel is possible from China through Vietnam, into Cambodia, on to Thailand, through Malaysia and finally on to Singapore. One day, this will make an incredible train trip.

PRIVATE CHARTERS

Most airports within Thailand can easily accommodate charter flights from destinations abroad. Your charter company will know how to arrange this for you.

TRAVELING IN THAILAND

Travel within Thailand is very convenient indeed. Thailand's transportation infrastructure is modern and well-organized, and makes exploring the country a very pleasant, convenient experience. Whether your preference is air, rail, bus, road, or water, you'll find opportunities almost everywhere to get where you want to go.





TYPES OF TRANSPORTATION

AIRLINES

Air travel is the fastest and most convenient way to travel around Thailand. Many Thai cities have airports with several flights that enable you to arrive in an hour rather than up to 12 hours by train or bus.

AIRPORT RAIL LINK

The Suvarnabhumi Airport Rail Link, or SARL, is a rapid transit line, which provides an airport rail link from Suvarnabhumi Airport, via Makkasan Station and City Air Terminal,

to Phaya Thai station in central Bangkok. It is connected to the MRT (subway) at Makkasan Station and to the BTS (skytrain) at Phyathai Station.

BUS & COACH

There are buses galore in Thailand and this is the most common form of transport for most Thais and many visitors as well. There are both public and private buses, cheap buses, and slightly more expensive private, or VIP, buses.



CUSTOM TRANSFERS,  
LIMOUSINE SERVICES

Thailand also has specialized forms of transport available, many of them quite luxurious, such as limousine services. These may not be actual limousines in many cases, but they will be very comfortable vehicles of whichever type you choose, along with a driver and, in many cases, a guide.

CAR & VEHICLE HIRE

Most major car rental companies, such as Hertz and Avis, have offices throughout Thailand. In addition, there are many private rental companies in all of Thailand's larger cities. Although these local companies can be less expensive, please read the fine print to ensure you are covered correctly.

TAXIS

Bangkok is arguably the world's taxi paradise: nice cars, good service, meters, and they are everywhere. Best of all, the prices are much less than most other countries.

Taxis outside of Bangkok, especially in Pattaya, Koh Samui, and Phuket, will cost

more than in Bangkok. Simply agree on a price before getting in, and you'll be fine.

BANGKOK BTS SKYTRAIN  
AND MRT SUBWAY

Bangkok has both a subway and a skytrain, two relatively new forms of transport that have made life in the capital a great deal easier.

TRAINS

Trains are a great way to travel in Thailand, with lines linking Chiang Mai in the north to Bangkok, from where you can head north northeast to Nong Khai on the Laos border or east northeast to Ubon Ratchathani close to both Laos and Cambodia. Trains travel south as well to the Malaysian border, past Had Yai. Schedules and available seats are posted on [www.railway.co.th](http://www.railway.co.th).

TUK-TUKS

Tuk-tuks are so popular in Thailand that they are sometimes used as symbols for the country. These 3-wheeled motorized vehicles can be found everywhere in Thailand and are a great way to travel short distances.

BOATS

Tourists are well-advised to travel by water whenever possible in Bangkok, thus escaping the sometimes slow traffic jams. Take a river taxi on the Chao Phaya River for a few baht and you can take in many amazing sites. Get off at the Thaksin Bridge Station and you can continue via the BTS Skytrain.

There are also many ferries and speed boats from the mainland in the south out to any number of islands: such as Surat Thani to Koh Samui, Koh Phangan, and Koh Tao; and on the Andaman Sea side from Phuket or Krabi to Koh Phi Phi or other islands. Boats also run to islands east of Bangkok, such as from Ban Phe to Koh Samet, Laem Ngob to Koh Chang and Laem Sok to Koh Kood.

PRIVATE CHARTERS

Private charter flights can be booked throughout Thailand. They're an excellent way to see the Kingdom, and you can get to several places that would otherwise be very difficult to access. Many smaller airports throughout Thailand have services and facilities for charter flights that do not accommodate commercial flights.





# THINGS TO DO IN THAILAND

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## 1 | CULTURAL EXPLORATION

Cultural exploration is one of the most popular activities for visitors to Thailand, given the Kingdom's rich culture, history, religion and mixture of peoples. This can be one of the most rewarding types of tourism you can engage in. Stay with a traditional Thai family in their home or head into the mountains to a guesthouse in one of Thailand's hilltribe villages. On the entertainment side, there are amazing cultural shows to be seen as well as the more physical, exciting bouts of Muay Thai, Thai boxing.

## ■ THINGS TO DO IN THAILAND

Thailand has something for everyone. Many countries make this claim, but as millions of visitors to Thailand each year can testify, it really is true of Thailand. This is because Thailand is not such a large country and has an excellent infrastructure. You can literally be relaxing on a beach in the morning and sleeping in a hilltribe village in the north in the evening.

Whether you're an active adventurous person or a sedate intellectual, Thailand can keep you enthralled for months. We cover some of the more popular activities that visitors enjoy for you, from cultural exploration to meditation; from outdoor adventures to educational activities; and from ecotourism and green travel to cruising and sailing. If you're visiting Thailand as a medical tourist, you'll never be at a loss for something to do, whether it's before or after your treatment.



CULTURAL EXPLORATION ACTIVITIES

LOCAL LIFESTYLE AND HOMESTAY

There is no better way to learn about and experience Thai culture up close and personal than actually staying with a Thai family in their own home. Start the day giving alms to the local Buddhist monks outside your homestay, and then, depending on the season, head out to the rice fields to see and learn how most rural Thais plant rice and farm their land. Many homestays also have other activities set up for you to enjoy such as Thai cooking lessons or making local handicrafts.

This is a wonderful way for you and your family, or your friends, to cut right to the chase and learn what the real Thailand is all about. Increasingly, visitors are shying away from mainstream mass tourism to experience genuine Thai culture, and a homestay visit is often, if not always, remembered as a great highlight of one’s trip to Thailand.

HILLTRIBES (MOUNTAIN PEOPLES)

Akha, Lahu, Lisu, Hmong, Yao and Karen. The very names of these hilltribes, or “mountain peoples”, conjure up exotic images of colorful villages peppered throughout northern Thailand. These small groups of villagers dispersed from China and Burma about 100 years ago and have lived in northern Thailand ever since. Many have constructed guesthouses in their villages and tourists have been visiting and learning about their cultures for decades now.

Starting in Chiang Mai, you can venture out to explore these minority cultural villages on day trips or longer 3-5-day excursions. Chiang Rai is the most popular province for these tours and treks, but you’ll find more remote, traditional villages around Mae Hong Son and Mae Sariang, within a lovely, scenic day’s drive from Chiang Mai. For those interested in other cultures, traditions, languages, religion and costume, this is one activity not to be missed.

CULTURAL SHOWS

For an exciting and novel evening’s entertainment, a cultural show may be just what you’re looking for. There are many flavors and colors of shows throughout Thailand, be it in Phuket, Pattaya, Bangkok or Chiang Mai. Some of these shows are world-class spectacles, with sound and light shows, elaborate costumes and incredible production designs. Others are more simple affairs, with a local meal and a lovely show of singing, dancing and music.

In Chiang Mai, “khan toke” dinner shows are very popular, where guests are seated on mats around a round table (“toke”), partake of northern Thai food and enjoy northern Thai and hilltribe dancing. Elsewhere, Thai dancing accompanied by classical Thai music is a must-see. Along more traditional lines, there is “Khon,” a type of Thai theatre performed by masked dancers, and puppet shows, which are beloved throughout the Kingdom and well worth watching.

MUAY THAI BOXING MATCH

Sports fans, and especially boxing enthusiasts, will definitely want to see a number of Muay Thai – Thai boxing – matches during their visit to Thailand. The fame and popularity of Muay Thai has spread throughout the world, but there is nothing like seeing it where it originated, in Thailand, whether it’s in a stadium full of people in Bangkok where the best places are Lumpini Stadium and Ratchadamneon Stadium, or in a small Thai village in many tourist destinations.

Muay Thai is an exciting cultural activity to enjoy as well, as the boxers perform the “wai kru” ritual, showing respect to their teachers, elaborately dancing and bowing around the ring. After this graceful display, the boxers draw on their training and begin the match, which involves boxing with the hands as well as using the elbows, knees and feet to deliver strategic blows.

Particularly fun and curious to watch is a large Westerner going head to head with a smaller Thai opponent, which is increasingly popular throughout Thailand. This is a classic case of skill over size, as many inexperienced foreigners learn very quickly, after receiving a roundhouse kick or two in the gut.

The fame and popularity of Muay Thai has spread throughout the world, but there is nothing like seeing it where it originated, in Thailand.





2 | ECOTOURISM / GREEN TRAVEL

Ecotourism, or green travel, has been popular in Thailand for many years due to an abundance of natural resources, from the pine forests in the north to the awesome maritime caves in the south.

There is a wide range of ecotourism activities to enjoy in Thailand. These include trekking and hiking, nature and wildlife observation, bird watching, horseback riding, mountain biking, bamboo rafting, rock climbing and much more.



ECOTOURISM / GREEN TRAVEL ACTIVITIES

TREKKING, HIKING

Chiang Mai has become something of the ecotourism capital of Southeast Asia in recent years, and there are scores of wonderful tours and treks for you to enjoy in northern Thailand. Chiang Mai and her little sister Chiang Rai are virtually synonymous with mountain treks and are the perfect bases for heading out from the city into the jungles and mountains.

There are day-trips as well as much longer tours and treks, depending on how much time you have and wish to immerse yourself in this fascinating cultural experience. Most treks pass through at least one remote village. The longer treks make a stopover in a jungle village for the night, where you'll enjoy a hearty meal and usually be entertained by hilltribe dancers and cultural shows.

Many tours combine a variety of activities in addition to hiking such as bamboo rafting, elephant treks, oxcart rides and cycling. There are also resorts and retreats throughout the north where you can stay for a few days learning skills such as Thai cooking, massage, meditation and the use of tropical herbs and spices for treatments. There are no shortage of activities for nature lovers in Thailand.

NATURE & WILDLIFE OBSERVATION

Thailand is divided into a number of distinct ecological zones, each with its own dazzling array of flora and fauna. You can choose from over 100 national parks, including more than 20 marine parks, according to your interests.

Each zone has its own unique characteristics, wildlife and vegetation, from the cool temperate forests of the north to the tropical rainforests in the south. There is a stunning array of wildlife to observe in all these parks, including gibbons, elephants, bears, monkeys, porcupines, birds and fish.

Some of the top spots for enjoying nature and observing wildlife in their natural habitat are Khao Yai National Park, frequently rated as one of the world's best national parks and an ASEAN heritage site, and Huay Kha Khaeng-Thung Yai Naresuan Wildlife Sanctuary, near the Burmese border designated as a UNESCO World Heritage Site in 1991.

Furthermore, high on the list are Kaeng Krachan National Park, Thailand's largest wildlife sanctuary, and Erawan National Park, with its unforgettable Erawan Waterfall, considered one of the most beautiful in Asia by many. Rounding out the list are Bung Boraphet Marine Sanctuary, Thailand's largest freshwater lake, and Hat Thai Muang National Park in Phang Nga, famous as a popular breeding ground for rare sea turtles.

BIRD WATCHING

Thailand is a very special destination for bird watchers, with close to 1,000 different species living in its different ecological zones. There are special tours exclusively for birders, and some renowned bird watchers who also conduct birding tours live in Thailand.

Bird watchers love coming to Thailand, as its well-developed infrastructure and facilities let you get out into the wild, while not having to sacrifice comfort or amenities since great resorts and retreats exist nearby popular birding areas.

The most popular bird watching areas are probably Phang Nga Bay in Phuket and Khao Sok National Park, famous for its hornbill population. Additionally, birders should look into Khao Yai National Park, Khao Sam Roi Yod National Park, Doi Chiang Dao north of Chiang Mai, Bung Boraphet and Bangpoo in Samut Prakan province.





Photograph by Sirikiat Bunworaset

3 | OUTDOOR AND ADVENTURE

Thailand’s natural resources and diversity provide many opportunities for outdoor and adventure activities. You can find all types available in Thailand, from rock climbing to elephant riding and from mountain biking to 4WD and off-road driving, which we describe below. You can find more exciting extreme activities such as bungee jumping near the major tourist areas such as Pattaya and Koh Samui.

If there was one activity that most tourists would not want to miss in Thailand, it’s probably elephant riding.

OUTDOOR AND ADVENTURE ACTIVITIES

ROCK CLIMBING

Most rock climbers agree that it’s hard to find a more spectacular country to climb in than Thailand. Especially noteworthy are the many rock faces available in Railey Beach, Krabi province, near Phuket in southern Thailand. Most enthusiasts eventually end up at Phra Nang Cape, midway between Krabi and Ao Nang Beach, where there are more than 500 well-established rock climbing circuits available for climbers of all levels. These limestone cliffs jutting dramatically out of the landscape make ideal surfaces for climbing, and the sand and beaches below are just an added bonus. Be sure to take your cameras!

ELEPHANT RIDING

If there was one activity that most tourists do not want to miss in Thailand, it’s probably elephant riding, high on everyone’s list. The elephants are accustomed to work in a variety of roles in Thailand, especially forestry, but nowadays they can be found giving shows and rides in popular destinations such as Ayutthaya, Chiang Mai, Phuket and Pattaya. Rides can be short or long depending on what you want, but they’re always an exciting highlight of your trip and make for a great show when you get back home.

CYCLING, MOUNTAIN BIKING

Cycling in Thailand has come on strong in recent years, whether it’s in the mountains of the north or the beaches in the south, especially during the cool season. Tours are sometimes combined with other outdoor and adventure activities, like bamboo rafting and elephant riding. Hilltribe visits via bicycle are a wonderful part of many of these tours, currently popping up in different parts of the country.

4WD, OFF-ROAD DRIVING

Although less popular than other outdoor and adventure activities, for those who love 4-wheeling it through gorgeous terrain, northern Thailand is an off-road driver’s paradise. A number of places have tours and rent Land Rovers for some great off-road action in Chiang Mai, Chiang Rai and Mae Hong Son provinces in particular. This is definitely a novel and exciting way to get into the jungles, see some wildlife and visit the villages of northern Thailand.



Photograph by Sirikiat Bunworaset





4 | GOLF

Golfers come from all over the world to enjoy the championship courses in Thailand. The weather is great, the fees are very reasonable and the first-rate courses can be quite challenging. Most noteworthy is the famous Santiburi course on Koh Samui, a hilly, rolling course that excites many golfers.

The most popular locations for golfing in the Kingdom include Kanchanaburi, Hua Hin, Chiang Mai and, a short hour drive outside Bangkok, Chonburi, where there are more than 30 excellent courses designed by some of the biggest names in golf: Jack Nicklaus, Arnold Palmer, Gary Player and Nick Faldo.

The secret is out, however, and more and more golfers are coming to enjoy Thailand’s spectacular courses, not only from Western countries, but especially from Asian countries such as Korea and Japan, where land is more limited and the prices are far higher than Thailand’s. Golf tours are very popular, as the packages are all-inclusive, allowing golf tourists to focus on what they truly love: getting out on the beautiful courses and playing 18 holes in the sun.



Mission Hills Phuket Golf Resort & Spa



Anantara Resort & Spa

5 | BEACH & WATER SPORTS

Thailand is world-famous as an aquatic paradise, with beaches, islands, lakes and rivers all offering a wide array of fun-filled sports. Whether diving, snorkeling or fishing is your thing, or perhaps sea kayaking or white-water rafting, you’ll be able to pick and choose the ideal location for what you want to do.





## BEACH & WATER SPORTS ACTIVITIES

### BEACHES

With more than 1,000 miles of coastline facing both east and west, Thailand has a multitude of wonderful beaches. Some are natural, unspoiled environments such as Koh Tarutao and Koh Similan, while others are lively tourist destinations with exciting nightlife scenes, like Patong Beach in Phuket or Pattaya. Pick the beach that has what you want, and enjoy any of the exciting activities on offer such as the ones below.

### SCUBA DIVING

Most of the beach resorts in Thailand provide opportunities for scuba diving. Experienced divers come to Thailand frequently to enjoy the gorgeous waters teeming with all types of tropical marine life. Many people come just to learn at one of Thailand's excellent, accredited dive centers. Koh Tao is virtually a diver's island, located next to Koh Pha Ngan near Koh Samui. However, any big beach town in Thailand will be happy to accommodate your diving interests and needs.

Due to Thailand's unusual geography, the country is fortunate to have two coastlines, with the east on the Gulf of Thailand and the west on the Andaman Sea. Both coastlines are speckled with hundreds of small islands and splendid tropical waters bursting with exotic marine life. If you're lucky, you'll catch sight of barracuda, dugongs, manta rays and possibly, the world's largest fish: a whale shark.

Popular diving sites and destinations on the Andaman Sea side include: Phuket, Krabi, Similan Islands, Surin Islands, Tarutao, Phi Phi Islands and Khao Lak. Great spots on the Gulf of Thailand side include: Koh Tao, Koh Pha Ngan, Koh Samui, Chumphon, Koh Chang and Pattaya.

### SNORKELING

If you prefer snorkeling to scuba diving, you can surely do so at all the gorgeous destinations where diving is offered. Many snorkelers enjoy taking trips via speedboat from the major beaches of Phuket, Pattaya, Koh Samui and other islands.

### WHITE WATER RAFTING

The rains that begin each year in late May through June are a welcome respite from the heat of the hot season and the signal to plant rice. For many adventure tourists, it means the waters are rising in Thailand's rivers and it's time for some exciting white water rafting. Several tour operators in different parts of the Kingdom offer rafting trips with rapids chosen according to your skill and experience, with class one through five rapids available. Pai in Mae Hong Son is one of the most popular rafting destinations, followed by, in no specific order, Chiang Mai, Tak, Phetchaburi, Kanchanaburi, Surat Thani, Nakhon Nayok and Phitsanulok.

Due to Thailand's unusual geography, the country is fortunate to have two coastlines, with the east on the Gulf of Thailand and the west on the Andaman Sea.





### SEA KAYAKING

Sea kayaking is a spectacular outdoor adventure option to take advantage of at a number of places in Thailand. Ang Thong Marine National Park and Phuket's Phang Nga Bay are the most famous for all the right reasons: glorious scenery and mystical caves where you can silently paddle around exploring and photographing the sites. Since most kayaks are two-person crafts, one of you can paddle while the other takes picture. You can go out for the day or take longer overnight tours. Whatever type of tour you choose, sea kayaking will surely be right up there with your most memorable Thailand experiences.

### FISHING

Thais are born fishermen who love the oceans, rivers, lakes and ponds of Thailand. Add to this that Thais love seafood and you have a culture that seriously promotes fishing, making it available for visitors to enjoy as well. Thailand has a plethora of exotic fish species, including some of the largest freshwater fish in the world, the Buk, or Giant Mekong Catfish, which need to be seen to be believed. Also popular are Giant Siamese Carp, Giant Stingrays and Giant Snakehead fish. Sport fishermen should head towards Phuket and Pattaya, where they can fish for barracuda, sailfish, grouper and red snapper. You can choose to fish on your own if you like at fishing parks or farms, or join fishing tours – or even tournaments – if you feel you're up for it. You're sure to return home with some amazing fish stories.

## 6 | EDUCATIONAL ACTIVITIES

Many tourists come to Thailand these days to study something they've always wanted to learn. They have time on their hands, and Thailand has the resources, experience and great prices available for visitors to undertake a course of study in something they've always dreamed of doing.

At the top of the list are probably Thai cooking, Thai massage, Muay Thai boxing and scuba diving certification. Also many people are interested in receiving instructions in golf, rock climbing, even flying.



EDUCATIONAL ACTIVITIES

THAI COOKING CLASSES

Given the popularity of Thai cuisine, it's no surprise that many people would like to learn how to make it. Accordingly, Thai cooking schools can now be found throughout the country, offering lessons of different lengths, from half a day to a full week, enabling you to learn to make different types of dishes every day. Nearly every tourist destination, from Phuket to Chiang Mai, has various versions of cooking classes available – with many of them taught in English. You'll learn to shop in the market and then proceed to learning about curries, salads and desserts. Best of all, you get to eat all the food when you've finished preparing it.



SCUBA DIVING SCHOOLS

Given Thailand's geography which includes a long isthmus with two coasts, you can learn diving throughout the year. All types of diving are available, from wreck diving to cave systems, drop offs and holes. The marine life is stunning and the waters are beautiful. Koh Tao is typically high on all divers' lists, followed by Phuket, the Similans and Pattaya.

The biggest small island in Southeast Asia for diving has to be Koh Tao (Turtle Island), which has more than 40 dive centers operating on the island. Koh Tao has more than 25 superb dive sites within close proximity that suit every standard of diver – with shallow protected bays for total novices to deeper pinnacles for the experienced veterans.

Although PADI is the most famous certification available in Thailand, many diving courses and certifications such as NAUI and SSI's diving instructions are also available at major diving destinations in Thailand. Courses range from beginner to dive master, with instructors teaching in many languages.

GOLF SCHOOLS

With Thailand's huge selection of quality courses, it's no surprise that a number of golfing schools have sprung up, along with golf travel packages, during which one can learn to golf properly with experienced pros. There are packages available for many

different budgets, and you can choose your favorite location to learn and play, be it Chiang Mai, Pattaya, Hua Hin, Phuket, or Koh Samui. As far as courses go, Thailand has an embarrassment of riches, with more than 200 courses spread around the country, including some truly classic courses, Springfield Village Golf & Spa, Blue Canyon Country Club, Summit Windmill Golf Club and Alpine Golf and Sports Club.

ROCK CLIMBING SCHOOLS

For something different, active tourists might want to learn how to rock climb in some of the most amazing spots in the world. Railey Beach in Krabi is probably the hottest spot to learn the ropes in an awesome setting. Courses last from one to three days, with longer courses being recommended to learn the more expert skills properly. Anyone interested is welcome, from young children to their grandparents. In addition to Railey Beach, Chiang Mai and Koh Phi Phi are the main destinations for those wanting to learn to rock climb as well as face ever more challenging faces. Newer destinations now emerging in the Krabi area include Koh Yao Noi and Lao Liang Island.

THAI MASSAGE COURSES

With the efficacy of traditional Thai massage relieving muscle pain and stiffness being accepted by more and more experts throughout the world – as well as by people

who have tried it – increasing numbers of foreigners are becoming interested in not just trying it, but learning how to perform it as well.

Thai massage can be learned at many places throughout Thailand, especially in Chiang Mai and Bangkok, in courses of varying lengths, levels and intensity. The most famous and popular is the Thai Traditional Medical and Massage School located inside Wat Pho (Temple of the Reclining Buddha) in Bangkok.

Many hotels, resorts and massage centers in Thailand's major tourist destinations offer excellent massage courses, with a basic course taking about 30 hours. This course teaches a basic traditional Thai massage to relieve fatigue, muscular cramps, stress and nervous tension. The therapy is intended to make muscles and joints more supple and to stimulate the blood and lymph circulation for improved physical fitness.

THAI BOXING COURSES

If you're the more physical type and want a more active fitness course during your visit to Thailand, you might consider taking a Muay Thai – or Thai boxing – course. Because of its increasing renown and popularity throughout the world, there are now options available for both novices and more seasoned fighters, usually taught in both Thai and English. Some of the more popular places to learn Muay Thai are located in Pattaya, Bangkok and Phuket.

Increasing numbers of foreigners are becoming interested in not just trying Thai Massage, but learning how to perform it as well.





Sail in Asia

## 7 | CRUISING / SAILING

Every type of cruise you can imagine is available in Thailand, and not only at the beaches in Phuket, Pattaya and Koh Samui. There are cruises up the river from Bangkok to Ayuttaya and back, some overnighting at a temple along the way. There's something classically romantic about a dinner cruise that adds a special touch to your Thai holiday, and you can enjoy a wonderful dinner while cruising the Chao Phraya River in Bangkok, the Mekong River in Nong Khai or the Ping River in Chiang Mai.

Some of the best cruises are based out of Phuket, where you can take multi-day adventures on converted Chinese junks if you like. These are traditional vessels converted to provide you with modern amenities and Western comforts, like air-conditioned cabins,

superb meals and frequent stops to snorkel, swim or walk on the beach. Or you can hire a long-tail boat yourself, and island-hop around the bay if this is more to your taste.

There are also many yacht charter agencies in Phuket, Pattaya and Koh Samui, where you can charter a yacht for as long as you like, take the helm and sail off into the sunset. There are many private charters available to some amazing destinations, including the Surin Islands and Koh Tarutao Marine National Park. You can even take lessons and learn to sail yourself if you like. There is a wide range of vessels, activities and destinations for you to consider, and there are options available to satisfy all budgets.

## 8 | MEDITATION

Since most Thais are Buddhists, there are thousands of spectacular Buddhist temples throughout Thailand. In addition, since Buddhism is such an open, compassionate religion, one can literally walk into almost any temple, or Buddhist compound, in the country and feel most welcome. There are meditation retreats all over Thailand where anyone can go to learn the teachings of the Lord Buddha and the principles of Buddhist meditation.

It's not necessary – or even expected – that you convert to Buddhism and leave your old religion behind. You are simply welcomed because of your interest, and everyone will be happy to share what they know with you. Meditation centers have been popular in Thailand for many years; and as Westerners have long been coming to Thailand to learn, many courses are taught in English. There are many places of meditation in Thailand that are free of charge, but you can choose to donate something to the temple or the meditation centers to assist with their expenses.

You can elect to learn meditation formally or informally; for example, there are weekly “monk chats” at Wat Chedi Luang or Wat Suan Dok in Chiang Mai. You can also check yourself in at these temples, if you like, for a week or longer, for more intensive courses of study. You should, however, learn what is expected and required of you in these places, since you will be following rigorous rules regarding when you are allowed to eat, not speaking for long periods as well, behaviors that will require some effort and will on your part.

Many people choose to explore Buddhism and meditation more slowly at first, and there are some places where longer term time commitments are not required, such as Wat Mahatat, near Bangkok's Grand Palace. All major temples have shops selling books on Buddhism and meditation as well. You might simply visit these temples initially, get a feel for the sacred atmosphere of such places and do some reading before committing to any long retreats. You'll know when you're ready, and all who seriously commit to these courses testify to the life-changing experiences they have had in them.



Six Senses Samui





# SHOPPING

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## ■ SHOPPING

Thailand is famous the world over for being a shopper's paradise, where almost anything is available and unique items can always be found. At the top of the list are probably Thai antiques; then Thai arts and crafts such as painting, wood carvings, lacquerware, pewterware, and nielloware. Thai toys and dolls are also very popular items, along with artificial flowers, handmade furniture and many small novelty items unique to Thailand. More sought after items include Thai gems and jewelry, gold and silverware and world-renowned Thai silk.

Community-based products are also very popular. These items are made in communities throughout Thailand, and are known collectively as OTOP (One Tambon One Product) products ("tambon" means "district" in Thai). Thailand also has many large markets that sell almost everything under the sun, and great deals can be had.

Please see the "Healthcare and Wellness Destinations" section for more details on where to shop.



## POPULAR THAI PRODUCTS

### ANTIQUES & COLLECTIBLES

There are many antique and collectible items available in shops and markets throughout Thailand, though you need to bear in mind that the term “antique” is often used generally to mean both genuine, very old antiques, and more recently made antique-appearing items. Genuine antiques require permission to export from the Department of Fine Arts, while items simply made to look old or weathered do not. Authentic antique dealers are capable of assisting you with completing the necessary documentation you will need to send these items out of the country.

### ARTS & CRAFTS

Thailand is home to many artists and artisans, who make a dazzling variety of paintings and products. It is popular to commission custom paintings or custom items of any type from the people making them. Woodcarvings are among the most popular products, and these items are found in northern Thailand. In fact, Chiang Mai is known as the handicraft capital of Thailand. Tribal goods can be found at the famous Night Market as well as at weekly markets and neighboring handicraft villages. Other handicrafts appreciated by visitors include smaller items that can easily be packed such as lacquerware, bamboo, rattan and sedge products. Please see the end of this section for specific places to purchase these items.

### ELECTRICAL & ELECTRONICS

Electrical and electronic items are manufactured in huge quantities in Thailand, mostly for export, although many items are sold domestically as well. There are several malls famous for electronic items in Bangkok, including MBK and Panthip Plaza, the latter specializing in computer-related products. There are good deals to be had on many of these items, although the buyer should check the items carefully before making any purchases.

### FABRICS

Thai fabrics are highly desired products and the envy of the world. When foreigners think of Thailand, it is usually with thoughts of Thai food, Thai massage, Thai boxing and Thai silk. These are also great items for travelers to take home as gifts, since shirts, scarves, ties and sashes are highly portable items. Thai cotton and batik are also popular items, particularly when sold as rugs, bags, clothing, table and bed linens. One special type of silk has become very stylish in the past few years. Known as mudmee, it is a unique item made from tie-dyed silk threads that are woven into a number of unique and beautiful designs. Mudmee can be found primarily in Isan, the rural northeast area of Thailand, heading towards the border with Laos.

### GOLD, GEMS, & JEWELRY

Thailand is known as the gold and gem hub of Southeast Asia, where great amounts of

gold and gemstones are made into exquisite jewelry. There are many opportunities for good deals in the Chinese districts of Bangkok, the largest of which is Yaowarat or Chinatown. Thai gold is unusually yellow, and amateurs often think it is not real gold. The truth is that it is a much higher purity than gold used in the West and is thus softer as well. Due to lower labor costs, beautiful jewelry can be found in Thailand for very reasonable prices. It is advised that you purchase gold, gems or jewelry in well-known department stores or large gold and jewelry shops to be sure of getting genuine products.

### THAI ORCHIDS

Thailand is world famous for its gorgeous orchids, which have an amazing variety of species. These make beautiful gifts to take back home and even come packaged with a special internal water supply to keep them fresh during travel. There are several beautiful orchid gardens in Thailand, in Bangkok, Chonburi and Chiang Mai, that are well worth visiting if you're an orchid lover.

### HOME FURNISHINGS AND DÉCOR

In Southeast Asia, Thailand as well as Bali are known as major locations for shopping for both custom-made and originally designed furniture. Although this furniture can be purchased throughout Thailand, the savvy shoppers will head north to Chiang Mai or Tak to go to the source for these quality products. Please see the next section for more details about the best places to look for home furnishings and décor.





