

# Thai Spa in Mind

The Most Memorable Spas in Your Mind 2007/2008



## *Message from the Governor Tourism Authority of Thailand*

Thai spas are a part of the diverse tourism service gaining popularity among visitors, both Thais and foreigners. As such, there has been a continual increasing growth in the service industry concerning beauty and health in Thailand. The uniqueness and prominence of Thai spas are a charm that has revealed itself to the world. Through a fine combination of Thai herbs and a long inherited wisdom of tradition Thai massage, and doubled with excellent services, Thai spas, thus, have created an impressive and unforgettable experience that visitors can enjoy.

To help publicizes Thai spas to be better known, the Tourism Authority of Thailand (TAT), in conjunction with the Thai Spa Association (TSPA) has published 'Thai Spa in Mind 2007/2008' as a directory of distinguished Thai spas in each region of Thailand. The directory would provide a helpful source of information for visitors to choose a favourite choice of their own and enjoy taking good care of their health physically as well as mentally

A handwritten signature in black ink, reading 'P. Manoharn'.

Phornsiri Manoharn (Mrs.)  
*Governor Tourism Authority of Thailand*



## *Message from the Thai Spa Association*

The Thai Spa industry has continued to grow steadily since the first ‘real’ spas opened here some 15 years ago. Enjoying an average annual growth in excess of 20% despite the Asian economic crisis, SARS, avian flu, and international terrorism, the spa industry has firmly established itself as a ‘must do’ experience for nearly every visitor to Thailand, generating tens of billions of baht revenue for the kingdom. This is not to say that spas are the exclusive domain of tourists, but while they remain the main clientele of most spas, the number of Thai nationals now enjoying a regular visit to a spa is also growing, enabling the industry to continue expansion.

It is the unique cultural and architectural nuances that set Thai spas apart from others, combined with the genuine caring attitude of the staff – no course, rough treatments, no bright lights, loud music and no ‘it’s just a job’ attitude. The warm year-round climate also enables close to nature spa experiences, with spas offering everything from panoramic sea or mountain views to open air salas and secluded garden settings. Our spas now offer distinct career paths and academic advancement for its therapists and managers, and even international travel opportunities for those seeking to ‘see the world’. While some see this as a loss to the industry, it is in fact a promotional opportunity from which the whole of Thailand can gain, as the unique cultural aspect of Thai spas are experience the world over, further promoting the image of Thailand.

From chic contemporary Thai spas of inner Bangkok, to luxurious hotel spas, lovingly converted traditional teak homes, medical spas, garden style spas, exclusive destination spas, unique Lanna style spas, from the Golden Triangle in the north to Narathiwat province in the south, beach side to mountain top, the kingdom offers an amazingly diverse range of spas catering to all price points, which is evident from the listings on the following pages.

Whether using this book as a coffee table book, or as a reference guide to finding a spa to suit you, you are sure to experience some of the very that Thailand has to offer.



Andrew Jacka  
*President Thai Spa Association*

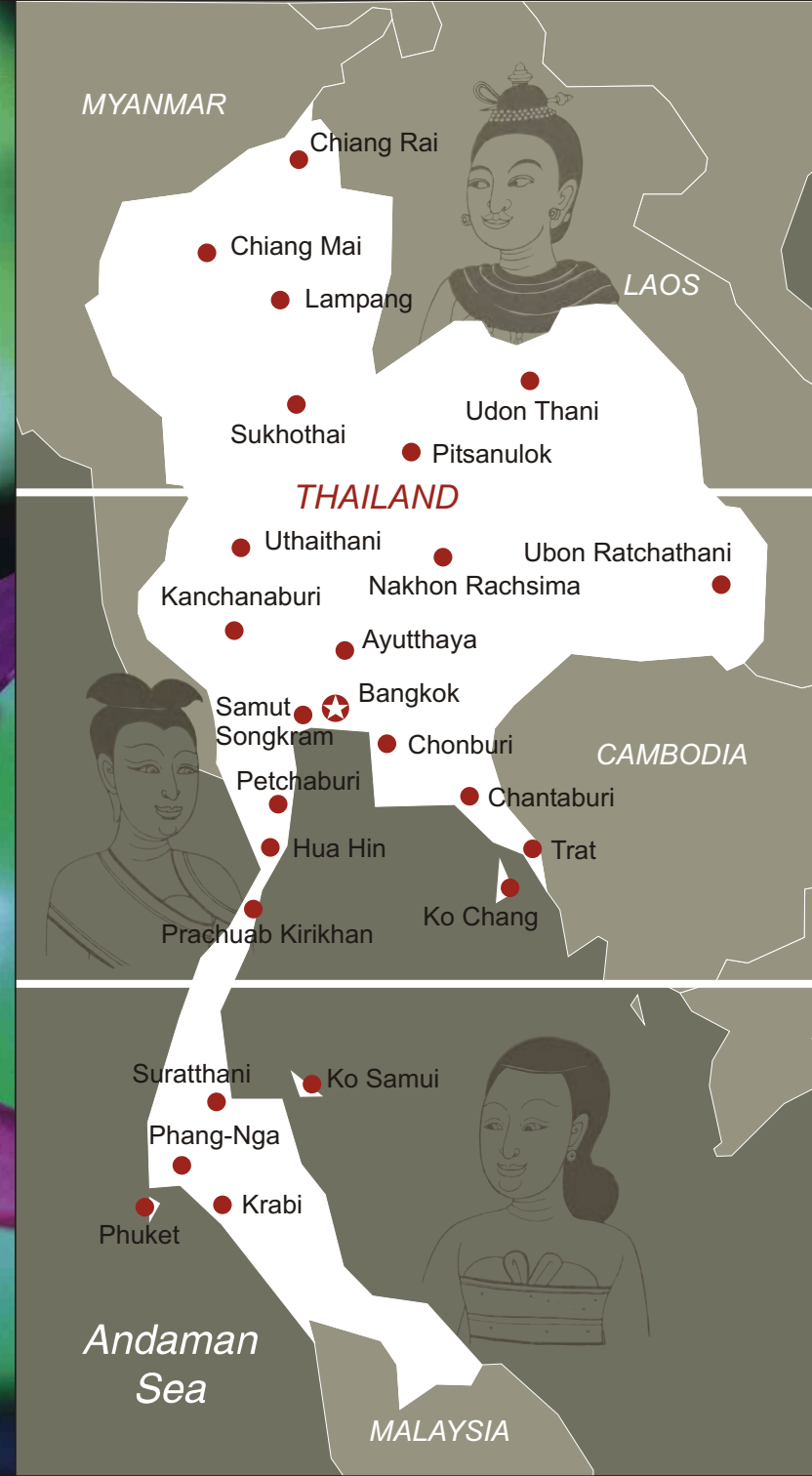




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Alsawan Spa: Pattaya

# The Welcoming Warmth of the Thai Touch

## Thai Spa In Mind

*Designers and architects continue to outdo themselves with new and more creative designs incorporating outdoor spa suites, open-air bathrooms and luxury spa villas.*

Thailand has become so famous for its spa offerings that a spa treatment is now considered an essential ingredient of a holiday in Thailand, along with shopping and dining. Now that Thai spas enjoy a newfound status as one of the country's most popular lifestyle offerings, it's easy to find a high-quality spa anywhere in Thailand. No other country in the region can rival the number and quality of spas and massage centers found across the country, offering the full range from basic foot massage to five-star luxury.

Thailand is well known for its resort spas, and Bangkok offers an incredible range of spa establishments that are popular with visitors as well as for local residents, who have adopted spas as part of their health and wellness regime. The most famous and luxurious establishments are the hotel spas. These are open to both the public and hotel guests, and spare no expense on design and fittings. Smaller day spas are another

popular type of spa found all over the country, usually located in charming old renovated houses, and set among lovely gardens and ponds. Another unique type of spa emerging on the spa scene is the medical spa, combining hospital health services with holistic spa therapies. Here western technology such as medical check-ups and laser cosmetic surgery are offered in the same place as traditional Thai massage and Chinese acupuncture to fix and pamper the body at the same time. Patients can select from a variety of slimming, rejuvenation, and detox fasting programs, tailored to individual needs.

Thailand boasts spectacular natural scenery that provides the perfect backdrop to a spa treatment. In the north there are the romantic misty valleys and hills of Chiangmai and Chiangrai; in the Central region there are the sophisticated, hi-tech city spas in Bangkok, and in the south there are relaxing beach and island spas offering panoramic sea views

and poolside massage pavilions. Aside from the country's exotic natural scenery, beautiful and memorable interior design is another feature of Thai spas that make them unforgettable. Designers and architects continue to outdo themselves with new and more creative designs incorporating outdoor spa suites, open-air bathrooms and luxury spa villas. Sometimes the spa design is so spectacular that it's a pity the client will have their eyes closed for most of the treatment.

While Thai spas have all these unique features, the most unique feature is the charming warmth and gentle touch of the Thai people. The most important ingredient of Thai spas that visitors cannot find in any other country is the famous Thai smile and cheerful friendliness that comes with great service. This makes the Thai spa experience so unique, and adds that extra dimension of pampering that ensures spa-goers from all over the world return to Thai spas again and again.



# The Thai Spa Culture

About the Thai Spas : by Chami Jotisalikhorn

## About The Thai Spas

*Another ancient Thai Healing Therapy is the prakop, or hot herbal compresses made of medicinal herbs*

What is it that distinguishes Thai spas from other spas around the world? Thai spas draw on a longstanding native tradition of natural healing and beauty, which is what makes treatments like traditional Thai massage, Thai herbal steam, herbal baths, and herbal compresses so distinctive and relaxing. Thai spa treatments use indigenous herbs and local herbal formulas that have been used by Thai people for centuries in native health and beauty practices.

### Thai Traditional Massage

Perhaps the most well-known and popular body treat for visitors to Thailand is the traditional Thai massage, which is in fact a holistic therapy with ancient roots in traditional medicine. It has been practiced as a form of healing for centuries. Like many aspects of Thai culture, traditional Thai massage derives its origins from the culture of ancient India, and arrived in Thailand through Buddhist missionary monks who were trained as healers. The traditional massage techniques

spread into the country with the spread of Buddhist faith and gained popularity for its ability to relieve ailments like backaches, headaches, tension, and fevers. Thai massage technique is linked to the ancient Indian yoga philosophy that our life energy is supplied to us along 72,000 lines that run along our bodies. That explains why some of the stretching poses of Thai massage resemble the stretching poses of yoga. Thai massage focuses on ten key energy lines along the body and uses pressure to release the blocked energy along these.

Unlike western massages, Thai massage doesn't use oils and the client remains fully clothed. The client is supplied with a loose-fitting cotton pajamas and the massage is done on a mattress on the floor. The masseuse uses his or her thumbs, arms, elbows, knees and feet, and may climb all over the body and even walk on the back. The masseuse uses pressure and stretching techniques, done in a rhythmic, rocking

motion. A Thai massage session usually lasts two hours, during which most people fall into a relaxing sleep, but towards the end of the massage they awaken to be twisted, stretched, and flipped backwards while the body is stretched into yoga poses by the masseuse.

### Thai Herbal Steam

Aside from Thai massage, a number of the treatments offered in Thai spas come from the same ancient healing tradition. The use of heat therapies combined with herbal ingredients is a distinguishing trait of traditional Thai healing practices. One of most popular of these is the Thai herbal steam or sauna, whose healing secret lies in the ingredients; including the key indigenous Thai herbs of turmeric, prai, lemongrass, camphor and kaffir lime. Aside from providing general health and complexion benefits, Thai herbal steam is considered an effective method of weight loss if done regularly over an extended period of time.





Seasons Spa, Bangkok

### Thai Herbal Compress (Lukprakop)

Another ancient Thai healing therapy is the prakop, or hot herbal compresses made of medicinal herbs wrapped in a bundle of cloth, heated with steam and then pounded on the aching areas of the body, like tense shoulders or stiff joints. The key to healing lies in the combination of medicinal herbs and heat. These traditional treatments are offered on most spa treatment menus and provide rejuvenating benefits that leave the client feeling refreshed and relaxed.

### Uniquely Thai Ingredients

Generations of Thais have long known that certain herbs, roots and flowers have specific abilities to rejuvenate the body and nourish the skin and hair. The double benefit is that herbs used in Thai beauty treatments can nourish the body both inside and out – for example, some the same herbs used in the famous Tom Yum soup are also used as ingredients in typical Thai beauty treatments. Some of Thailand's most effective beauty remedies are common ingredients in Thai cuisine – and are easily found in the refrigerator or supermarket.



#### Turmeric

This root herb has a rejuvenating quality that nourishes the complexion and restores vitality to the skin. It has antiseptic properties and when used in a poultice on the skin it can relieve inflammation and heal acne and bacterial infections. When eaten, it can also relieve digestive disorders.



#### Tamarind

With its exfoliating properties, it helps slough off dry surface skin and is used for its whitening properties and to lighten freckles and dark skin spots. When eaten it also serves as a gentle laxative.



#### Cucumber

Cooling cucumber refreshes the skin and minimizes the pores. It also helps exfoliate dead skin cells and reduces puffiness when applied to the eyes.