## ■ COMMUNITY-BASED PRODUCTS IN THAILAND

Anyone who has done some traveling throughout Thailand knows about OTOP shops, those excellent shops along the roadside in each province that sell unique, quality products chosen especially from their particular districts. OTOP, or One Tambon One Product (tambon meaning district), is a national scheme inspired by the traditional arts, crafts and specialties of every province in Thailand.

This has been a wonderfully successful conservation program through which local villagers can make money while preserving traditional skills of their own locals. It has generated pride in their labor, their products and their provinces, and has provided tourists with exceptional and

unique products to purchase and take away with them.

Furthermore, some OTOP villages also function as homestays, inviting tourists to stay with them to see how these products are actually made. Visitors get to experience the lifestyle of the local people making these products, see local historical sites and experience local culture in a very intimate fashion.

OTOP has become an international quality brand and is increasingly sought after by both domestic and international tourists as well as the international marketplace. The following are some OTOP villages of note that produce especially high quality products.





### BAN DON KAI DEE

Many villagers in Ban Don Kai Dee once worked for the Kai brand bowl and plate manufacturer. However, the plant eventually closed down, leaving many villagers unemployed. Eventually, they pooled all their resources, knowledge and experience, and they began producing Benjarong porcelain. The government became aware of this and began supporting them. In 2011, they won the Best Handicraft Village Award 2011. Now, many villagers have found a new career making these ceramics and selling them via the OTOP scheme – one of many OTOP success stories.

#### RECOMMENDED PRODUCTS:

Benjarong Porcelain, Ceramics

#### VISITORS CAN BUY THESE PRODUCTS AT:

Urai Benjarong Group, Nulek Benjarong Group, Yuen Yong Benjarong Group, Dang Benjarong Group, Sangwal Ceramic

#### LOCATION:

Ban Don Kai Dee, Don Kai Dee District, Amphur Kratoomban, Samut Sakorn

### BAN ARANYIK (BAN TON PO AND BAN PAI NONG)

Actually, the early inhabitants of Ban Ton Po village were from Vientiane, Laos and had migrated to the Ayuttaya area during the reign of King Rama II. They chose this area because it had excellent land and a good water supply. Subsequently, Ban Ton Po became famous for handicraft manufacturing, in particular, for making the “Aranyik Knife”. The knife got its name from the place the knives were initially sold, in the nearby Aranyik Gambling House. These knives are made from imported high quality steel and have become very desirable products, so much so that the villagers have gone on to make spoons and forks to go with them, as well as candle holders, fruit trays and related products.

#### RECOMMENDED PRODUCTS:

Aranyik Knives

#### LOCATION:

Ban Ton Po Village and Ban Pai Nong Village, Tachang District, Nakorn Luang, Ayutthaya







### BAN BANG CHAO CHA

Ban Bang Chao Cha is an ancient community that has long lived in central Thailand's Chainat province. Previously, like most villagers, they made their living from farming. Later, they began weaving rattan brought into Thailand across the border from neighboring Burma. The villagers wove the rattan together with bamboo to make very durable products, beginning with everyday tools such as baskets, and moving on to more modern items in recent times such as bags and home décor products. This area is now famous for these quality products.

#### RECOMMENDED PRODUCTS:

Bamboo and Rattan Handicrafts, including baskets, bags, home decoration products

#### LOCATION:

Ban Bang Chao Cha, Poh Tong, Chainat

### KHIRIWONG VILLAGE

Khiriwong is a very large community in Nakorn Sri Thammarat province, and has been subdivided into 4 distinct villages: Ban Khiriwong, Ban Khirithong, Ban Khunkiri and Ban Khiritam. This area is famous for its beautiful, high quality tie-dyed cloth and has won 5-Star OTOP awards for two consecutive years.

#### RECOMMENDED PRODUCTS:

- Natural tie-dyed cloth and other products made from Khiriwong cloth such as curtains, cloaks, scarves, readymade clothes
- Natural herbal products such as mangosteen shampoo & soap, Garcinia Cambogia soap, Khao Luang mangosteen wine, and a variety of herbal drinks.

#### LOCATION:

Kamlone District, Lanska, Nakorn Sri Thammarat





KOH KRED VILLAGE

Koh Kred is an island in the center of the Chao Phraya River, previously famous as a trading area for riverboats. The island has a unique demographic, as it is composed of Thais, Mon-Thais and Muslim Thais, an unusual mixture in a small area of land. Historically, the Mon began making earthenware pottery after they migrated to this area. It is a distinctive light orange to reddish color and has elaborate carvings on it as well as ancient Mon compositions engraved onto the products. These unusually beautiful products in such a unique location have attracted tourists from everywhere.

**RECOMMENDED PRODUCTS:**  
Earthenware pottery

**LOCATION:**  
Koh Kred District, Pakkred, Nonthaburi



DAN KWIAN VILLAGE

Dan Kwian is a large community by the Mun River in Nakhon Ratchasima province, commonly referred to as Korat. Dan Kwian is famous for its unique pottery, which rings like metal when struck, quite an unusual phenomenon. The reason it does so is because of the high iron ore content of the earth from the Mun River used in making the pottery. When heated, all the elements melt together and create a strong, glossy and colorful product, compared to the red color in the blood of an eel.

**RECOMMENDED PRODUCTS:**  
Earthenware pottery

**LOCATION:**  
Dan Kwian District, Choke Chai, Nakhon Ratchasima





### SANTI KHIRI VILLAGE

Doi Mae Salong mountain in northern Thailand is world renowned as the home of the best Wu-long or Oolong Tea plantations in the world. This is a fascinating place, high up in the mountains and peopled by ethnic Chinese and Akha hilltribes. The tea is Doi Mae Salong's (or Santi Khiri as it is known) special OTOP product. One can also learn the intriguing tea-making ceremony and purchase the tea sets required to make this tea in a proper manner. This is another very special product and especially healthy as well. Be sure to try the tea from 101 Tea Plantation, a winner of the World Tea Award.

#### RECOMMENDED PRODUCTS:

Wu-long or Oolong tea

#### LOCATION:

Ban Santi Khiri, Mae Salong Nok, Chiang Rai



### BAAN TAWAI VILLAGE

Anyone visiting Thailand and interested in handicrafts, especially furniture, knows about Ban Tawai Village in northern Thailand, just outside Chiang Mai city. This is a large community dedicated to a wide range of arts, crafts and unique products, all manufactured in factories located in the surrounding area. One can buy most anything here, from modern art to oxcart furniture, elaborate woodcarvings and children's dining sets. The prices need to be seen to be believed, as this is the source for the vast majority of these products not only in Thailand, but in the world.

#### RECOMMENDED PRODUCTS:

Wood carvings and furniture; handicrafts

#### LOCATION:

Baan Tawai Village, Hang Dong, Chiang Mai





# THAI CUISINE

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Thai Cuisine – Eating Your Way  
to Better Health

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Thai Cuisine  
World's Most Delicious Dish

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## ■ THAI CUISINE – EATING YOUR WAY TO BETTER HEALTH

Thai food is not for the timid. Although it comes in all shapes and sizes, it normally packs a punch of some kind. Be it sweet or sour, spicy, salty or bitter, it is sure to awaken your senses and stimulate your body.

This is what people around the world are discovering: not only is it one of the world's great cuisines, but the herbs and spices it contains are very good for you, making it a great way of getting your daily supply of vitamins, nutrients, antioxidants, and energy.

Some of the most common and popular ingredients are coriander, galangal, turmeric and basil. These are well-known antioxidants that have anti-inflammatory properties, boost the immune system, and fight dangerous toxins and free radicals that can do harm to your body.

Another tasty yet beneficial ingredient in many Thai dishes is lemongrass, known to relieve headaches and reduce stomach cramps. It's amazing that a bowl of spicy, delicious tom yum soup can be eaten instead of some expensive pharmaceutical that may or may not work. The

Chinese have known this for centuries, and long used it as a tonic.

As for your heart, the seat of emotion and the pump for the body, it turns out that two more common ingredients used in many Thai dishes can help you have a healthy, happy heart: coconut milk and chili peppers. Despite what you may have heard about coconut milk in the past, research has shown that both coconut milk and coconut oil are much better for you than butter and most vegetable oils, as they increase "good" cholesterol while lowering "bad" cholesterol.

As for those spicy chilies that true lovers of Thai food enjoy, perhaps in moderation, it is being demonstrated that after eating these fiery little peppers, you'll not only fall asleep faster, but sleep longer and better.

As if this weren't enough reason to continue enjoying some wonderful food, it turns out that the Thai method of cooking vegetables lightly, often with Thai holy basil and other herbs and spices mentioned above, bestow excellent anti-aging benefits. Coconut milk has skin-enhancing fatty acids; holy basil contains calming elements; and turmeric, with its anti-inflammatory properties, even helps fight arthritis.

It is rare to find something that tastes so good and is actually good for you as well, but Thai food is both. This is one pleasure you need not feel guilty about. You'll not only look better as a result of eating Thai cuisine, but feel better, which all leads to a long, healthy, happy life. After all, you are what you eat; so eat Thai, and thrive.



It's rare to find something that tastes so good and is actually good for you as well, but Thai food is both.



HERE IS A MORE IN-DEPTH LOOK AT SOME OF THE MOST POPULAR – AND HEALTHY – HERBS AND SPICES USED IN THAI COOKING, AND SOME OF THE KNOWN HEALTH BENEFITS THAT THEY BESTOW:

### TURMERIC: "KHA-MIN" IN THAI

The active ingredient in turmeric is curcumin, an anti-inflammatory agent. Turmeric is a member of the ginger family and provides the yellow coloring for Thai food. Turmeric is an antioxidant, and curcumin improves blood circulation and protects the platelets in your blood. It is also an anti-flatulent. Try some chicken curry to get your turmeric fix.

### GALANGA: "KHA" IN THAI

Galanga (or greater galangal) has orangey-brown skin with a pale yellow or white interior. It is an erect annual plant with aromatic, ginger-like rhizomes, and is very common in Thai cooking as a flavoring. Galanga resembles ginger in its effects and is an aromatic stimulant, carminative and stomachic. It is used against nausea, flatulence, dyspepsia, rheumatism, catarrh and enteritis. And, tom kha gai (chicken coconut milk soup) is one of Thailand's most delicious dishes that uses galanga.

### LEMON GRASS: "TA-KHRAI" IN THAI

Lemon Grass is an aromatic herb that has robust, lemon scented linear leaves that grow up to three feet tall. The stems, leaves and essential oil are used. It has a pleasant lemony fragrance and has antimicrobial, analgesic, antipyretic, antioxidant and anti-fungal properties. Fresh leaves and grass are used as flavoring in many Thai dishes. It has other therapeutic properties including diuretic, emmanagogue, antifatulent and anti-flu agent.





**SWEET BASIL: “BAI HORAPA” IN THAI**

Sweet basil is a very popular Thai herb. It has small, dark leaves with reddish-purple stems and flowers. Its flavor is akin to aniseed, and it is somewhat stronger than Western sweet basil. Potential benefits include: stimulating the brain, clearing the mind, aiding in concentration, increasing endurance and stamina. Therapeutic properties proscribed to sweet basil include carminative, diaphoretic, expectorant, digestant and stomachic agents. It is both eaten raw and added to dishes as a flavoring.

**CORIANDER: “PUK CHEE” IN THAI**



Commonly known as cilantro, the seeds taken from these leafy leaves used in most cuisines are known as coriander. In Thai cooking, coriander is used in two ways: in its seed form, and as a fresh herb. In the West, coriander is also known as "Chinese parsley". Considered to be rich in various food elements, the coriander leaves contain protein, fat, minerals, fiber, carbohydrates and water. The minerals and vitamins include: vitamin C, calcium, phosphorus, iron, carotene, thiamine, riboflavin, niacin, sodium, potassium and oxalic acid. While fresh coriander has nutritional value, it is also known as a good treatment for gastrointestinal trouble (including gas and bloating), digestive problems, bacterial and fungal infections.



**CHILI PEPPERS: "PHRIK" IN THAI (FRESH OR DRIED, WHOLE, MINCED OR POWDERED)**

Chilies, famous around the world for spiciness, may be the one indispensable item at the Thai table. The nutritional aspect of hot peppers most interesting to researchers today, however, is capsaicin, the compound that gives chilies their "burn." Capsaicin seems to have a positive effect on blood cholesterol, and also works as an anticoagulant. The "high" that some people experience when eating fiery chili-spiked foods is a perfectly safe one: Some scientists theorize that in response to the discomfort produced by the chilies' "burn," the brain releases endorphins, substances that, at high levels, can create a sensation of pleasure. Other therapeutic uses include being a carminative, anti-flatulence agent and digestant. Recent human studies show that eating chilies helps you sleep better, keeps your heart healthy, and helps maintain consistent insulin and glucose levels. Thais put them in almost everything.



**COCONUT MILK: “CATI” IN THAI**

Coconut milk’s reputation has been changing. Previously considered somewhat unhealthy, it is now found that coconut milk and oil do indeed contain fat, but it is the good, not the bad type. The benefits of coconut milk are many: it lowers bad cholesterol (LDL), while promoting good cholesterol (HDL); it boosts one’s immune system and regulates metabolic functions. Coconut milk is considered very healthy in Ayurveda and, in modern times, has been found to have hyperlipidemic balancing qualities as well as antimicrobial properties in the gastrointestinal tract. It is used in Thai curries, sweets and the most decadent Thai dish in the pantheon: mango with sticky rice (khao niaw ma-muang).



**LIME: "MA-NAO" IN THAI**

The lime – not to be confused with the lemon – is very popular all through the tropics and is used as a required complement to most every meal. It is highly regarded as a health-building food of great value, with almost unlimited powers, including: aiding weight loss, skin care, good digestion, relief from constipation, eye care, as well as treatment of scurvy, piles, peptic ulcers, respiratory disorders, gout, gums, urinary disorders, and the list goes on. The fruit contains hesperidin and naringin, proven anti-inflammatory flavonoids. The rind of the fruit also has medicinal properties. Lime is often mixed with cooked pulses, soups, sauces and gravies to make them more tasty and enjoyable.

**HOLY BASIL: “BAI KAPROW” IN THAI**

Holy (or sacred) basil has a purple stem and purple leaves with a slightly hot flavor. The fresh leaves, which are used as a flavoring, contain approximately 0.5 % volatile oil, which exhibits antimicrobial activity, specifically as a carminative, diaphoretic, expectorant and stomachic. It will help to expel flatulence and ease gripping pains in the abdomen. The essential oil obtained from this plant contains camphor.



Thais use holy basil in dishes such as (spicy) fried rice with chicken (phat kaprow gai) and the ever popular, and powerful, hot and spicy soup (tom yum).



**GINGER: "KHING" IN THAI**

Ginger has been used in many cultures since ancient times. It has long been appreciated as an aid to digestion, and numerous studies have shown that it is effective against nausea. Ginger has also been shown to have antimicrobial and antiviral properties, so consuming it while you're sick may aid recovery. Ginger root is also used to treat nausea related to both motion sickness and morning sickness. It is used in different forms as a food, flavouring and spice. Ginger's therapeutic uses are as a carminative, antinauseant and antifatulent agent. Other therapeutic properties include stimulating circulation of the blood, removing toxins from the body, cleansing the bowels and kidneys, and nourishing the skin. It is used in many forms in Thai dishes as well as in hot and cold beverages.

**GARLIC: "KRA-THIAM" IN THAI**

Garlic is a bulb of a lily-like plant, belonging to the same family as onions, chives, leeks and scallions. It is an annual herbaceous plant with underground bulbs made up of several cloves. Garlic is one of the kings of spices and is considered to be nature's very own antibiotic. Garlic has also been used for lowering cholesterol, reducing high blood pressure and treating respiratory problems such as bronchitis and asthma. Therapeutic uses are as an antimicrobial, diaphoretic, diuretic, expectorant, antifatulent and cholesterol lowering agents. It is used in many Thai dishes, especially in conjunction with black peppers.







Gaeng Massaman



Tom Yum Goong



Som Tum



Nam Tok Mu

## THAI CUISINE WORLD'S MOST DELICIOUS DISH

The results are in from the CNN International (CNNGO.com) Facebook world food survey: Thailand's gaeng massaman (massaman curry) is the world's tastiest dish, coming in at #1!

Not only that, but three other Thai dishes made the World's Top 50 chart: world famous tom yum goong (spicy prawn soup) placed a respectable #8; Isan's nam tok mu (spicy

pork salad) was not far behind at #19 and the ever-popular som tum (papaya salad) was ranked #46. (See: <http://www.cnngo.com/explorations/eat/worlds-50-most-delicious-foods-067535?page=0,2>)

Gaeng massaman was described as "emphatically the king of curries, and perhaps the king of all foods. Spicy, coconutty, sweet

and savory, its combination of flavors has more personality than a Thai election." Massaman crushed all the world's most delicious offerings, including Japanese sushi (#4), Mexican chocolate (#3), and Neapolitan pizza (#2) to reign as the world's champ.

### HOW TO COOK MASSAMAN CURRY:

1. If making your own paste, dry roast the dry spices in a pan on medium heat until fragrant, about 2-4 minutes. It's best to roast each thing one at a time until fragrant. The chilies should be browned. Roast the shrimp paste wrapped in tin foil for a few minutes too.

2. Soak the dried chilies until soft, then take out the seeds and inner bits and chop fine.

3. Pound the paste in a stone mortar & pestle. Start by grinding up the dried spices until powdered, then set aside. Put the chilies in the mortar and pound until uniformly smashed, and then add the rest of the ingredients, starting from hardest and driest and working up to softest at the end. Then add the dried spice powder back in and the shrimp paste. Mix well. If using a food processor, just mix it all in together. If using canned paste, skip these three steps.

4. Cut the potatoes and onions into bite-sized pieces and wash the chicken.

5. Add the oil to the pan and turn on to medium high. Fry 4 tablespoons of the paste until fragrant, about 3-4 minutes. Keep stirring so it doesn't burn.

6. Add the whole chicken pieces. Fry until the chicken is sealed on the outside, about 2-3 minutes.

7. Add 1-cup of the coconut cream (top part of the can if using canned – don't shake the can). Simmer until the oil separates, about 2-3 minutes. You'll see reddish oil starting to float to the top.

8. Add the potatoes, peanuts and onions and the 1-cup of coconut milk. Simmer for a few minutes.

9. Add the cinnamon, cardamom seeds, cassia leaves. Mix well.

10. Simmer (and stir well) until the mixture browns and a good deal of oil comes to the top. About 15-20 minutes. If it gets too dry, add some water. Add the fish sauce, palm sugar, and tamarind juice at the end. Taste – you may need to adjust the flavor if it's not salty or sour enough.

11. Serve with rice or roti. It also is great with ajaat (slightly pickled cucumber salad) on the side.

The CNN poll concludes saying: "The Land of Smiles' isn't just a marketing catch-line. It's a result of being born in a land where the world's most delicious food is sold on nearly every street corner." Well, maybe not every street corner, even if we wished it was. But Thailand has been proven once again to be justifiably proud of her superior cuisine, one more reason to add Thailand to your bucket list of places to visit before you "kick the bucket."

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**E:** heart@bangkokhospital.com  
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www.synphaet.co.th

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**E:** comtnh@thainakarin.co.th  
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**Vejthani Hospital ( JCI, HA )**  
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**E:** int\_mkt@vejthani.com  
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**E:** marketing@aikchol.com  
www.aikchol.com

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www.bangkokpattayahospital.com

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**F:** +66 2640 8029  
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www.dentalsmilethailand.com

Bangkok Smile Dental Clinic (Sukhumvit 21)

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**F:** +66 2640 8029  
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www.bangkoksmiledental.com

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**E:** ekamaidental@hotmail.com  
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www.homedentalcenter.com

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**E:** i-dent@i-dentdental.com  
www.i-dentdental.com

Inno-Dent Co., Ltd. (Tantawan Dental Clinic, Praditmanutham Branch)

**A:** 583 Praditmanutham Road, Saphan 2, Wang Thonglang, Bangkok 10310  
**T:** +66 2933 1339  
**F:** +66 2955 9820  
**E:** contact@inno-dental.com  
www.inno-dental.com

Keishikai Dental Care

**A:** 682/9-10 Between Sukhumvit 24 and 26 beside UOB Bank Car Park, Easy Way by BTS Phrom Phong Station E5 Exit 4, Bangkok 10110  
**T:** +66 2258 1345, +66 2258 6268  
**E:** udom@keishikaidental.com  
www.keishikaidental.com

Oral & Dental Center

**A:** 3rd Floor, Amarin Plaza Building, Ploenchit Road, Bangkok (Outlet Zone of the BTS), Bangkok 10330  
**T:** +66 2252 8688, +668 5073 2375  
**E:** contact@oraldentalcenter.com  
www.oraldentalcenter.com

Perfect Smile Dental Clinic (Silom)

**A:** 62, 4th Floor, Thaniya Plaza BTS Wing Building, Unit 408, 410, Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2632 8948  
**F:** +66 2632 8949  
**E:** info@perfectsmilethailand.com  
www.perfectsmilethailand.com

Pacific Dental Care

**A:** 147/5-6 Baan Phrom Phong Condominium, Sukhumvit 39, Watthana, Bangkok 10110  
**T:** +66 2204 2939  
**F:** +66 2204 2938  
**E:** care@pacificdentalbangkok.com  
www.pacificdentalbangkok.com

President Park Dental Care

**A:** 97/69-70 Sukhumvit 24, Bangkok 10110  
**T:** +66 2661 1156, +66 2661 1157  
**F:** +66 2661 1158  
**E:** info@presidentparkdentalcare.com  
www.presidentparkdentalcare.com

Promjai Dental Clinic

**A:** 18/2-3 Baan Suan Petch Condo, Sukhumvit 39, Bangkok 10110  
**T:** +66 2261 6229, +66 2662 6070  
**F:** +66 2261 6232  
**E:** promjaidentist@gmail.com  
www.promjaidental.com

Ratchada Dental Center

**A:** 541 Ratchadapisek Road, Chankasaem, Chatuchak, Bangkok 10900  
**T:** +66 2938 3015  
**F:** +66 2938 0337  
**E:** dentalrdc@hotmail.com  
www.ratchadadental.com

Ratchathewi Station Dental Clinic

**A:** 318,1st Floor, Evergreen Place Building, Evergreen Place (Near BTS Ratchathewi Station) Phaya Thai Road, Ratchathewi, Bangkok 10400  
**T:** +66 2219 4272, +668 6307 0109  
**E:** info@ratchathewystationdental.com  
www.ratchathewystationdental.com

Siam Family Dental Clinic

**A:** 292/6 Siam Square Soi 4, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2255 6664  
**F:** +66 2255 6664  
**E:** info@siamfamilydental.com  
www.siamfamilydental.com

Silom Dental Building

**A:** 439/4-5 Narathiwat Rajnakarin Road, Silom, Bang Rak, Bangkok 10500  
**T:** +66 2636 9092  
**F:** +66 2636 9096  
**E:** silomdental@silomdental.com  
www.silomdental.com

Silom Smile Dental Clinic

**A:** 30/8 Sala Daeng Road, Silom, Bang Rak, Bangkok 10500  
**T:** +66 2664 2711  
**F:** +66 2640 8029  
**E:** contact@1tosmile.com  
www.1tosmile.com

Stardent

**A:** Life Center Level 2, Q-House Lumpini Building No.1, South Sathorn Road, Sathorn, Bangkok 10120  
**T:** +66 2677 7168, +66 2677 7169  
**E:** info\_sathorn@stardents.com  
www.stardents.com

Tantawan Dental Clinic

**A:** 99 Suthisarnvinichai Road, Huai Khwang, Bangkok 10310  
**T:** +66 2275 3679, +66 2275 3680  
**F:** +66 2275 3681  
**E:** contact\_us@tantawandental.com  
www.tantawandental.com

Thantakit International Dental Center

**A:** 1939 Thanakit Dental Building (Opposite Amari Atrium Hotel), New Petchburi Road, Bangkok 10310  
**T:** +66 2718 0777  
**F:** +66 2718 2270  
**E:** dentists@thantakit.com  
www.thantakit.com

Thonglor Dental Clinic

**A:** 125 Sukhunvit 63, Ekamai, Bangkok 10110  
**T:** +66 2714 8800  
**F:** +66 2714 8814  
**E:** info@thonglordental.com  
www.thonglordental.com

Your Dentist International Dental Center

**A:** 758/187, 20th Floor, Waterford Diamond Tower, Suite 187, Sukhumvit 30/1 (BTS Phrom Pong), Bangkok 10110  
**T:** +668 0922 6226  
**E:** ydt\_inter@yahoo.com  
www.yourdentistinter.com

PHUKET

Advance Dental Center

**A:** 209/9-10 Rath U-Thit 200 Pee Road, Patong Beach, Phuket 83150  
**T:** +66 7634 5600, +66 7634 5606  
**F:** +66 7634 5605  
**E:** adcpatong@hotmail.com  
www.dentist-phuket.com

Asia Dental Center

**A:** 95/3 Phuket Road, Phuket Town, Phuket 83000  
**T:** +66 7621 0191  
**E:** dentalinfo@dentalphuket.com  
www.dentalphuket.com

City Park Dental Clinic

**A:** 183/36 Phang-Nga Road (Opposite Royal Phuket City Hotel), Phuket Town, Phuket 83000  
**T:** +66 7623 3241  
**E:** info@phuketdental.com  
www.phuketdental.com

D.D.S. Dental Clinic (Branch 1)

**A:** 109/12 Phuket Road, Phuket Town, Phuket 83000  
**T:** +66 7621 2766, +66 7621 1360  
**E:** phuketdentist@hotmail.com  
www.phuketdir.com/ddsdentalclinic

D.D.S. Dental Clinic (Branch 2)

**A:** 3-5 Chanajaroen Road, Phuket Town, Phuket 83000  
**T:** +66 7621 5766  
**F:** +66 7621 8666  
**E:** phuketdentist@hotmail.com  
www.phuketdir.com/ddsdentalclinic

DC One The Dental Clinic Phuket

**A:** 20/64 DC One Med Spa at Boat Lagoon, Thepkasattri Road, Muang, Phuket 83000  
**T:** +66 7623 9525-6  
**F:** +66 7623 9527  
**E:** infophuket@dc-one.com  
www.dc-one.com

Dent Central Clinic

**A:** 2nd Floor, No. 226 Central Festival Phuket, Phuket Town, Phuket 83150  
**T:** +66 7624 9779  
**F:** +66 7624 9779  
**E:** info@dentist-phuket.com, phktdent@phuket.ksc.co.th  
www.dentist-phuket.com

Dental Care Clinic

**A:** 62/5 Rasada Center, Rasada Road, Phuket 83000  
**T:** +66 7621 5025, +66 7622 3500  
**F:** +66 7622 3500  
**E:** info@dentist-phuket.com  
www.dentist-phuket.com

Dental Sea Clinic

**A:** 39/3 Prabarami Road, Patong, Phuket 83150  
**T:** +66 7629 6682  
**F:** +66 7629 6682  
**E:** info@dentalsea.com  
www.dentalsea.com

Dente Smile Dental Clinic Phuket

**A:** 5/13 Moo 3, Chaofa West Road, Vichit, Muang, Phuket 83000  
**T:** +66 7636 7188, +668 1958 2988  
**F:** +66 7636 7140  
**E:** info@dentesmile.com  
www.dentesmile.com

Phuket Cosmetic Dental Clinic

**A:** 16/1 Hongyok U-Thit Road, Taladyai, Muang, Phuket 83000  
**T:** +66 7623 6823  
**F:** +66 7623 6824  
**E:** info@phuketcosmeticdentalclinic.com  
www.phuketcosmeticdentalclinic.com

Phuket Dental Center

**A:** 371/95 Yaowarat Road, Phuket Town, Phuket 83000  
**T:** +66 7625 5336  
**F:** +66 7625 5334  
**E:** info@phuketdentalcenter.com  
www.phuketdentalcenter.com

Phuket International Dental Center

**A:** 44 Chalermprakiat Rama 9 Road, Phuket 83000  
**T:** +66 7624 9386-7  
**F:** +66 7636 1802  
**E:** Info@dentist-phuket.com  
www.dentist-phuket.com

Promjai Dental Clinic (Phuket)

**A:** 44 Patong Merlin Hotel Thaweewong Road, Patong, Kathu, Phuket 83120  
**T:** +66 7629 4381, 668 1893 4304  
**F:** +66 2261 6232  
**E:** promjaiphuket@gmail.com  
www.promjaidental.com

Rang Hill Dental Clinic

**A:** 18/12 Maeluan Road, A. Muang, Phuket 83000  
**T:** +66 7622 1733, +668 1627 9300  
**F:** +66 7622 1734  
**E:** info@ranghilldentalclinic.com  
www.ranghilldentalclinic.com



Sea Smile Dental Clinic

**A:** 189/18 Rath U-Thit 200 Pee Road, Patong Beach, Kathu, Phuket, 83150  
**T:** +66 7634 0238, +66 7634 0066, +668 5318 0990  
**E:** dentist@thaidentalcenter.com  
www.thaidentalcenter.com

Smile Studio Phuket Dental Clinic

**A:** 198/7 Rath U-Thit 200 Pee Road, Patong Beach, Kathu, Phuket 83150  
**T:** +66 7629 4341-2  
**F:** +66 7634 0259  
**E:** dentist@phuketsmiledental.com  
www.phuketsmiledental.com

Wattana International Clinic

**A:** Soi Permpong, Thaweewong Road, Patong, Kathu, Phuket 83150  
**T:** +66 7634 0690, +66 7634 1344  
**F:** +66 7634 1178  
**E:** info@wattanaclinic.com  
www.wattanaclinic.com

PATTAYA / CHONBURI

Central Pattaya Dental Center

**A:** 418/19-20 Central Pattaya Road, Banglamung, Chonburi 20150  
**T:** +66 3872 0747  
**F:** +66 3872 0747  
**E:** info@centralpattayadental.com  
www.centralpattayadental.com