#### Ginger

Is a common ingredient in Thai cuisine. It has a heating affect on the skin and when used in poultices it stimulates the circulation. When eaten it is known to alleviate cold symptoms and respiratory ailments, ease indigestion and other stomach ailments, and induces perspiration to eliminate body toxins.



#### Galangal Root

It has antiseptic properties that heals and soothes the skin. It is used to flavour Thai famous Thai soups and when eaten it helps

relieve cramping and digestive ailments. Galangal oil applied to the skin can relieve skin irritations and ringworm.



#### Lemongrass

This is probably the best known Thai ingredient found in both spas and Thai cuisine. Used in aromatherapy, it is uplifting and relieves stress. Used in Thai herbal steam, it alleviates respiratory ailments and clears the head and refreshes the mind and body. It cuisine it adds a lemon flavour to soups and salads.



#### Lime

Is used in many Thai dishes for the famous zesty flavour. Used in beauty treatments, it whitens and cleans the complexion.



#### Kaffir Lime

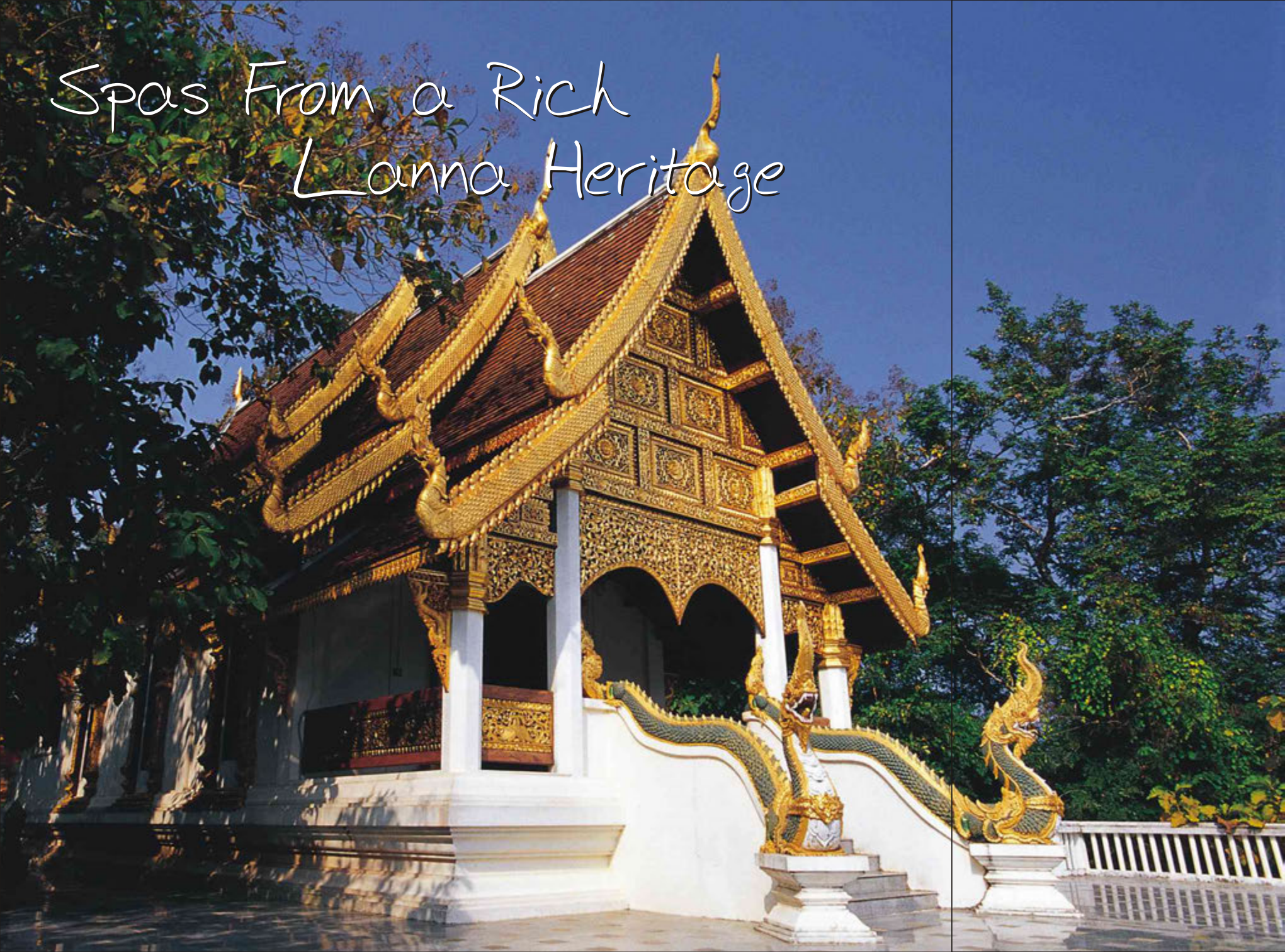
This indigenous Thai citrus fruit looks like a bumpy green lime and its fragrant lemon-scented leaves are a popular ingredient in Thai dishes. The fresh pulp has been used for centuries by Thai women as a beauty treatment for the hair and scalp and is still used as an ingredient in modern day shampoos.



#### Papaya

Thai papaya's deep orange flesh is full of vitamins A and C and enzymes that aid digestion. It is rich in Alpha Hydroxy Acid, or AHA, which exfoliates the skin, making it an effective face mask for softening and refreshing the complexion.





# Spas From a Rich Lanna Heritage

Northern Spas : by Chami Jotikalikorn

## Northern Spas



Northern Thailand's romantic landscape of misty hills, hill tribe people, and magnificent temples has made it a favourite holiday destination for both Thais and foreign visitors. The cool climate and charming northern Lanna culture makes it a great getaway from the heat of the central and southern regions. The Lanna culture is the most distinctive aspect of the North, and has its own unique peoples, history, architecture, style, food, and way of life. Lanna means 'land of a million rice fields' and is the name of an ancient kingdom that covered the area that is now northern Thailand and Myanmar.

Lanna culture's style and richness has a charm and mystique that distinguishes this region from the rest of the country; it is a very different experience from the cities and beaches of the central and southern regions, from cool mountain scenery to a rich and ancient civilization revolving around the fertile

mountain land. Its peaceful environment and close-to-nature lifestyle makes the North a popular location for spa resorts, meditation retreats, and a healthy way of life.

Naturally, northern spas and spa treatments reflect the influence of Lanna culture inspired by the ancient native health and healing traditions. Many northern spas use traditional therapies with local ingredients like rice, lemongrass, turmeric and prai that have been used by local people for centuries to nourish and rejuvenate the body.

It is here also that you can find therapies indigenous to the region and found nowhere else in Thailand. **One of these is Yum Kang, a rare and ancient Lanna healing practice that was administered by folk healers for centuries.** Usually performed outdoors, the masseur places his foot over a charcoal fire to warm it in preparation for a massage where





Another unique Lanna therapy is the ancient pressure point technique called Tok Sen in which the therapist taps a small wooden hammer all over the body along the energy meridian lines to release the body's blocked energy. This treatment revitalizes and energises the body. Other healing practices include a longstanding tradition of Thai herbal steam and heated herbal compress, which is found in all spas in the North.

The Lanna culture also has a strong impact on the northern spa design, especially the architecture. One fabulous example is the Dheva Spa at the Mandarin Oriental Dhara Dhevi in Chiang Mai; the spa complex is a replica of the Royal Palace in Mandalay and was completely hand carved in wood. Another example is The Spa at the Four



Seasons Chiang Mai - inspired by the concept of a Thai temple. Further north in Chiang Rai, Anantara Resort Golden Triangle which features an Anantara Spa, is also inspired by Thai temple architecture. With so much to distinguish the northern spa from others, a spa treatment in a northern spa is more than just a relaxing massage; it is an essential part of the northern Thai cultural experience.







The Spa was voted  
**#1 Best Spa in the World** and  
**#1 Hotel Spa in Asia in the 2007**  
 Reader's Spa Awards, Conde' Nast Traveler, UK

**Relaxation Zone** Inspired by the concept of a temple of harmony for body, mind and soul, The Spa has the romantic, serenity of a northern Thai temple, with enormous spa suites that offer total privacy in an atmosphere that combines nature and culture. The seven elegant spa suites include a variety of features including outdoor showers, private herbal steam rooms, romantic outdoor soaking tubs and tropical rain shower massage tables, with private changing, shower and bathroom facilities.

**Pampering Zone** A wide selection of exotic pampering treatments are inspired by the ancient Thai healing practices using herbs, aromatic oils, herbal steams and herbal

compresses to rejuvenate the body. The menu also includes Asian therapies like Chinese abdominal massage, ayurvedic oil treatments, and Reiki energy healing. There's a separate beauty salon within the spa as well.  
**Dining Zone** Light and nourishing Spa Cuisine is available at the resort's Terraces Restaurant, featuring the signature dish Skillet Roasted Snow Fish with Wok Fired Asparagus and Shitake Mushrooms with Oyster Sauce. Health and Spa Cuisine classes are offered every week at the resort's beautiful Cooking School.

**Slumber Zone** Spa wellness package: The best bet is the Four Seasons Wellness Package for an ultimate relaxation holiday

# The Spa

including three nights of spa pampering combined with private yoga lessons and spa cuisine to bring together a healthy balance of body, diet, and spirit.

**Signature Spa Zone** Herbal Blend Spa Body Ritual: Thai herbal steam, Lanna herbal body polish, Natural Thai herb wrap, Herbal bath, Thai massage, Herbal elixir



**FOUR SEASONS RESORT**  
 Chiang Mai

The Spa, Four Seasons Resort Chiang Mai.  
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# Devarana Spa, Chiang Mai

**Relaxation Zone** The 'garden in heaven' concept is the design theme at the Devarana Spa Chiang Mai, interpreted in elegant, contemporary Thai style. Earth tones and warmly lit interiors create a heavenly atmosphere throughout the spa, which features five luxurious treatment suites, including one Grand Suite, three Double Suites and one Standard Room. All rooms feature shower rooms and massage areas with a steam and a sunken tub in the Grand Suite and Single Deluxe.

**Pampering Zone** A wide variety of enticing treatments includes massages, facials, body treatments, water treatments, beauty treatments and many spa exclusive programs complemented by international products as

well as herbal preparations, using fresh, natural ingredients to pamper and beautify the skin.

**Dining Zone** Guests have many healthy gourmet choices of Asian fusion dishes such as the Crabmeat Tower, western dishes like the Organic Mesclun Chicken Salad, and a variety of detoxifying mocktails and fresh organic juices.

**Slumber Zone** The contemporary chic rooms at the D2hotel are designed with comfortable natural materials and textures to create a high-tech functional living environment that is spacious and serene. Minimalist simplicity is accented by bold modern artwork and high-tech touches such as the 25-inch flat-screen

colour TV, safe-deposit box, dual phone line with voicemail, minibar and high-speed Internet access.

**Signature Spa Zone** In addition to the Devarana favourites such as the Devarana Massage combining Thai, Ayurveda, Shiatsu Swedish and Aromatherapy techniques, the Devarana Body Scrub with Thai flowers and sea salt, and Devarana Bath with fresh lotus petals and floral essential oils, the outlet's signature treatment is the Lanna Body Scrub using the traditional local beauty herb "Bai Sompoi" to cleanse and tone the skin.



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# Chiida Spa

**Relaxation Zone** Restore balance to your life and get back in touch with nature at this jungle retreat spa. Lanna Thai and Indian styles define the decor, accented with authentic hill tribe crafts and antiques, evoking a mystical, tropical and spiritual ambience.

**Pampering Zone** Well appointed with a Colour Blast room, sauna, jacuzzi baths, Vichy shower and outdoor massage room with a stunning waterfall and jungle view, guests can select from an extensive treatment menu including the Chiida Waterfall Therapy waterfall stones infused with Thai herbal aromatherapy oil are placed on key points on your body followed by cool

compresses to restore the body's balance of energies. The waterfall therapy finishes with a signature massage, a blend of ancient Thai and Tibetan techniques.

**Dining Zone** Spa cuisine is available at Chiida Spa, and a comprehensive spa-dining plan is created for the Ultimate Detoxify Wellness Programme.

**Slumber Zone** Located in the lush Chiang Mai Highlands, Sukantara is a serene retreat offering classic Thai hospitality and service coupled with first class amenities. Residential Wellness programmes, ranging from three- to six-night stays, are available and are tailored to individual guests requirements.

**Signature Spa Zone** A unique feature of

Chiida is their custom-blended signature products, and their use of traditional hill-tribe and Ayurvedic influenced therapeutic techniques. Try the Indian Serenity package and discover the secrets of Asian beauty.



**Chiida Spa, Sukantara Cascade Resort**  
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Chaing Mai, Thailand.  
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# Ban Sabai Village Resort & Spa

**Relaxation Zone** If you like country charm, this cosy Lanna-style boutique resort made from converted rice barns nestled in a rustic neighbourhood 5 km from the heart of Chiang Mai is the place for peace and quiet.



**Pampering Zone** You can get massaged and steamed in your own room or outdoor sala, with a selection including Classic Thai Massage, Hot Stone Massage, Detox and Rejuvenation programmes and packages.

**Dining Zone** The health food restaurant with an extensive vegetarian menu serves freshly made organic cuisine.

**Slumber Zone** Guests can choose to stay in regular rooms or spa villas with outdoor bathrooms, steam and sauna, and open air treatment beds, and plunge whirl pools, all set in a lush garden.

**Signature Spa Zone** Go for total wellness with the Healthy Package designed for detox and weight loss, or the popular Jampee Spa

Package which includes a Herbal Steam Massage followed by Body Scrub and a pampering Thai Facial Massage to leave you with a fresh new smile.



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# The Legend Chiang Rai

**Relaxation Zone** Northern charm creates a welcoming ambiance at this stylish boutique resort decorated in contemporary Lanna style, while all around service comes in the form of a riverside restaurant, a classic Thai restaurant, coffee garden, seminar room, room service and pool.



**Pampering Zone** Guests can be kneaded and groomed from head to toe with spa offerings that include a variety of massage therapies, facials, body scrubs, body wraps, foot treatments, hand treatments, aromatherapy, herbal saunas, Hot Stone Massage, and scalp massage.

**Dining Zone** Intrigue and astrology are part of the mix with the spa signature Zodiac Special drinks so you match your drink to your stars.

**Slumber Zone** 78 rooms offer a comfortable place to retreat to after a day of experiencing the area's attractions. Lovely villas overlook the river, with an infinity pool and lobby bar.

**Signature Spa Zone** Go all out in real Thai

style with the Royal Siamese Traditional Massage, which offers the best in classic Thai massage to distress and re-energize aching muscles.



The LEGEND CHIANG RAI  
Boutique River Resort & Spa

**The Legend Chiang Rai**  
**Boutique River Resort & Spa**  
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# AKA Spa



**Relaxation Zone** This northern day spa offers four treatment rooms, two Thai massage rooms, four foot massage stations and a villa suite with jacuzzi, steam room.

**Pampering Zone** You can feel all your aches and pains dissolve when you try the the AKA Lanna Luxury Treatment, a using a herbal heated compress all over your body to relax the muscles, followed by a traditional Lanna combination and the unique AKA facial.

**Signature Spa Zone** To make sure guests get the best of all spa styles, the spa has developed its very own AKA Asian Style Massage, a unique Asian Fusion massage combining massage influences from Japan,

China ,India and Siam – the result is total relaxation!



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# Chiangmai Oasis Spa

**Relaxation Zone** If you like your experience here, you can look forward for more goodness from Oasis Spas, who claim to be one of Thailand's fastest growing purveyor of premium spa treatments, combining ancient secrets with advanced discoveries in beauty and wellness to create treatments that feel good and make a difference.

**Pampering Zone** Oasis Spas utilize powerfully beneficial treatments developed through a synergistic fusion of traditional Thai herbs and other natural ingredients that are applied using both ancient and modern techniques. Their potent formulations are made daily from the freshest ingredients. You can choose from a complete menu of

treatments and therapies: scrubs, wraps, facial, foot and body massages, Jacuzzi and steam baths, and more, all administered by trained specialists.

**Signature Spa Zone** The strength of the service here is the synthesis of ancient and modern in its wide range of treatments. You'll find everything from single treatments to lavish packages that take the best part of a day to replenish you from head to toe, with plenty time in-between to laze in its steam rooms or Jacuzzis. There are also signature treatments like the King of Oasis, a two-hour treatment that blends elements of Thai and oil massages with hot compresses, or the Oasis Four Hands Massage administered by two

therapists giving synchronized massage.



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# Lanna Come Spa

**Relaxation Zone** Located in the rustic countryside of Chiang Mai, Lanna Come Spa presents the best of northern culture and hospitality and is the first to offer Sib Song Panna (12 Panna) Style, in genuine Lanna ambiance and hospitality. Spa products are selected from Thai knowledge, Thai herbs, and imported brands.

**Pampering Zone** Your warm welcome is followed by a selection of spa treatments including Aroma Massage, Stone Massage, Ayurveda Massage, or Hydrotherapy massage using water from an Ozone Jet which combines bubbling ozonated water with colour therapy, this massage is said to burn 200-300 calories per half hour of

massage!

**Dining Zone** Try the spa's special tea service, which offers a selection of several tea infusions served with eye catching and mouth watering classic Thai desserts such as exotic Thong-ek (gold foil-decorated sweets), Ja-Mongkut (golden crown), and Look Shoob (imitation mini fruits).

**Signature Spa Zone** The highlight here is the Vichy Shower Massage, in which warm water massages your body from sprinklers placed above; this massage increases circulation and lymphatic flows, thus helping to detox the body. Another unique body treat is the Lanna Come Signature, using pure gold ingredients to make your skin glow!



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# Chiang Mai Spa School

**Relaxation Zone** Conveniently located in the center of the city, Chiangmai Spa Academy offers the most up-to-date international training courses for spa therapists and spa management, for students choosing this exciting industry as a career or those with a genuine interest in health and well being. Graduates will be qualified to pursue their careers in a variety of areas including skin-care centres, health centres, and spas.

**Pampering Zone** The academy offers a Holistic Course for therapist and Health & Beauty Course for therapists and spa management. The extensive syllabus combines eastern and western techniques

ranging from Aromatherapy and Indian Head Massage, to Nutrition and traditional Beauty Therapy, taught by European and Asian instructors. There are also Continuing Education courses and seminars by visiting international experts on a range of fascinating holistic health topics.

**Slumber Zone** Accommodation is provided for students at affordable rates.

**Signature Spa Zone** The academy will be affiliated with CIBTAC and CEDESCO (world leaders in training accreditation) which will guarantee internationally-recognized standards, providing graduates with the best opportunities for employment in their chosen fields. With first class facilities and ready

access to the exclusive Day Spa, the CSA isn't just about training for a job, it's knowledge for life.



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# Tao Garden Wellness Retreat

**Relaxation Zone** More than a pampering place, Tao Garden is a full service holistic wellness retreat combining Western and Eastern holistic harmoniously, with the aim of awakening senses, restoring life force, and reviving the spirit in the peaceful natural environment of northern Thailand. It is a dedicated wellness retreat where alcohol, coffee and smoking are prohibited for both guests and staff.

**Pampering Zone** Tao Garden is the world headquarters of World Chi Nei Tsang and Krasai Nei Tsang massage Therapy, ancient Chinese massage therapies that restore balance to the internal organs and circulation systems. Doctor consultations are provided before every treatment program, and guests

are educated on how to be your own healer, following the concept that 'prevention is better than cure.'

**Dining Zone** Healthy diet is an integral part of the program, including three meals a day with food based on blood type. Healthy tea is available all day long and acidic beverages are banned.

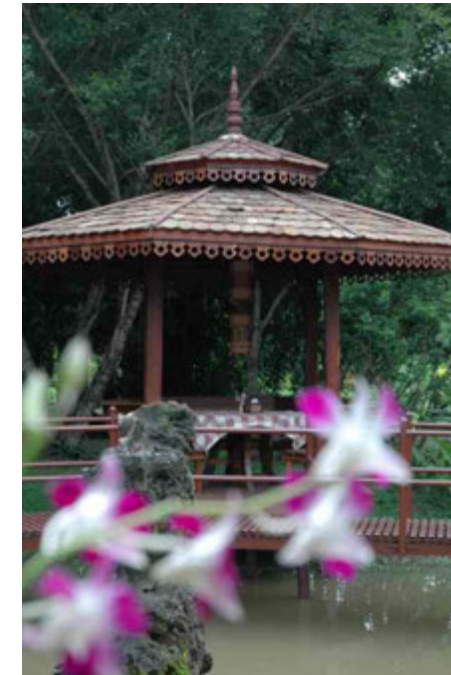
**Slumber Zone** Guests will enjoy the charm of the resort-like environment with natural gardens and water features, while a range of rooms from 1- to 4-star options including 3-bedroom townhouses gives plenty of options for privacy, family and group stays.

**Signature Spa Zone** Guests come for the Wellbeing Treatment Program starting with a doctor consultation, and advice on 1 – 7 days

treatment programs ranging from such as Healing Spa, Weight Loss, Detox & Cleansing, Ayurvedic Healing, Traditional Tao Thai Therapeutic and Traditional Chinese Medicine. There's also daily morning Chi Gung and bedtime Tao Yin practice available to everyone.



**Tao Garden Wellness Retreat Center**  
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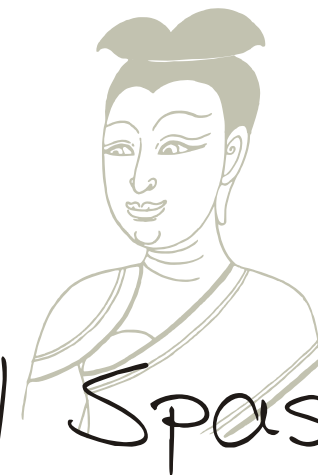




# Spa Styles for All Moods and Tastes

Central Spas : by Chami Jotikalikorn

## Central Spas



Spas in the Central Region have their own distinctive character, resulting from two key influences - the exciting capital city Bangkok and the culture of the Central Region. The most vibrant of these, the city itself ensures that Bangkok spas rise above those of other Southeast Asia's cities, into a league of their own, thanks to the city's position as a hub of business, fashion, design and travel. With spas to be found across the kingdom, it is the spas in Bangkok that offer the greatest selection in terms of range, price, and quality. This is because spas in the fast-paced capital city not only cater to holiday visitors, but also to the local fast-track city dwellers, for whom spa-going has become an integral part of their health and wellness regime. The city spas which broadly fall into three categories; hotel spas, day spas, and medical spas; have been designed to fit into the demanding lifestyle of local residents and range from top-of-the-line luxury to down-to-earth basics.

The culture of the Central Region is more

reflective in or influencing of, the regions distinctive architecture. This results in a style of spa design that often uses elements of the classic Thai design, from traditional wooden Thai house on stilts like those still seen in Ayutthaya and the countryside around Bangkok. These are often refurbished to suite the needs of operational demands of day spas, but are equally a popular theme in such hotels spas as the Oriental Spa and Potalai, the Thai Wellness Center in Bangkok.

The most famous and luxurious spa establishments are arguably the hotel spas, which are not for the exclusive pleasure of hotel guests, with the public most welcome to enter and experience their spa offering. Thanks to their location and market positioning, hotels spare no expense to incorporate some of the most sophisticated, state-of-the-art design and fittings, work by famous interior designers and decoration using the very best Thai silks, silk furnishings and genuine antiques to retain the cultural





Chiva-Som International Health Resort: Hua Hin



integrity of the spa offering, and all the while service is provided by a team of dedicated spa professionals at a quality and level that is difficult to match anywhere else in the world.

Less extravagant but with plenty of charm and service are the many day spas around Bangkok, usually located in renovated houses and set amidst lush tropical gardens to provide a getaway from the bustling city outside. Some day spas who cater to local residents are conveniently located in shopping malls or office complexes, with stunning interior décor and good service. Day spa are more reasonably priced than the luxury hotel spas, though the treatments, service and environment are just as good. The reasonable prices and special packages are designed to encourage spa guests to return on a regular basis.

Another type of spa emerging on the busy Bangkok spa scene is the medical spa, combining hospital health services with

holistic spa therapies. Here, medical technology such as health check-ups and laser cosmetic surgery is offered in the same place as traditional Thai massage and Chinese acupuncture to provide health rejuvenation and pampering for the body at the same time. Patients can select from a variety of slimming, rejuvenation, and detox fasting programs, integrated medical and holistic natural therapies and wellness programs that are tailored to the individual's needs.

Spas of central Thailand offer the widest selection of spa experiences, be they in the Thai classic or contemporary style, from simple to luxurious, and cater to all whether you are on holiday, a business traveler, or busy city dweller.





# Banyan Tree Spa Bangkok

**Relaxation Zone** Located on the 19th and 20th floors of the all-suite high-rise Banyan Tree Bangkok this luxurious urban spa offers spectacular bird's eye city scapes through floor to ceiling windows in most of the treatment rooms – a fantastic backdrop when you get an evening massage.

**Pampering Zone** The spa specializes in Asian influenced treatments, with luxurious signature packages such as the Harmony Banyan treatment package conducted by two therapists using balanced massage strokes on the whole body; the Royal Banyan treatment package inspired by massage used in the royal Thai palaces including Banyan Herbal compresses applied to the body, and the

Rejuvenation package offering flexible selections of body scrub and body massage, or a longer body massage of your choice.

**Dining Zone** Along with a great view and breezy setting, the Pool Bar offers a light spa menu of nutritious Thai and western dishes while the Banyan Tree Day Spa cuisine comprises sets of Thai, Chinese and International cuisine.

**Slumber Zone** You'll be spoiled for choice from the hotel's 216 rooms that include Deluxe Suites, Premier Suites, Banyan Tree Club Suite, Spa Suites and Presidential Suites, all featuring views of the city or river. The Executive Club spans five levels with priority spa facilities.

**Signature Spa Zone** A spectacular dining

experience is an elevator ride away at the open-air rooftop Vertigo Grill & Moon Bar overlooking the city, or you can float down the river past glittering temples on Apsara I, a vintage-styled teakwood rice barge, for a romantic dinner or sunset cruise.