Dental Café

**A:** 306/57 Moo 12, Thappraya Road, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3836 4662, +668 6344 5876  
**F:** +66 3836 4663  
**E:** dentalcafe@hotmail.com  
www.dentalcafe.co.th

Dental Paragon Clinic

**A:** 292/1-2 Central Pattaya Road (near Central Pattaya Soi 9), Banglamung, Chonburi 20150  
**T:** +66 3872 0919  
**E:** info@dentalparagonpattaya.com  
www.dentalparagonpattaya.com

Dental Point Clinic

**A:** 237/12 Moo 9, Soi Yume, Central Pattaya Road, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3836 1125, +66 3841 6818, +66 3841 6817  
**E:** dentist@dppattaya.com  
www.dppattaya.com

Dental Society

**A:** 406/386 Moo 12, Pattaya Road, Chonburi 20150  
**T:** +668 1353 6675  
**E:** dentalsociety09@hotmail.com  
www.dentalsociety.in.th

Dental World Clinic

**A:** 159/63-64 Moo 5, Pattaya Nakhlua Road, Banglamung, Chonburi 20150  
**T:** +66 3837 0873  
**F:** +66 3837 0873  
**E:** info@dentalworldpattaya.com  
www.dentalworldpattaya.com

Dentist @ Beach

**A:** 333/99, 4th Floor Central Festival Pattaya, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3804 3331  
**E:** contact@dentistbeach.com  
www.dentistbeach.com

Dentista Dental Clinic

**A:** 157/73-74 Moo 5, Naklua, Pattaya, Chonburi 20150  
**T:** +66 3837 1142, +668 0097 5454  
**E:** info@pattayadentista.com  
www.pattayadentista.com

Doctor Smile

**A:** 111/72 Moo 10, South Pattaya Road, Banglamung, Chonburi 20150  
**T:** +66 3872 3733  
**E:** info@dentalpattayathailand.com  
www.dentalpattayathailand.com

Euro Dental Clinic

**A:** 223/65- 66 Moo 9, Pattaya Third Road, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3837 1369, +668 9444 4405  
**F:** +66 3837 0684  
**E:** info@travel-dental.com  
www.travel-dental.com

Modern Smile Dental Clinic (Pacific Park Sriracha)

**A:** 90 Sukhumwit Road, Sriracha, Chonburi 20110  
**T:** +66 3877 1773, +66 85247 1444  
**E:** info@modernsmiledental.com  
www.modernsmiledental.com

Modern Smile Dental Clinic (Pattaya)

**A:** 418/9 Moo 9, Central Pattaya Road, Pattaya, Chonburi 20260  
**T:** +66 3872 0820, +66 3872 0688, +668 5247 1222  
**E:** info@modernsmiledental.com  
www.modernsmiledental.com

Modern Smile Dental Clinic (Sriracha)

**A:** 1/8-9 Srirachanakorn 3 Road, Sriracha, Chonburi 20110  
**T:** +66 3832 1600, +66 3832 2600, +668 5247 1333  
**E:** info@modernsmiledental.com  
www.modernsmiledental.com

Pattaya Beach Dental Clinic

**A:** 33/60 M.10, Soi Buakhao, Pattaya City, Banglamung, Chonburi 20150  
**T:** +66 3842 0250  
**E:** info@pattayabeachdental.com  
www.pattayabeachdental.com

Pattaya City Dental Center

**A:** 3rd Floor, Central Festival Pattaya Beach, Pattaya Beach Road, Banglamung, Chonburi 20150  
**T:** +66 3842 2027  
**E:** info@dentalholidaypattaya.com  
www.dentalholidaypattaya.com

Pattaya Dental Clinic

**A:** 308/79 M.10, Pattaya, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3825 2671  
**F:** +66 3825 2672  
**E:** info@pdclinic.com  
www.pdclinic.com

Pattaya Smile Dental Clinic

**A:** 111/57-8 Moo10, South Pattaya Road, Banglamung, Chonburi 20150  
**T:** +66 3872 4145  
**E:** info@dentalpattayabeach.com  
www.dentalpattayabeach.com

StudioSmile

**A:** 240/39 Moo 5, Dolphin Roundabout Pattaya Beach Road, North Pattaya, Chonburi 20150  
**T:** +66 3836 2095, +66 3836 2096  
**F:** +66 3836 2097  
**E:** info@studiosmilethailand.com  
www.studiosmilethailand.com

Thai Smile Dental Clinic

**A:** 334/70 Moo 12, Soi Welcome Jomtien Beach Hotel, Jomtien Beach Road, Nongprue, Banglamung, Chonburi 20150  
**T:** +668 2476 1982, +668 1260 1762  
**E:** info@thaismiledental.com  
www.thaismiledental.com

The Dental Emporium

**A:** 240/3 Moo 5, Pattaya-Nakhlua Road, Banglamung, Pattaya City, Chonburi 20150  
**T:** +66 3837 0213, +668 1837 5508, +668 6300 1731  
**F:** +66 3842 1740  
**E:** tdc\_pattaya@hotmail.com  
www.pattayadentalemporium.com

The Dental Emporium (Nakhlua)

**A:** 170/12-14 Moo 5, Pattaya-Nakhlua Road, Nakhlua, Banglamung, Chonburi 20150  
**T:** +66 3837 1104  
**F:** +66 3841 1644  
**E:** tdc\_pattaya@hotmail.com  
www.pattayadentalemporium.com

CHIANG MAI

Chiangmai Medical & Dental Polyclinic

**A:** 129/1-2 Moonmuang Road, Sripnum, Muang, Chiang Mai 50200  
**T:** +66 5332 6600-2, +668 4169 7700  
**F:** +66 5332 6600  
**E:** cmdentalcare@hotmail.com  
www.cmdentalcare.com

CM Dental Clinic Chiangmai

**A:** 617 Charoenmuang Road, Muang, Chiang Mai 50000  
**T:** +66 5326 6557  
**F:** +66 5326 6556  
**E:** info@dentalchiangmai.com  
www.dentalchiangmai.com

Dental 4U Aesthetic Clinic

**A:** 382-384 Thapae Road, Changmoi, Muang, Chiang Mai 50300  
**T:** +66 5387 4149  
**E:** info@chiangmaidental4you.com  
www.chiangmaidental4you.com

Elite Smile Dental Clinic

**A:** Pantip Plaza Chang Khlan Road, Chang Khlan, Muang, Chiang Mai 50300  
**T:** +66 5328 8199  
**E:** elitesmilecm@hotmail.com  
www.elitesmilecm.com

Empress Dental

**A:** 239 M.12, Lat Yao-Chonlaprathan Road, Nongkwai, Hangdong, Chiang Mai 50230  
**T:** +66 5311 1299  
**F:** +66 5311 1299  
**E:** empressdental@hotmail.com  
www.empressdentalclinic.com

Fortune Dental Clinic

**A:** 233/11 Mahidol Road (Near Chiangmai International Airport), Chang Khlan, Chiang Mai 50100  
**T:** +66 5328 1881, +668 1993 1993, +668 1603 2828  
**F:** +66 5328 1881  
**E:** info@fortunedentalclinic-thailand.com  
www.fortunedentalclinic-thailand.com

SPECIALIST CLINICS - DERMATOLOGY

Kitcha Dental Clinic

**A:** 7/2 Changloa Road, Haiya, Muang, Chiang Mai 50100  
**T:** +66 5327 1950  
**F:** +66 5328 2139  
**E:** contact@kitchaclinic.com  
www.kitchaclinic.com

Mungkala Clinic

**A:** 21 Rajchamanka Road, Chiang Mai 50200  
**T:** +66 5327 8494  
**F:** +66 5320 8431  
**E:** mungkala@gmail.com  
www.mungkala.com

Pohndheva Dental Clinic

**A:** 82/1 Moo 2, Jedyod Road, Changpuak, Muang, Chiang Mai 50300  
**T:** +66 5340 0767, +668 1568 8516  
**F:** +66 5321 9620  
**E:** info@pohndheva-dental.com  
www.pohndheva-dental.com

KOH SAMUI

Baan Luck Fun Dental Clinic (Bophut)

**A:** 100/22-23 Moo 1, Bophut, Surat Thani 84320  
**T:** +66 7743 0731-2  
**E:** samuidental@gmail.com  
www.baanluckfun.com

Baan Luck Fun Dental Clinic (Chaweng Beach)

**A:** 60/36 Moo 2, Soi Montien Hotel, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84140  
**T:** +66 7742 2793  
**E:** samuidental@gmail.com  
www.baanluckfun.com

Baan Luck Fun Dental Clinic (Chaweng)

**A:** 80/5 Moo 6, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7741 4229-30  
**E:** samuidental@gmail.com  
www.baanluckfun.com

Baan Luck Fun Dental Clinic (Lamai)

**A:** 127/10-11 Moo 4, Maret, Koh Samui, Surat Thani 84310  
**T:** +66 7741 8395  
**E:** samuidental@gmail.com  
www.baanluckfun.com

Baan Luck Fun Dental Clinic (Mae Nam)

**A:** 12/85 Mae Nam, Koh Samui, Surat Thani 84330  
**T:** +66 7733 2088-9  
**E:** samuidental@gmail.com  
www.baanluckfun.com

Beauty Smile Dental Clinic (Chaweng 1)

**A:** 121/1 Moo 3, Chaweng Beach Road, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7741 3762, +668 1649 2779  
**E:** info@beautysmiledentalclinic.com  
www.beautysmiledentalclinic.com

Beauty Smile Dental Clinic (Chaweng 2)

**A:** 81/26 Moo 6, Chaweng Ring Road, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7741 4386  
**E:** info@beautysmiledentalclinic.com  
www.beautysmiledentalclinic.com

Beauty Smile Dental Clinic (Chaweng 3)

**A:** 101/4 Moo 2, Chaweng Beach Road, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7741 3770  
**E:** info@beautysmiledentalclinic.com  
www.beautysmiledentalclinic.com

Beauty Smile Dental Clinic (Lamai Beach)

**A:** 124/401 Moo 3, Lamai Beach Road, Maret, Koh Samui, Surat Thani 84320  
**T:** +66 7745 8331  
**E:** info@beautysmiledentalclinic.com  
www.beautysmiledentalclinic.com

Dente Smile Dental Clinic Samui

**A:** 60/29 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84140  
**T:** +66 7742 2793, +66 7742 2795, +668 5133 0123, +668 4669 7999  
**E:** samuidental@gmail.com  
www.dentesmilesamui.com

HUA HIN

Cool Smile Clinic

**A:** 100/2-3 Nabkehard Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3251 3989  
**F:** +66 3251 3990  
**E:** info@coolsmiledental.com  
www.coolsmiledental.com

Perfect Smile Dental Clinic (Hua Hin)

**A:** 113/9 Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3253 3444, +668 6331 9668  
**F:** +66 3253 3664  
**E:** info@perfectsmile-huahindental.com  
www.perfectsmile-huahindental.com

S-smile Dental Clinic

**A:** 34/30 Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3253 0542, +668 0993 0055  
**F:** +66 3253 0542  
**E:** info@ssmiledentalclinic.com  
www.ssmiledentalclinic.com

BANGKOK

APEX Profound Beauty

**A:** Head Center, 208/1-3 Thonglor 8, Sukhumvit 55, Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2713 8331  
**F:** +66 2713 8447  
**E:** info@apexprofoundbeauty.com  
www.apexprofoundbeauty.com

Doctor Youth Medical Laser Clinic

**A:** 423-425, 2nd-5th Floor, Sukhumvit Road, Khlong Toei, Watthana, Bangkok 10110  
**T:** +66 2258 4849  
**F:** +66 2258 4829  
**E:** youth\_booking@hotmail.com  
www.doctoryouth.co.th

Hertitude Clinic

**A:** 64/98, 2nd Floor, The Crystal, C202, Praditmanutham Road, Bangkok 10230  
**T:** +66 2515 0625  
**F:** +66 2515 0624  
**E:** hertitude@gmail.com  
www.hertitude.com

Le Bangkok Clinic

**A:** 18-19 Tessabansongkao Road, Lat Yao, Chatuchak, Bangkok 10900  
**T:** +66 2591 1699  
**E:** info@lebangkokclinic.com  
www.lebangkokclinic.com

Meko Clinic

**A:** 1060 Phaholyothin Road (across Chatuchak Market), Lat Yao, Bangkok 10900  
**T:** +66 2272 0920  
**F:** +66 2272 0922  
**E:** callcenter.mekoclinic@gmail.com  
www.mekoclinic.com/en

Nida Skin & Cosmetic Surgery Centre

**A:** 432/6-7, 2nd-3rd Floor, Siam Square Soi 9, Bangkok 10330  
**T:** +66 2252 2121  
**F:** +66 2251 2551  
**E:** info@nidaskincosmetic.com  
www.nidaskincosmetic.com

Nirunda Infinity Skin Clinic

**A:** 5th Floor, Siam Discovery Building, Unit 523-524, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2658 0544  
**F:** +66 2658 0544  
**E:** nirundaclinic@hotmail.com  
www.nirundaclinic.com

Pareto's Clinic

**A:** 20/261 Moo 9, Villa Market, Prachachun Road, Bangkok 11120  
**T:** +66 2574 5389  
**F:** +66 2574 5389  
**E:** jaruwat12@hotmail.com  
www.paretosclinic.com

Pinklao Clinic

**A:** 3rd Floor, Pinklao Central Center, Boromratchonnanee Road, Bangkok Noi, Bangkok 10700  
**T:** +66 2884 8462  
**F:** +66 2884 8463  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

Pinklao Clinic (Amarin Plaza)

**A:** 3rd Floor, Amarin Plaza Building, Ratchaprasong, Pleonchit Road, Pathum Wan, Bangkok 10330  
**T:** +66 2251 3197  
**F:** +66 2251 3198  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

Pinklao Clinic (Big C Lat Phrao)

**A:** 1st Floor, Big C Extra Lat Phrao, Lat Phrao Road, Chatuchak, Bangkok 10900  
**T:** +66 2513 1470  
**F:** +66 2513 1470  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

Pinklao Clinic (Central Town Rattanaibet)

**A:** 3rd Floor, Central Town Rattanaibet, Rattanaibet Road, Muang, Bangkok 19000  
**T:** +66 2526 6781  
**F:** +66 2526 6782  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

Pinklao Clinic (Sukhapiban 5)

**A:** 1st Floor, Big C Market, Sukhapiban 5 Road, Bangkok 10220  
**T:** +66 2153 1693  
**F:** +66 2153 1694  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

Ponsarin Beauty Clinic

**A:** 275 Thonglor 13, Sukhumvit 55 Road, Bangkok 10110  
**T:** +66 2712 7822  
**F:** +66 2712 7822  
**E:** info@ponsarin.com  
www.ponsarin.com

Puntip Clinic (Thonglor 15)

**A:** 323/1 J Avenue, Thonglor 15, Khlong Toei Nua, Watthana, Bangkok 10510  
**T:** +668 9801 5556-7  
**F:** +66 2712 7044-5  
**E:** puntipclinic@gmail.com  
www.puntipclinic.com



Radiance Skin Clinic

**A:** 518/5 Maneeya Center Building,  
Ground Floor, Ploenchit Road,  
Bangkok 10330  
**T:** +66 2255 5912  
**F:** +66 2255 5914  
**E:** info@radianceskinclinic.com  
www.radianceskinclinic.com

Romrawin Skin Body Rejuvenation Clinic

**A:** 22, 4th Floor, Chidlom Tower, Soi Somkid,  
Ploenchit Road, Lumpini, Bangkok 10330  
**T:** +66 2655 7625  
**E:** info@romrawin.com  
www.romrawin.com

Smooth D Skincare and Laser Clinic

**A:** 71 Soi Rajkru (Phaholyothin 5), Samsan Nai,  
Bangkok 10400  
**T:** +66 2619 5991  
**F:** +66 2619 5992  
**E:** info@smdlaserclinic.com  
www.smdlaserclinic.com

SRC Clinic

**A:** 425 Kampaengpetch Road, Bangkok 10900  
**T:** +66 2272 4220  
**E:** dryimyim@gmail.com  
www.srcclinic.com

Suteera Clinic Skin & Aesthetics Center

**A:** 34/2 Phatthanasamphan Road, Bangphun,  
Muang, Pathumthani 12000  
**T:** +66 2581 5490, +668 1797 7630  
**E:** jackwit133@yahoo.com  
www.suteeraclinic.com

Thaniya Medical Center

**A:** 52, 4th Floor, Thaniya Plaza, Thaniya Road,  
Bangkok 10500  
**T:** +66 2231 2100  
**F:** +66 2231 2870  
**E:** medical@thaniyagroup.com  
www.thaniyacenter.com

Thanya Clinic

**A:** 1397 Charoen Krung Road (New Road),  
Silom, Bang Rak, Bangkok 10500  
**T:** +66 2234 5879  
**F:** +66 2630 9562  
**E:** services@thanyaclinic.com  
www.thanyaclinic.com

The Skin Clinic (Central Plaza Rama 2)

**A:** 2nd Floor, Central Plaza Rama 2,  
Bangkok 10150  
**T:** +66 2872 4402  
**E:** marketing@theskin.co.th  
www.theskin.co.th

The Skin Clinic (Central Plaza Rama 3)

**A:** 1st Floor, Central Plaza Rama 3,  
Bangkok 10120  
**T:** +66 2673 5931  
**E:** marketing@theskin.co.th  
www.theskin.co.th

The Skin Clinic (Major Cineplex Pinklao)

**A:** 2nd Floor, Major Cineplex Pinklao,  
Bangkok 10700  
**T:** +66 2435 5818  
**E:** marketing@theskin.co.th  
www.theskin.co.th

The Skin Clinic  
(Royal Garden Plaza Charoennakorn)

**A:** 1st Floor, Royal Garden Plaza Charoennakorn,  
Bangkok 10500  
**T:** +66 2877 8916  
**E:** marketing@theskin.co.th  
www.theskin.co.th

The Skin Clinic  
(The Platinum Place Ramintra)

**A:** 1st Floor, The Platinum Place Ramintra,  
Bangkok 10830  
**T:** +66 2793 4517  
**E:** marketing@theskin.co.th  
www.theskin.co.th

The Skin Clinic (Top Market Place Udomsuk)

**A:** 1st Floor, Top Market Place Udomsuk,  
Bangkok 10250  
**T:** +66 2398 1335  
**E:** marketing@theskin.co.th  
www.theskin.co.th

PHUKET

Face2Face Skin & Aesthetic Centre Phuket

**A:** 20/64 DC one Med Spa at Boat Lagoon,  
Thepkasattri Road, Phuket 83000  
**T:** +66 7623 9535  
**F:** +66 7623 9534  
**E:** infoface2face@dc-one.com  
www.dc-one.com

Puttharaksa Aesthetic Clinic

**A:** 61/10 M.10, 2nd Floor, Villa Market Building,  
Homepro Village, Chalong, Muang,  
Phuket 83130  
**T:** +66 7638 3799  
**E:** info@puttharaksaclinic.com  
www.puttharaksaclinic.com

PATTAYA / CHONBURI

Jankamol Clinic

**A:** 565/103-4 Moo 10, Nongprue Banglamung,  
Chonburi 20150  
**T:** +66 3837 5000  
**E:** info@jankamolclinic.com  
www.jankamolclinic.com

La Nitivadee Dermatology &  
Aesthetic Laser Center

**A:** 262/1 Moo 10, 2nd Floor Nautical Inn Plaza,  
Beach Road Pattaya, Pattaya City,  
Chonburi 20150  
**T:** +66 3842 2039  
**E:** dr.nitivadee@gmail.com  
www.lanitivadee.com

CHIANG MAI

Prima Donna

**A:** 24/8 Nimmanhaemin Road, Suthep, Muang,  
Chiang Mai 50200  
**T:** +66 5340 0861  
**E:** primadonnaclinic2009@gmail.com  
www.primadonnaclinic.com

Ratika Skin & Health Care Clinic

**A:** 33 Sirimangklajarn Road, Soi 9, Suthep,  
Muang, Chiang Mai 50200  
**T:** +66 5389 5201  
**F:** +66 5389 5201  
**E:** info@ratikaclinic.com  
www.ratikaclinic.com

Sarinya Clinic  
(Skin Care, Slimming and Laser Center)

**A:** 34/3 Soi 7 Sirimangkarajarn Road, Suthep,  
Muang, Chiang Mai 50200  
**T:** +66 5321 6924  
**E:** ae901072@yahoo.com  
www.sarinyaclinic.com



Apex Profound Beauty

# SPECIALIST CLINICS - LASIK EYE SURGERY

BANGKOK

Laser Vision International Lasik Center

**A:** 49/5 Laser Vision Building, Ratchadapisek 48, Lat Yao, Chatuchak, Bangkok 10900  
**T:** +66 2511 2111  
**F:** +66 2511 5421  
**E:** info@laservisionthai.com  
www.laservisionthai.com

Rutnin-Gimbel Lasik Center

**A:** 2nd Floor Rutnin Eye Hospital 80 Sukhumvit 21, Khlong Toei Nua, Watthana, Bangkok 10110  
**T:** +66 2639 3355  
**F:** +66 2639 3311  
**E:** info@rutningimble.com  
www.rutningimbel.com

Thai Eye Center (Rama 3)

**A:** 168 Charoenraj Road, Bangkhlo, Bang Kho Laem, Bangkok 10120  
**T:** +66 2689 8888  
**F:** +66 2689 9909  
**E:** info@thaieye.com  
www.thaieye.com

TRSC International Lasik Center

**A:** 6th Floor, U Chu Liang Building, 968 Rama IV Road, Silom, Bang Rak, Bangkok 10500  
**T:** +66 2733 2020  
**F:** +66 2632 4431  
**E:** inter@lasikthai.com  
www.lasikthai.com

Vision Care Lasik Center

**A:** 1st Floor, OPD Thammasat Hospital, 95 Phaholyothin, Khlong Luang, Bangkok 12120  
**T:** +66 2986 8879  
**F:** +66 2986 8878  
**E:** info@visioncare.co.th  
www.visioncare.co.th

PHUKET

Phuket Laser Center at Phuket International Hospital

**A:** Eye & LASIK Clinic 44, 4th Floor, New Building, Chalermprakiat Rama 9 Road, Muang, Phuket 83000  
**T:** +66 7624 9400  
**F:** +66 7624 9377  
**E:** infolaser@phuketlaser.com  
www.phuketlaser.com

PATTAYA / CHONBURI

Doctor Somchai (Supersight Surgery Centre)

**A:** 301 Moo 6, Sukhumvit Road, KM. 143, Banglamung, Chonburi 20150  
**T:** +668 7581 8282  
**F:** +66 3825 9939  
**E:** somchait@bph.co.th  
www.doctorsomchai.com

Super Center Pattaya Lasik

**A:** 2nd Floor, Bangkok Pattaya Hospital, Chonburi 20150  
**T:** +66 3825 9939  
**F:** +66 3825 9939  
**E:** lasik\_pattaya@hotmail.com  
www.lasikpattaya.com

CHIANG MAI

Saint Peter Eye Hospital

**A:** 150 Chiangmai-Lumpang Road, Changphuak, Chiang Mai 50300  
**T:** +66 5322 5011  
**F:** +66 5322 5016  
**E:** info@stpeter-eye.com  
www.stpeter-eye.com

# SPECIALIST CLINICS - HOLISTIC & ANTI-AGING

BANGKOK

ADD-LIFE Anti-Aging Center

**A:** Room 207 – 208, 2nd Floor, Q House Lumpini Building, 1 South Sathorn Road, Thungmahamek, Sathorn, Bangkok 10120  
**T:** +66 2677 7077  
**F:** +66 2677 7341  
**E:** info@add-life.org  
www.add-life.org

Balavi Natural Medicine Center

**A:** 191/3 Soi Ranong1, Rama 6 Road, Samsen Nai, Bangkok 10400  
**T:** +66 2615 8822  
**F:** +66 2279 6972  
**E:** dr.banchob@balavi.com  
www.balavinaturalmedicine.com

Chiromed Clinic

**A:** 3rd Floor, Bangkok Mediplex Building, Sukhumvit 42 Road, Phra Khanong, Khlong Toei, Bangkok 10110  
**T:** +66 2713 6745  
**F:** +66 2713 6770  
**E:** chiromed@chiromedbangkok.com  
www.chiromedbangkok.com

Complementary Medicine

**A:** 199, 18th Floor, Column Tower, Ratchadapisek Road, Khlong Toei, Bangkok 10110  
**T:** +66 2663 3091  
**F:** +66 2663 3093  
**E:** info@co-med.co.th  
www.co-med.co.th

Dr.Orawan Holistic Institute 1988

**A:** 2644/1, 3rd Floor, Grass Thonglor, Sukhumvit 55, Sukhumvit Road, Watthana, Khlongton Nua, Bangkok 10110  
**T:** +66 2714 8080  
**F:** +66 2714 8080  
**E:** info@orawana.com  
www.drorawan.com

Holistic Medical Centre

**A:** 253, 20th Floor, Asoke Building, Sukhumvit 21 Road, Khlong Toei Nua, Bangkok 10110  
**T:** +66 2640 8090  
**F:** +66 2640 8070  
**E:** rasna@thebodhi.com  
www.hmcthai.com

Kitjawet International Acupuncture and Holistic Wellness Center

**A:** 54 Chan Road, Soi Chan 16, Sathorn, Bangkok 10120  
**T:** +66 2287 3259  
**E:** info@thaiacupuncture.com  
www.thaiacupuncture.com

Q Medical Center

**A:** 253, 21st Floor, Asoke Building, Sukhumvit 21 Road, Khlong Toei Nua, Bangkok 10110  
**T:** +66 2624 5390  
**F:** +66 2260 6920  
**E:** crm\_reju@thequalitynet.com  
www.qmedcenter.com

The Natural Healing Center

**A:** 320, 3rd Floor, Tang Hua Pug Building, 3C room, Rama IV Road, Maha Preuktharam, Bangkok 10500  
**T:** +66 2639 7300  
**E:** info@thaichiro.com  
www.thaichiro.com

Villa Medica (Thailand)

**A:** 2/70 Bangkok Mediplex Building, 3rd Floor, Block 2/55-2/57, Sukhumvit 42 Road, Phra Khanong, Bangkok 10110  
**T:** +66 2712 0333  
**F:** +66 2713 6490  
**E:** info@villamedicathailand.com  
www.villamedicathailand.com

PATTAYA / CHONBURI

ANG Healing Touch

**A:** 382/26, Moo 9, Pattaya 2nd Road, Chonburi 20000  
**T:** +668 6392 1164  
**F:** +66 3842 0357  
**E:** manitchula@yahoo.com  
www.pattayaalternativemedicine.com

CHIANG MAI

Sweet Herbal Garden (Mor Noi)

**A:** 75/1 Moo 7, Nongjom, Sansai, Chiang Mai 50210  
**T:** +66 5335 3556  
**E:** mail@mornoi-clinic.com  
www.mornoi-clinic.com



SPECIALIST CLINICS - COSMETIC SURGERY

BANGKOK

Bangkok Laser Surgery

**A:** 6/2-3 Soi Promsri, Sukhumvit 39, Sukhumvit Road, Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2260 2561, +668 1402 0587  
**F:** +66 2260 2560  
**E:** info@bangkoklaser.com  
www.bangkoklaser.com

Bangkok Plastic Surgery Clinic

**A:** 422-426/1 Indramara Soi 20, Suthisarn Road, Bangkok 10400  
**T:** +668 9999 0123, +668 1813 0373  
**F:** +66 2277 5907  
**E:** pichet@bangkokplasticsurgery.com  
www.bangkokplasticsurgery.com

Clinic Soi 1

**A:** 220/2-3 Sukhumvit Soi 1, Watthana, Bangkok 10110  
**T:** +66 2251 2066, +66 2251 2067  
**F:** +66 2252 7975  
**E:** piangjai@surgery-thailand.com  
www.surgery-thailand.com

Doctor Saran Cosmetic Surgery Clinic

**A:** 12879 Soi Inthamara 43, Suthisarn-Ratchada Road (RCA 2), Bangkok 10400  
**T:** +66 2693 9391, +66 2693 9392  
**F:** +66 2693 7772  
**E:** consultant@doctorsaran.com  
www.doctorsaran.com

Dr.Chettawut Plastic Surgery Clinic

**A:** 1529/4 between On Nut 31 and 31/1, Sukhumvit 77 Road, Suanluang, Bangkok 10250  
**T:** +66 2742 2335  
**F:** +66 2742 0845

**E:** info@chet-plasticsurgery.com  
www.chet-plasticsurgery.com

Dr. K Clinic

**A:** 422/7 Siam Square Soi 11, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2654 6346, +668 1319 6856  
**F:** +66 2654 6347  
**E:** nurse@thaibeautysurgery.com  
www.thaibeautysurgery.com

Global Medical Clinic

**A:** 281/8-9 Soi Silom 1, Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2635 5414  
**F:** +66 2635 5417  
**E:** jaray@globalmedicalclinic.com  
www.globalmedicalclinic.com

Health Aesthetics Co., Ltd.

**A:** 92/52, 18th Floor, Sathorn Thani 2, North Sathorn Road, Sathorn, Bangkok 10500  
**T:** +66 2236 5984  
**F:** +66 2236 5984  
**E:** support@healthaesthetics.com  
www.healthaesthetics.com

Kampee Cosmetic Surgery

**A:** 321/2-3 Soi Saimai Road, Bangkok 10220  
**T:** +66 2996 3273, +66 2996 3274  
**E:** kampee.george@gmail.com  
www.kampeecosmeticsurgery.com

Louis Plastic Surgery Center

**A:** 235/5-6, South Sathorn Road, Bangkok 10120  
**T:** +66 2675 8081  
**E:** plasticdoc@thaimail.com  
www.2plastic.com

Naravee Aesthetic Center

**A:** 16 Soi Udomsuk 30, Sukhumvit 103, Bangna, Bangkok 10260  
**T:** +66 2398 8565, +668 4499 4470  
**E:** info@naraveesurgery.com  
www.naraveesurgery.com

PAI (Preecha Aesthetic Institute)

**A:** 898/1 Sukhumvit 55, Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2715 0111, +668 1813 6144  
**F:** +66 2715 0113  
**E:** consult@pai.co.th  
www.pai.co.th

Pruksa Cosmetic Surgery

**A:** 430/20 Siam Square Soi 9 (Opposite CU Book Center), Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2658 4870  
**F:** +66 2654 6226  
**E:** info@surgeryatbangkok.com  
www.pruksasurgery.com

Siam Swan Cosmetic Clinic

**A:** 190-192 Siam Square Soi 1, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2658 4884, +66 2658 4885  
**F:** +66 2658 4886  
**E:** info@siamswan.com  
www.siamswan.com

SP Clinic (Major Lat Phrao Branch)

**A:** 1519/69-70 Lat Phrao 41/1 Samsen Nok, Huai Khwang, Bangkok 10310  
**T:** +66 2930 4450  
**F:** +66 2939 9061  
**E:** spsansiri@yahoo.com  
www.sp-cosmeticsurgery.com

Thailand Plastic Surgery Center (TPSC@PVH)

**A:** 1st Floor of Piyavate Hospital (ER Room), 998 Rimkhlong, Samsen Road, Bang Kapi, Huai Khwang, Bangkok 10310  
**T:** +668 1235 2801, +668 3767 9993  
**E:** info@thailandplasticsurgery.com  
www.thailandplasticsurgery.com

Thanavatt Clinic

**A:** 30/7 Phaholyothin 2, Samsen Nai, Bangkok 10400  
**T:** +66 2279 3542  
**F:** +66 2615 0400  
**E:** info@tncmedic.com  
www.tncmedic.com

The Cosmetic Surgery Clinic

**A:** 410/43 Soi 24, Ratchadapisek Road, Huai Khwang, Bangkok 10320  
**T:** +66 2541 5301, +668 1845 2943  
**F:** +66 2541 5665  
**E:** dr@surgery-cosmetic.net  
www.surgery-cosmetic.net

Thitikorn Clinic

**A:** 227/1-229 Opposite Big C extra On Nut, Sukhumvit 77, Phra Khanong Nua, Watthana, Bangkok 10110  
**T:** +66 2716 2851  
**E:** thitikornclinic@gmail.com  
www.thitikorn-clinic.com

Tokai Clinic Cosmetic Surgery

**A:** 2381 Sukhumvit 97, Sukhumvit Road, Bangchak, Phra Khanong, Bangkok 10260  
**T:** +66 2331 0161  
**F:** +66 2331 8106  
**E:** surgerythailand@jujinclinic.com  
www.tokaiclinic.com

Yoskarn Clinic

**A:** 53-55 Rachadamri Road, Bangkok 10330  
**T:** +66 2253 8901, +66 2254 7679  
**F:** +66 2255 7138  
**E:** info@laser-surgery-bangkok.com  
www.laser-surgery-bangkok.com

PHUKET

Dr. V Cosmetic Surgical Rejuvenation

**A:** 243 Rath U-Thit 200 Pee Road, Patong Beach, Kathu, Phuket 83150  
**T:** +66 7629 2931, +668 1657 9973  
**F:** +66 7629 2932  
**E:** info@drvcosmetic.com  
www.drvcosmetic.com

Jungceylon Plastic Surgery Clinic

**A:** 96/46 (The Royal Place Lotus Super Center Intersection), Kathu, Phuket 83120  
**T:** +66 7630 4214  
**F:** +66 7630 4213  
**E:** consultdr.p@gmail.com  
www.jungceylonclinic.com

Phuket Aesthetic Center

**A:** 2/1 Hongyok Utis Road, Muang, Phuket 83000  
**T:** +66 7625 4425  
**F:** +66 7625 4430  
**E:** info@phukethospital.com  
www.phuketaesthetic.com

Phuket Plastic Surgery Center

**A:** 371/81 Yaowaraj Road, Phuket 83000  
**T:** +66 7622 1631, +66 7625 4764  
**F:** +66 7625 4765  
**E:** info@phuket-plasticsurgery.com  
www.phuket-plasticsurgery.com

PATTAYA / CHONBURI

Pattaya Royal Beauty Clinic

**A:** 206/20-21 Soi Town in Town Hotel, Middle Pattaya Road, Pattaya, Chonburi 20260  
**T:** +66 3841 0062, +668 1344 9919  
**F:** +66 3832 7077  
**E:** info@prbclinic.com  
www.prbclinic.com

The Dr. Suporn Clinic

**A:** 938 Sukhumvit Road, Bangplasoi, Muang, Chonburi 20000  
**T:** +66 3878 0569  
**F:** +66 3878 0569  
**E:** admin@supornclinic.com  
www.supornclinic.com

CHIANG MAI

Sompetch Aesthetic Clinic

**A:** 199/5 Moon Maung Road, Sripoom, Maung (Between Sompetch Market and Kasikorn Bank, Moon Maung Road Branch), Chiang Mai 50200  
**T:** +66 5328 7599  
**E:** hung099@hotmail.com  
www.sompetchchiangmaisurgery.com



# MEDICAL AND WELLNESS SPAS

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# MEDICAL AND WELLNESS SPAS

BANGKOK

**Anne Semonin Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 188, 4th Floor, Sofitel Silom Hotel, Bang Rak, Bangkok 10500  
**T:** +66 2238 1991, +66 2635 9980  
**E:** info@eurasiacosmetics.com  
www.eurasiacosmetics.com

**Bali Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 247, 4th Floor, Tarnthip Building, Chaophya Park Hotel, Ratchadapisek Road, Bangkok 10400  
**T:** +66 2290 0125  
**E:** balispa@chaophyapark.com  
www.balispa-chaophyapark.com

**Banyan Tree Spa Bangkok**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 21st Floor, Thai Wah Tower II, Banyan Tree Hotel, Sathorn Road, Bangkok 10120  
**T:** +66 2679 1052  
**E:** spa-bangkok@banyantree.com  
www.banyantreespa.com

**Chi The Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 89 Shangri-La Bangkok Hotel, Soi Wat Suan Plu, New Road, Bang Rak, Bangkok 10500  
**T:** +66 2236 7777  
**E:** slbk@shangri-la.com  
www.shangri-la.com

**Crowne Plaza Health Club**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 952 Crowne Plaza Bangkok Lumpini Park, Rama IV Road, Pathum Wan, Bangkok 10500  
**T:** +66 2632 9000  
**E:** onestopservice@ihg.com  
www.crowneplaza.com

**Crystal Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 1541 Sukhumvit Road, Bangkok 10110  
**T:** +66 2382 2244, +66 2382 4455  
**E:** info@crystalspathailand.com  
www.crystalspathailand.com

**CT Spa Life (Future Park Rangsit)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 95, 3rd Floor, Room FF 3004, Phaholyothin Road, Prachathipat, Thanyaburi, Bangkok 12130  
**T:** +66 2958 0491, +66 2958 0492  
**E:** futurepark@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (Sukhumvit 26)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 76 Sukhumvit 26 Road (Soi Ari), Khlongton, Khlong Toei, Bangkok 10110  
**T:** +66 2204 2897  
**E:** info@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (Suzuki Avenue Ratchayothin)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 234/2, B308, Major Avenue Ratchayothin, Ratchadaphisek Road, Lat Yao, Bangkok 10900  
**T:** +66 2930 3604, +66 2930 3605  
**E:** majoravenue@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (The Mall Bang Kae)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 275, 2nd Floor, Room 2AL 24 B, Petchakasem Road, Bang Khae, Bangkok 10160  
**T:** +66 2803 8317, +66 2803 8318  
**E:** mallbangkae@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (The Mall Ngamwongwan)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 3rd Floor, 3 SR 1A 30-38-50, Ngamwongwan Road, Bang Khen, Muang, Bangkok 11000  
**T:** +66 2550 0931, +66 2550 0932  
**E:** malngam@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (The Mall Thaphra)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 3rd Floor, Thonburi, Bangkok 10600  
**T:** +66 2477 7388  
**E:** mallthaphra@bangkokspa.net  
www.bangkokspa.net

**CT Spa Life (Thonglor 8)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 262/3 Thonglor 8, Sukhumvit 55 Road, Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2714 9481, +66 2714 9482  
**E:** thonglor@bangkokspa.net  
www.bangkokspa.net

**Devarana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 946, Dusit Thani Bangkok Hotel, Rama IV Road, Silom, Bang Rak, Bangkok 10500  
**T:** +66 2636 3596, +66 2200 9000  
**E:** bangkok@devaranaspa.com  
www.devaranaspa.com

**Green Leaf Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 187, Cascade Club Level 6, The Ascott Bangkok Sathorn, South Sathorn Road, Yannawa, Bangkok 10120  
**T:** +66 2676 6979, +66 2676 6969  
**E:** yod@cascadeclubandspa.com  
www.greenleafspa.com

**Hydro Health**  
**Type of Spa:** Medical Spas  
**A:** 494, 4th Floor, Erawan Bangkok, Ploenchit Road, Bangkok 10330  
**T:** +66 2250 7800  
**E:** info@hydrohealth.co.th  
www.hydrohealth.co.th

**Imperial Health and Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 199, 9th Floor, Queen's Park Tower, The Imperial Queen's Park Hotel, Sukhumvit 22, Bangkok 10110  
**T:** +66 2261 9000  
**E:** info@imperial-spa.com  
www.imperial-spa.com

**I.sawan Residential Spa & Club**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 494, 5th Floor, Grand Hyatt Erawan Bangkok Hotel, Rachadamri Road, Bangkok 10330  
**T:** +66 2254 1234  
**E:** isawan.bangh@hyatt.com  
www.isawan.hyatt.com

**Krung Siam St.Carlos Medical Centre**  
**Type of Spa:** Medical Spas  
**A:** 5/84 Moo 2, Tiwanon Road, Bankhlang, Muang, Phathumthani 12000  
**T:** +66 2975 6700  
**E:** stcarlos@stcarlos.com  
www.stcarlos.com

**Le Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 8/2, Pullman Bangkok King Power (4F), Rangnam Road, Phaya Thai Road, Ratchathewi, Bangkok 10400  
**T:** +66 2680 9999  
**E:** spamgr@pullmanbangkokkingpower.com  
www.pullmanbangkokkingpower.com

**Let's Relax Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** Sukhumvit 39 (Phrom Phong), Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2662 6935  
**E:** majo@rarinjinda.com  
www.letsrelaxspa.com

**Leyana Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 33 Thonglor 13, Soi Torsak, Sukhumvit 49 Road, Bangkok 10110  
**T:** +66 2391 7694  
**E:** contact@leyanaspa.com  
www.leyanaspa.com

**Mandara Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 257/1-3, Bangkok Marriott Resort & Spa, Charoen Nakhon Road, Bangkok 10600  
**T:** +66 2476 0021  
**E:** ms\_bmrs@minornet.com  
www.mandaraspaspa.com

**Mulberry Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 346/8-10 Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2630 9888, +66 2630 9972  
**E:** mulberryspa@hotmail.com  
www.mulberryspa.com

**Pañpuri Organic Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** Lobby Level, Gaysorn Plaza, Ploenchit Road, Lumpini, Bangkok 10330  
**T:** +66 2656 1199  
**E:** organicspa@panpuri.com  
www.panpuriorganicspa.com

**Phothalai The Thai Wellness Center**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 28 Soi Yothinpatta 3, Praditmanuthum Road, Kongchan, Bang Kapi, Bangkok 10240  
**T:** +66 2508 1238  
**E:** info@phothalai.com  
www.potalai.com

**RarinJinda Wellness Spa Bangkok**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 153/2, 8th Floor, Grand Centre Point Hotel, Soi Mahatlek Luang 1, Rachadamri Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2670 5599, +66 2670 5000  
**E:** majo@rarinjinda.com  
www.rarinjinda.com

**Rasayana Retreat**  
**Type of Spa:** Medical Spas  
**A:** 57 Soi Prommitr, Sukhumvit 39, Klonton Nua, Bangkok 10110  
**T:** +66 2662 4803, +66 2662 4804  
**E:** info@rasayanaretreat.com  
www.rasayanaretreat.com

**Refresh @ 24 Spa and Massage**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 43 Sukumvit 24, Khlongton, Khlong Toei, Bangkok 10110  
**T:** +66 2259 7235  
**E:** refresh24spa@yahoo.com  
www.refresh24spa.com

**Royal Orchid Mandara Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 2, Royal Orchid Sheraton Hotel & Towers, Captain Bush Lane New Road, Bangkok 10500  
**T:** +66 2266 0123  
**E:** ms\_shro@minornet.com  
www.mandaraspaspa.com

**Seasons Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 87, Conrad Bangkok Hotel, Wireless Road, Pathum Wan, Bangkok 10330  
**T:** +66 2690 9355  
**E:** ssipa@conradbangkok.com  
www.conradbangkok.com

**Seven Eden Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 27 Soi Saladaeng 1, Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2266 2345  
**E:** reservation@sirisathorn.com  
www.sirisathorn.com

**S Medical Spa**  
**Type of Spa:** Medical Spas  
**A:** 2/2 Bhakdi Building, Wireless Road, Lumpini, Bangkok 10330  
**T:** +66 2253 1010  
**E:** info@smedspa.com  
www.smedspa.com

**Spa Athénée**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 61, Level 5, Plaza Athénée Bangkok, a Royal Meridien Hotel, Wireless Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2650 8800 Ext. 5001  
**E:** ms\_mepa@minornet.com  
www.royalmeridienbangkok.com

**Spa Botanica**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 13/3, Sukhothai Hotel, South Sathorn Road, Bangkok 10120  
**T:** +66 2344 8888  
**E:** info@sukhothai.com  
www.sukhothaihotel.com

**Spa Cenvaree**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 999/99, 25th Floor, Centara Grand at CentralWorld, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2769 1234, +66 2100 1234  
**E:** spacenvaree@chr.co.th  
www.spacenvaree.com

**Spa InterContinental**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 973, InterContinental Bangkok, Ploenchit Road, Pathum Wan, Bangkok 10330  
**T:** +66 2656 0444  
**E:** spaic@ihgbangkok.com  
www.ichotelsgroup.com

**Spa Ten**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 865, Siam@Siam Design Hotel & Spa, Rama 1 Road, Wang Mai, Pathum Wan, Bangkok 10330  
**T:** +66 2217 3000  
**E:** rsvn@siamatsiam.com  
www.spa-ten.com

**Tantara Health Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 444, 8th Floor, Pathum Wan Princess Hotel, Mahboonkrong Centre, Bangkok 10330  
**T:** +66 2216 3700  
**E:** tantara@tantaraspaspa.com  
www.tantaraspaspa.com

**The Grande Spa & Fitness Club**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 250, 3rd Floor, Sheraton Grande Hotel, Sukhumvit Road, Bangkok 10110  
**T:** +66 2649 8121  
**E:** grande.spa@luxurycollection.com  
www.sheratongrandesukhumvit.com

**The Oasis Spa Bangkok**  
**Type of Spa:** : Day Spa and Thai Massage  
**A:** 64 Soi Sawasdee, Sukhumvit 31 Road, Bangkok 10110  
**T:** +66 2262 2122  
**E:** cs@oasisspa.net  
www.oasisspa.net

**The Oriental Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 48, Mandarin Oriental Hotel, Oriental Avenue, Bangkok 10500  
**T:** +66 2659 9000  
**E:** mobkk-spa@mohg.com  
www.mandarinoriental.com

**The Spa by MSpa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 155, Four Seasons Hotel, Rachadamri Road, Bangkok 10330  
**T:** +66 2126 8866  
**E:** ms\_fsbk@minornet.com  
www.fourseasons.com

**TRIA Integrative Wellness**  
**Type of Spa:** Medical Spas  
**A:** 998 Rimklongsamsen Road, Bang Kapi, Huai Khwang, Bangkok 10310  
**T:** +66 2660 2600, +66 2660 2602  
**E:** info@traintegrativewellness.com  
www.traintegrativewellness.com

**Urban Retreat Spa (Asoke)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 345/1 Sukhumvit Road, Khlong Toei, Bangkok 10110  
**T:** +66 2229 4701, +66 2229 4702  
**E:** contact@urbanretreatspa.net  
www.urbanretreatspa.net

**Urban Retreat Spa (Phrom Chai)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 31/10 Sukhumvit 39, Sukhumvit Road, Khlongton Nua, Watthana, Bangkok 10110  
**T:** +66 2204 2008, +66 2204 2009  
**E:** contact@urbanretreatspa.net  
www.urbanretreatspa.net

**Urban Retreat Spa (Prompong)**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 599/1-2 Sukhumvit Road, Khlongton, Watthana, Bangkok 10110  
**T:** +66 2204 1042, +66 2204 1043  
**E:** contact@urbanretreat.net  
www.urbanretreatspa.net

**Zense of Joy Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 153/3, 4th Floor, Goldenland Building, Soi Mahatlek Luang 1, Rachadamri Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2652 0489  
**E:** info@zenseofjoy.com  
www.zenseofjoy.com

**PHUKET**  
**Anantara Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 888 Moo 3, Anantara Phuket Villas, Mai Khao, Phuket 83110  
**T:** +66 7633 6100, +66 7633 6101  
**E:** ms\_arpk@minornet.com  
www.spa.anantara.com

**Angsana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 10 Moo 4, Sheraton Grande Laguna Phuket, Srisoonthorn Road, Cherngtalay, Phuket 83110  
**T:** +66 7632 4101  
**E:** spa-sheratonphuket@angsana.com  
www.angsanaspa.com

**Angsana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 29/98 Moo 4, Best Western Allamanda Laguna Phuket, Srisoonthorn Road, Cherngtalay, Phuket 83110  
**T:** +66 7636 2700  
**E:** spa-allamandaphuket@angsana.com  
www.angsanaspa.com

**Angsana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 390, Dusit Thani Laguna Phuket, Srisoonthorn Road, Cherngtalay, Phuket 83110  
**T:** +66 7636 2999  
**E:** spa-dusitphuket@angsana.com  
www.angsanaspa.com

**Angsana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 323/2 Moo 2, Laguna Beach Resort, Srisoonthorn Road, Cherngtalay, Phuket 83110  
**T:** +66 7632 5405  
**E:** spa-lagunabeachphuket@angsana.com  
www.angsanaspa.com

**Aspara Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 52, Holiday Inn Resort Phuket, Thaweewong Road, Phuket 83150  
**T:** +66 7634 0608  
**E:** aspara@phuket.ksc.co.th  
www.aspara.com.sg

**Atsumi Retreat Healing Center**  
**Type of Spa:** Health Resort and Destination Spa  
**A:** 34/18 Soi King Pattana 4, Saiyuan Road, Rawai, Phuket 83130  
**T:** +668 1272 0571, +668 1970 1753  
**E:** info@atsumihealing.com  
www.atsumihealing.com

**Banyan Tree Spa Phuket**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 33 Moo 4, Banyan Tree Phuket, Srisoonthorn Road, Cherngtalay, Phuket 83110  
**T:** +66 7632 4374  
**E:** spa-phuket@banyantree.com  
www.banyantreespa.com

**Cool Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 88 Moo 8, Sri Panwa Phuket, Sakdiret Road, Phuket 83000  
**T:** +66 7637 1000  
**E:** chill@sripanwa.com  
www.sripanwa.com



**Deevana Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 43/2 Raj U-Thit 200 Pee Road, Patong Beach, Kathu, Phuket 83150  
**T:** +66 7634 1414, +66 7634 1415  
**E:** info@deevanapatong.com  
www.deevanapatong.com

**Mandara Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** JW Marriott Phuket Resort & Spa, Moo 3, Mai Khao, Phuket 83110  
**T:** +66 7633 8000  
**E:** ms\_jwmp@minornet.com  
www.mandaraspaspa.com

**The Naka Island a Luxury Collection Resort and Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 32 Moo 5, Paklok, Thalang, Phuket 83110  
**T:** +66 7637 1400  
**E:** naka.reservations@luxurycollection.com  
www.starwood.com

**Six Senses Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 100, Evason Phuket & Bon Island, Vised Road, Moo 2, Rawai, Muang, Phuket 83130  
**T:** +66 7638 1010, +66 7638 1011  
**E:** reservations-phuket@sixsenses.com  
www.sixsenses.com

**Spa by Burasari**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 18/110, Burasari Resort, Ruamjai Road, Patong, Kathu, Phuket 83150  
**T:** +66 7637 0037  
**E:** spa@burasari.com  
www.spa.burasari.com

**Sukko Cultural Spa & Wellness**  
**Type of Spa:** Health Resort and Destination Spa  
**A:** 5/10 Moo 3, Chaofa-West Road, Vichit, Muang, Phuket 83000  
**T:** +66 7626 3222  
**E:** sukko@sukkospa.com  
www.sukkospa.com

**The Oasis Spa Phuket**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 47 Moo1, Srisoonthorn Road, Phuket Laguna Bangtao Beach (near the entrance to Laguna Hotels), Phuket 83110  
**T:** +66 7627 0271  
**E:** cs@oasisspa.net  
www.oasisspa.net

**The Spa at Blue Canyon**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 165 Moo 1, Blue Canyon Country Club, Thepkasattri Road, Phuket 83110  
**T:** +66 7632 8088  
**E:** spawellness@bluecanyonclub.com  
www.bluecanyonclub.com

PATTAYA / CHONBURI

**Devarana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 240/2, Dusit Thani Pattaya, Pattaya Beach Road, Pattaya City, Chonburi 20150  
**T:** +66 3837 1044, +66 3842 5611  
**E:** pattaya@devaranaspa.com  
www.devaranaspa.com

**Let's Relax Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 40/9 Moo 5, Naklua, Banglamung, Chonburi 20150  
**T:** +66 3848 8591  
**E:** majo@rarinjinda.com  
www.letsrelaxspa.com

**Pattaya Royal Garden Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 218, Moo 10, Pattaya Marriott Resort and Spa, Beach Road, Chonburi 20260  
**T:** +66 3841 2120  
**E:** ms\_pmrs@minornet.com  
www.marriott.com

**Ruan Samunplai Spa**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 42-44 Jompol Road, Sriracha, Chonburi 20110  
**T:** +66 3832 1988  
**E:** varavith@hotmail.com  
www.lookyoungerspa.com

**Saral Beauty Slim and Fitness**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 101/216 Silarom Village, Moo 3, Samet, Muang, Chonburi 20000  
**T:** +66 3838 5267, +66 3838 7124  
**E:** info@saral-spa.com  
www.saral-spa.com

**Spa Silavadee**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 157/168 Moo 5, Soi Naklua 18, Pattaya Naklua Road, Banglamung, Chonburi 20150  
**T:** +66 3837 1447  
**E:** pattayaspa@yahoo.com  
www.spasilavadee.com

**The Oasis Spa Pattaya**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 322 Moo 12, Tappraya Road, Nongprue, Chonburi 20150  
**T:** +66 3836 4070  
**E:** cs@oasisspa.net  
www.bangkokoasis.com

CHIANG MAI

**Angsana Spa Green View Chiang Mai**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 183/1, Green View International Resort, Chotana Road, Mae Sa-Mae Rim, Chiang Mai 50108  
**T:** +66 5329 8220, +66 5329 7716  
**E:** greenview@greenviewresort.com  
www.angsanaspachiangmai.com

**Asia Herb Association**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 23 Ground Floor, Chiang Mai Orchid Hotel, Huai Khao Road, Suthep, Muang, Chiang Mai 50200  
**T:** +66 5321 3911  
**E:** info@asiaherbassociation.com  
www.asiaherbassociation.com

**Chiang Mai Spa Mantra**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 30/11 Charoen Suk Road, Hah Yak Santitham, Muang, Chiang Mai 50300  
**T:** +66 5322 6655  
**E:** contact@spamantra.com  
www.spamantra.com

**Chi The Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 89/8, Shangri-La Hotel, Chang Khlan Road, Muang, Chiang Mai 50100  
**T:** +66 5325 3888  
**E:** chi.chiangmai@shangri-la.com  
www.shangri-la.com

**Devarana Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 100, Dusit D2 Chiang Mai, Chang Khlan Road, Chang Khlan, Muang, Chiang Mai 50100  
**T:** +66 5325 2511, +66 5399 9999  
**E:** chiangmai@devaranaspa.com  
www.devaranaspa.com

**Jirung Health Village**  
**Type of Spa:** Health Resort and Destination Spa  
**A:** 99 Moo 7, Rim Tai, Chiang Mai 50180  
**T:** +66 5386 1511, +66 5386 1512  
**E:** info@jirunghealthvillage.com  
www.jirunghealthvillage.com

**RarinJinda Wellness Spa Chiang Mai**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 14 Charoenraj Road, Wat Kate, Muang, Chiang Mai 50000  
**T:** +66 5324 7000, +66 5330 3030  
**E:** majo@rarinjinda.com  
www.rarinjinda.com

**Sabun Nga Spa Chiang Mai**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 99/9 Moo 14, Ayatana Boutique Resort, Suthep Road, Suthep, Muang, Chiang Mai 50200  
**T:** +66 5381 1388, +66 5381 1599  
**E:** sabunnga@sabunngaspa.com  
www.ayatana-resort.com

**Sinativa Spa Club**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 22/1 Nimmanhemim Road, Soi 9, Suthep, Muang, Chiang Mai 50200  
**T:** +66 5321 7928, +668 6659 2545  
**E:** vital7@csloxinfo.com  
www.sinativaspaclub.com

**Tao Garden Health Spa & Resort**  
**Type of Spa:** Health Resort and Destination Spa  
**A:** 274 Moo 7, Luang Nua, Doi Saket, Chiang Mai 50220  
**T:** +66 5392 1200  
**E:** info@tao-garden.com  
www.tao-garden.com

**The Dheva Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 51/4 Moo 1, Mandarin Oriental Dhara Dhevi, Sankampaeng Road, Tasala, Muang, Chiang Mai 50000  
**T:** +66 5388 8983  
**E:** mocnx-dhevaspa@mohg.com  
www.mandarinoriental.com

**The Oasis Spa Chiang Mai**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 102 Sirimuangkarajan Road, Chiang Mai 50200  
**T:** +66 5392 0111  
**E:** cs@spa.net  
www.oasisspa.net

**The Oasis Spa Lanna Chiang Mai**  
**Type of Spa:** Day Spa and Thai Massage  
**A:** 4 Samlan, Prasing, Muang, Chiang Mai 50200  
**T:** +66 5392 0111  
**E:** cs@oasisspa.net  
www.oasisspa.net

**The Spa**  
**Type of Spa:** Hotel and Resort Spa  
**A:** 123, The Chedi Chiang Mai, Charoen Prathet Road, Chang Khlan, Muang, Chiang Mai 50100  
**T:** +66 5325 3333  
**E:** chedichiangmai@ghmhotels.com  
www.ghmhotels.com

**The Spa Resort Chiang Mai**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 165 Moo 4, Huaysai, Mae Rim, Chiang Mai 50180  
**T:** +66 5392 0888  
**E:** info@thespachiangmai.com  
www.thesparesorts.net

**U Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 70, U Chiang Mai, Rachadamnoen Road, Sri-Poom-Chiang Mai, Chiang Mai 50200  
**T:** +66 5332 7000  
**E:** host@uchiangmai.com  
www.uhotelsresorts.com

**KOH SAMUI**

**Absolute Sanctuary**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 88 Moo 5, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7760 1190  
**E:** bookings@absolutesanctuary.com  
www.absolutesanctuary.com

**Anantara Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 101/3, Anantara Bophut Resort & Spa, Bophut Bay, Koh Samui, Surat Thani 84320  
**T:** +66 7742 8300  
**E:** ms\_arss@minornet.com  
www.spa.anantara.com

**Anantara Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 92/1 Moo 2, Anantara Lawana Resort & Spa, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7796 0333  
**E:** als\_spa@anantara.com  
www.spa.anantara.com

**Banyan Tree Spa Samui**

**Type of Spa:** Hotel and Resort Spa  
**A:** 99/9 Moo 4, Banyan Tree Samui, Maret, Koh Samui, Surat Thani 84310  
**T:** +66 7791 5333  
**E:** spa-samui@banyantree.com  
www.banyantreespa.com

**Bophut Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 12/12 Moo 1, Bophut Resort and Spa, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7724 5777  
**E:** spa@bophutresort.com  
www.bophutresort.com

**Eranda Spa**

**Type of Spa:** Day Spa and Thai Massage  
**A:** 9/37 Moo 2, Chaweng North, Koh Samui, Surat Thani 84321  
**T:** +66 7742 2666, +66 7741 3828  
**E:** info@erandaspa.com  
www.erandaspa.co.th

**Health Oasis Resort**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 26/4 Moo 6, Maenam, Koh Samui, Surat Thani 84330  
**T:** +66 7742 0124, +66 7723 6255  
**E:** contactus@healthoasisresort.com  
www.healthoasisresort.com

**Kamalaya Koh Samui**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 102/9 Moo 3, Laem Set Road, Na-Muang, Koh Samui, Surat Thani 84140  
**T:** +66 7742 9800  
**E:** info@kamalaya.com  
www.kamalaya.com

**Mayang Sari Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 166/98 Moo 2, KC Resort and Over Water Villas, Koh Samui, Surat Thani 84320  
**T:** +66 7742 8088  
**E:** suddida.yoojun@kchotelsresorts.com  
www.kchotelsresorts.com

**New Body and Mind Retreat Center**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 41/1 Moo 2, Lipanoi, Koh Samui, Surat Thani 84140  
**T:** +66 7742 3189  
**E:** contactus@newbodyandmind.com  
www.newbodyandmind.com

**Rai Ra Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 13/1 Moo 2, Muang Samui Spa Resort, Chaweng Beach, Koh Samui, Surat Thani 84320  
**T:** +66 7742 9700  
**E:** spa@muangsamui.com  
www.muangsamui.com

**Napasai Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 65/10, Napasai Resort, Baan Tai, Maenam, Koh Samui, Surat Thani 84330  
**T:** +66 7742 9200  
**E:** info@napasai.com  
www.napasai.com

**Natural Wing Health Spa & Resort**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 11/5 Moo 6, Maenam, Koh Samui, Surat Thani 84330  
**T:** +66 7742 0871, +66 7742 0872  
**E:** info@naturalwing.com  
www.naturalwing.com

**Pandanus Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 39 Moo 1, Fair House Villas & Spa, Mae Nam, Koh Samui, Surat Thani 84330  
**T:** +66 7742 9000  
**E:** info@fairhousesamui.com  
www.fairhousesamui.com