BANYAN TREE  
SPA  
BANGKOK

## Banyan Tree Bangkok

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# The Grande Spa & Fitness

**Relaxation Zone** This luxury urban hotel spa conveniently located in heart of the business district offers 11 treatment rooms, locker rooms, steam, sauna, Jacuzzi in an elegant, corporate style setting.

**Pampering Zone** The signature product is the Integrity Herbal Grande Pound, a heated herbal compress that was used in historic healing practices. During the Ayutthaya period the compress was used to ease the aching muscles of war-weary, and as a post-natal treatment to help restore strength for women who had just given birth.

**Dining Zone** Spa cuisine here draws from healthy Thai favourites including Sontam Hua Plii (Banana Flowers Salad with Shrimps

and Chili) and chilled Thai herbal drinks such as Lemongrass, Rosella, Ginger, Bale Fruit.

**Slumber Zone** To complete your pampering experience luxurious lodgings are just a push of the button away in the comfortable Sheraton Grande Sukhumvit, the only Luxury Collection Hotel in Bangkok with 420 rooms.

**Signature Spa Zone** If you have a whole evening or half a day to spare, then you can't miss the signature Ultimate Top to Toe package, consisting of three hours of hydro treatment, scrub, skin brushing, back compress, body massage, facial and head massage – you'll emerge totally refreshed from head to toe!



SHERATON  
GRANDE SUKHUMVIT  
Bangkok

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# Devarana Spa, Bangkok

**Relaxation Zone** The ascent up a grand staircase leads you to the Devarana 'garden in heaven', inspired from classical Thai literature. Guests can select their treatments in the airy lobby, seated in billowing canopied beds by a serene modern reflecting pool. The nine Standard Rooms, four Deluxe Suites and one Grand Suite, are designed in contemporary Thai style, all with private facilities and state-of-the-art spa amenities.

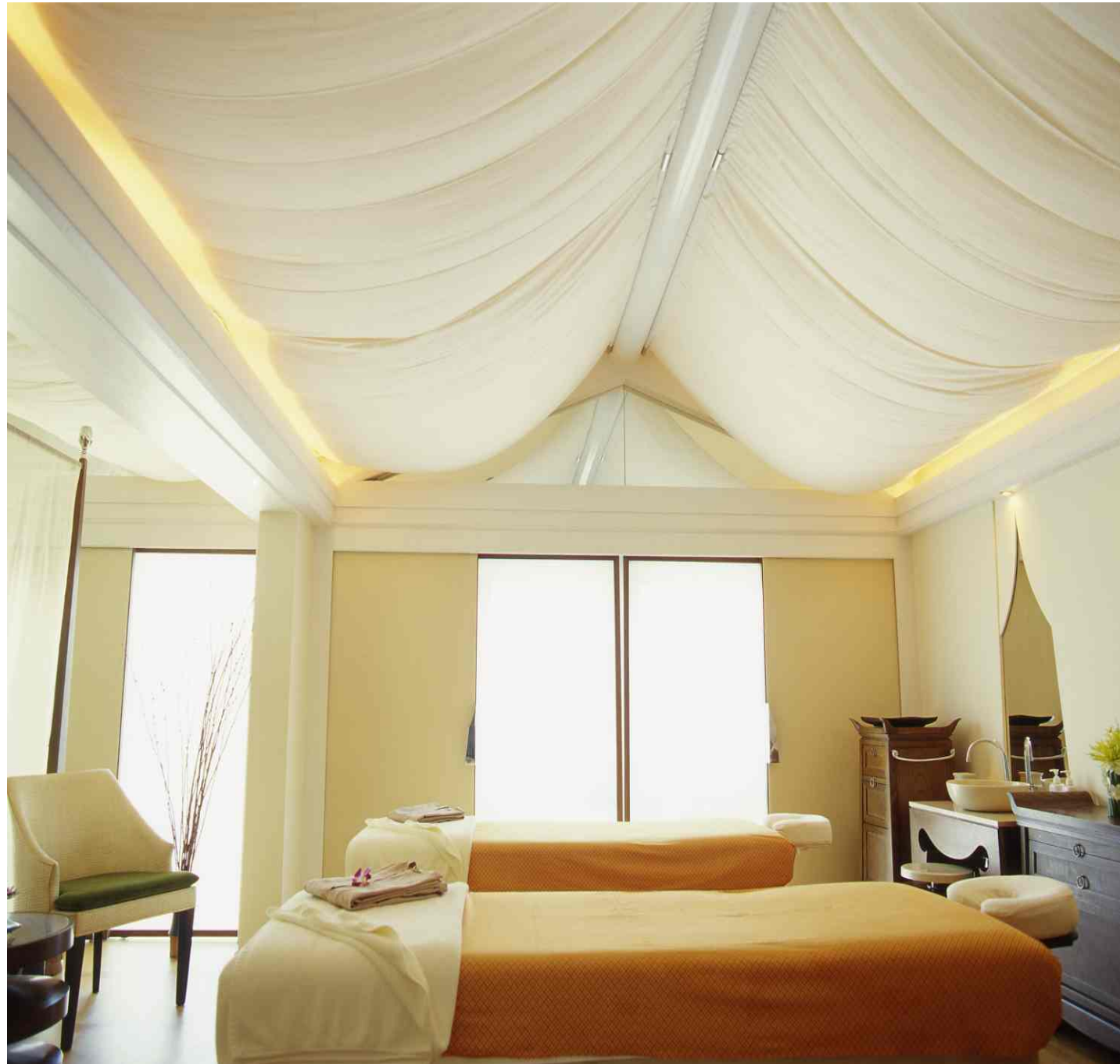
**Pampering Zone** This is one of the few Bangkok spas to offer the extremely stress-relieving Ayurvedic Head Massage, a traditional Indian oil massage for the head, neck and shoulders to calm the mind and induce a good night's sleep; other unique treats include the Botanical Hydrating Facial

using green apple pure original water to hydrate and restore the skin, freshly-mixed body scrubs with natural ingredients like rose petal, berries or coconut, and the Half Day Harmony with all-out body, face and foot treats for singles and couples.

**Dining Zone** The gourmet light menu includes sophisticated international fare such as the Chilled Fruit Gazpacho cold soup made of fresh fruit, Cold Buckwheat Noodles served with lightly grilled fresh tuna, and Tropical Passion blended ice fruit smoothie.

**Slumber Zone** The Dusit Thani's 517 luxurious five-star rooms and suites offer stunning views overlooking Bangkok's central business district, with a subway stop and a sky-train station just a few minutes' walk away.

**Signature Spa Zone** Always in demand and never out of fashion are the spa's unique signature body treats, the Devarana Massage combining the re-energizing elements of Thai, Ayurveda and Shiatsu techniques, with Swedish and Aromatherapy influences, the Devarana Body Scrub made of a special recipe of aromatic oils of Thai flowers and sea salt, and the luxurious half-hour Devarana Bath made from fresh lotus petals and aromatic oils from rare Thai flowers.



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# i.sawan Residential Spa & Club

**Relaxation Zone** Masterplanned and designed by the renowned New York-based interior designer, Tony Chi, i.sawan offers a rejuvenating retreat from the rigours of daily urban living including pampering, fitness, cuisine, accommodation and relaxation.

**Pampering Zone** Perk up your complexion with a facial, book yourself for a half - or full - day pampering package or rejuvenate yourself with a comprehensive residential detoxification programme - i.sawan offers you the latest in treatment techniques and therapies. Your alone-time is ensured in the elegantly appointed Spa Cottages an unexpected haven in the heart of the city.

**Dining Zone** The Breezeway serves

nutritious and appetising selection of Thai & Western cuisine in a poolside setting.

**Slumber Zone** Spend some quality 'me-time' at the only resort with overnight Spa Cottages equipped with their own treatment beds, steam rooms, and scrub beds for an urban-escape par excellence. Breakfast and an evening cocktail are delivered to your luxury hermitage, which you can book in conjunction with special treatment packages.

**Signature Spa Zone** Essence of i.sawan an exclusive massage on deeper tissues that speeds up detoxification and rids the body of pollutants while increasing flexibility, circulation and enhancing the body's natural recovery process.



i.sawan  
RESIDENTIAL SPA & CLUB

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# Suphannika Spa



**Relaxation Zone** You can feel right at home in the intimate ambiance of a classical Thai house decorated in a mix of contemporary and classic Thai style. Seven treatment rooms give a very private feeling.

**Pampering Zone** A variety of soothing traditional Thai treatments, ranging from Thai massage, Thai heated herbal compress, oil massage and beauty treatments to pamper and soothe the whole body.

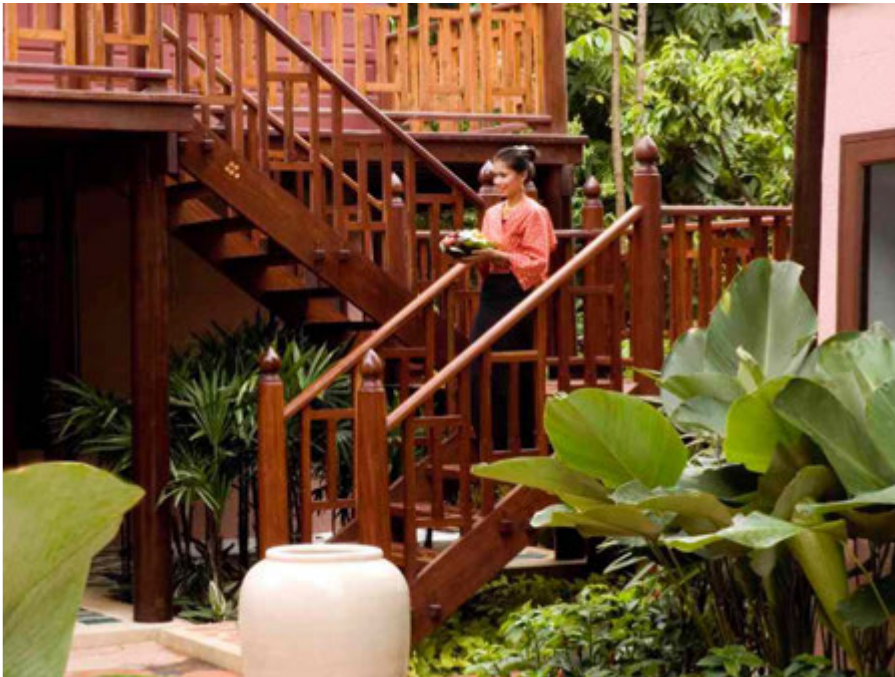
**Slumber Zone** The Amphawa Retreat Package includes one night in a Superior room with free wireless internet, breakfast for two persons, plus 60-min Nuad Thai treatment.

**Signature Spa Zone** The ultimate treat here

is the signature Suphannika Harmony, which blends classic Thai massage with aromatherapy to re-energize and relax both body and mind.



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Fax: +66 (0) 34 752 229  
[www.baanamphawa.com](http://www.baanamphawa.com)



# Aleenta Hua Hin - Pranburi

**Relaxation Zone** This tranquil boutique beachside hideaway takes its cue from Mediterranean Style, and offers chic rooms and villas on a quiet beach only a few hours' drive from Bangkok.

**Pampering Zone** A holistic approach to wellbeing is the spa's philosophy, treating the body, mind and spirit as one, with the focus on adapting traditional therapies to fit modern day life, from spa treatments to diet and spa menu, teaching guests healthy habits to take back home.

**Dining Zone** Mealtimes are a pleasure at the cosy, stylish restaurant featuring healthy Thai and international seafood. A daily changing menu of fresh ingredients and

organic vegetables picked straight from the hotel garden and an extensive wine menu keeps guests well fed and nourished.

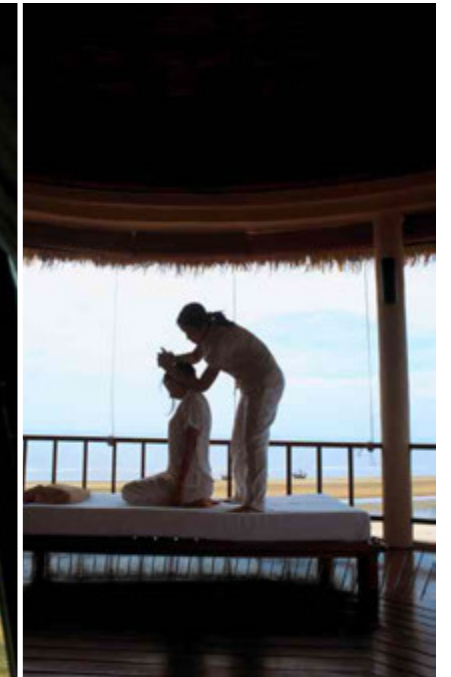
**Slumber Zone** The resort's 20 rooms and one free-standing villa feature custom-made contemporary tropical furnishings, heavenly king or queen size beds covered with exclusive Egyptian Cotton bed linens, with the beach just steps away from the the rooms.

**Signature Spa Zone** The Aleenta lets you feel good and be kind to the sea by helping to repopulate sea turtles in the sea, and nurture your creative side with painting lessons with local Thai artists. Romantic types will love the special private dining with personal chef and

BBQ by the sea or the private starlight cruise on the Gulf of Siam.