**Peace Tropical Spa**

**Type of Spa:** Day Spa and Thai Massage  
**A:** 17 Moo 1, Bophut, Surat Thani 84320  
**T:** +66 7743 0199, +66 7743 0200  
**E:** info@peacetropicalspa.com  
www.peacetropicalspa.com

**Silarom Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 5/5 Moo 3, Baan Hin Sai Boutique Resort, Surat Thani 84320  
**T:** +66 7742 2679, +66 7741 4219  
**E:** info@silaromspa.com  
www.silaromspa.com

**Six Senses Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 9/10 Moo 5, Six Senses Hideaway Samui, Baan Plai Laem, Surat Thani 84320  
**T:** +66 7724 5678, +66 2631 9777  
**E:** reservations-samui@sixsenses.com  
www.sixsenses.com

**Tamarind Springs Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 205/7, Tamarind Retreat, Thong Takian, Koh Samui, Surat Thani 84310  
**T:** +66 7742 4221  
**E:** info@tamarindretreat.com  
www.tamarindretreat.com

**The Spa Resort Koh Samui**

**Type of Spa:** Health Resort and Destination Spa  
**A:** P.O. Box #1, Lamai Beach, Koh Samui, Surat Thani 84310  
**T:** +66 7723 0855  
**E:** thespa@spasamui.com  
www.thesparesorts.net

**Samahita Yoga Thailand**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 55/20-24 Moo 4, Namuang, Koh Samui, Surat Thani 84140  
**T:** +66 7792 0090, +66 7792 0091  
**E:** info@yoga-thailand.com  
www.yoga-thailand.com

**HUA HIN**

**AKA Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** Moo 7, AKA Resorts Hua Hin, Baan Nhong Hiang Hin Lek Fai, Prachuap Khiri Khan 77110  
**T:** +66 3261 8900  
**E:** reservation@akaresorts.com  
www.akaresorts.com

**Amana Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 64/1, 1st Floor, Tanawit Hotel, Hua Hin Soi 74, Amnuaysin Road, Prachuap Khiri Khan 77110  
**T:** +66 3253 0422 Ext. Spa  
**E:** thaneeyap@hotmail.com  
www.amanaspa.com

**Amana Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 451, Dhevan Dhara Resort & Spa, Huaymongkol Road, Prachuap Khiri Khan 77110  
**T:** +66 3257 6304 Ext. Spa  
**E:** info@amanaspa.com  
www.amanaspa.com

**Amana Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 22/1, Ground Floor, Napalai Resort & Spa, Mooban Huadon, Hua Hin - Takiab Road, Nongkae, Prachuap Khiri Khan 77110  
**T:** +66 3252 7555 Ext. Spa  
**E:** info@amanaspa.com  
www.amanaspa.com

**Anantara Spa**

**Type of Spa:** Hotel and Resort Spa  
**A:** 43/1, Anantara Resort & Spa Hua Hin, Petchakasem Beach Road, Prachuap Khiri Khan 77110  
**T:** +66 3252 0250  
**E:** ms\_arsh@minornet.com  
www.spa.anantara.com

**Chiva-Som International Health Resorts**

**Type of Spa:** Health Resort and Destination Spa  
**A:** 73/4 Petchakasem Road, Hua Hin 77110  
**T:** +66 3253 6536  
**E:** reservation@chivasom.com  
www.chivasom.com



Devarana Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 1349, Dusit Thani Hua Hin, Petchakasem Road, Prachuap Khiri Khan 76120  
**T:** +66 3244 2494, +66 3252 0009  
**E:** huahin@devaranaspa.com  
www.devaranaspa.com

Mandara Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 107/1, Hua Hin Marriott Resort & Spa, Petchakasem Beach Road, Prachuap Khiri Khan 77110  
**T:** +66 3251 1882, +66 3251 1883  
**E:** ms\_hmrs@minor.net.com  
www.mandaraspaspa.com

Muntra Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 97 Moo 4, Purimuntra Resort & Spa, Paknampran, Pranburi, Prachuap Khiri Khan 77220  
**T:** +66 2392 2522, +66 3263 0550  
**E:** info@purimuntra.com  
www.purimuntra.com

Six Senses Earth Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 9/22 Moo 5, Six Senses Hua Hin, Paknampran Beach, Prachuap Khiri Khan 77220  
**T:** +66 3263 2111  
**E:** reservations-samui@sixsenses.com  
www.sixsenses.com

Six Senses Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 9 Moo 5, Evason Hua Hin, Paknampran Beach, Prachuap Khiri Khan 77220  
**T:** +66 3263 2111  
**E:** reservations-huahin@sixsenses.com  
www.sixsenses.com

The Barai

**Type of Spa:** Health Resort and Destination Spa  
**A:** 91, Hyatt Regency Hua Hin, Hua Hin - Khao Takiap Road, Hua Hin, Prachuap Khiri Khan 77110  
**T:** +66 3251 1234  
**E:** huahin.regency@hyatt.com  
www.thebarai.com

Wora Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 83/199, Wora Bura Hua Hin Resort & Spa, Soi Moo Baan Nonggare, Nonggare, Prachuap Khiri Khan 77110  
**T:** +66 3253 6999  
**E:** rsvn@worabura.com  
www.worabura.com

Koh Chang

Aiya Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 29 Moo 3, Aiyapura Resort and Spa, Koh Chang, Trat 23170  
**T:** +66 3955 5111  
**E:** gm@aiyapura.com, spa@aiyapura.com  
www.aiyapura.com

Breeze Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 88/8 Moo 4, Amari Emerald Cove, Koh Chang, Trat 23170  
**T:** +66 3955 2000  
**E:** reservations@emeraldcove.amari.com  
www.amari.com

Namm Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 111/1 Moo 1, Dusit Princess Koh Chang, Koh Chang Tai, Koh Chang, Trat 23170  
**T:** +66 3961 9111  
**E:** booking@dusit.com  
www.dusit.com

The Bodiwork

**Type of Spa:** Day Spa and Thai Massage  
**A:** 98/18-19 Moo 4, Kaibae Beach, Koh Chang, Trat, 23170  
**T:** + 66 3955 7222  
**E:** bodiwork@gmail.com  
www.bodiworkspa.com

The Natural Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 15/4 Moo 4, The Spa Koh Chang Resort, Baan Salak Kok, Koh Chang Tai, Koh Chang, Trat 23170  
**T:** +66 3955 3091, +66 3955 2700  
www.thespakohchang.com

The Royal Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 39/4 Moo 4, Koh Chang Paradise Resort and Spa, Koh Chang, Trat 23170  
**T:** +66 3955 1400  
**E:** info@kohchangparadise.com, gm@kohchangparadise.com  
www.kohchangparadise.com

CHIANG RAI

Anantara Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 229 Moo1, Anantara Golden Triangle Resort and Spa, Chiang Saen, Chiang Rai 57150  
**T:** +66 5378 4084  
**E:** ms\_argt@minor.net.com  
www.goldentriangle.anantara.com

Bamboo Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 388 Moo 4, Phu Chai Sai Mountain Resort and Spa, Ban Mae Salong Nai, Mae Chan, Chiang Rai 57110  
**T:** +66 5391 0500  
**E:** contact@phu-chaisai.com  
www.phu-chaisai.com

Bodhi Tree Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 183 Moo 3, Phowadol Resort and Spa, Rim Kok, Muenag, Chiang Rai 57100  
**T:** +66 5371 8600  
**E:** sawasdee-jao@phowadol.com  
www.phowadol.com

Chiang Saen Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 124/15 Moo 21, The Legend Chiang Rai Boutique River Resort & Spa, Kohloy Road, Muang, Chiang Rai 57000  
**T:** +66 5391 0400  
**E:** info@thelegend-chiangrai.com  
www.thelegend-chiangrai.com

Parvati Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 221/2 Moo 20, Le Meridien Chiang Rai Resort, Kwaewai Road, Robwieng, Muang, Chiang Rai 57000  
**T:** +66 5360 3333  
**E:** parvatispa.chiangrai@lemeridien.com  
www.starwoodhotels.com

Starbright Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 869/11, Star Bright Boutique Hotel, Pemavipat Road, Muang, Chiang Rai 57000  
**T:** +66 5375 2960, +660 5375 2961  
**E:** info@starbrighthotel.com  
www.starbrighthotel.com

The Spa

**Type of Spa:** Hotel and Resort Spa  
**A:** 499 Moo 1, Four Seasons Tented Camp Golden Triangle, Wieng, Chiang Saen, Chiang Rai 57510  
**T:** +66 5391 0200  
**E:** campost.chr@fourseasons.com  
www.fourseasons.com



# ACCOMMODATION

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■ ACCOMMODATION

BANGKOK

Amari Atrium Hotel Bangkok

**A:** 1880 New Petchburi Road, Bangkok 10310  
**T:** +66 2718 2000-1  
**E:** reservations@atrium.amari.com  
www.amari.com

Amari Residence Bangkok

**A:** 36 Soi Soonvijai, New Petchburi Road, Bang Kapi, Huai Khwang, Bangkok 10310  
**T:** +66 2308 5900  
**E:** reservations@bkk.amari-residences.com  
www.amari.com

Amari Watergate Hotel Bangkok

**A:** 847 Petchburi Road, Bangkok 10400  
**T:** +66 2653 9000  
**E:** reservations@watergate.amari.com  
www.amari.com

Anantara Baan Rajprasong Serviced Suites

**A:** 3 Soi Mahatlekluang 3, Rachadamri Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2264 6464  
**E:** inforajprasong@anantara.com  
http://rajprasong-bangkok.anantara.com

Arnoma Hotel Bangkok

**A:** 99 Rachadamri Road, Pathum Wan, Bangkok 10330  
**T:** +66 2655 5555  
**E:** arnoma@arnoma.com  
www.arnoma.com

Bangkok Marriott Resort and Spa

**A:** 257 Charoennakorn Road, Samrae, Thonburi, Bangkok 10600  
**T:** +66 2476 0022  
www.marriott.com

Banyan Tree Hotel

**A:** 21/100 South Sathorn Road, Sathorn, Bangkok 10120  
**T:** +66 2679 1200  
**E:** bangkok@banyantree.com  
www.banyantree.com

Centre Point Saladaeng

**A:** 5 Soi Saladaeng 1, Silom Road, Bangkok 10500  
**T:** +66 2267 5500  
**E:** reservations@centrepoin.com  
www.centrepoin.com

Centre Point Silom

**A:** 1522/2 Soi Kaysorn 1 (Charoenkrung 50), Charoengkrung Road, Bang Rak, Bangkok 10500  
**T:** +66 2266 0521-49  
**E:** reservations@centrepoin.com  
www.centrepoin.com

Centre Point Wireless Road

**A:** 100 Wireless Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2659 5000  
**E:** reservations@centrepoin.com  
www.centrepoin.com

Chaophya Park Hotel

**A:** 247 Ratchadapisek Road, Din Daeng, Bangkok 10400  
**T:** +66 2290 0125  
**E:** info@chaophyapark.com  
www.chaophyapark.com

Chateau De Bangkok

**A:** 29 Soi Ruamrudee 1, Ploenchit Road, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2651 4400  
**E:** hotel@chateaubkk.com  
www.chateaubkk.com

Conrad Hotel

**A:** 87 Wireless Road, Pathum Wan, Bangkok 10330  
**T:** +66 2690 9395, +66 2690 9999  
**E:** reservations@conradbangkok.com  
http://conradhotels1.hilton.com

Dusit Thani Hotel

**A:** 946 Rama IV Road, Bangkok 10500  
**T:** +66 2200 9000  
**E:** booking@dusit.com  
www.dusit.com

Emerald Hotel

**A:** 99/1 Ratchadapisek Road, Din Daeng, Bangkok 10400  
**T:** +66 2276 4567  
**E:** info@emeraldhotel.com  
www.emeraldhotel.com

Emporium Suites by Chatrium

**A:** 622 Sukhumvit 24, Khlongton, Khlong Toei, Bangkok 10110  
**T:** +66 2664 9999  
**E:** info@emporiumsuites.com  
www.chatrium.com

Evergreen Laurel Hotel

**A:** 88 North Sathorn Road, Silom, Bang Rak, Bangkok 10500  
**T:** +66 2266 9988  
**E:** elhbk@evergreen-hotels.com  
www.evergreen-hotels.com

Four Seasons Hotel

**A:** 155 Rachadamri Road, Bangkok 10330  
**T:** +66 2126 8866  
**E:** concierge.bangkok@fourseasons.com  
www.fourseasons.com

Golden Tulip Sovereign Hotel

**A:** 92 Soi Saengcham, Rama 9 Road, Huai Khwang, Bangkok 10320  
**T:** +66 2641 4777  
**E:** info@goldentulipbangkok.com  
www.goldentulipbangkok.com

Grand Hyatt Erawan Hotel

**A:** 494 Rachadamri Road, Bangkok 10330  
**T:** +66 2254 1234  
**E:** bangkok.grand@hyatt.com  
www.bangkok.grand.hyatt.com

Grand Mercure Fortune Bangkok

**A:** 1 Fortune Town Building, Ratchadapisek Road, Din Daeng, Bangkok 10400  
**T:** +66 2641 1500  
**E:** room@grandmercurefortunebkk.com  
www.fortunehotel.com

Holiday Inn Silom

**A:** 981 Silom Road, Bangkok 10500  
**T:** +66 2238 4300  
**E:** reservations@holidayinnsilom.com  
www.holidayinn.com

Imperial Queen`s Park Hotel

**A:** 199 Sukhumvit 22, Bangkok 10110  
**T:** +66 2261 9000  
**E:** reservation@imperialhotels.com  
www.imperialhotels.com

InterContinental Hotel

**A:** 973 Ploenchit Road, Pathum Wan, Bangkok 10330  
**T:** +66 2656 0444  
**E:** intercon@ihgbangkok.com  
www.ichotelsgroup.com

Jasmine Executive Suites

**A:** 2 Soi Prasarnmitr (Sukhumvit 23), Khlong Toei Nua, Watthana, Bangkok 10110  
**T:** +66 2204 5888, +66 2204 5885  
**E:** res@jasmineexecutivesuites.com  
www.jasminecity.com

Landmark Hotel

**A:** 138 Sukhumvit Road, Bangkok 10110  
**T:** +66 2254 0404  
**E:** reserve@landmarkbangkok.com  
www.landmarkbangkok.com

Lebua at State Tower

**A:** 1055 Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2624 9999  
**E:** resvn@lebua.com  
www.lebua.com

Marriott Executive Apartments

**Sathorn Vista**  
**A:** 1 Sathorn Soi 3, South Sathorn Road, Bangkok 10120  
**T:** +66 2343 6789  
www.marriott.com

Mayfair Marriott Executive Apartments

**A:** 60 Soi Langsuan, Lumpini, Pathum Wan, Bangkok 10330  
**T:** +66 2672 1234  
www.marriott.com

Metropolitan Bangkok Hotel

**A:** 27 South Sathorn Road, Tungmahamek, Sathorn, Bangkok 10120  
**T:** +66 2625 3333  
**E:** info.bkk@metropolitan.como.bz  
www.metropolitan.bangkok.como.bz

Narai Hotel

**A:** 222 Silom Road , Bang Rak, Bangkok 10500  
**T:** +66 2237 0100  
**E:** info@naraihotel.co.th  
www.naraihotel.co.th

Novotel Bangkok On Siam Square

**A:** 392/44 Siam Square Soi 6, Rama 1 Road, Pathum Wan, Bangkok 10330  
**T:** +66 2209 8888  
**E:** reserve@novotelbkk.com  
www.novotel.com

Novotel Bangna

**A:** 333 Srinakarin Road, Nongbon, Prawet, Bangkok 10250  
**T:** +66 2366 0505  
**E:** reservations@novotelbangnabangkok.com  
www.novotelbangnabangkok.com

Pathumwan Princess Hotel

**A:** 444 MBK Center, Phayathai Road, Wangmai, Pathum Wan, Bangkok 10330  
**T:** +66 2216 3700  
**E:** ppmb@dusit.com  
www.pprincess.com

Peninsula Hotel

**A:** 333 Charoennakorn Road, Khlong San, Bangkok 10600  
**T:** +66 2861 2888  
**E:** pbk@peninsula.com  
www.peninsula.com

Plaza Athenee Hotel

**A:** 10 Wireless Road, Bangkok 10330  
**T:** +66 2650 8800  
**E:** reservation.bangkok@lemeridien.com  
www.plazaatheneebangkok.com

Sheraton Grande Sukhumvit

**A:** 250 Sukhumvit Road, Bangkok 10110  
**T:** +66 2649 8888  
**E:** grande.sukhumvit@luxurycollection.com  
www.sheratongrandesukhumvit.com

Siri Sathorn Serviced Apartments

**A:** 27 Soi Saladaeng 1, Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2266 2345  
**E:** reservation@sirisathorn.com  
www.sirisathorn.com

Sofitel Silom

**A:** 188 Silom Road, Bang Rak, Bangkok 10500  
**T:** +66 2238 1991  
**E:** H3616@sofitel.com  
www.sofitel.com

Sukhothai Hotel

**A:** 13/3 South Sathorn Road, Bangkok 10120  
**T:** +66 2344 8888  
**E:** info@sukhothai.com  
www.sukhothai.com

Swissotel Le Concorde

**A:** 204 RatchadapisekRoad, Huai Khwang, Bangkok 10320  
**T:** +66 2694 2222  
**E:** bangkok-leconcorde@swissotel.com  
www.swissotel.com

Swissotel Nai Lert Park

**A:** 2 Wireless Road, Pathum Wan, Bangkok 10330  
**T:** +66 2253 0123  
**E:** reservations@nailertpark.swissotel.com  
www.swissotel.com

The Ascott Sathorn Serviced Apartments

**A:** 187 South Sathorn Road, Yan Nawa, Sathorn, Bangkok 10120  
**T:** +66 2676 6868  
**E:** enquiry.bangkok@the-ascott.com  
www.the-ascott.com

Westin Grande Sukhumvit

**A:** 259 Sukhumvit Road, Bangkok 10110  
**T:** +66 2207 8000  
**E:** bangkok@westin.com  
www.westingrandesukhumvit.com

Windsor Suites Hotel

**A:** 8-10 Sukhumvit 20, Sukhumvit Road, Bangkok 10110  
**T:** +66 2262 1234  
**E:** enquiry@windsorsuiteshotel.com  
www.windsorsuiteshotel.com

PHUKET

Amari Coral Beach Resort

**A:** 2 Muean Ngen Road, Patong, Kathu, Phuket 83150  
**T:** +66 7634 0106-14  
**E:** reservations@coralbeach.amari.com  
www.amari.com

Amora Beach Resort

**A:** 322 Moo 2, Bang Tao Beach, Srisoontorn Road, Cherngtalay, Thalang, Phuket 83100  
**T:** +66 7631 4236-7  
**E:** reservation-phuket@amoragroup.com  
www.phuket.amorahotels.com

Anantara Phuket Villas

**A:** 888 Moo 3, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7633 6100  
**E:** phuket@anantara.com  
http://phuket.anantara.com

Andaman Cannacia Resort & Spa

**A:** 212 Kok Tanod Road, Kata Beach, Karon, Muang, Phuket 83100  
**T:** +66 7628 4211-4, +66 7633 3432-5  
**E:** info@phuket-cannasia.com  
www.phuket-cannacia.com

Ayara Hilltops

**A:** 125 Moo 3, Surin Beach, Srisoonthorn Road, Cherngtalay, Thalang, Phuket 83110  
**T:** +66 7627 1271  
**E:** mail@ayarahilltops.com  
www.ayarahilltops.com

Baan Yin Dee Boutique Resort

**A:** 7/5 Muean Ngen Road, Patong Beach, Phuket 83150  
**T:** +66 7629 4104-6  
**E:** info@baanyindee.com  
www.baanyindee.com

Banyan Tree Resort Phuket

**A:** 33, 33/27 Moo 4, Srisoonthorn Road, Cherngtalay, Thalang, Phuket 83110  
**T:** +66 7632 4374  
**E:** phuket@banyantree.com  
www.banyantree.com

Best Western Premier Bangtao Beach Resort & Spa

**A:** 124/29 Moo 3, Cherngtalay, Thalang, Phuket 83110  
**T:** +66 7627 0680-5  
**E:** info@bangtaobeach.com  
www.bangtaobeach.com

Bundarika Villa Hotel

**A:** 168 Moo 6, Layan Beach Soi 4, Cherngtalay, Thalang, Phuket 83110  
**T:** +66 7631 7200  
**E:** whitelotus@bundarika.com  
www.bundarika.com

Deevana Patong Resort & Spa

**A:** 43/2 Rath U Thit 200 Pee Road, Patong Beach, Kathu, Phuket 83150  
**T:** +66 7634 1414-5, +66 7634 1705  
**E:** info@deevanapatong.com  
www.deevanapatong.com

Diamond Cliff Resort & Spa

**A:** 284 Prabaramee Road, Patong Beach, Phuket 83150  
**T:** +66 7634 0501-6  
**E:** booking@diamondcliff.com  
www.diamondcliff.com

Dusit Laguna Resort

**A:** 390 Srisoontorn Road, Cherngtalay, Thalang, Phuket 83110  
**T:** +66 7636 2999  
**E:** dtlprsvn@dusit.com  
www.dusit.com

Golden Tulip Mangosteen Resort & Ayurveda Spa

**A:** 99/4 Moo 7, Soi Mangosteen, Rawai, Phuket 83130  
**T:** +66 7628 9399  
**E:** info@goldentulipmangosteen.com  
www.goldentulipmangosteen.com

Holiday Inn Resort

**A:** 5/10 Moo 3, Chaofa Road, Muang, Phuket 83000  
**T:** +66 7637 0200  
**E:** holiday@phuket.ksc.co.th  
www.holidayinnresorts.com

JW Marriott Phuket

**A:** 231 Moo 3, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7633 8000  
**E:** res.jwthailand@marriotthotels.com  
www.marriott.com

Kata Palm Resort & Spa

**A:** 60 Kata Road, Karon, Muang, Phuket 83100  
**T:** +66 7628 4334-8  
**E:** rsvn@katapalmresort.com  
www.katapalmresort.com

Katathani Beach Resort

**A:** 14 Kata Noi Road, Karon, Muang, Phuket 83100  
**T:** +66 7633 0124-6  
**E:** reservation@katathani.com  
www.katathani.com

Malisa Villas Phuket

**A:** 40/36 Kata Road, Kata Beach, Muang, Phuket 83100  
**T:** +66 7628 4760-64  
**E:** info@malisavillas.com  
www.malisavillas.com

Merlin Beach Resort

**A:** 99 Muen Ngoen Road, Tri Trang Beach, Patong, Kathu, Phuket 83150  
**T:** +66 7629 4300, +66 7629 4333  
**E:** rsvn.mbr@merlinphuket.com  
www.merlinphuket.com

Metropole Hotel

**A:** 1 Soi Surin, Montri Road, Phuket 83000  
**T:** +66 7621 5050  
**E:** info@metropolephuket.com  
www.metropolephuket.com

Mom Tri's Boathouse

**A:** Kata Beach, Phuket, 83100  
**T:** +66 7633 0015-7  
**E:** reservations@boathousephuket.com  
www.boathousephuket.com

Mom Tri's Villa Royale

**A:** 12 Kata Noi Road, Kata Noi Beach, Phuket 83100  
**T:** +66 7633 3568  
**E:** info@villaroyalephuket.com  
www.villaroyalephuket.com

Patong Resort

**A:** 208 Rath U thit 200 Pee Road, Patong Beach, Phuket 83150  
**T:** +66 7634 0551-4  
**E:** info@patongresorthotel.com  
www.patongresorthotel.com

Renaissance Phuket Resort & Spa

**A:** 555 Moo 3, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7636 3999  
www.marriott.com

SALA Phuket Resort & Spa

**A:** 333 Moo 3, Mai Khao Beach, Thalang, Phuket 83110  
**T:** +66 7633 8888  
**E:** info@salaphuket.com  
www.salaresorts.com

Sri Panwa

**A:** 88 Moo 8, Sakdidej Road, Vichit, Muang, Phuket 83000  
**T:** +66 7637 1000  
**E:** chill@sripanwa.com  
www.sripanwa.com

Sugar Palm Resort & Spa

**A:** 20/10 Kata Road, Kata Beach, Muang, Phuket 83100  
**T:** +66 7628 4404  
**E:** info@sugarpalmphuket.com  
www.sugarpalmphuket.com



**The Aspasia Hotel**  
**A:** 1/3 Laem Sai Road, Kata Beach, Karon, Muang, Phuket 83100  
**T:** +66 7628 4430  
**E:** info@aspasiaphuket.com  
www.aspasiaphuket.com

**The Shore at Katathani**  
**A:** 14 Kata Noi Road, Muang, Phuket 83100  
**T:** +66 7633 0124  
**E:** theshorereservation@katathani.com  
www.theshore.katathani.com

**The Westin Siray Bay Resort & Spa**  
**A:** 21/4 Moo 1, Rasada, Muang, Phuket 83000  
**T:** +66 7633 5600  
**E:** reservation.phuket@westin.com  
www.starwoodhotels.com

**Trisara Villa**  
**A:** 60/1 Moo 6, Srisoonthorn Road, Chergntalay, Thalang, Phuket 83110  
**T:** +66 7631 0100  
**E:** reservations@trisara.com  
www.trisara.com

PATTAYA / CHONBURI

**Amari Orchid Pattaya**  
**A:** 240 Moo 5, Pattaya Beach, Chonburi 20150  
**T:** +66 3841 8418  
**E:** reservations@orchid.amari.com  
www.amari.com

**A-One Royal Cruise Hotel**  
**A:** 499 North Pattaya Beach Road, Pattaya City, Chonburi 20150  
**T:** +66 3825 9555  
**E:** a-onehotel@a-onehotel.com  
www.a-onehotel.com

**Asia Pattaya Beach**  
**A:** 352 Moo 12, Pratamnak Road, Nongprue, Pattaya City, Chonburi 20150  
**T:** +66 3825 0401-11  
**E:** reservationpat@asiahotel.co.th  
www.asiahotel.co.th

**Bella Villa Cabana**  
**A:** 55/7 Moo1, Sukhumvit Road, Naklua, Banglamung, Chonburi 20150  
**T:** +66 3870 3205-6  
**E:** cabana@bellavillapattaya.com  
www.bellavillapattaya.com

**Best Western Premier Signature**  
**A:** 561 Pratamnak Hill, South Pattaya Road, Pattaya City, Chonburi 20150  
**T:** +66 3841 8333  
**E:** stay@signaturepattaya.com  
www.signaturepattaya.com

**Centara Grand Mirage Beach Resort**  
**A:** 277 Moo 5, Naklua, Banglamung, Pattaya, Chonburi 20150  
**T:** +66 3830 1234  
**E:** cmbmr@chr.co.th  
www.centarahotelsresorts.com

**Dor-Shada Resort by The Sea**  
**A:** 256 Moo 4, Na Jomtien, Sattaheap, Chonburi 20260  
**T:** +66 3823 5870-884  
**E:** info@dor-shadaresort.com  
www.dor-shadaresort.com

**Dusit Thani Pattaya**  
**A:** 240/2 Pattaya Beach Road, Pattaya City, Chonburi 20150  
**T:** +66 3842 5611  
**E:** dtpa@dusit.com  
www.dusit.com

**Fairtex Sports Club & Hotel**  
**A:** 179/185-212 Moo 5, North Pattaya Road, Naklua, Banglamung, Chonburi 20150  
**T:** + 66 3825 3889  
**E:** sport001@fairtex-pattaya.com  
www.fairtexpattaya.com

**Garden Cliff Resort & Spa**  
**A:** 220/21 Moo 5, Soi 16, Naklua, Pattaya, Chonburi 20150  
**T:** +66 3825 9333  
**E:** info@gardencliffpattaya.com  
www.gardencliffpattaya.com

**Hard Rock Hotel Pattaya**  
**A:** 429 Moo 9, Pattaya Beach Road, Chonburi 20150  
**T:** +66 3842 8755-9  
**E:** rooms.pattaya@hardrockhotels.net  
http://pattaya.hardrockhotels.net

**Holiday Inn Pattaya**  
**A:** 463/68 Pattaya Sai 1 Road, Nongprue, Banglamung, Pattaya, Chonburi 20150  
**T:** +66 3872 5555  
**E:** info@holidayinn-pattaya.com  
www.holidayinn.com

**Montien Hotel Pattaya**  
**A:** 369 Moo 9, Pattaya 2nd Road, Pattaya City (Central), Chonburi 20150  
**T:** +66 3842 8155-6  
**E:** respty@montien.com  
www.montien.com

**Palm Grove Resort**  
**A:** 245/96 Moo 3, Sukhumvit Road, Na Jomtien Soi 40, Chonburi 20250  
**T:** +66 3870 9444  
**E:** reservation@palmgroveresort.com  
www.palmgroveresort.com

**Pattaya Discovery Beach Hotel**  
**A:** 489 Soi 6/1, North Pattaya, Pattaya Beach Road, Pattaya, Chonburi 20150  
**T:** +66 3841 3833-6, +66 3836 1578-80  
**E:** rsvn@pattayadiscoverybeach.com  
www.pattayadiscoverybeach.com

**Pattaya Marriott Resort & Spa**  
**A:** 218 Moo10, Beach Road, Pattaya, Chonburi 20260  
**T:** +66 3841 2120  
www.marriott.com

**Pullman Pattaya Aisawan**  
**A:** 445/3 Wong Ammart Beach, Pattaya-Naklua 16, Pattaya, Chonburi 20150  
**T:** +66 3841 1940-8  
www.pullmanpattayaaisawan.com

**Rabbit Resort**  
**A:** 318/84 Moo 12, Soi Dongtan Police Station, Jomtien, Pattaya, Chonburi 20150  
**T:** +66 3825 1730-732, +66 3826 7168-170  
**E:** sales@rabbitresort.com  
www.rabbitresort.com

**Ravindra Beach Resort & Spa**  
**A:** 246 Moo 4, Sukhumvit Road (KM. 157), Na Jomtien, Sattahip, Chonburi 20250  
**T:** +66 3823 5777  
**E:** info@ravindraresort.com  
www.ravindraresort.com