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# The Spa

**Relaxation Zone** The grandeur of ancient Khmer architecture was the inspiration for the majestic stone relief carvings, sumptuous silks and Asian artifacts that adorn the ten luxurious treatment rooms at this spacious spa located in Thailand's historic royal seaside resort.

**Pampering Zone** Guests will enjoy a complete spa experience, from the most modern Western therapies to traditional Oriental holistic treatments. Not to be missed is the The Massage of Kings, a unique blend of Swedish, Thai and Ayurvedic traditions with aromatherapy.

**Dining Zone** Before each treatment you are welcomed with a healthy welcome drink: of

natural lemongrass tea with honey

**Slumber Zone** of the Hilton Hua Hin Resort & Spa's best features is its prime location right on the beach along with the secluded gardens and a large pool area, while still in the center of town. All the 296 rooms and suites have ocean views and private balconies, while facilities include nine restaurants, pool, tennis and squash courts, gym, aerobics, sauna, and steam.

**Signature Spa Zone** The signature therapy is Equilibrium, whose key ingredient is The own reviving Wild Mint massage oil, together with a specially created Thai natural herbal pack and a gentle exfoliation using Thai Royal honey and black sesame applied over the

entire body - ideal for "putting back a little of what life takes out".



## The Spa

Located on M Floor

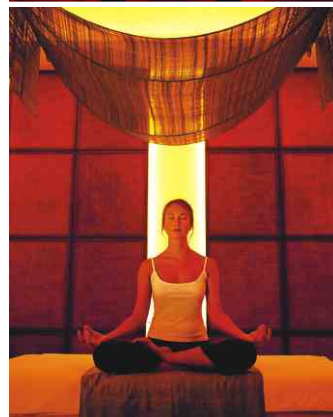
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# Springfield Spa

**Relaxation Zone** Located in the idyllic Lanna countryside with a backdrop of northern mountains, the Springfield Spa is the wonderful place to unwind and get pampered after a long day on the Springfield golf course.

**Pampering Zone** To knead those tired muscles, there are some herbal therapies including the Well Being Package consisting of invigorating full Body Massage with soothing Thai Herbal Compress (90 minutes / 120 minutes), or the relaxing Thai Herbal Oil Massage with Thai Herbal Compress (90 minutes / 120 minutes), or try the beautifying Thai Herbal Body Polish with Relaxing Massage (60 minutes).

**Slumber Zone** You can expect first-class amenities at the Springfield Village resort, pretty views of both the hills and the golf course. Cosy rooms decorated in natural local textiles and soft organic tones set a comfortable ambiance for lounging, and outdoor Jacuzzis are a romantic place to enjoy the scenery. Gourmet dining is brought straight to your room, accompanied by warm Thai hospitality.

**Signature Spa Zone** One of the more exotic spa treats is Hot Stone Massage administered by well-trained therapists to soothe problem spots on the body, and Vichy showers provide European hydro therapy. The spa uses high quality European

Dermologica products to leave soft, smooth results on the face and body.



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Email: [spavillage@springfieldresort.com](mailto:spavillage@springfieldresort.com)







# AKA Spa

**Relaxation Zone** Set amidst the lush hills and jungle, The Spa at AKA Resort Hua Hin provides a world of pampering in the seclusion of their dedicated premises, complete with open-air treatment salas, garden showers, and outdoor baths. Guests may also take spa treatments in the comfort and privacy of their own villas. AKA Spa reflects a blend of chic elegance and the traditional Thai heritage - contemporary architecture, natural lakes, unspoiled tropical landscape and dramatic mountain views make AKA a special place to relax and rejuvenate.

**Pampering Zone** AKA's spa packages and treatments indulge the senses and invigorate

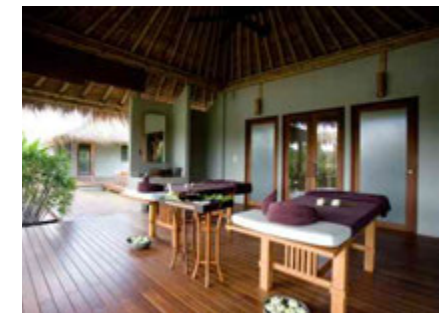
the body. Note the AKA's custom designed packages like the AKA Golfer's Journey a popular treatment given the many world class courses near by.

**Dining Zone** Coustiero has won a reputation for its superb contemporary French food and the kitchen will happily provide spa cuisine on request or cater to any other culinary requirements.

**Slumber Zone** Enjoy Hua Hin's natural beauty from an exclusive luxury villa. Each villa offers a private infinity pool, sun deck terrace and open-air sunken bath and rooftop gardens to meditate amidst Thailand's serene countryside.

**Signature Spa Zone** The Luxurious

Gemstone Body Envelopment gemstone extracts, stone clay and precious essential oils are blended into a customised balm that is applied to your entire body for optimum replenishment and remineralization. Each balm has its own lustrous colour, balancing properties and energetic vibrations, providing a total energy-balancing experience of relaxation, detoxification and rejuvenation.



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[www.akaresorts.com](http://www.akaresorts.com)



# Earth Spa

**Relaxation Zone** Just like the name says, the truly unusual Earth Spa is Thailand's first made entirely of mud, forming nine domed buildings that seem to float over a lotus ponds. The clay buildings were inspired by traditional dwellings in the rural north and were designed with advice of a Feng Shui master to ensure harmonious balance.

**Pampering Zone** The spa's comprehensive treatment menu focus on Skin Food – only products pure enough to eat should be put on the skin, and uses ingredients grown fresh in the resort's organic gardens. The skin food concept is combined with the four elements of nature and traditional Asian healing philosophies such as Ayurveda and Chinese

medicine.

**Dining Zone** The spa's detoxifying Skin Food ingredients are incorporated in the Evason Hideaway's restaurants, and a menu of healthy, balanced cuisine is being introduced into the resort's Living Room restaurant.

**Slumber Zone** Guests can indulge in utmost privacy – each of the luxury villas comes with private pool in a walled garden, and the hotel offers personal Spa Suites including two daily massages, private massage salas, steam rooms and fitness equipment on request.

**Signature Spa Zone** Among the many spa offerings, the totally unique treat is the

Sensory Spa Journey, in which two therapists give a facial and body massage in synchronized strokes, plus a foot and stress – relief scalp massage. Lifestyle Programmes and wellness activities including stress management, meditation, life balance and yoga are also offered by specialist therapists.



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**Email:** earthspa@sixsensespapas.com



# Anantara Spa

**Relaxation Zone** This unforgettably beautiful spa designed like an ancient fortress specializes in treatments inspired by the healing traditions of the East. Aside from selecting from a wide selection of exotic treatments you can design your own spa escape at this luxurious sanctuary.

**Pampering Zone** One of the most exotic total mind and body treats here is the three-hour Culture of Anantara package, beginning with the Shirodara oil therapy on the forehead, followed by the powerful back massage using strong strokes to unknot the muscles and finished with a gentle and sweet-smelling Honey and Milk bath.

**Slumber Zone** With its architecture and

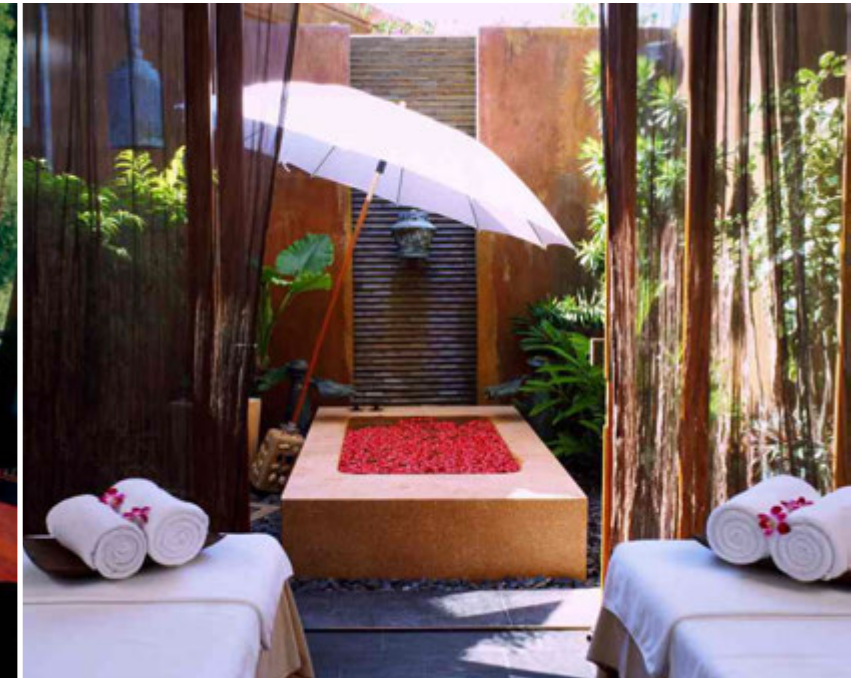
landscape inspired by the concept of a Thai country village, the luxurious Anantara Hua Hin is surrounded by tropical plants and lotus ponds. The luxurious rooms all have spacious, elegantly furnished balconies overlooking tropical gardens, lagoons or the sea, and modern amenities.

**Signature Spa Zone** When you step into the world of Anantara, you'll experience the finest and freshest exotic elixirs and oils such as sandalwood, ylang ylang, patchouli, mandarin, lavender, lemongrass, ginger, cinnamon, bergamot and natural ingredients such as Thai coffee beans, natural volcanic pumice, sweet woods, powdered spices, yoghurt, carrots and cucumber, in treatments

designed relaxation and a sense of well-being.



**Anantara Spa, Anantara Resort & Spa Hua Hin**  
43/1 Phetkasem Beach Road,  
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**Email:** ms\_arsh@minomet.com  
**www.anantaraspa.com**





# Devarana Spa, Hua Hin

**Relaxation Zone** You can feel the 'garden in heaven' concept come alive when you see the Devarana Spa Hua Hin, hidden among fragrant frangipani trees with the serene shimmer of an elegant pond. The contemporary Thai spa offers five spacious treatment rooms look out onto nature, while three very private spa villas have their own gardens. Manicure and pedicures are given in a private niche overlooking the pond.

**Pampering Zone** The wide range of beauty and body treatments include both international products alongside natural herbal treatments, including Swedish Massage, Traditional Herbal Compress and Thai Massage, Luxury Mild and Roses Bath,

Botanical Hydrating Facial, and Living Radiance package.

**Dining Zone** The healthy international cuisine selections include some sumptuous gourmet recipes like western Chilled Fruit Gazpacho, Asian Poached Snowfish Fillet, and exotic herbal drinks like the invigorating Cinnamon, Ginger and Lime Leaf Tea.

**Slumber Zone** No matter which you choose, all the Dusit Resort's 300 rooms and suites have spacious private balconies with sea or garden views, featuring all the modern comforts including wireless Internet access, in-room electronic safe, a minibar, and television with satellite channels.

**Signature Spa Zone** A comprehensive range of treatments is available, including the Devarana favourites such as the relaxing Devarana Massage, a fusion of Asian and western techniques; the nourishing Devarana Body Scrub using tropical Thai flowers and mineral sea salts; and the luxuriously pampering Devarana Bath, filled with fresh lotus petals and gentle aromatic oils from rare Thai flowers.



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# Devarana Spa, Pattaya

**Relaxation Zone** In true keeping with its concept 'the garden in heaven', the Devarana Spa Pattaya is located in a beautiful tropical garden with an elegant indoor pond and waterfall greeting guests at the front entrance. The spa's contemporary Thai-style interior consists of five Standard Room, Three Double Suites and one Grand Suite.

**Pampering Zone** The wide spa selection includes massages, facials, body treatments, water treatments, beauty treatments and exclusive programs for a more complete rejuvenation experience, using both fresh herbal ingredients and international products, such as the Traditional Herbal Compress & Thai Massage, Spirulina

Detoxifying Facial, Algae & Caffeine Slimming Wrap, and the three-hour Body Beautifier.

**Dining Zone** A light menu includes international favourites such as as Rice Paper Vegetarian Rolls, Skimmed Milk Vanilla Crepes, and refreshing spa mocktails and herbal drinks.

**Slumber Zone** You'll enjoy plenty of scenery when you stay in any of all the Dusit Resort's 462 stylishly appointed rooms, all with balconies offering panoramic sea or garden views. The many attractions of bustling Pattaya are within a short drive away.

**Signature Spa Zone** Guests never tire of the spa's ever-popular signature treatments,

such as the 90-minute Devarana Massage combining the best of Thai, Ayurveda and Shiatsu techniques, including Swedish and Aromatherapy influences, the one-hour Devarana Body Scrub with a blend of tropical Thai flowers and sea salt, and the luxurious half-hour Devarana Bath made from delicate lotus petals and aromatic oils from Thai flowers.



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[www.devaranaspa.com](http://www.devaranaspa.com)





# Aisawan Spa



**Relaxation Zone** A beautiful Thai Pavilion entrance beckons you to enter the spa where a series of private massage, treatment and Jacuzzi villas await you, all within metres of the ocean's edge.