**Royal Cliff Beach Hotel**  
**A:** 353 Pra Tamnak Road, Pattaya, Chonburi 20150  
**T:** +66 3825 0421  
**E:** reservations@royalcliff.com  
www.royalcliff.com

**Royal Orchid Resort**  
**A:** 256/24-26 Moo 5, North Pattaya, Pattaya-Naklua Road Soi 20, Pattaya, Chonburi 20150  
**T:** +66 3837 1290  
**E:** enquiry@royalorchidpattaya.com  
www.royalorchidpattaya.com

**Sandalay Resort**  
**A:** 389 Moo 9, Beach Road, North Pattaya, Nongprue, Banglamung, Pattaya, Chonburi 20150  
**T:** +66 3842 2660-3  
**E:** reservation@sandalayresort.com  
www.sandalayresort.com

**Sheraton Pattaya Resort**  
**A:** 437 Phra Tamnak Road, Pattaya, Chonburi 20150  
**T:** +66 3825 9888  
**E:** sheraton.pattaya@sheraton.com  
www.starwoodhotels.com

**Siam Bayshore Hotel**  
**A:** 559 Beach Road, Pattaya, Chonburi 20150  
**T:** +66 3842 8678  
**E:** siambayshore@siamhotels.com  
www.siamhotels.com

**Siam Bayview Hotel**  
**A:** 310/2 Beach Road, Pattaya City, Chonburi 20150  
**T:** +66 3842 3871  
**E:** siambayview@siamhotels.com  
www.siamhotels.com

**Sunbeam Hotel**  
**A:** 217/27 Moo 9, Beach Road, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3842 7120-9  
**E:** mart@sunbeamhotel.net  
www.sunbeamhotel.net

**Sunset Park Resort & Spa**  
**A:** 99/19 Moo 3, Soi Na Jomtien 48, Sukumvit Road, KM. 161.5, Na Jomtien, Sattahip, Chonburi 20250  
**T:** +66 3823 5565-7, + 668 6300 4070  
**E:** reservation@sunsetpark.co.th  
www.sunsetpark.co.th

**The Zign Hotel**  
**A:** 555/65 Moo 5, 12 Naklua Road, Banglamung, Chonburi 20150  
**T:** +66 3890 9800-20  
**E:** info@thezignhotel.com  
www.thezignhotel.com

**View Talay Villas**  
**A:** 404/66 Moo 12, Jomtien Beach, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3875 6640-7  
**E:** welcome@view-talay-villas.com  
www.view-talay-villas.com

**Woodlands Hotel & Resort**  
**A:** 164/1 Moo 5, Pattaya-Naklua Road, Pattaya City, Chonburi 20150  
**T:** +66 3842 1707  
**E:** res@woodland-resort.com  
www.woodland-resort.com

CHIANG MAI

Amora Tapae Chiang Mai

**A:** 22 Chaipayoom Road, Changmoi, Muang, Chiang Mai 50300  
**T:** + 66 5325 1531  
**E:** reservation-cn@amoragroup.com  
www.chiangmai.amorahotels.com

Belle Villa Resort

**A:** 135 Moo 5, Baanpong, Hangdong, Chiang Mai 50230  
**T:** +66 5336 5318-21  
**E:** reservation@bellevillaresort.com  
www.bellevillaresort.com

Centara Duangtawan Hotel

**A:** 132 Loykroh Road, Chang Khlan, Muang, Chiang Mai 50100  
**T:** +66 5390 5000  
**E:** cdc@chr.co.th  
www.centarahotelsresorts.com

Chiang Mai Orchid Hotel

**A:** 23 Huay Kaew Road, Chiang Mai 50200  
**T:** +66 5322 2099, +66 5322 2091-3  
**E:** res@chiangmaiorchid.com  
www.chiangmaiorchid.com

Chiang Mai Plaza Hotel

**A:** 92 Sridonchai Road, Chiang Mai 50100  
**T:** +66 5390 3161-80  
**E:** reservation@cnxplaza.com  
www.cnxplaza.com

DusitD2 Chiang Mai

**A:** 100 Chang Khlan Road, Chang Khlan, Muang, Chiang Mai 50100  
**T:** +66 5399 9999  
**E:** d2cmrsvn@dusit.com  
www.dusit.com

Eurasia Chiang Mai Hotel

**A:** 1 Likkasithradvidhee Road, Nong Pakrang, Muang, Chiang Mai 50000  
**T:** +66 5324 7790  
**E:** chiangmai@eurasiahotels.com  
www.imperialhotels.com

Four Seasons Resort

**A:** Mae Rim Samoeng Old Road, Mae Rim, Chiang Mai 50180  
**T:** +66 5329 8181  
www.fourseasons.com

Furama

**A:** 54 Huay Keaw Road, Muang, Chiang Mai, 50300  
**T:** +66 5341 5222  
**E:** chiangmai@furama.com  
www.furama.com

Holiday Inn Chiang Mai

**A:** 318/1 Chiang Mai Lamphun Road, Wat Kate, Chiang Mai 50000  
**T:** +66 5327 5330  
**E:** reservation@hichiangmai.net  
www.holidayinnchiangmai.com

Imperial Chiang Mai Resort Spa & Sports Club

**A:** 284 Moo 3, Don Kaew Mae Rim, Chiang Mai 50180  
**T:** +66 5312 1650  
**E:** info@imperialchiangmai.com  
www.imperialhotels.com

Imperial Mae Ping Hotel

**A:** 153 Sridonchai Road, Chang Khlan, Chiang Mai 50100  
**T:** + 66 5328 3900  
**E:** internet-rsvn@imperialhotels.com  
www.imperialhotels.com

Khum Phaya Resort & Spa, Centara Boutique Collection

**A:** 137 Moo 5, Nong Pakrang, Muang, Chiang Mai 50000  
**T:** +66 5341 5555  
**E:** kpc@chr.co.th  
www.centarahotelsresorts.com

Lanna Mantra Relais Hotel

**A:** 146 Pa Ton Road, Pa Ton, Muang, Chiang Mai 50300  
**T:** +66 5311 0345-7  
**E:** info@lannamantra.com  
www.lannamantra.com

Le Meridien Chiang Mai

**A:** 108 Chang Khlan Road, Chang Khlan, Muang, Chiang Mai 50100  
**T:** +66 5325 3666  
**E:** lemeridien.chiangmai@lemeridien.com  
www.starwoodhotels.com

Lotus Hotel Pang Suan Kaew

**A:** 21 Huay Kaew Road, Suthep, Muang, Chiang Mai 50200  
**T:** +66 5322 4333  
**E:** info@lotuspskhotel.com  
www.lotuspskhotel.com

Mandarin Oriental Dhara Dhevi

**A:** 51/4 Sankampaeng Road, Moo 1, Tasala, Muang, Chiang Mai 50000  
**T:** +66 5388 8888  
**E:** mocnx-reservations@mohg.com  
www.mandarinoriental.com

Mercure Chiang Mai

**A:** 183 Changpuak Road, Sri Poom, Muang, Chiang Mai 50200  
**T:** +66 5322 5500  
**E:** exsec@mercurechiangmai.com  
www.mercure.com

Ping Nakara Boutique Hotel & Spa

**A:** 135/9 Charoenprathet Road, Changkhlan, Muang, Chiang Mai 50100  
**T:** +66 5325 2999  
**E:** info@pingnakara.com  
www.pingnakara.com

Puripunn Baby Grand Boutique Hotel

**A:** 104/1 Charoen Muang Soi 2, Charoen Muang Road, Wat Gate, Muang, Chiang Mai 50000  
**T:** +66 5330 2898  
**E:** rsvn@puripunn.com  
www.puripunn.com

Rachamankha

**A:** 6 Rachamankha 9, Phra Singh, Chiang Mai 50200  
**T:** +66 5390 4111-3  
**E:** reservations@rachamankha.com  
www.rachamankha.com

RarinJinda Wellness Spa Resort

**A:** 1, 14 Chareonraj Road, Wat Kate, Muang, Chiang Mai 50300  
**T:** +66 5324 7000  
**E:** info@rarinjinda.com  
www.rarinjinda.com

RatiLanna Riverside Spa Resort

**A:** 33 Changkhlan Road, Muang, Chiang Mai 50100  
**T:** +66 5399 9333  
**E:** info@ratilannachiangmai.com  
www.ratilannachiangmai.com

Siripanna Villa Resort & Spa

**A:** 36 Rat Uthit Road, Wat Ket, Muang, Chiang Mai 50000  
**T:** +66 5337 1999  
**E:** info@siripanna.com  
www.siripanna.com

Sukantara Cascade Resort & Spa

**A:** 12/2 Moo 8, Maeram, Mae Rim, Chiang Mai 50180  
**T:** +668 1881 1444, +668 1881 6570  
**E:** rsvn@sukantara.com  
www.sukantara.com

Suriwongse Hotel

**A:** 110 Changkhlan Road, Muang, Chiang Mai 50100  
**T:** +66 5327 0051-7  
**E:** info@suriwongsehotels.com  
www.suriwongsehotels.com

Tamarind Village

**A:** 50/1 Rachadamnoen Road, Sripoom, Muang, Chiang Mai 50200  
**T:** +66 5341 8896-9  
**E:** sales@tamarindvillage.com  
www.tamarindvillage.com

The Chedi Chiang Mai

**A:** 123 Charoen Prathet Road, Changkhlan, Muang, Chiang Mai 50100  
**T:** +66 5325 3333  
**E:** chedichiangmai@ghmhotels.com  
www.ghmhotels.com

Veranda Chiang Mai the High Resort

**A:** 192 Moo 2, Banpong, Hangdong, Chiang Mai 50230  
**T:** +66 5336 5007  
**E:** rsvn-chiangmai@verandaresortandspa.com  
www.verandaresortandspa.com

Yaang Come Village

**A:** 90/3 Sridonchai Road, Changkhlan, Muang, Chiang Mai 50100  
**T:** +66 5323 7222  
**E:** reservation@yaangcome.com  
www.yaangcome.com

KOH SAMUI

Amari Palm Reef Koh Samui

**A:** 14/3 Moo 2, Bophut, Chaweng Beach, Koh Samui, Surat Thani 84320  
**T:** +66 7742 2015-18  
**E:** reservations@palmreef.amari.com  
www.amari.com

Amarin Victoria Resort

**A:** 12/71 Moo 1, Maenam, Koh Samui, Surat Thani 84330  
**T:** +66 7742 5611  
**E:** rsvn@amarinsamuiresort.com  
www.amarinsamuiresort.com

Anantara Bophut Resort & Spa

**A:** 99/9 Bophut Bay, Samui Island, Surat Thani 84320  
**T:** +66 7742 8300-9  
**E:** bophutsamui@anantara.com  
http://samui.anantara.com

Anantara Lawana Resort & Spa

**A:** 92/1 Moo 2, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7796 0333  
**E:** lawanasamui@anantara.com  
http://lawana-chaweng.anantara.com

Baan Taling Ngam Resort

**A:** 295 Moo 3, Taling Ngam Beach, Koh Samui, Surat Thani 84140  
**T:** +66 7742 9100  
**E:** tasa.soonthornsima@ihg.com  
www.ichotelsgroup.com

Bandara Resort & Spa

**A:** 178/2 Moo 1, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7724 5795  
**E:** samuisales@bandarasamui.com  
www.bandarasamui.com



<p><b>Best Western Samui Bayview Resort</b> <b>A:</b> 104 Moo 3, Chaweng Noi, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7741 3540-5 <b>E:</b> reservation@samuibayviewresort.com www.samuibayviewresort.com</p>	<p><b>Karma Samui</b> <b>A:</b> 80/32 Moo 5, Bophut , Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 4500 <b>E:</b> res@karmasamui.com www.karmasamui.com</p>	<p><b>Nora Beach Resort &amp; Spa</b> <b>A:</b> 222 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> + 66 7742 9400 <b>E:</b> reservation@norabeachresort.com www.norabeachresort.com</p>	<p><b>Santiburi Resort</b> <b>A:</b> 12/12 Moo 1, Maenam Beach, Koh Samui, Surat Thani 84330 <b>T:</b> +66 7742 5031-5 <b>E:</b> info@santiburi-samui-resort.com www.santiburi-resort.de</p>	<p><b>HUA HIN</b></p>	<p><b>Hyatt Regency Hua Hin</b> <b>A:</b> 91 Hua Hin, Khao Takiab Road, Hua Hin, Prachuap Khiri Khan 77110 <b>T:</b> +66 3252 1234 <b>E:</b> huahin.regency@hyatt.com http://huahin.regency.hyatt.com</p>
<p><b>Centara Grand Beach Resort</b> <b>A:</b> 38/2 Moo 3, Bophut , Chaweng Beach, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 0500 <b>E:</b> csbr@chr.co.th www.centarahotelsresorts.com</p>	<p><b>Kirikayan Luxury Pool Villas &amp; Spa</b> <b>A:</b> Meanam Soi 1, Maenam Beach, Koh Samui, Surat Thani 84330 <b>T:</b> +66 7731 2299 <b>E:</b> rsvn@kirikayan.com www.kirikayan.com</p>	<p><b>Nora Buri Resort &amp; Spa</b> <b>A:</b> 111 Moo 5, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7791 3555 <b>E:</b> reservation@noraburiresort.com www.noraburiresort.com</p>	<p><b>Shasa Resort &amp; Residences</b> <b>A:</b> 116/1 Moo 2, Maret, Laem Set, Koh Samui, Surat Thani 84310 <b>T:</b> +66 7791 3888 <b>E:</b> unforgettable@shasahotels.com www.shasahotels.com</p>	<p><b>Baan Bayan Hotel</b> <b>A:</b> 119 Petchakasem Road, Hua Hin, Prachuap Khiri Khan 77110 <b>T:</b> +66 3253 3544 <b>E:</b> sales@baanbayan.com www.beachfronthotelhuahin.com</p>	<p><b>InterContinental Hua Hin</b> <b>A:</b> 33/33 Petchakasem Road, Hua Hin, Prachuap Khiri Khan 77110 <b>T:</b> +66 3261 6999 <b>E:</b> rsvn@ichuahin.com www.ichotelsgroup.com</p>
<p><b>Chaba Cabana Beach Resort &amp; Spa</b> <b>A:</b> 160 Moo 2, Bophut , Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 1350-9 <b>E:</b> chaba@chabagroup.com www.chabagroup.com</p>	<p><b>Melati Beach Resort &amp; Spa</b> <b>A:</b> 9/99 Moo 5, Bophut, Thongson Bay, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7791 3400-20 <b>E:</b> reservation@melatiresort.com www.melatiresort.com</p>	<p><b>Paradise Beach Resort Samui</b> <b>A:</b> 18/8 Maenam Beach, Koh Samui, Surat Thani 84330 <b>T:</b> +66 7724 7227-8 <b>E:</b> reservation@samuiparadisebeach.com www.samuiparadisebeach.com</p>	<p><b>The Briza Beach Resort</b> <b>A:</b> 173/22 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 1997 <b>E:</b> reservation@thebriza.com www.thebriza.com</p>	<p><b>Casa Del Mare Hotel</b> <b>A:</b> 5/2 Petchakasem Road, Hua Hin, Prachuap Khiri Khan 77110 <b>T:</b> +66 3251 9061-6 <b>E:</b> reservation@casadelmare.net www.casadelmare.net</p>	<p><b>Putahracsa Hua Hin</b> <b>A:</b> 22/65 Nahb Kaehat Road, Hua Hin, Prachuap Kiri Khan 77110 <b>T:</b> +66 3253 1470 <b>E:</b> booking@putahracsa.com http://putahracsa.com</p>
<p><b>Chaba Samui Resort</b> <b>A:</b> 19 Chaweng Beach Road, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 0407-10, +66 7742 2135-7 <b>E:</b> chaba@chabagroup.com www.chabagroup.com</p>	<p><b>Muang Kulaypan Hotel</b> <b>A:</b> 100 Moo 2, North Chaweng Beach, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7723 0849-50 <b>E:</b> reservation@kulaypan.com www.kulaypan.com</p>	<p><b>Renaissance Koh Samui Resort &amp; Spa</b> <b>A:</b> 208/1 Moo 4, Maret, Laem Nan Beach, Koh Samui, Surat Thani 84310 <b>T:</b> +66 7742 9300 www.marriott.com</p>	<p><b>The Library</b> <b>A:</b> 14/1 Moo 2, Chaweng Beach, Bophut , Koh Samui, Surat Thani 84320 <b>T:</b> +66 7742 2767-8 <b>E:</b> rsvn@thelibrary.co.th www.thelibrary.co.th</p>	<p><b>Courtyard by Marriott Hua Hin at Cha Am Beach</b> <b>A:</b> 854/2 Burirom Road, Cha Am, Hua Hin, Prachuap Khiri Khan 76120 <b>T:</b> +66 3270 8300 www.marriott.com</p>	<p><b>Sheraton Hua Hin Resort &amp; Spa</b> <b>A:</b> 1573 Petchakasem Road, Cha Am, Phetchaburi 76120 <b>T:</b> +66 3270 8000 <b>E:</b> reservations.huahin@sheraton.com www.starwoodhotels.com</p>
<p><b>Hansar Samui Resort</b> <b>A:</b> 101/28 Moo 1, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7724 5511 <b>E:</b> reservation@hansarsamui.com www.hansarsamui.com</p>	<p><b>Muang Samui Spa Resort</b> <b>A:</b> 13/1 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7742 9700-9 <b>E:</b> rsvn@muangsamui.com www.muangsamui.com</p>	<p><b>SALA Samui Resort and Spa</b> <b>A:</b> 10/9 Moo 5, Plai Lam, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7724 5888 <b>E:</b> info@salasamui.com www.salaresorts.com</p>	<p><b>The Passage Samui Villas &amp; Resort</b> <b>A:</b> 57/6-7 Moo 5, Angthong, Koh Samui, Surat Thani 84140 <b>T:</b> +66 7742 1721 <b>E:</b> rsvn@thepassagesamui.com www.thepassagesamui.com</p>	<p><b>Dhevan Dara Resort &amp; Spa</b> <b>A:</b> 451 Hua Hin Huaymongkol Road, Hin Lek Fai, Hua Hin, Prachuap Kiri Khan 77110 <b>T:</b> +66 3257 6300 <b>E:</b> reservation@dhevan-dara.com www.dhevan-dara.com</p>	<p><b>Six Senses Hua Hin</b> <b>A:</b> 9/22 Moo 5, Paknampran Beach, Pranburi, Prachaup Khiri Khan 77220 <b>T:</b> +66 3261 8200 <b>E:</b> reservations-huahin@sixsenses.com www.sixsenses.com</p>
<p><b>Imperial Samui Resort &amp; Spa</b> <b>A:</b> 86 Moo 3, Chaweng Noi Beach, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7742 2020-36 <b>E:</b> frontsamui@imperialhotels.com www.imperialhotels.com</p>	<p><b>Napasai Pansea Hotel</b> <b>A:</b> 65/10 Baan Tai, Maenam, Koh Samui, Surat Thani 84330 <b>T:</b> +66 7742 9200 <b>E:</b> info@napasai.com www.napasai.com</p>	<p><b>Samui Palm Beach Resort</b> <b>A:</b> 175/3 Thaveerat Pakdee Road, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7742 5494-5, +66 7724 5060-2, +66 7742 5649-58 <b>E:</b> rsvn@samuipalmbeach.com www.samuipalmbeach.com</p>	<p><b>Zazen Boutique Resort &amp; Spa</b> <b>A:</b> 177 Moo 1, Bophut, Koh Samui, Surat Thani 84320 <b>T:</b> +66 7742 5085 <b>E:</b> info@samuizazen.com www.samuizazen.com</p>	<p><b>Hilton Hua Hin Resort &amp; Spa</b> <b>A:</b> 33 Naresdamri Road, Hua Hin, Prachuap Khiri Khan 77110 <b>T:</b> +66 3253 8999 www.hilton.com</p>	<p><b>Sofitel Central Hua Hin Resort</b> <b>A:</b> 1 Damnernkasem Road, Hua Hin, Prachaup Kiri Khan 77110 <b>T:</b> +66 3251 2021 <b>E:</b> reservation@sofitel.co.th www.sofitel.com</p>

The Hotel Cha-Am (formerly Alila Cha-Am)

**A:** 115 Moo 7, Bangkao, Cha Am, Phetchaburi 76120  
**T:** +66 3270 9555  
**E:** book@hotel-cha-am.com  
www.hotel-cha-am.com

Veranda Resort & Spa

**A:** 737/12 Mung, Talay Road, Cha Am, Petchburi 76120  
**T:** +66 3270 9000-99  
**E:** rsvn@verandaresortandspa.com  
www.verandaresortandspa.com

Wora Bura Resort & Spa

**A:** 83/199 Soi Moo Baan Nonggare, Nonggare, Hua Hin, Prachuap Khiri Khan 77110  
**T:** +66 3253 6999  
**E:** rsvn@worabura.com  
www.worabura.com

KOH CHANG

Aana Resort & Spa

**A:** 19/2 Moo 4, Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 1539  
**E:** rsvn@aanaresort.com  
www.aanaresort.com

Aiyapura Resort & Spa

**A:** 29 Moo 3, Koh Chang, Trat 23170  
**T:** +66 3955 5111-5  
**E:** gm@aiyapura.com, fo@aiyapura.com  
www.aiyapura.com

Amari Emerald Cove Koh Chang

**A:** 88/8 Moo 4, Koh Chang, Trat 23170  
**T:** +66 3955 2000  
**E:** reservations@emeraldcove.amari.com  
www.amari.com

Barali Beach Resort

**A:** 77 Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 7091-6  
**E:** rsvn@baralikhochang.com, info@baralikhochang.com, bkk@baraliresort.com  
www.baralikhochang.com

Chivapuri Beach Resort

**A:** 117 Moo 1, Bang Bao, Koh Chang Tai, Koh Chang, Trat 23170  
**T:** +66 3955 8203, +668 1366 8883  
**E:** Info@chivapuriresort.com  
www.chivapuriresort.com

GajaPuri Resort & Spa

**A:** 19/19 Moo 4, Koh Chang King, Koh Chang, Trat 23170  
**T:** +66 3969 6918-9  
**E:** front@gajapuri.com  
www.gajapuri.com

KC Grande Resort & Spa

**A:** 1/1 Moo 4, Ban Haad Sai Khao, Koh Chang, Trat 23170  
**T:** +66 3955 2111  
**E:** info@kckohchang.com, reserve@kckohchang.com  
www.kckohchang.com

Koh Chang Paradise Resort & Spa

**A:** 39/4 Moo 4, Bann Khlong Prao, Koh Chang, Trat 23170  
**T:** +66 3955 1100-1  
**E:** info@kohchangparadise.com, gm@kohchangparadise.com  
www.kohchangparadise.com

Koh Chang Tropicana Resort and Spa

**A:** 26/3 Moo 4, Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 7122, +66 3955 7124  
**E:** kohchangtropicana@gmail.com  
www.kohchangtropicana.net

Kooncharaburi Resort Spa & Sailing Club

**A:** 1 Moo 4, Koh Chang, Trat 23170  
**T:** +66 3955 2999  
**E:** sales@kooncharaburiresort.com  
www.kooncharaburiresort.com

Panviman Koh Chang Resort

**A:** 8/15 Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 1290-6  
**E:** reservations@panviman.com  
www.panviman.com

Ramayana Koh Chang Resort & Spa

**A:** 19/9 Moo 4, Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 1033  
**E:** rsvn@ramayana.co.th  
www.ramayana.co.th

The Chill Koh Chang

**A:** 19/21 Moo 4, Kai Bae Beach, Koh Chang, Trat 23170  
**T:** +66 3955 2555  
**E:** thechill@thechillkohchang.com  
www.thechillkohchang.com

The Dewa Koh Chang

**A:** 24/1/1 Khlong Prao Beach, Koh Chang, Trat 23170  
**T:** +66 3955 7339  
**E:** rsvn@thedewakohchang.com  
www.thedewakohchang.com

The Spa Koh Chang Resort

**A:** 15/4 Moo 4, Baan Salak Kok, Koh Chang Tai, Koh Chang, Trat 23170  
**T:** +66 3955 3091, +66 3955 2700  
**E:** reservation@thespakohchang.com, spa@thespakohchang.com  
www.thespakohchang.com

CHIANG RAI

Anantara Golden Triangle Resort & Spa

**A:** 229 Moo 1, Chiang Saen, Chiang Rai 57150  
**T:** +66 5378 4084  
**E:** goldentriangle@anantara.com  
www.goldentriangle.anantara.com

Doi Hom Fha Resort

**A:** 23 Moo 9, Ban Pamieng, Patueng, Mae Chan, Chiang Rai 57110  
**T:** +66 5391 8440  
**E:** doihomfha@yahoo.com  
www.doihomfharesort.com

Dusit Island Resort Chiang Rai

**A:** 1129 Kraisorasit Road, Vieng, Muang, Chiang Rai 57000  
**T:** +66 5360 7999  
**E:** dicr@dusit.com  
www.dusit.com

Golden Pine Resort & Spa

**A:** 291 Moo 4, Baan Muang Kham, Nang Lae, Muang, Chiang Rai 57100  
**T:** +66 5370 6270-9  
**E:** rsvn@goldenpineresorts.com  
www.goldenpineresorts.com

Katiliya Mountain Resort & Spa

**A:** 388/1 Moo 4, Pha Sang, Mae Chan, Chiang Rai 57110  
**T:** +66 5360 3000  
**E:** rsvn@katiliya.com  
www.katiliya.com

Le Méridien Chiang Rai Resort

**A:** 221/2 Moo 20, Kwaewai Road, Robwieng, Muang, Chiang Rai 57000  
**T:** +66 5360 3333  
**E:** lemeridien.chiangrai@lemeridien.com  
www.starwoodhotels.com

Phu Chai Sai Mountai Resort & Spa

**A:** 388 Moo 4, Ban Mae Salong Nai, Mae Chan, Chiang Rai 57110  
**T:** +66 5391 0500  
**E:** contact@phu-chaisai.com  
www.phu-chaisai.com

Rimkok Resort Hotel

**A:** 6 Moo 4, Mae Kok Road, Muang, Chiang Rai 57100  
**T:** +66 5371 6445-60  
**E:** admin@rimkokresorts.com  
www.rimkokresorts.com

Serene at Chiang Rai Hotel

**A:** 569 Moo 1, Chiangsaen, Chiang Rai 57150  
**T:** +66 5378 4500-4  
**E:** gm\_serenehotel@yahoo.com  
www.sereneatchiangrai.com

Suanthip Vana Resort

**A:** 49 Chiang Mai Chiang Rai Road, Takok, Mae Suay, Chiang Rai 57180  
**T:** +66 5372 4226-9, +66 5372 4231-5  
**E:** info@suanthipresort.com  
www.suanthipresort.com

The Imperial Golden Triangle Resort

**A:** 222 Golden Triangle, Chiang Saen, Chiang Rai 57150  
**T:** +66 5378 4001-5  
**E:** north-rsvn@imperialhotels.com, internet-rsvn@imperialhotels.com, namchai@imperialhotels.com  
www.imperialhotels.com

The Imperial River House Resort Chiang Rai

**A:** 482 Moo 4, Mae Kok Road, Rim Kok, Muang, Chiang Rai 57100  
**T:** +66 5375 0830-34  
**E:** reservation@imperialriverhouse.com  
www.imperialriverhouse.com

The Legend Chiang Rai Boutique River Resort & Spa

**A:** 124/15 Moo 21, Koh Loy Road, Muang, Chiang Rai 57000  
**T:** +66 5391 0400  
**E:** info@thelegend-chiangrai.com  
www.thelegend-chiangrai.com

The Mantrini Boutique Resort

**A:** 292/13 Moo 13, Robwiang, Muang, Chiang Rai 57000  
**T:** +66 5360 1555-9  
**E:** reservation@mantrini.com  
www.mantrini.com

Wiang Inn Hotel

**A:** 893 Phaholyothin Road, Chiang Rai 57000  
**T:** +66 5371 1533  
**E:** wianginn@ksc.th.com  
www.wianginn.com





# TRANSPORTATION

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# TRANSPORTATION - CAR RENTAL

BANGKOK

AVIS Thailand (Suvarnabhumi Airport)

**A:** 2nd Floor, Car Rental Counter, Arrival Hall Terminal Between Gate 7 & 8, Samut Prakan 10540  
**T:** +668 4700 8157-9  
**E:** res@avisthailand.com  
www.avisthailand.com

Biz Car Rental (Suvarnabhumi Airport)

**A:** 2nd Floor, Near Information Counter at Arrival Hall Terminal, Samut Prakan 10540  
**T:** +668 9992 5556-7  
**E:** rso.svb@biz-carrental.com  
www.bizcarrental.com

Budget Car Rent (Head Office)

**A:** 19/23 Building A, Royal City Avenue, New Petchburi Road, Bangkok 10320  
**T:** +66 2203 9294-5  
**E:** bracb4@budget.co.th  
www.budget.co.th

Expert Car Rental

**A:** 21/122 Royal City Avenue Building, Soi Soonvijai, Rama 9 Road, Bang Kapi, Huai Khwang, Bangkok 10310  
**T:** +66 2206 0373  
**E:** info@expert.co.th  
www.expert.co.th

Ezy Rent a Car (Down Town)

**A:** 26 Phaholyothin Road, Samsen Nai, Phaya Thai, Bangkok 10400  
**T:** +66 2615 1103-9  
**E:** info@ezyrentacar.com  
www.ezyrentacar.com

Hertz Car Rental (Suvarnabhumi Airport)

**A:** 2nd Floor, Arrival Hall Terminal, Gate 7 - 8, 99 Bangna-Trad Road, KM.15, Samut Prakan 10540  
**T:** +668 6779 5456, +668 5917 9903  
**E:** hertz\_suvarnabhumi@hertzhailand.com  
www.hertzhailand.com

Krungthai Car Rent (Asoke)

**A:** 232-235 Asoke Dindang Road, Makkasan, Ratchathewi, Bangkok 10310  
**T:** +66 2246 0089  
**E:** carrent@krungthai.co.th  
www.krungthai.co.th

Master Car Rental (Head Office)

**A:** 2222/9, 3rd Floor, Millennium Auto, Lat Phrao Road, Wang Thonglang, Bangkok 10310  
**T:** +66 2931 8787  
**E:** reservation@mastercarrental.com  
www.mastercarrental.com

National Car Rent (Head Office)

**A:** 727 Srinakarin Road, Suan Luang, Bangkok 10250  
**T:** +66 2722 8487, +66 84700 4375  
**E:** reservation@nationalcarthailand.com  
www.nationalcarrental.co.th

Thai Rent a Car (Suvarnabhumi Airport)

**A:** 288/8 Rom Klao Road, Klongsamprawet, Lat Krabang, Bangkok 10520  
**T:** +66 2737 8787  
**E:** booking@thairentacar.com  
www.thairentacar.com

PHUKET

AVIS Thailand (Phuket Airport)

**A:** Car Rental Counter, In Airport Terminal, Phuket 83110  
**T:** +66 7635 1244, +668 9969 8674, +668 3104 3322  
**E:** res@avisthailand.com  
www.avisthailand.com

Budget Car Rent (Phuket Airport)

**A:** Domestic Terminal, 36/5 Moo 6, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7632 7744  
**E:** brachkt@budget.co.th  
www.budget.co.th

Expert Car Rental

**A:** 15/31 Moo 1, Saku, Thalang, Phuket 83110  
**T:** +66 7632 7766  
**E:** phuket@expert.co.th  
www.expert.co.th

Hertz Car Rental (Phuket Airport)

**A:** 211/2, 1st Floor, Arrival Hall Terminal, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7632 8545, +668 5917 9905  
**E:** hertz\_phuket@hertzhailand.com  
www.hertzhailand.com

Master Car Rental (Phuket Airport)

**A:** 36/4 Moo 6, Airport Road, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7632 8633  
**E:** reservation@mastercarrental.com  
www.mastercarrental.com

National Car Rent (Phuket Airport)

**A:** 22/1 Moo 6, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7632 8388, +668 4700 4389  
**E:** phuketairport@nationalcarthailand.com  
www.nationalcarthailand.com

Thai Rent a Car (Phuket Airport)

**A:** International Arrival Hall, Meeting Point B, 22/27 Moo 6, Mai Khao, Thalang, Phuket 83110  
**T:** +66 7635 1718, +66 7632 8341, +668 7505 0503  
**E:** booking@thairentacar.com  
www.thairentacar.com

PATTAYA / CHONBURI

AVIS Thailand (Dusit Resort)

**A:** 240 Pattaya Beach Road, Pattaya, Hotel Lobby, Chonburi 20150  
**T:** +66 3836 1627-8, +668 9969 8675  
**E:** res@avisthailand.com  
www.avisthailand.com

Budget Car Rent

**A:** Thip Plaza, 219/1-3 Moo 10, Liabchayhard Beach Road, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3871 0717-8  
**E:** bracpty@budget.co.th  
www.budget.co.th

Hertz Car Rental

**A:** 333/99, Room No. 099/2, G Floor, Front Beach Road, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3804 3614, +668 2790 6200  
**E:** hertz\_pattaya@hertzhailand.com  
www.hertzhailand.com

Master Car Rental

**A:** 399/9 Moo 10, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3872 3222, +668 6909 4455  
**E:** reservation@mastercarrental.com  
www.mastercarrental.com

Thai Rent a Car

**A:** 666 and 888, 1st Floor, Pattaya Outlet Mall Moo 12, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3842 6765, +668 3887 5252  
**E:** booking@thairentacar.com  
www.thairentacar.com

CHIANG MAI

AVIS Thailand (Chiang Mai Airport)

**A:** Car Rental Counter, In Airport Terminal, Chiang Mai 50300  
**T:** +66 5320 1798-9, +668 9969 8677, +668 9850 3580  
**E:** res@avisthailand.com  
www.avisthailand.com

Biz Car Rental

**A:** 179 Mahidol Road, Haiya, Muang, Chiang Mai 50100  
**T:** +66 5328 0311  
**E:** rso.cnx@bizcarrental.com  
www.bizcarrental.com

Budget Car Rent

**A:** 201/2 Mahidol Road, Haiya, Muang, Chiang Mai 50100  
**T:** +66 5320 2871-2  
**E:** braccnx@budget.co.th  
www.budget.co.th

Hertz Car Rental (Chiang Mai Airport)

**A:** 10, 1st Floor, Domestic Passenger Terminal, Moo3, Airport Road, Suthep, Muang, Chiang Mai 50300  
**T:** +66 5327 3011-2  
**E:** hertz\_chiangmai@hertzhailand.com  
www.hertzhailand.com

Master Car Rental

**A:** 10 Moo 3, Suthep, Muang, Chiang Mai 50000  
**T:** +66 5320 3332  
**E:** reservation@mastercarrental.com  
www.mastercarrental.com

National Car Rent

**A:** 54 Furama Hotel Chiang Mai, Huai Khao Road, Muang, Chiang Mai 50300  
**T:** +66 5321 0118, +668 4700 4384  
**E:** Chiangmai@nationalcarthailand.com  
www.nationalcarrental.co.th

Thai Rent a Car (Chiang Mai Airport)

**A:** 1st Floor, Domestic Arrival Hall (Exit 1), 60 Airport Road, Suthep, Muang, Chiang Mai 50300  
**T:** +66 5390 4188, +668 7505 0504  
**E:** booking@thairentacar.com  
www.thairentacar.com

KOH SAMUI

AVIS Thailand (Samui Airport)

**A:** Car Rental Counter, In Airport Terminal, Koh Samui, Surat Thani 84320  
**T:** +668 4700 8161  
**E:** res@avisthailand.com  
www.avisthailand.com

Budget Car Rent (Samui Airport)

**A:** 99 Arrival Hall Terminal, Moo 4, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7796 1502  
**E:** bracusm1@budget.co.th  
www.budget.co.th



# TRANSPORTATION - TRANSFER SERVICE

**Hertz Car Rental**  
**A:** 99, 1st Floor, Arrival Hall Terminal, Moo 4, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7796 0105, +668 5917 9952  
**E:** hertz\_samui@hertzthailand.com  
www.hertzthailand.com

**Master Car Rental (Office)**  
**A:** 35/18 Moo 4, Bophut, Koh Samui, Surat Thani 84320  
**T:** +66 7724 5999  
**E:** reservation@mastercarrental.com  
www.mastercarrental.com

**Thai Rent a Car**  
**A:** 35/19 Moo 4, Bophut, Koh Samui, Surat Thani 84140  
**T:** +66 7724 7909, +668 7505 0506, +668 1676 507 5  
**E:** booking@thairentacar.com  
www.thairentacar.com

HUA HIN

**AVIS Thailand**  
**A:** 15/112 Soi Hua Hin 29, Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3254 7523 , +668 9969 8680  
**E:** res@avisthailand.com  
www.avisthailand.com

**Biz Car Rental**  
**A:** 39/4 Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 32513500 Ext. 100  
**E:** rso.hua-hin@bizcarrental.com  
www.bizcarrental.com

**Budget Car Rent**  
**A:** 222/2 Hua Hin Grand Hotel, Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3251 4220  
**E:** brachhq@budget.co.th  
www.budget.co.th

**Hua Hin Car Rent**  
**A:** 8/24 Soi Hua Hin 24, Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3252 2625, +668 6375 6972  
**E:** info@huahincarrent.com  
www.huahincarrent.com

**Thai Rent a Car**  
**A:** 218/1-4 Shop A6 Villa Market Hua Hin, Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +668 6620 7178  
**E:** booking@thairentacar.com  
www.thairentacar.com

KOH CHANG

**Coco Dee Bo Tours**  
**A:** 16 /17 Moo 4, Chai Chet, Koh Chang, Trat 23170  
**T:** +66 3955 1533, +668 7711 3390, +668 1122 2170, +668 6328 4684  
**E:** colin@cocodeebokohchang.com  
www.cocodeebokohchang.com

**I-site Koh Chang**  
**A:** 23/9 Moo 4, Klong Prao, Koh Chang, Trat 23170  
**T:** +668 6615 0699, +668 1773 4221  
**E:** email@i-sitekohchang.com  
www.i-sitekohchang.com

**Koh Chang Booking & Information**  
**A:** 17/3 Shop E1 Koh Chang Plaza, Moo 4, Koh Chang, Trat 23170  
**T:** +668 4930 2660  
**E:** robby@kohchangbookingandinformation.com, chonticha@kohchangbookingandinformation.com  
www.kohchangbookingandinformation.com

CHIANG RAI

**AVIS Thailand**  
**A:** 404 Car Rental Counter, in Airport Terminal, Moo 10, Bandoo, Muang, Chiang Rai 57100  
**T:** +66 5379 3827, +668 4700 8156  
**E:** res@avisthailand.com  
www.avisthailand.com

**Budget Car Rent**  
**A:** 590 Paholyothin Road, Muang, Chiang Rai 57000  
**T:** +66 5374 0442-3  
**E:** bracei@budget.co.th  
www.budget.co.th

**Master Car Rental**  
**A:** 404 Booth No.B06 Moo 10, Bandoo, Muang, Chiang Rai 57100  
**T:** +66 5379 3999, +668 1452 6622  
Email: reservation@mastercarrental.com  
www.mastercarrental.com

BANGKOK

**Bangkok Airport Limo**  
**Coverage Area:** Bangkok, Hua Hin, Koh Chang, Pattaya  
**A:** 48 Lat Krabang 50, Lat Krabang, Bangkok 10520  
**T:** +66 2172 6150  
**E:** info@bangkokairportlimo.com  
www.bangkokairportlimo.com

**Bangkok Limo**  
**Coverage Area:** Bangkok, Hua Hin, Koh Chang, Pattaya  
**A:** 731 Asoke Dindaeng Road, Din Daeng, Bangkok 10400  
**T:** +66 2642 9926, +66 2642 9928, +668 1348 0241, +668 6300 9747  
**E:** info@bangkoklimo.org  
www.bangkoklimo.org

**Bangkok Transfer**  
**Coverage Area:** Bangkok, Hua Hin, Pattaya  
**A:** 579/4 Soi Lat Phrao 64, Lat Phrao Road, Wang Thonglang, Bangkok 10310  
**T:** +66 2539 6106, + 668 1441 5527  
**E:** info@bangkoktransfer.com  
www.bangkoktransfer.com

**Limousine & Tour**  
**Coverage Area:** Bangkok, Hua Hin, Koh Samui, Pattaya  
**A:** 222/1 Soi Ratchadapisek 32, Ratchadapisek Road, Lat Yao, Chatuchak, Bangkok 10900  
**T:** +66 2930 5619-22  
**E:** ots@limousineandtour.com  
www.limousineandtour.com

**Limousine Express**  
**Coverage Area:** Bangkok, Chiang Mai, Hua Hin, Koh Samui, Pattaya

**A:** 19/118, 12th Floor, Sukhumvit Suite Building, Sukhumvit 13, Watthana, Bangkok 10110  
**T:** +66 2651 0808  
**E:** rez@limousinethailand.com, info@limousinethailand.com  
www.limousinethailand.com

**SP Limousine**  
**Coverage Area:** Bangkok, Hua Hin, Pattaya, Phuket  
**A:** 1659 Suvarnabhumi Airport, Lat Krabang Lat Krabang Road, Lat Krabang, Bangkok 10540  
**T:** +66 2327 0360, +668 1513 2501  
**E:** taporn\_aac@yahoo.com, booking@splimousine.com  
www.splimousine.com

**Thailand Limousine Services**  
**Coverage Area:** Bangkok, Chiang Mai, Chiang Rai, Phuket  
**A:** 403 Summer Mansion, Soi 14 Ratchadaphisek Road, Huai Khwang, Bangkok 10310  
**T:** + 66 2276 0433 Ext. 1307, +668 5556 8990  
**E:** info@thailandlimousineservice.com  
www.thailandlimousineservice.com

PATTAYA / CHONBURI

**Airport Transfer Thailand**  
**Coverage Area:** Bangkok, Chiang Mai, Chiang Rai, Hua Hin, Koh Chang, Koh Samui, Pattaya, Phuket  
**A:** 211/10 Moo 10, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 38427 9956, +668 9245 4796  
**E:** info@airporttransfersthailand.com  
www.airporttransfersthailand.com

**Image Limo**  
**Coverage Area:** Bangkok, Hua Hin, Koh Chang, Pattaya

**A:** 331/2 Moo 12, Soi 12 (Soi Pattaya Park) Thappraya Road, Nongprue, Banglamung, Chonburi 20260  
**T:** +66 3825 1755  
**E:** reservations@imagelimo.com  
www.imagelimo.com

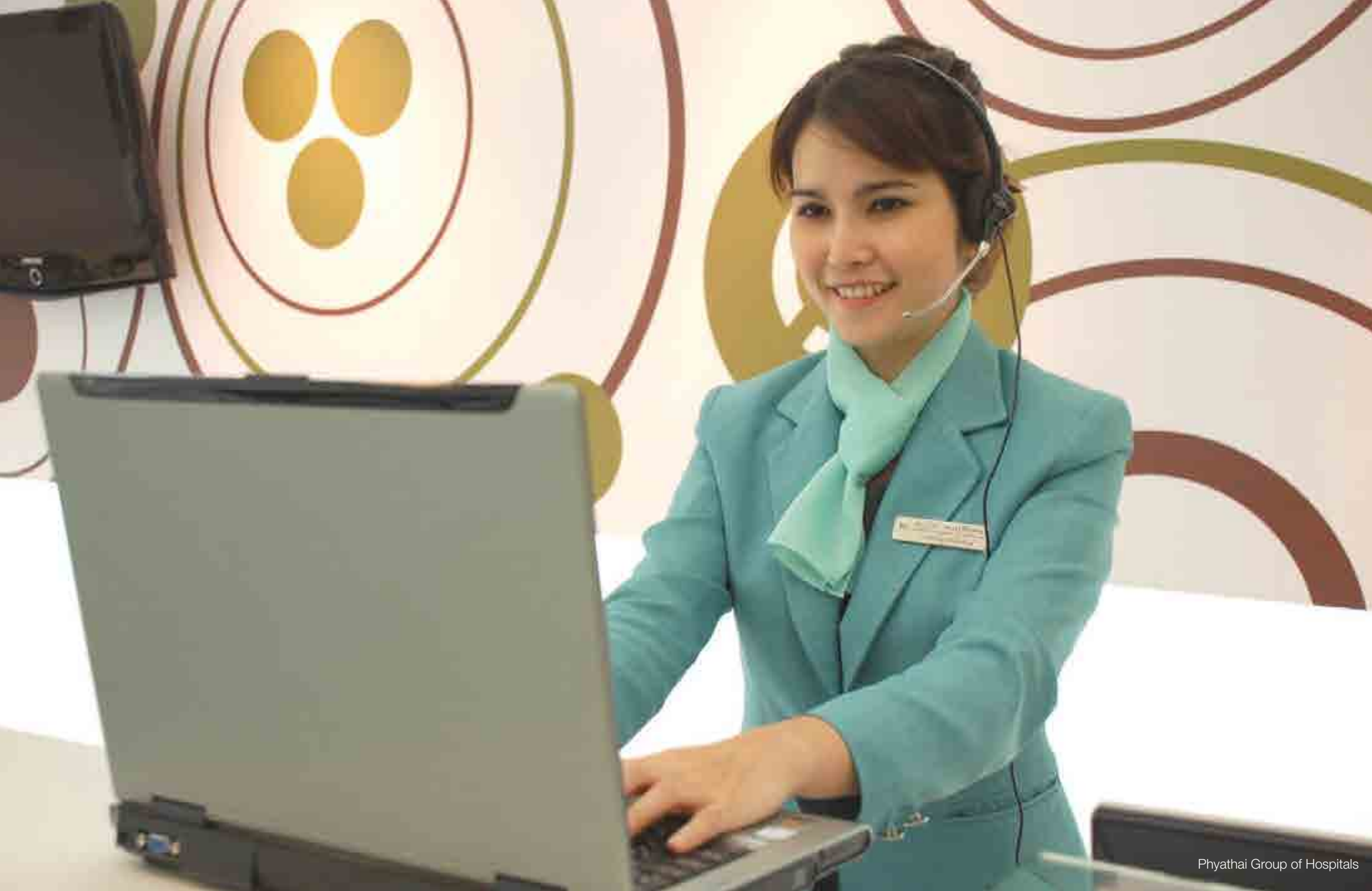
**The Limo Pattaya**  
**Coverage Area:** Bangkok, Hua Hin, Koh Chang, Pattaya  
**A:** 159/182 Moo 5, Soi Naklua 31, Pattaya Road, Naklua, Nongprue, Banglamung, Chonburi 20150  
**T:** +66 3823 6037, +668 5739 4949 , +668 9497 0309  
**E:** info@thelimopattaya.com  
www.thelimopattaya.com

HUA HIN

**Hua Hin Taxi**  
**Coverage Area:** Bangkok, Chiang Mai, Chiang Rai, Hua Hin, Koh Chang, Koh Samui, Pattaya, Phuket  
**A:** 8/24 Soi Hua Hin 24, Petchakasem Road, Hua Hin, Prachuab Khiri Khan 77110  
**T:** +66 3252 2625, +668 6375 6972  
**E:** info@huahintaxi.com  
www.huahintaxi.com

KOH CHANG

**Krungthep Limousine**  
**Coverage Area:** Bangkok, Koh Chang  
**A:** 99 Moo 3 Thasom, Trat Airport, Khaosaming, Trat 23150  
**T:** +668 0065 1739, +668 1564 1472, +668 1558 0468, +668 0285 6132  
**E:** Info@siammedee.com  
www.ekohchang.com



# MEDICAL TOURISM AGENCIES

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# MEDICAL TOURISM AGENCIES

## AUSTRALIA

### All About Asia Pty Ltd

**A:** 30 Tarbet Street, Kenmore, Queensland 4069 Australia  
**T:** +61 7 3137 0280  
**E:** robert@allaboutasia.com.au  
www.allaboutasia.com

### Global Health Travel

**A:** PO 359, Ashfield, New South Wales 1800 Australia  
**T:** +61 2 1800 9854 48  
**E:** enquiries@globalhealthtravel.com.au  
www.globalhealthtravel.com.au

### Medi Makeovers

**A:** PO Box 219, Alexandria, New South Wales 1435 Australia  
**T:** +61 4 1425 8875  
**E:** marnie@medimakeovers.com  
www.medimakeovers.com

### Restored Beauty Getaways

**A:** Suite 1/2 Braid Street, Perth, Western Australia 6000 Australia  
**T:** +61 8 9228 1121  
**E:** info@restoredbeautygetaways.com  
www.restoredbeautygetaways.com

### Surgery Getaways

**A:** PO Box 252, Ermington, New South Wales 1700 Australia  
**T:** +61 4 0521 8585  
**E:** catherine@surgerygetaways.com, info@surgerygetaways.com  
www.surgerygetaways.com

### Tranquil Beauty Changes

**A:** 99 Government Road, Summerset Park, New South Wales 2322 Australia  
**T:** +61 4 0215 8672  
**E:** info@tranquilbeautychanges.com  
www.tranquilbeautychanges.com

## CANADA

### Angels Global Healthcare

**A:** 799 Obrein Dr.Unit #10, Peterborough, Canada K9J 6X7  
**T:** +1 705 743 5433  
**E:** inquiry@angelsglobalhealthcare.com  
www.angelsglobalhealthcare.com

### Debson Medical Tourism

**A:** 100 Rue de Gasp , Suite 501, Montreal, Canada H3E 1E5  
**T:** +1 877 900 3327  
**E:** info@debsonmedicaltourism.com  
www.debsonmedicaltourism.com

### Planet Hospital

**A:** 23679 Calabasas Road #150, Calabasas, Canada 91302  
**T:** +1 800 243 0172  
**E:** info@planethospital.com  
www.planethospital.net

## NEW ZEALAND

### Absolutely Thailand

**A:** Absolutely Thailand Ltd, 23 Mahonia Place, Pyes Pa, Tauranga 3030 New Zealand  
**T:** +64 2 508 8424 52, +64 2 1051 3447  
**E:** roy@absolutelythailand.co.nz  
www.absolutelythailand.co.nz

### Beautiful Escapes

**A:** 2/2 Atkin Ave, Mission Bay, St Hellers, Auckland 1071 New Zealand  
**T:** +64 2 800 4724 69  
**E:** info@beautifulscapes.co.nz  
www.beautifulscapes.co.nz

### Stunning Makeovers

**A:** Stunning Makeovers Ltd, P.O. Box 230213, Botany 2163, Auckland 2145 New Zealand  
**T:** +64 9 533 5390, +64 9 533 5392  
**E:** info@stunningmakeovers.com  
www.stunningmakeovers.com

## OMAN

### Steps-Health and Travel

**A:** Steps National Company, 5&6 Zakher Mall, Al-Khuwair, 414 Aziaba, Oman  
**T:** +968 2 448 8891  
**E:** info@steps-healthntravel.com  
www.steps-healthntravel.com

## THAILAND

### Integral Solutions Co., Ltd.

**A:** 27 Floor, Q House Lumpini Tower, 1 South Sathorn Road, Tungmahamek, Sathorn, Bangkok 10120  
**T:** +66 2610 3923  
**E:** bkkintegral@gmail.com, anthony@integralsgroup.com  
www.integralsgroup.com

### International Medical Getaways

**A:** 14/17 Rachaprathannusorn, Phuket 83150 Thailand  
**T:** +66 7629 6309, +66 7634 2750, +668 4852 3380  
**E:** filomena@intlmedical-getaways.com  
www.intlmedical-getaways.com

### MEDICO Management & Travel Services International Co., Ltd.

**A:** 46/1 Sukhumvit 1, Watthana, Bangkok 10110 Thailand  
**T:** +66 2655 7496  
**E:** info@medico-services.com  
www.medico-services.com

### NC International Medicare Group

**A:** 2/8 European Dream Home, Pattanakarn 51, Bangkok 10250 Thailand  
**T:** +66 2695 4699  
**E:** medical@ncmedgroup.com  
www.ncmedgroup.com

### Relaxu

**A:** M-SAB Service (95) Co., Ltd. 125-8-9 Rath U-Thit Road, Patong, Phuket 83150 Thailand  
**T:** +668 9652 1544  
**E:** relax@relaxu.nu  
www.relaxu.nu

### Siam Wellness Services

**A:** 622, 22nd Floor, Emporium Tower, Room 22/7, Khlongton, Khlong Toei, Bangkok 10110 Thailand  
**T:** +66 2664 9091, +66 2664 9092, +66 2664 9093  
**E:** info@siamwellness.com  
www.siamwellness.com

## UNITED ARAB EMIRATES

### Galavantor

**A:** PO BOX 37944 Interchange 4, Sheikh Zayed Road, Dubai 37944 United Arab Emirates  
**T:** +971 4 341 7666  
**E:** health@galavantor.com  
www.galavantor.com

## UNITED KINGDOM

### Avantis Health

**A:** The Hop Exchange, 24 Southwark Street, London SE1 1TY United Kingdom  
**T:** +44 2 0336 8683 7, +353 1 663 8698  
**E:** info@avantishealth.com  
www.avantishealth.com

## UNITED STATES OF AMERICA

### Companion Global Healthcare, Inc.

**A:** I-20 Alpine Road, AX-724, Columbia, South Carolina 29219 USA  
**T:** +1 800 906 7065  
www.companionglobalhealthcare.com

### Flying Nurses International

**A:** 138 Palm Coast Parkway NE, Ste. 265, Palm Coast, Florida 32137 USA  
**T:** +1 877 521 1333  
**E:** mail@flyingnurse.com  
www.flyingnurse.com

### Global Health Inc.

**A:** 3214 Charles B. Root Wynd, Suite 213, Raleigh, North Carolina 27612 USA  
**T:** +1 919 251 8605  
**E:** contact@globalhealthinc.org  
www.globalhealthinc.org

### Global Med Network

**A:** Global Med Network LLC, 5823 Middlebelt Road, Suite # 100, Garden City, Michigan 48135 USA  
**T:** +1 734 421 6388  
**E:** info@globalmednetwork.com  
www.globalmednetwork.com

### Health Travel Guides

**A:** 600 Townsend Street, Suite 120e, San Francisco, California 94103 USA  
**T:** +1 415 480 0701  
**E:** info@healthtravelguides.com  
www.healthtravelguides.com

### Healthbase Online

**A:** 287 Auburn Street, Newton, Massachusetts 2466 USA  
**T:** +1 617 418 3436  
**E:** info.hb@healthbase.com  
www.healthbase.com

### Med Journeys, Inc.

**A:** 120 South Mountain Avenue, Montclair, New Jersey 7042 USA  
**T:** +1 212 931 0557  
**E:** mj-info@medjourneys.com  
www.medjourneys.com

### Medical Tourism Co., LLC

**A:** 7000 Independence Parkway, Suite 160, PMN 149, Plano, Texas 75025-5741 USA  
**T:** +1 214 717 4775  
**E:** info@medicaltourismco.com  
www.medicaltourismco.com

### Medical Treatments Management

**A:** 340 South Lemon Avenui, #7012 Los Angeles, California 91789 USA  
**T:** +1 800 870 6059  
**E:** heathcoach@mtmx.biz  
www.medical-treatments-management.com

**Medpath Group., LLC**

**A:** 3414 279th AVE NE Redmond,  
Washington 98053 USA

**T:** +1 888 633 2325

**E:** info@medpathgroup.com  
www.medpathgroup.com

**Medretreat**

**A:** 2042 Laurel Valley Drive, Vernon Hills,  
Illinois 60061 USA

**T:** +1 443 451 9996, +1 877 876 3373

**E:** customerservice@medretreat.com  
www.medretreat.com

**Mercury Health Travel**

**A:** 600 17th Street Suite 2800 South Tower,  
Denver, Colorado 80202 USA

**T:** +1 800 727 4160

**E:** info@mercury-healthcare.com  
www.mercury-healthcare.com

**PlacidWay**

**A:** 66 Clare Court, #107 Castle Rock,  
Colorado 80108 USA

**T:** +1 303 578 0719

**E:** info@placidway.com  
www.placidway.com

**Surgical Trip LLC**

**A:** 7491 North Federal Highway, Suite C-5,  
#293 Boca Raton, Florida 33487 USA

**T:** +1 800 513 8996

**E:** info@surgicaltrip.com  
www.surgicaltrip.com



Banyan Tree Hotel Bangkok





# SPECIAL PRIVILEGES

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# SPECIAL PRIVILEGES FOR MASTERCARD CARDHOLDERS



MasterCard cardholders are invited to take advantage of the medical privileges of Thailand’s health and wellness spas, hospitals, and clinics. They will now have the opportunity to get amazing deals on a wide array of treatments and procedures from medical check up and spa packages through dental and dermatological treatments.



**Dental Hospital  
(Bangkok)**  
**T:** +66 2605 0001-5  
**E:** dental@loxinfo.co.th  
www.dentalhospitalbangkok.com

- 50% discount for Laser Smile whitening from standard 20,000 Baht to 10,000 Baht
- 10% discount for BriteSmile whitening from standard 18,000 Baht to 16,200 Baht.
- The Home Whitening costs 8,000 Baht including bleaching trays and one set of bleaching gel. Extra sets of bleaching gel cost 1,200 Baht per set.



**Piyavate Hospital  
(Bangkok)**  
**T:** +66 2625 6500  
**E:** imcc@piyavate.net  
www.piyavate.com

- 50% discount for check up package.
- 20% discount for inpatient room rate, excluding food, room service, nursing fees.
- Special price packages from TRIA Integrative Medical  
TRIA Asia Detox 12,500 Baht from standard 16,500 Baht, Aquatic Therapy 7,000 Baht from standard 9,000 Baht, Food Allergy Test 17,000 Baht from standard 20,000 Baht



**RSU Healthcare  
(Bangkok)**  
**T:** +66 2610 0300  
**E:** narong@rsuhealth.com  
www.rsuhealth.com

- 5% discount for all medical programs.



**BNH Hospital  
(Bangkok)**  
**T:** +66 2686 2700  
**E:** info@bnhhospital.com  
www.bnhhospital.com

- Additional 5% discount for medication.
  - Additional 10% discount for ward room.
- \* The discounts above exclude Doctor Fee, Dental & Special Packages.



**Samitivej Sukhumvit Hospital  
(Bangkok)**  
**T:** +66-2711-8181  
**E:** info@samitivej.co.th  
www.samitivejhospitals.com

- Special price at Wellness Center:  
**- Wellness 1 Health Check up Program (for 50 years up) at 13,000 Baht:**  
Physical Examination, Eye Examination by Ophthalmologist, Dental Examination, Complete Blood Count, Fasting Blood Sugar, Lipid Profile, Liver Function Exam, Kidney Function, Thyroid Gland Function Creatinine, Gout Eric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Liver Cancer Exam, CEA-Colon Cancer Test, Chest X-ray, Whole Abdomen Examination with Ultrasound, Heart Function Examination by Electrocardiogram (EKG), Heart Efficiency Examination Through Treadmill Exercise Stress Test (EST), Blood Circulation Examination of Ankle Brachial Areas (ABI), Medical Report  
**- Wellness 2 Health Check up Program (for 40-50 years up) at 10,000 Baht:**  
Physical Examination, Eye Screening by Ophthalmologist, Complete Blood Count, Fasting Blood Sugar, Total Cholesterol, Triglyceride, LDL-Cholesterol, HDL-Cholesterol, SGPT, SGOT, Albumin, Alkaline Phosphatase, Creatinine, TSH, Uric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Alpha Fetoprotein, CEA, Chest X-ray, Ultrasound Upper Abdomen, Electrocardiogram (EKG), Exercise Stress Test (EST), Medical Report  
**- Wellness 3 Health Check up Program (for 30-40 years up) at 6,500 Baht:**  
Physical Examination, Eye Screening by Ophthalmologist, Complete Blood Test, Fasting Blood Sugar, Total Cholesterol, Triglyceride, LDL-Cholesterol, HDL-Cholesterol, SGPT, SGOT, Alkaline Phosphatase, Creatinine, Uric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Alpha Fetoprotein, CEA, Chest X-ray, Ultrasound Upper Abdomen, Electrocardiogram (EKG), Medical Report  
• Botulinum Treatment all inclusive (Eye, Glabella, Forehead) 15,000 Baht at Samitivej Esthetic Institute.  
• Prophylaxis and Sealant at 1,300-1,600 Baht at Dental Clinic.