**Pampering Zone** Try the super pampering Aisawan Body Massage, a specially designed pressure point massage based on the oriental theories of energy meridians combined with soothing aromatic oils and gentle kneading and stretching. You can say good bye to your aches and pains and emerge totally refreshed.

**Slumber Zone** The resort offers a variety of room options to suit the styles and budgets of all guests, ranging from fully equipped

Superior rooms to the exclusive Royal Suite with personal sauna and jacuzzi.

**Signature Spa Zone** Massages are the main attraction here, with the Aisawan Body Massage, Aisawan Hot Marble Stone, and Aisawan Facial highlighting the spa menu.



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**Fax:** +66 (0) 38 411 949  
**Email:** aisawansales@aisawan.com  
**www.aisawan.com**





# Chantrara Spa

**Relaxation Zone** Chantrara Massage & Spa by St.Herb specializes in age-old Asian healing traditions in a holistic approach to health and wellness. You will love the natural tropical garden settings, international standards with Thai values and service.

**Pampering Zone** St. Herb is an international pioneer and leader in breast beautification. The products provide solutions for all kinds of breast problems whether they are small, sagging, lack of firmness, shapeless, large or even male breasts. St. Herb Breast Spa uniquely provides total solutions such as breast massage from professional breast spa therapists on breast massage. The spa uses a variety of tropical herb and plant products

rich in plant estrogens, combined with the most modern technology. Treatments include Thai Massage ,Aromatherapy Massage, Body Scrubs, Herbal Body Mask by Chantrara, Slimming Massage, Firming Massage, and Breast Massage for Enlarging and Firming.

**Signature Spa Zone** Chantrara by St.Herb is the leader in Breast Beauty, offering fascinating treatments such as Ngang-Yam Treatment to nourishing breast condition: Ban-Mi-Ru-Roi breast enlargement program: Tan-Ta-Wan breast-firming and maintaining program; Dok-Kradad formula: breast enlargement program for men; Rong-Taw-Na-Ree breast-firming program for implants;

Puang-Chom-Phu breast-balancing program, and many products specially formulated for breast beautification.



CHANTRARA  
Massage & Spa by St.Herb

St herb

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Email: [overseas@stherb.com](mailto:overseas@stherb.com)  
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# Royal Health Spa



**Relaxation Zone** Conveniently located in the heart of Bangkok's shopping district, Royal Health Spa at the InterContinental Bangkok Hotel has 13 private massage rooms, including a salon and a 'quiet room' where guests can relax privately in soft ambient lighting. The adjoining gym boasts the latest hi-tech cardio equipment, steam, sauna, jacuzzi and swimming pool.

**Pampering Zone** Water lovers must try the spa's Hydro Therapy treatment, which offers a computerized 7 programs for men and women by using under water massage therapy that are said to reduce cellulite and ease muscles pain, make sure you choose the right one for your needs.

**Dining Zone** A Juice Bar provides fresh fruit, nutritious vegetable salad, fresh fruit smoothies, and light sandwiches. Thai herbal tea accompanies each treatment either before or after.

**Slumber Zone** The treatment rooms offer Panoramic View, while the InterContinental Hotel rooms and suites guarantee the latest in comfort and convenience.

**Signature Spa Zone** All sorts of taste are catered to with a fine array of treatments including The Asian Blend mixing Thai, Balinese, and Swedish techniques, and the Eurasian Harmony, mixing Thai Herbal Compress with Western Hot Stone therapy the ultimate muscle rescue!



**Royal Health Spa,**  
36th Floor InterContinental Bangkok,  
971-973 Ploenchit Road, Pathumwan  
Bangkok 10330, Thailand.  
**Tel:** +66 (0) 26 560 444 ext. 6270, 6271  
**Fax:** +66 (0) 26 560 550  
**Email:** rhspa@ihgbangkok.com







# Bua Spa Bangkok

**Relaxation Zone** You can escape from the Bangkok bustle at Bua Spa's secluded location in a quiet street in the Thong Lor. Step from the garden through the exotic, hand carved Balinese antique door into a beautifully designed spa, decorated in modern Asian style with Thai and Balinese furniture.

**Pampering Zone** Bua Spa offers a range of body treatments including body scrubs, wraps, massages and facials, plus Indonesian hair treatments, mainly using Resh local fruits, vegetables and herbs and high quality essential oils. Thai Essence is a unique treatment using Thai traditional medicinal herbs including Bua Bok

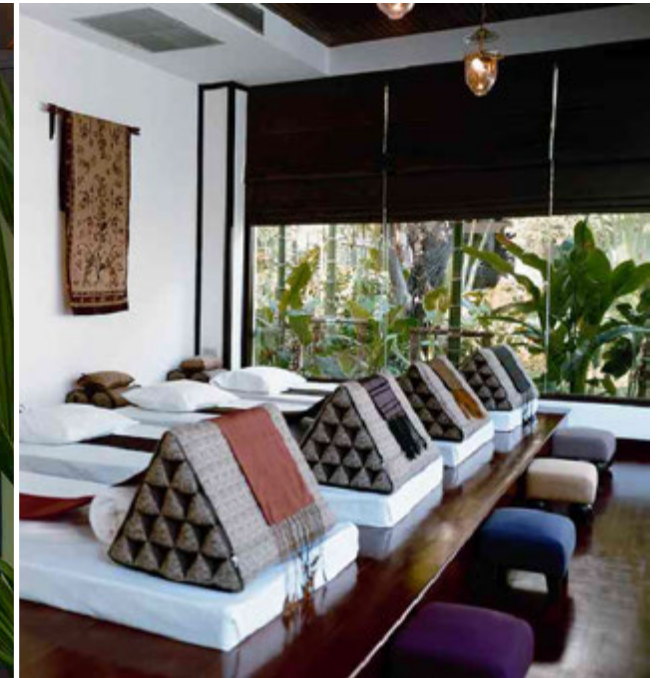
(Centella), Tamlung and Mulberry leaves derived from ancient herbal traditions.

**Dining Zone** No spa cuisine is available, but guests enjoy a special fruit juice cocktail after spa treatment.

**Signature Spa Zone** Bua Spa's signature treatment is the Bua Package, which includes a Jasmine Rice Body Scrub, Aroma therapy Body Massage, Floral Bath, and an exotic Javanese Cream Bath Scalp and Hair Massage using fresh avocado, to leave you gleaming from head to toe.



**Bua Spa Bangkok**  
 Operating Hours: 10.00 a.m.-10.00 p.m.  
 (Last treatment commences at 8.30p.m.)  
 81 Soi Sukhumvit 53, Sukhumvit Rd., Klongton-nua,  
 Wattana, Bangkok 10110, Thailand.  
 Tel: +66 (0) 22 607 304  
 Email: info@buaspa.com  
 www.buaspa.com





# Ananda Spa Bangkok, Sukhumvit 11

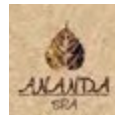
**Relaxation Zone** Ananda Spa has plenty of room for spa goers with a Relaxation Area, Male and Female Steam and Sauna Facilities, Spa Suites, Thai Traditional Massage Rooms, and hair facilities for both men and women. This must be the only spa in the country with VIP suites with internet access for executives who just can't keep away from their email.

**Pampering Zone** The spa offers a wide range of Swedish, Aromatherapy, Thai Traditional Massages, Thai Herbal Heat Treatment, Foot Reflexology, Back & Shoulder Relaxation, Body Scrubs, Body Wraps including the intriguing Wine & Honey Wrap, Spa Baths, Facials, and beauty salon services.

**Dining Zone** There's no spa cuisine, but the refreshing Ananda Tea is offered with every spa treatment.

**Slumber Zone** The spa is part of the President Solitaire Service Apartments, offering 134 elegantly appointed apartment suites equipped with the latest in high-tech entertainment and business facilities located in central Bangkok

**Signature Spa Zone** The most popular treatments are the spa's signature range, including the soothing Ananda Massage, deeply relaxing Ananda Hot Stone Massage, Ananda Facial and Ananda Retreat Package



**Ananda Spa**  
President Solitaire,  
Sukhumvit Soi 11, Bangkok 10110, Thailand.  
Tel: +66 (0) 22 557 200  
Fax: +66 (0) 22 532 330, +66 (0) 22 533 473  
Email: [anandaspa@presidentsolitaire.com](mailto:anandaspa@presidentsolitaire.com)  
[www.anandaspa.net](http://www.anandaspa.net)



# Ananda Spa Bangkok, Sukhumvit 24

**Relaxation Zone** Located at the massive Capitol Club, this spa is part of the enormous fitness and dining complex serving the President Park apartment complex. The spa offers a range of spa treatment rooms and hair salon and is very convenient for local residents.

**Pampering Zone** You can choose from a wide range of Swedish, Aromatherapy, and Thai Traditional Massages, Thai Herbal Heat Treatment, Foot Reflexology, Back & Shoulder Relaxation, Body Scrubs - Refreshing Salt Scrub, Thai Herbal Polish, Detoxifier Scrub, Body Wraps, Spa Baths, Facials and beauty salon services for the perfect follow up to your gym workout.

**Dining Zone** No spa cuisine, but each treatment comes with the soothing Ananda Tea

**Slumber Zone** The next door President Park Executive Serviced Apartments offers 228 elegantly furnished, spacious suites and studios, and The Capitol Club Fitness Dome offers state-of-the-art cardiovascular machines, a 10-metre high Rock-Climbing Wall, tennis and squash courts, swimming pools, Jacuzzis, and food and beverage outlets.

**Signature Spa Zone** The spa offers a wide range of signature treatments, created to pamper the whole body, with the Ananda Massage, relaxing Ananda Hot Stone.



**Ananda Spa,**  
The Capitol Club, President Park,  
Sukhumvit Soi 24, Bangkok 10110, Thailand.  
Tel: +66 (0) 26 611 210, +66 (0) 22 629 480  
Fax: +66 (0) 26 611 230-1  
Email: [spa@thecapitolclub.com](mailto:spa@thecapitolclub.com)  
[www.anandaspa.net](http://www.anandaspa.net)



# Suk Spa



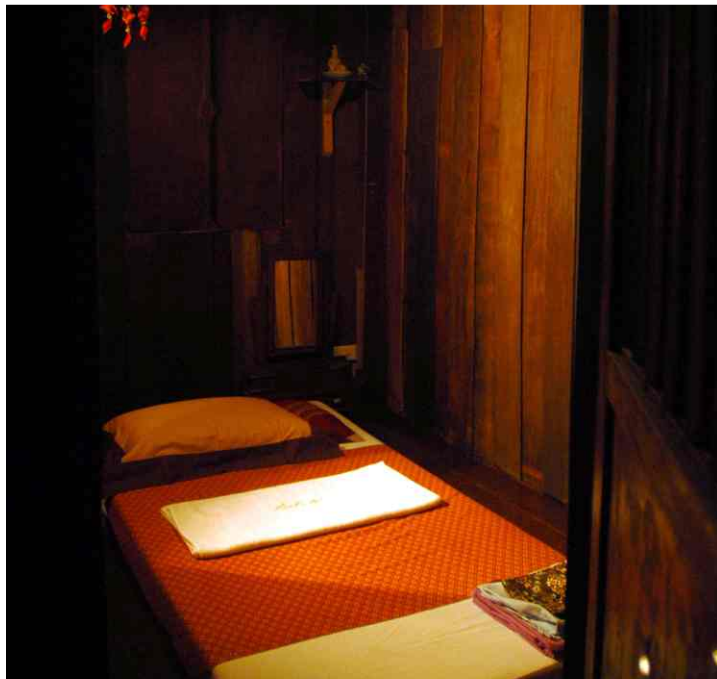
**Suk Spa**  
 (Opposite Ambassador Hotel)  
 1/30 Sukhumvit 11 Rd. Bangkok 10110, Thailand.  
 Tel: +66 (0) 26 510 461  
 +66 (0) 26 512 672  
 Fax: +66 (0) 26 512 671  
 Email: rsvn@sukspa.com, info@sukspa.com  
 www.sukspa.com

**Relaxation Zone** This welcoming day spa offers the peace, hospitality and attention just as you'd find in a Thai home. Suk Spa caters to your well-being, with an exotic selection of spa packages to match your body's natural element in an homey environment that is a great escape from the street life outside.

**Pampering Zone** The spa offer the full range of treatments to pamper and beautify the face, body, and feet, based on the principle of balancing your body with nature's four elements.

**Signature Spa Zone** Treat your face to all natural facials using imported Jurlique products for anti-stress, deep cleansing and aromatherapy to relax tension and lines and

restore your natural radiance. You can also choose organic natural Herbal Honey or fruit facials to moisturize and soften the complexion. The Four Elements body treatments include Hydrotherapy, Body Scrubs, Body Wraps, Foot Reflexology, Anti-Stress Back & Shoulder Massage, and Traditional Thai Massage which are excellent to relieve long hours spent at the desk or in the car.





# Bangkok Oasis Spa

**Relaxation Zone** Unlike many city spas, avian acoustics don't come from the stereo. With spirit-soothing Zen gardens, beautifully entwining Banyan trees and swathes of greenery enclosing its 15 treatment rooms, the birdsong is real and is just one of many delightful sensory stimulants afforded by the lush surroundings and lavish spa treatments.