\* This Price is exclusive of any other charges for prescriptions, medical supplies and service charge.  
\* All privileges are valid from September 1, 2011 to December 31, 2012.  
\* For further information please contact call center : +66-2711-8181



**Samitivej Srinakarin Hospital  
(Bangkok)**  
**T:** +66-2378-9000  
**E:** info.snh@samitivej.co.th  
www.samitivejhospitals.com

- Special price at Wellness Center:  
**- Wellness 1 Health Check up Program (for 50 years up) at 13,000 Baht:**  
Physical Examination, Eye Examination by Ophthalmologist, Dental Examination, Complete Blood Count, Fasting Blood Sugar, Lipid Profile, Liver Function Exam, Kidney Function, Thyroid Gland Function Creatinine, Gout Eric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Liver Cancer Exam, CEA-Colon Cancer Test, Chest X-ray, Whole Abdomen Examination with Ultrasound, Heart Function Examination by Electrocardiogram (EKG), Heart Efficiency Examination Through Treadmill Exercise Stress Test (EST), Blood Circulation Examination of Ankle Brachial Areas (ABI), Medical Report  
**- Wellness 2 Health Check up Program (for 40-50 years) at 10,000 Baht:**  
Physical Examination, Eye Screening by Ophthalmologist, Complete Blood Count, Fasting Blood Sugar, Total Cholesterol, Triglyceride, LDL-Cholesterol, HDL-Cholesterol, SGPT, SGOT, Albumin, Alkaline Phosphatase, Creatinine, TSH, Uric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Alpha Fetoprotein, CEA, Chest X-ray, Ultrasound Upper Abdomen, Electrocardiogram (EKG), Exercise Stress Test (EST), Medical Report  
**- Wellness 3 Health Check up Program (for 30-40 years) at 6,500 Baht :**  
Physical Physical Examination, Eye Screening by Ophthalmologist, Complete Blood Test, Fasting Blood Sugar, Total Cholesterol, Triglyceride, LDL-Cholesterol, HDL-Cholesterol, SGPT, SGOT, Alkaline Phosphatase, Creatinine, Uric Acid, Urine Examination, Stool Examination, Stool Occult Blood, Alpha Fetoprotein, CEA, Chest X-ray, Ultrasound Upper Abdomen, Electrocardiogram (EKG), Medical Report  
• Botulinum Treatment for one shot at 1,500 Baht at Samitivej Esthetic Institute.  
• Prophylaxis and Sealant at 1,200-1,500 Baht at Dental Clinic.

\* This Price is exclusive of any other charges for prescriptions, medical supplies and service charge.  
\* All privileges are valid from September 1, 2011 to December 31, 2012.  
\* For further information please contact call center : +66-2378-9000





**Phyathai 2 Hospital (Bangkok)**  
**T:** +66 2617 2444  
**E:** webcenter@phyathai.com  
www.phyathai.com  
*\* All privileges are valid from September 1, 2011 to December 31, 2012.*

- Only 1,800 Baht for Check up Package.
- For additional check up, you will get 15% discount on lab and X-ray.

\* The discounts above exclude Doctor Fee, Dental & Special Packages.  
\* The package includes medical care cost, OMC/ONS, health check up report and mini bar.  
\* Maximum 3 packages per 1 patient.  
\* No food or drink at least 8 hours before the check up.



**Bangkok Hospital Pattaya (Pattaya / Chonburi)**  
**T:** +66 3825 9999 or 1719 (within Thailand)  
**E:** bphmkt@bgh.co.th  
www.bangkokpattayahospital.com

- 10% discount for room rates excluding CCU, ICU, NICU
- 10% discount for medical expenses, excluding special vaccine and special medication fee.
- 15% discount for scaling and cleaning fee.
- 5% discount for general dental treatment and pediatric dentistry, excluding prosthodontics and cosmetic dentistry.

\* Special discounts apply only to standard prices.



**Bangkok Dental Spa (Bangkok)**  
**T:** +66 2651 0807, +66 2651 0730  
**E:** healthysmiles@bangkokdentalspa.com, bkkdentalspa@yahoo.com  
www.bangkokdentalspa.com

- Tooth whitening, cleaning and polishing treatment at 10,000 Baht per person and 18,000 Baht for couples
- 10% discount for general dentistry.

\* Please indicate that you've acknowledged this privilege from "Healing Harmony".



**Bangkok Hospital Phuket (Phuket)**  
**T:** +66 7625 4425  
**E:** info@phukethospital.com  
www.phukethospital.com

- 10% discount for medication for outpatient treatments (OPD).
- 10% discount for medication and inpatient ward rates (IPD).



**Aesthetics Dental Clinic (Bangkok)**  
**T:** +66 2287 4922  
**E:** aesthetics\_dentalclinic@yahoo.com  
www.aestheticsdent.com

- 30% discount.

\* This privilege is not valid for dental implant or orthodontic treatments.



**Bangkok Smile Dental Clinic, Asoke branch (Bangkok)**  
**T:** +66 2664 2711, +66 2664 2800, +668 5318 0990  
**E:** contact@bangkoksmiledental.com  
www.bangkoksmiledental.com

- Privilege 1: Cosmetic dentistry: Zoom whitening and whitening gel (1 tube) and bleaching tray 10,000 Baht from standard 11,000 Baht.
- Privilege 2: Porcelain veneers (IPS Empress) starting from 6 veneers 9,000 Baht per tooth from standard 12,000 Baht per tooth.
- 5% discount for optional general dental treatments, scaling, filling, simple extraction from standard price.



**DC one The Dental Clinic (Bangkok)**  
**T:** +66 2240 2800  
**E:** info@dc-one.com  
www.dc-one.com

- 10% discount for complete check-up, cleaning and teeth whitening package.



**DC one The Dental Clinic (Phuket)**  
**T:** +66 7623 9525-6  
**E:** infophuket@dc-one.com  
www.dc-one.com

- 10% discount for complete check-up, cleaning and teeth whitening package.



**Elite Smile Dental Clinic (Chiang Mai)**  
**T:** +66 5328 8199  
**E:** elitesmilecm@hotmail.com  
www.elitesmilecm.com

- Promotion teeth whitening 10,000 Baht (In-office whitening and 2 trays and 2 gels).
- Dental implant only 36,000 Baht (Crown at 7,000-15,000 Baht not included).

\* Open daily, 10:00 a.m. - 9:00 p.m



**Inspired Dental Clinic (i-dent Dental clinic) (Bangkok)**  
**T:** +66 2255 7772, +66 2655 5294  
**E:** i-dent@i-dentdental.com, i-dentdental@hotmail.com  
www.i-dentdental.com

- In-Office tooth whitening 5,500 Baht per person.



**Sea Smile Dental Clinic (Bangkok)**  
**T:** +66 7634 0066, +66 7634 0238, +668 5318 0990  
**E:** dentist@thaidentalcenter.com  
www.thaidentalcenter.com

- Privilege 1: Cosmetic dentistry: Zoom whitening and whitening gel (1 tube) and bleaching tray 10,000 Baht from standard 11,000 Baht.
- Privilege 2: Porcelain veneers (IPS Empress) starting from 6 veneers 9,000 Baht per tooth from standard 12,000 Baht per tooth.
- 5% discount for optional general dental treatments, scaling, filling, simple extraction from normal price.



**Perfect Smile Dental Clinic (Hua Hin)**  
**T:** +66 3253 3444, +668 6331 9668  
**E:** info@perfectsmile-huahindental.com  
www.perfectsmile-huahindental.com

- Plan A: Special price 7,000 Baht from standard 10,000 Baht. oral examination, digital X-ray, cleaning with air flow system, full system teeth whitening (in-office and home whitening).
- Plan B: With every 30,000 Baht spent at the clinic, get free 5,000 Baht gift voucher for in-office teeth whitening.
- Plan C: With every 60,000 Baht spent at the clinic, get free 10,000 Baht gift voucher for digital X-ray, cleaning full mouth, full system teeth whitening.

\* Privileges do not include orthodontic treatments.



**Apex Profound Beauty (Bangkok)**  
**T:** +66 2713 8445,  
+668 5000 2001  
**E:** apexskininternational@gmail.com  
www.apexprofoundbeauty.com

- 20% discount for “Ulthera”, non surgical face lift.
- 50% discount on the first visit for permanent hair removal laser.



**Face2Face Skin & Aesthetic Center (Bangkok)**  
**T:** +66 7623 9535  
**E:** infoface2face@dc-one.com  
www.dc-one.com

- 5,000 Baht discount for full face Thermage.
- 20% discount for laser hair removal.



**First Face Aesthetic Clinic (Bangkok)**  
**T:** +66 2610 9755  
**E:** info@firstface.co.th  
www.firstfaceaesthetic.com

- 15% discount from standard price, excluding Botox, filler and products in the shop.
- Free Optic Image Skin Analysis.



**Pinklao Hitech Clinic (Bangkok)**  
**T:** +66 2884 8462-3  
**E:** info@pinklaoclinic.com  
www.pinklaoclinic.com

- 50% discount for laser hair removal.
- 20% discount for facial course, excluding AHA, IONTO, Phono, Turbo White, Crystal Peeling treatments.

\* Privileges are offered at all 5 branches of Pinklao Clinics (Central Pinklao, Big C extra Ladprow, Amarin Plaza, Central Plaza Rattanaibet, Big C market Sukapiban 5).



**Romrawin Clinic (Bangkok)**  
**T:** +66 2655 7625  
**E:** info@romrawin.com  
www.romrawin.com

- 30% discount for Smart Laser from standard rate 8,000 Baht for whole face.
- 30% discount for Super Lift from standard rate 15,000 Baht for the entire face.

\* It is available exclusively at 4th Floor Central Chidlom.

\* Some treatment prices depend on the size of the area treated after doctor's examination.



**Thanya Clinic (Bangkok)**  
**T:** +66 2234 5879  
**E:** services@thanyaclinic.com  
www.thanyaclinic.com

- 25% discount



**La Nitivadee Dermatology and Aesthetic Laser Surgery Center (Pattaya)**  
**T:** +66 3842 2039,  
+66 3842 2119  
**E:** dr.nitivadee@gmail.com  
www.lanitivadee.com

- 10% discount

\* Total spending must be more than 100 USD at one time.



**Jankamol Clinic (Pattaya)**  
**T:** +66 3837 5000  
**E:** info@jankamolclinic.com  
www.jankamolclinic.com

- 10% discount for all treatments.
- 5% discount for all medicines and cosmeceuticals.
- Botox 60 units of Alergan Botox imported from USA only 18,000 Baht.



**Primma Donna Clinic (Chiang Mai)**  
**T:** +66 5340 0862-3  
**E:** primadonnaclinic2009@gmail.com  
www.primadonnaclinic.com

- Pay 20,000 Baht, get 1 free 5,000 Baht Thermage treatment.



**Sarinya (Chiang Mai)**  
**T:** +66 5321 6924  
**E:** ae901072@yahoo.com  
www.sarinya-clinic.com

- 20% discount for laser treatments, laser rejuvenation, laser hair removal, and laser tightening.



**Thai Eye Hospital (Bangkok)**  
**T:** +66 2689 8888  
**E:** info@thaieye.com  
www.thaieye.com

- Cataract promotion at 38,000 Baht from standard 45,000 Baht.
- Skin rejuvenation eMatrix Laser promotion at 14,000 Baht from standard 24,000 Baht



**Naravee Aesthetic Center (Bangkok)**  
**T:** +66 2398 8565  
**E:** info@naraveesurgery.com  
www.naraveesurgery.com

- Breast Augmentation from standard 3,000 USD to 2,500 USD, maximum 275cc (Udom Suk branch only).
- 50% discount for laser and Treatments (Siam branch only).
- Free radio frequency treatment for Vaser procedures or top up Accusculpt at 20% of total price.

\* Privileges are available for tourists and expatriates only.





**Sutera Clinic  
(Pathumthani)**  
**T:** +66 2581 5490  
**E:** jackwit133@yahoo.com  
www.suteraclinic.com

- 10% discount for Thermage (non-surgical face lift).
- 20% discount for Botox and filler.
- 50% discount for laser hair removal.
- Free skin consultation.



**Absolute Hair Clinic  
(Phuket)**  
**T:** +66 7661 2762  
**E:** drlaowong@hotmail.com,  
info@absolutehairclinic.com  
www.absolutehairclinic.com

- 10% discount for hair transplantation.



**Pattaya Royal Beauty Clinic  
(Pattaya)**  
**T:** +66 3841 0062,  
+668 1344 9919  
**E:** info@prbclinic.com  
www.prbclinic.com

- 5% discount for inpatient case (IPD).
- 10% discount for outpatient case (OPD).



**Anne Semonin Spa,  
Sofitel Silom Hotel  
(Bangkok)**  
**T:** +66 2635 9982  
**E:** spa@eurasiacosmetics.com,  
info@eurasiacosmetics.com  
www.eurasiacosmetics.com

- 15% discount for any single facial or body treatment.
- Buy 2 massages, get 1 massage free.

\* Spa packages exclude depilatory & other on-going promotions.  
\* Free massage should be of the same value or less than the massage purchased.



**Asia Herb Association  
(Bangkok)**  
**T:** +66 2381 2311-3  
**E:** info@asiaherbassociation.com  
www.asiaherbassociation.com

- 5% discount for any a la carte menu treatment.

\* Privilege is offered at all of Asia Herb Association branches (Sukhumvit 24, 31 and 55)



**Crowne Plaza Health Club,  
Crowne Plaza Bangkok  
Lumpini Park (Bangkok)**  
**T:** +66 2632 9000  
**E:** onestopservice.bkk@ihg.com  
www.crowneplaza.com

- 15% discount



**Green Leaf Spa  
(Bangkok)**  
**T:** +66 2676 6969,  
+66 2676 6979  
**E:** yod@cascadeclubandspa.com  
www.cascadeclubandspa.com

- Spend over 1,000 Baht, receive special 400 Baht discount.

\* Privilege is valid at Green Leaf spa, Cascade Club only.  
\* Vat & service charge must be paid for full treatment separately.



**HydroHealth  
(Bangkok)**  
**T:** +66 2250 7800  
**E:** info@hydrohealth.co.th  
www.hydrohealth.co.th

- 15% discount for colonic & all health massage treatments.
- 20% discount for full 4-hour detox program (includes colonic and infrared sauna and detox massage).



**Mulberry Spa  
(Bangkok)**  
**T:** +66 2664 1888,  
+66 2664 1382  
**E:** tipsukon@mulberryspa.com,  
banjatip@mulberryspa.com  
www.mulberryspa.com

- 15% discount for gold package.
- 50% birthday discount for all menus.
- 2,000 Baht for our signature 2-hours Mulberry Hot Tea Oil signature massage, normally 2,800 Baht.



**Seven Eden Spa  
(Bangkok)**  
**T:** +66 2266 2345  
**E:** seveneden@sirisathorn.com  
www.sirisathorn.com

- 10% discount with purchase of any treatment from Spa a la carte menu, excluding spa package, manicure and pedicure. This offer can be used on Saturday, Sunday and public holiday only.
- 20 % discount with purchase of any treatment from Spa a la carte menu, excluding spa package, manicure and pedicure. This offer can be used on weekdays only (Monday – Friday).

\* Open 10:00 a.m. – 10:00 p.m.



**Spa InterContinental,  
InterContinental Hotel  
(Bangkok)**  
**T:** +66 2656 0444  
**E:** spaic@ihgbangkok.com  
www.intercontinental.com

- 10% discount for a la carte treatments for external guests.
- Complimentary add-on stress relief head and shoulder massage per person per stay for in-house guests.



**Spa Cenvaree,  
Centara Hotels & Resorts  
(Bangkok)**  
**T:** +66 2110 1234  
**E:** cgcw@chr.co.th  
www.centara.co.th

- 10% discount for a la carte treatment at any Spa Cenvaree throughout Thailand.

\* Privilege is valid on a la carte treatment only, excluding pedicure, manicure & waxing services.  
\* Privilege is valid for reservation from 10:00 a.m. to 4:00 p.m. daily.  
\* Prices are based on published rates and subject to service charge and VAT.



**Zense of Joy  
(Bangkok)**  
**T:** +66 2652 0489  
**E:** info@zenseofjoy.com  
www.zenseofjoy.com

- 15% discount from standard price, excluding waxing service and products in the shop.
- Free 30-minute head-neck massage.



**Ruan Samunplai Spa  
(Chachoengsao)**  
**T:** +66 3859 5523,  
+668 1617 4409  
**E:** varavith@hotmail.com  
www.lookyoungerspa.com

- 25% discount for spa tour.



**Spa by Burasari,  
Burasari Resort Patong  
(Phuket)**  
**T:** +66 7629 2929  
**E:** inquiry@burasari.com  
www.burasari.com

- 15 % discount, excluding reflexology and beauty treatments.
- \* Privileges are applicable for only one MasterCard cardholder per bill.  
\* Privileges are not available for reflexology and beauty treatments.



**Saral Spa Beauty Slim & Fitness  
(Pattaya)**  
**T:** +66 3838 5267,  
+66 3838 7124  
**E:** saralspa@hotmail.com  
www.saral-spa.com

- 30% discount for spa treatments
- \* Privilege is for spa packages only.



**Oasis Spa  
(Bangkok, Chiang Mai, Phuket)**  
**T:** +66 5392 0123  
**E:** cs@oasisspa.net  
www.oasisspa.net

- 1,000 Baht discount for all spa packages valued 2,000 Baht and up.
- \* Privilege is available at all Oasis Spa locations, Bangkok Oasis Spa, Chiang Mai Oasis Spa, Lanna Oasis Spa, Oasis Secret Garden Spa (Bang Tao Phuket), Oasis Royal Thai Spa (Kamala Phuket).



**The Spa, The Chedi Chiang Mai  
(Chiang Mai)**  
**T:** +66 5325 3333  
**E:** reservation@chedi-chiangmai.com  
www.ghmhotels.com

- 20% discount for all items at The Spa, excluding Manicure and Pedicure menus.



**Mayang Sari Spa,  
KC Hotels & Resorts  
(Koh Samui)**  
**T:** +66 7742 8088  
**E:** pr.resort-samui  
@kchotelsresorts.com  
www.kchotelsresorts.com

- 50% discount for all spa packages, massages, and treatments, excluding treatments that require specialists.
- 10% discount for Watsu, Mayang Sari Spa Signature treatment.



**Monthara Spa,  
Muang Samui Spa Resort  
(Koh Samui)**  
**T:** +66 7742 9700-9  
**E:** rsvn@muangsamui.com  
www.muangsamui.com

- 10% discount for room rate.
- 10% discount for spa treatment.
- 10% discount for food & beverages.

\* Rooms are subject to availability.



**Napasai Spa,  
Napasai Resort  
(Koh Samui)**  
**T:** +66 7742 9200  
**E:** info@napasai.com  
www.napasai.com

- 15% discount for any treatment at Napasai by Orient Express.
- \* Discount rate is before VAT and service charge.  
\* Privilege is not available from 24 December 2011 through 2 January 2012.



**Silarom Spa  
(Koh Samui)**  
**T:** +66 7741 4219,  
+66 7742 2679  
**E:** info@silaromspa.com  
www.silaromspa.com

- 10% discount for regular menu treatments.
- Special price for Anti Stress Package: 2,000 Baht per person, normally 2,200 Baht.



**Amana Spa  
(Hua Hin)**  
**T:** +66 3253 0422 Ext Spa,  
+668 6338 8427  
**E:** thaneeyap@hotmail.com,  
info@amanaspa.com  
www.amanaspa.com

- 10% discount for standard price for massages, treatments and spa packages.
- 5% discount for top promotion program with purchase of up to 5,000 Baht.



**Breeze Spa,  
Amari Emerald Cove  
(Koh Chang)**  
**T:** +66 3955 2000  
**E:** gm@emeraldcove.amari.com  
www.amari.com

- Get one complimentary 30-minute foot massage for 2 persons at any time during your stay when booking any 90-minute treatment for 2 persons at published price.
- \* Privilege can be redeemed after the 90-minute massage.  
\* Foot massage can be redeemed between 11:00 a.m. - 4:00 p.m. and is subject to space availability.





**Evason Hua Hin  
(Hua Hin)**  
**T:** +66 3263 2111  
**E:** reso-huahin@sixsenses.com  
www.sixsenses.com

- 10% discount for lower available rooms and breakfast rate on www.sixsenses.com.  
Stay 3 consecutive nights or more and get even more free as follows:  
- Evason Room: receive a complimentary guaranteed upgrade daily to Evason Studio Room.  
- Evason Studio Room: receive complimentary one time (30 minutes) head & shoulder massage for two persons per stay.  
- Evason Pool Villa: receive complimentary one time (50 minutes) full body massage (excluding Hot Stone & Lomi Lomi) for two persons per stay.

- \* Rates exclude 20.38% tax, service charge, carbon senses fund donation and agent's commission, if any.
- \* Rates are per room / villa per night inclusive of daily ABF.
- \* Long weekend supplement charge is 1,000 Baht net per room per night.
- \* Extra person charge is 2,408 Baht net per person per night inclusive of daily ABF (except Evason room)



**Six Senses Hua Hin  
(Hua Hin)**  
**T:** +66 3263 2111  
**E:** reservations-huahin@sixsenses.com  
www.sixsenses.com

- 10% discount for lower available rooms and breakfast rate on www.sixsenses.com.  
Stay 3 consecutive nights or more and get even more free as follows:  
- Duplex Pool Villa: receive one complimentary tapas set for 2 persons per stay.  
- Pool Villa: receive one complimentary lunch set for 2 persons per stay at The Bar.  
- Pool Villa Suite: receive one complimentary afternoon tea Set for 2 persons per stay.

- \* Rates exclude 20.38% tax, service charge, carbon senses fund donation and agent's commission, if any.
- \* Rates are per room / villa per night inclusive of daily ABF.
- \* Long weekend supplement charge is 1,000 Baht net per room per night.
- \* Extra person charge is 3,611.50 Baht net per person per night inclusive of daily ABF (except Pool Villa).

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**Bangkok Hospital Phuket** is 200 beds hospital with 1,000 out-patient services a day and functioned by 165 physicians and 260 registered-nurses. We belong to Bangkok Hospital Group (BDMS), a network of 27 private hospitals that makes us the biggest health care provider in SE-Asia.



## *"International Medical Standard and Quality"*

We are being actively promoted overseas alongside tourist destination, where had attracted more than 60,000 foreign patients in 2010. Also, we have a good working relationship with various leading medical assistance and insurance companies which will enable us to support the oversea insured. Not only our medical and non-medical staff can speak English fluently, but also include foreign languages; Scandinavian, French, Italian, German, Dutch, Russian, Japanese, Chinese, and Arabic. Therefore, our foreign customers can be assisted by our interpreters and coordinators to overcome any language barrier.

### Medical and Surgical Services:

Cardiology  
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General Surgery and Minimal  
Hemodialysis  
Laboratory  
MRI  
Nephrology / Renal  
Ophthalmology  
Orthopedics  
Plastic Surgery  
Radiology  
Serology  
Ultrasound

Dentistry  
Eye (Cornea and Vitreoretinal Specialists)  
Invasive Surgery  
Hyperbaric Chamber  
Lithotripsy  
Neurology  
Obstetrics  
Oral/Maxillofacial Surgery  
Outpatient Pharmacy  
Pneumology  
Rheumatology  
Stomatology  
Urology

Dermatology  
Gynecology  
Infectious Disease  
Mammography  
Neurosurgery  
Oncology  
Pediatrics  
Psychiatry  
Scandinavian Orthopaedic Laboratory  
Sport Medicine  
Vascular Surgery

Diabetes / Endocrinology / Kidney  
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Onsite Blood Bank  
Organ Transplantation  
Pediatrics Cardiology  
Pulmonology  
Traumatology  
X-ray

[www.PhuketHospital.com](http://www.PhuketHospital.com)  
E-mail : [info@PhuketHospital.com](mailto:info@PhuketHospital.com)



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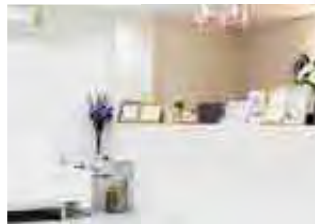


**Suteera**  
**clinic**  
Skin & Aesthetic Centre



## Services

- ✳ Botox/ Filler
- ✳ Thermage  
(Non-Surgical Face Lift)
- ✳ Intense Pulsed Light
- ✳ Lip enhancement
- ✳ Laser Hair Removal
- ✳ Pigmented Lesion Laser
- ✳ Skin Rejuvenation
- ✳ Removal of Age spots,  
mole & wart
- ✳ Acne Care / Skin Care
- ✳ Freckles / Melasma
- ✳ Body Skin Lifting  
and Tightening
- ✳ Skin Disease



**When it comes to beauty, Suteera Clinic offers it all.** We exhibit integrity and sincerity in providing the best services to our patients. The best results are our ultimate goal.

With state of the art equipment, we integrate science and art in cosmetic dermatology. We know where the problems are. That is why we strongly commit to helping you on such problems from fine to deep wrinkles, sagging skin, acne scars and pigmented disorders etc..

Our expertise is in Botox, Fillers, Thermage and all kinds of Lasers treatments for cosmetic surgery.

We also treat the following cosmetic conditions: wrinkles, skin rejuvenation, skin tightening, pigment disorders, acne, acne scarring, cellulite, Lip augmentation, skin care and other numerous skin conditions.

Our doctors have over 10 year experience and have mastered the techniques of cosmetic dermatology.

We always care for our patients with a high level of hospitality. Visit us to experience our excellent services, you won't be disappointed.

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**+66(0) 81 797 7630**

**[www.suteeraclinic.com](http://www.suteeraclinic.com)**

34/2 Phatthanasamphan Rd.,  
T.Bangphun, A.Muang, Pathumthani  
Email: jackwit133@yahoo.com

## PERFECT SMILE DENTAL CLINIC

Welcome to Perfect Smile Dental Clinic, the premier dental practice located in Bangkok, Thailand specializing in cosmetic, implant and comprehensive dentistry. Our teams of American, German and Thai Board-certified dentists are dedicated to a tradition of excellence. We endeavor to offer high quality services for our patients with our expertise.

Our clinic is equipped with a wide range of high quality and cutting-edge technology including digital x-ray, which significantly reduces radiation exposure whilst providing quick and accurate diagnosis. We also provide whitening technology, implant surgery suite is the best equipped



## PERFECT SMILE DENTAL CLINIC



Perfect Smile Dental Clinic is the state-of-the-art practice located in the heart of Bangkok business district, Silom. By sky train (BTS) to Sala Daeng station or subway train (MRT) to Silom station, you can meet our Perfect Smile team on the 4th floor of Thaniya Plaza BTS Wing building by the walkway from the station direct to the building. Our promise is to make our patient to have a "PERFECT SMILE".

*"YOUR SMILE IS OUR SMILE"*

We persist in our philosophy.







## HEALTHY LIFE BY PUNTIP CLINIC

Healthy Life By Puntip Clinic, we provide clinical guidelines on the anti-aging medicine. Emphasizing on holistic healing both physically and mentally. Innovation is combined with conventional medicine and western medicine. We promote the greatest service and care in relation to personalized treatments. We diagnose right at the substantial sources and causes of disease.

We are ready to care for you and your family with an experienced team of doctors in the anti-aging medicine. With proper treatments and prevention, we provide you with the best quality of life and sustainability.

## CELL THERAPY

Mainly because the chemicals and drugs in modern medicine only work until they are broken down by the body's metabolic processes, cell therapy, on the other hand, has a long term effect because it stimulates the body's own healing and revitalizing powers. Thus, it does not only treat the



www.puntipclinic.com

*We are already to care for your family. With an experienced team of doctors in the aging medicine.*

symptoms, but also successfully cures the causes. In short, cell therapy is like a **“wake-up call”** for the patients’ **“dormant”** healing ability. Patients who receive benefits of this method include politicians, movie stars, and many celebrities across the world both in the past and present. Here in Thailand, many of our patients report that they become healthier, stronger, have better vision, and recover sooner from joint inflammation after receiving live cell therapy. Some patients with menopause even report a return of their menstrual cycle as a result of treatment. Others have experienced substantial weight loss due to enhanced metabolism.

Address : Healthy Life by Puntip Clinic (K Village)  
2nd Floor Sukhumvit 26 Sub District Klongtun ,  
District Klongtoey , Bkk 10110

Direct No: 662-661-4075 Fax: 662-661-4075  
Opening hours: Everyday 10.00 a.m.- 8:00 p.m.  
www.healthylifethai.com



www.healthylifethai.com



## PUNTIP CLINIC

Puntip Clinic is a world-class aesthetic clinic with its commitment to maintain the excellent standard of care. This includes various laser services for beauty preventing and slowing down aging appearance by a team of doctors having a variety of experiences in skin and laser, possessing knowledge and certifications from training both in the US and UK. In Puntip Clinic, we use only aesthetic laser and device approved by the FDA standard. In addition, other pharmaceutical tools are carefully selected in accordance with research and medical development certified by international standards to ensure proper treatments and obtain effectiveness and safety. Combining innovation and high safety standards. Treatment by medical professionals. Every step may be said that this is a standard clinical Puntip clinic build and maintain to quality for different from normal clinical care.

The utilization of both anti-aging medicine and aesthetic laser either on holistic or aesthetic care enhances the best satisfaction consistently reported by our valued members. In line with our service-oriented focus, Puntip Clinic builds and maintains healthy life and forever young reflection resulted from both inside-out and outside-in treatments strengthening a healthy body and mind, making us the best among other clinical and aesthetic care providers.

Address : Puntip , Thonglor Branch ( J Avenue)  
J Avenue , 3rd Floor (Thonglor 15) , Sub District North Klongtoey ,  
District Wattana Bkk 10110

Direct No: 662-712-7045 Fax: 662- 712-7044  
Mobile: 668-9900-7774  
Opening hours: Everyday 10.00 a.m.- 8:30 p.m.  
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