**Pampering Zone** Oasis Spas utilize powerful treatments developed through a fusion of traditional Thai herbs and other natural ingredients applied using both ancient and modern techniques. Treatments are made daily from the freshest ingredients. Guests may choose from a complete menu of treatments and therapies including scrubs,

wraps, facial, foot and body massages, Jacuzzi and steam baths by specially trained therapists.

**Signature Spa Zone** You'll find everything from single treatments for an hour to lavish packages that take the best part of a day to replenish you from head to toe, with plenty of time in-between to laze in its steam rooms or Jacuzzis. A must-try is the 'King of Oasis' signature treatment, a two-hour indulgence that combines elements of Thai and oil massages with hot compresses, or the Oasis Four Hands Massage administered by two therapists using a gentle synchronized massage motion.



**Bangkok Oasis Spa**  
64 (Sai Swaddee) Sukhumvit Soi. 31 Road,  
Phra Kanong Bangkok 10100, Thailand.  
Tel: +66 (0) 22 622 122  
[www.bangkokoasis.com](http://www.bangkokoasis.com)



# Spa 1930



**Relaxation Zone** For history lovers, this historic 1930's house built for a prince is the unusual location that gives this spa its quirky, old-fashioned feeling. The building is one of Bangkok's Architectural Heritage Buildings, and houses the day spa, a relaxation lounge serving herbal drinks, and a retail corner, surrounded by a shady garden.

**Pampering Zone** The extensive spa menu uses mostly herbal ingredients in its facial and body care treatments and spa packages, and has eight therapists, eight rooms and 13 treatment beds.

**Dining Zone** Each treatment is followed by fresh tropical fruits and herbal drinks served outdoors in the quiet garden.

**Signature Spa Zone** Go for a double body treat with the signature 4-Hands Massage, a luxurious treatment with two therapists working on your entire body in synchronized movements, using the spa's own massage techniques and essential oil blends to rejuvenate and rebalance your whole body.

## Spa 1930

**Spa 1930**  
42 Soi Tonson, Lumpini, Pathumwan,  
Bangkok 10330, Thailand.  
Tel: +66 (0) 22 548 606  
Fax: +66 (0) 22 548 607  
Email: [contact@spa1930.com](mailto:contact@spa1930.com)  
[www.spa1930.com](http://www.spa1930.com)





# Ruen Mai Spa



**Relaxation Zone** If you like the privacy of small hideaway, this intimate little day spa in a busy Bangkok neighbourhood with only two private treatment rooms with a wooden bathtub, one Thai massage room and two Thai herbal steam tents offers the perfect personal spa retreat made just for you and another companion.

**Pampering Zone** The simple but satisfying spa menu includes the Royal Thai Massage with heated herbal compress relieve muscle tension and the Signature Facial by Dermalogica to hydrate and restore the skin's natural balance.

**Signature Spa Zone** If you're in need of a serious treat for neck, shoulder and back

pain, you'll find soothing relief in the Rejuvenation Deluxe Pamper which starts with a walnut body scrub followed by Swedish massage with heated herbal compress.



**Ruen Mai Spa**  
476 Phaholyothin 54/4 Phaholyothin Rd,  
Saimai District, Bangkok 10220, Thailand.  
Tel: +66 (0) 29 937 887



# Divana Massage & Spa



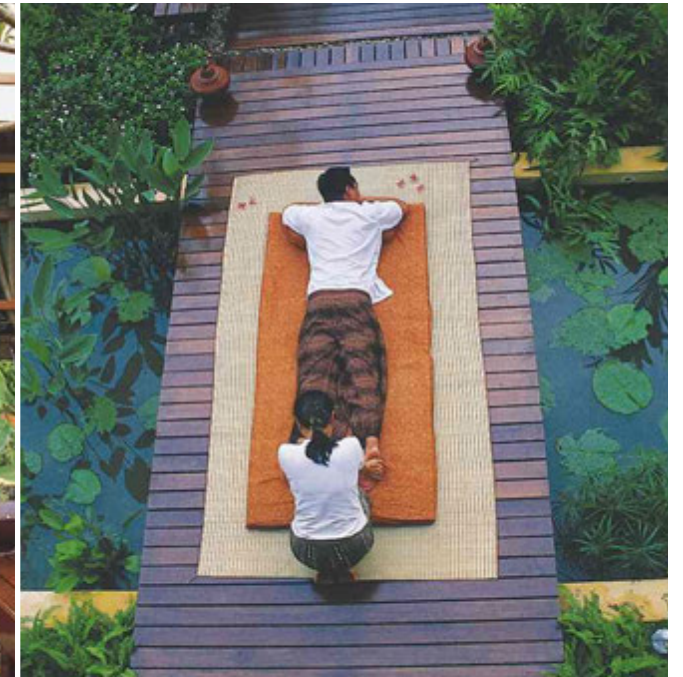
**Divana Massage & Spa**  
7 Sukhumvit 25, North Klongtoey,  
Wattana, Bangkok 10110, Thailand.  
Tel: +66 (0) 26 616 784-5  
Fax: +66 (0) 26 616 028  
Email: [contact@divanaspa.com](mailto:contact@divanaspa.com)  
[www.divanaspa.com](http://www.divanaspa.com)

**Relaxation Zone** Almost an acre of tropical garden cradles this spa set in a two-storey house renovated as a 'garden home spa' in the heart of busy Bangkok. The back-to-basics theme offers a selection of natural products in 11 one-of-a-kind treatment rooms each with uniquely different bathtubs in this large, rambling house.

**Pampering Zone** Divana offers three originally created and unique treatments in the form of Massage Therapy, Spa Treatments and Facial Treatments, ranging from a 1-hour single treatment to a full-day spa program. The spa ingredients are grown in their own organic garden, with every ingredient carefully selected and prepared as

carefully as cooking a first-rate gourmet dish.

**Signature Spa Zone** Try the Detoxifying Myth, two-and-a-half hours of total well being which starts with a gentle foot scrub followed by an Almond & Grapeseed Oil Body Cover, a Mineral Water Steam to allow the ingredients to penetrate into the pores. Then a cooling Lime & Aloe-Vera Body Scrub exfoliates the skin, followed by a softening body wrap made from the exotic ancient Burmese Thanaka bark. The final touch is a Wild Lime Warm Oil Body Massage integrating detoxifying massage techniques to lift your energy flow while putting you into a deeply relaxing slumber. You'll wake up to find a brand new body and a clearer mind!





# Divana Nurture Spa

**Relaxation Zone** A two-storey colonial wooden house in a large green garden is the charming location for the concept 'nurtured by nature' at this urban well being center where you can rest and relax with natural spa treatments or sip a cup of tea in the embrace of nature. Each of the seven spacious couple suites is uniquely designed.

**Pampering Zone** Three categories of treatments give you 'divine', 'virtue' and 'nurture' styles of pampering. Divine treatments are specially designed massages such as 'Cradle Lullaby' to lull you to deep sleep; Virtue treatments are rich in cultural background and wisdom, such as the 'Ayurvedic Holistic Spa' package for full body and head pampering; the Nurture treatments

such as 'Natural Embrace' harness the power of nature with all natural botanical ingredients.

**Dining Zone** The Divana tea room and bakery overlooking the vast lawn offers health herbal teas, fresh fruit juices and delicious snacks such as ham and cheese on Viennese toasted sandwiches and a classic afternoon tea set with scones.

**Signature Spa Zone** You'll get the best of authentic Thai healing therapies when you experience the three-hour Thai Spa Mantra package, using traditional Plub Plueng Leaf and Satu Sea Salt Warm Compress working together in a uniquely designed traditional Thai oil massage that soothes, refreshes and revives the body and spirit.



divana  
nurture spa

divana nurture spa, by dvn international co., Ltd.  
8 Sukhumvit 35, North Klongton, Wattana,  
Bangkok 10110, Thailand.  
Tel: +66 (0) 22 614 818-9  
Fax: +66 (0) 22 614 814  
Email: dn@divana-dvn.com  
www.divana-dvn.com



# Divana Divine Spa

**Relaxation Zone** Oriental heritage and western sophistication come together in a



perfect blend at this 'Aesthetic Urban Spa' located in a colorful colonial mansion surrounded by lotus ponds on trendy Thonglor Road. The spa houses nine couple suites for duo treatment and four single rooms for solitary serenity.

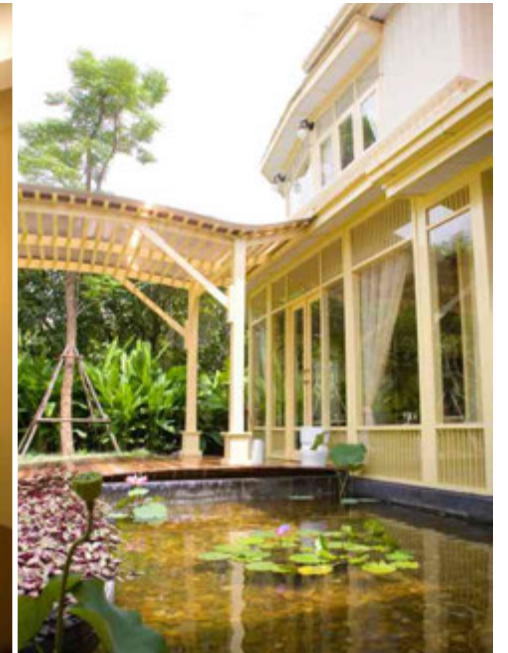
**Pampering Zone** The beautifying spa treatments are divided into four series, such as 'Aesthetics', a professionally-designed series of soothing facial and eye care; 'Relaxation' range of soothing massage therapies; 'Rejuvenation' spa rituals for both men and women including a hot stone programme, and 'Ultimate' combinations of sequential treatments to relax and beautify both inside and out.

**Signature Spa Zone** No other spa in

Bangkok offers this unique Divine Hot Stone' programme, a two-hour treat with Aroma Cream Massage, a Hot Stone Treatment using both basalt rocks and Turquoise hote stones to improve blood flow and circulation, and the fresh Spirulina Hair Mud & Scalp Massage to leave your hair silky smooth and shiny.

divana  
divine spa

divana divine spa, by dvn international co., Ltd.  
103 Thonglor 17, Sukhumvit 55, North Klongton,  
Wattana, Bangkok 10110, Thailand.  
Tel: +66 (0) 27 128 986  
Fax: +66 (0) 27 127 309  
Email: dd@divana-dvn.com  
www.divana-dvn.com





# The Spa Koh Chang

**Relaxation Zone** Detox seekers will be happy to find that the renowned SPA resorts in Koh Samui have opened the first health destination spa on Ko Chang named The SPA Koh Chang Resort. This SPA offers a fasting and detox program in an idyllic tropical Style resort, with charming wooden villas set near by a sea-salt natural pool, Colema Center ,yoga Sala, massage Sala, mini fitness, mini library, dental clinic and beauty salon.

**Pampering Zone** Alongside traditional Thai massage, guests will find specialized therapies like Ampuku (abdominal massage for faster to eliminate body toxin), exotic island treatment like coconut oil massage, revitalized treatment with aloe vera body

wraps and facial clay masks. Yoga, Meditation, Reiki classes provide some spiritual direction, while card reading, Thai cooking class, island sightseeing, Snorkeling keep you entertained.

**Dining Zone** Acclaimed as one of the world's 50 best restaurant by a British magazine, The vegetarian, organic, seafood cuisine consists of veggie and fruit salads with a special dressing of apple vinegar, extra virgin olive oil and Thai herbs, Guy's breakfast, fruits salads with goat yoghurt dressing top with bee pollen. And fresh chlorophyll drinks, carrot juice, wheatgrass juice are ones of many detoxifying foods and beverages on the SPA menu.

**SlumberZone** The resort offers a range of accommodation choices. From 16 hill side villas full amenities with air con, 21TV. set, DVD player, hairdryer, tea maker, bathtub, safe deposit, to 10 Orient rooms (standard room) with full amenities.

**Signature Spa Zone** The highlight of a stay here is the SPA fasting programs, an easy fasting regime or either 3.5 or 7 days with a special menu of fresh fruit juices, broth soup, herbal supplements, colema in both 3.5 days and 7 days Clean me out program. For a total body treat, there's the heavenly-sounding Rejuvenation Special package which includes a herbal steam, coconut oil massage, clay facial mask and aloe body wrap.



*The SPA Koh Chang Resort*  
The Art Of a Healthy Good Time

**The SPA Koh Chang Resort**  
15/4 moo 4, Ko Chang Tai, Ko Chang,  
Trat 23170, Thailand.  
Tel: +66 (0) 39 553 091-2, +66 (8) 91 442 227  
Fax: +66 (0) 39 553 903  
Email: [thespakohchang@yahoo.com](mailto:thespakohchang@yahoo.com),  
[spakohchang@spasamui.com](mailto:spakohchang@spasamui.com)  
[www.thesparesorts.net/content/view/28/88](http://www.thesparesorts.net/content/view/28/88)



# Thai Medical Spa Nakornthon Hospital

**Relaxation Zone** This unique medical spa located directly within Nakornthon Hospital in Bangkok offers pampering and rejuvenating spa treatments and services with 60 spa treatment beds and a meditation area, designed in luxurious modern Thai style.

**Pampering Zone** The spa's Holistic Care and Naturopathy concept offers a variety of treatments that integrate traditional healing therapies and modern medicine, such as the Tub Mor Kleur package for women, an ancient post-natal healing therapy for new mothers, along with natural herbal treatments and healthy food to restore the body's balance.

**Dining Zone** The spa menu offers a

delicious and healthy of Thai spa cuisine, developed from classic Thai flavours and herbs, using only the freshest ingredients for best nutritional benefits such as the refreshing Thai Herbal Salad combining over 30 herbs, plus fresh herbal drinks and vegetable juices.

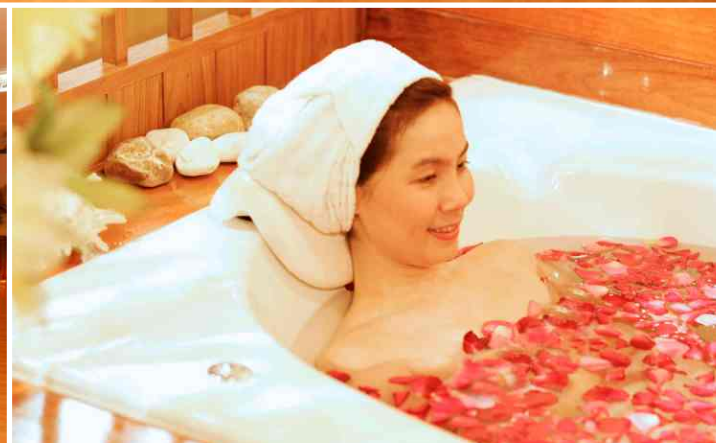
**Slumber Zone** You can combine your annual medical check-up with spa treatments in ready-made or tailor-made packages for different age groups and genders. The hospital's highly trained staff and physicians will monitor your health and advise on the best preventive measures.

**Signature Spa Zone** The "Can't Miss" treatment here is the Gold Class Spa

treatment, using pure gold leaf combined with aromatic Thai fragrances literally leaves your skin with a golden sheen. You will emerge glowing, plus it's claimed that the pure gold particles helps restore collagen and protects against pollution and UV rays!



**Thai Medical Spa Nakornthon Hospital**  
The twelfth floor of Nakornthon Hospital  
49 Rama II Rd., Smaedam  
Bangkhuntien Bangkok, Thailand.  
Tel: +66 (0) 24 165 454  
Fax: +66 (0) 24 154 340  
Email: [pr@nakornthonhospital.com](mailto:pr@nakornthonhospital.com)  
[www.nakornthonhospital.com](http://www.nakornthonhospital.com)





# S Medical Spa

**Relaxation Zone** "Rejuvenation through Integrated Health Care" is the philosophy behind S Medical Spa, offering a combination of spa treatments alongside medical programs. It provides a one-stop-service for optimizing your health, appearance, youthfulness, wellbeing, body and mind in a luxurious, modern environment.

**Pampering Zone** Guests can enhance their wellbeing in one of the most extensive medical spa facilities in Asia, offering Eastern and Western stream rooms, foot massage pool, hot Hydro Jacuzzi, cold plunge and the only 8-in-1 Hydrotherapy Tub in Asia. It combines the latest spa technology with a wide range of medical and holistic

treatments including Aqua Acupressure Laser treatments, Carboxy Therapy for cellulite reduction, Anti-Aging Programs, Acupuncture, Bio-Feedback Analysis, and Therapeutic Massage.

**Dining Zone** The spa offers healthy and natural foods, fruits and vegetables, homemade salad dressings, soups and detox juices.

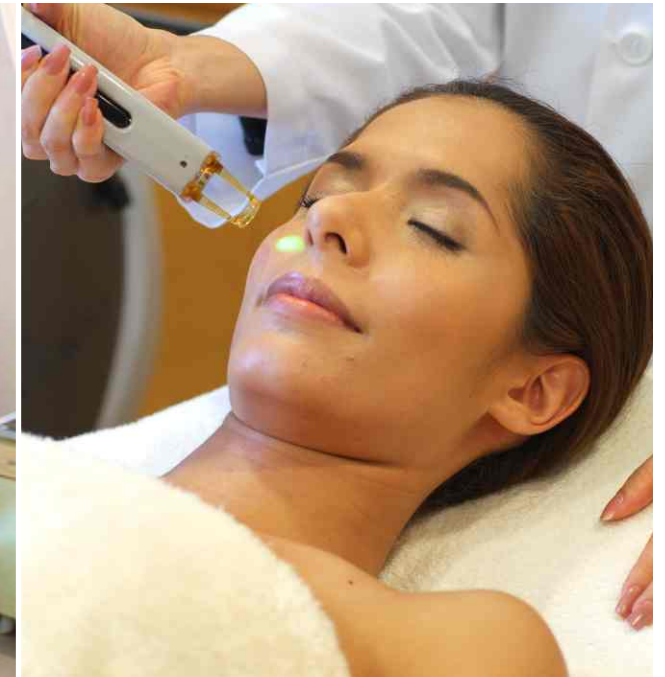
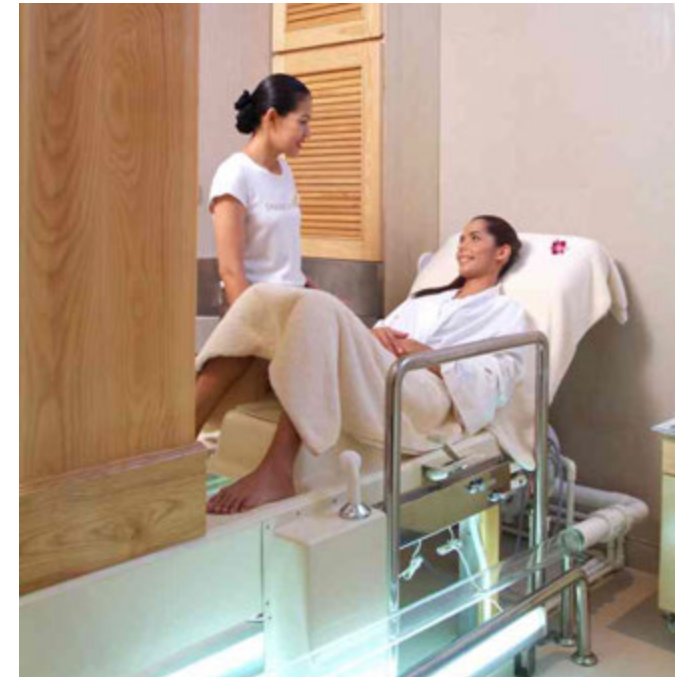
**Slumber Zone** The spa is affiliated with the next door Nai Lert Park Bangkok Hotel, a Raffles International Hotel, and offers many co-promotion special rates, cross-booking, etc.

**Signature Spa Zone** Get a total detox with the award-winning Half Day Purification

Treatment, which combines colon hydrotherapy to eliminate the toxic debris with skin detoxification through herbal steam, seaweed body glow treatment, and lymphatic drainage massage.



**S Medical Spa**  
2/2 Phakdi Building, Wireless Road, Lumpini,  
Pathumwan, Bangkok 10330, Thailand.  
Tel: +66 (0) 22 531 010  
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[www.smedspa.com](http://www.smedspa.com)





# Sea, Sun and Spa the Perfect Holiday



## Southern Spas

Thai spas in the South have a look and feel that is different and distinctive from the other regions of Thailand, yet like those in the other regions, the spas here take their character from the landscape and local culture.

salt, or just to ease tired muscles after a strenuous day of water sports. It is a treat that many overseas visitors would not find so easily available, nor so affordably priced in their own country.

Southern Thai spas are defined by the easygoing seaside culture of the spectacular beaches and islands that make Thailand's southern region one of the world's most popular holiday destinations. Spas have added an enticing new dimension to a beach holiday in Thailand, making the whole Thai holiday experience even better than before. People used to find it relaxing to simply lie on the beach with the occasional dip in the sea, but the popularity of beach resort spas has added an extra dimension of relaxation and indulgence to the holiday. Visitors now realize that having a fabulous massage or facial is the best way to give balance to their body after a day on the beach, too much sun and

Southern spa treatments are also distinctive from those from other regions, with many southern spa treatments being related to the sea-and-sun beach culture. Spa-goers will find plenty of salt to polish the newly acquired tan to a golden glow, coconut body scrubs from the fruits of the plentiful coconut plantations that cover the south to nourish and moisturize the skin to a gleaming finish, and cucumber and water melon facials to refresh the complexion as an antidote to the sun's harsh rays and you cannot over look the cooling aloe vera body wraps to soothe sun burnt skin. Then there is the 'Andaman Treatment' incorporating herbal steam, a scrub with fresh grated coconut, turmeric,



black sesame powder, yoghurt and Phuket pineapple followed by a massage based on Royal Thai massage and finishing with a pineapple facial – almost good enough to eat!

Different islands also offer their own style of spa. The island of Phuket in the Andaman Sea is famed for its rich offering of luxurious destination resorts. For the sophisticated and discerning spa-goer, you will find some of Thailand's most famous pampering spas here, in world-class hotels such as Banyan Tree, Amanpuri and JW Marriott Phuket. A spa experience that is the perfect complement to rigorous holiday activities, power sports, sailing or even a leisurely game of golf.

In contrast, Ko Samui in the Gulf of Thailand has developed its own identity as a destination for holistic wellness, health and detox retreats offering everything from colon cleansing therapies, to weight loss, fasting and detoxification treatments and programmes, as well as destination yoga and meditation retreats. Many spas have embraced the wellness concept and now more and more of them offer holistic healing therapies, such as sound healing, crystal therapy, and energy healing with Reiki and alternative healing therapies like acupuncture, and targeting a broad range of Spa-goer from the those seeking luxury to those seeking a more back-to-nature style of spa experience.

Other spa island destinations in the area include Ko Phi Phi and Ko Racha, but mainland destinations like Krabi and Khao Lak are also worthy of those seeking a southern Thai spa experience.



As with other regions, probably the most fabulous feature of southern spas is the amazing variety and quality of spa design. Many spa designs take in the incredible natural scenery and incorporate the landscape as part of the spa design. Many spas are located on hillsides overlooking the sea, giving guests a bird's eye view or 180 degree view of the sea. Many spa suites are designed with outdoor massage areas and plunge pools and Jacuzzis with sea views. While not all spas can offer a sea view Jacuzzi flower bath, even those without views are designed to create a private world within a world for guests, such as spa suites nestled in

lush private gardens and bathtubs located in the middle of lotus ponds filled with gold fish. Many resorts offer private pool villas with private massage salas so that the spa therapist can give the massage in your room for completely personalized spa service.

With all these fantastic features that Thai spas in the South have to offer – from gorgeous natural beaches and islands to distinctive spa treatments to incredible and unforgettable design - it's no wonder that this is one of the world's most popular spa destinations.







# Aleenta Phuket - Phang Nga

**Relaxation Zone** Style seekers will enjoy this chic, contemporary boutique resort on a pristine beach on Khao Pilai with stunning sunsets on the Andaman Sea.

**Pampering Zone** More than just pampering, the spa takes a holistic approach treating the body, mind and spirit as one, with the focus on adapting traditional therapies to fit modern day life, from spa treatments to diet and spa menu, teaching guests healthy habits to take back home.

**Dining Zone** You can expect healthy Thai and international dishes with a daily changing menu of fresh ingredients and home-grown organic vegetables; an extensive wine menu features special wine of the month. The Living

Room bar overlooks the ocean, complete with beach side dining.

**Slumber Zone** Chic rooms in minimalist style reflect Asian Spirituality in the resort's 15 suites and 15 villas. All come with a sea view and private plunge pools or direct access to the common pool. A special Relax Wing bans TV and children to ensure complete tranquillity.

**Signature Spa Zone** Aleenta's eco-conscious approach allows guests to help the earth by to repopulating sea turtles in Andaman sea; artsy types can take painting lessons with local Thai artists, and honeymooners can choose a private starlight cruise in the Andaman Sea.



**Aleenta Spa,**  
Aleenta Resort & Spa, Phuket - Phang Nga  
33 Moo 5 Khokkloy, Takuathung,  
Phang Nga 82140, Thailand.  
Tel: +66 (0) 25 085 333  
Email: [reservation@aleenta.com](mailto:reservation@aleenta.com)  
[www.aleenta.com](http://www.aleenta.com)





# La Flora Resort & Spa

**Relaxation Zone** Located on the white sand beach of Bang Nieng this 'off the beaten track' boutique resort features 138 well-appointed rooms, pool access and charming villas. Just one hour north of Phuket International airport, the resort is popular with travellers in search of a peaceful retreat, ideal for rest and relaxation in a pristine natural environment.

**Pampering Zone** Improved health and well-being is central to the La Flora experience. The on-site spa provides a refuge, a place to relax and enjoy a range of treatments and therapeutic remedies. Traditional Thai massage, cleansing body treatments and invigorating facials leave guests feeling

refreshed.

**Dining Zone** Spa cuisine by La Flora Spa is designed to be nutritious and healthy low-fat, low-calorie but without sacrificing any flavour and using the freshest local ingredients.

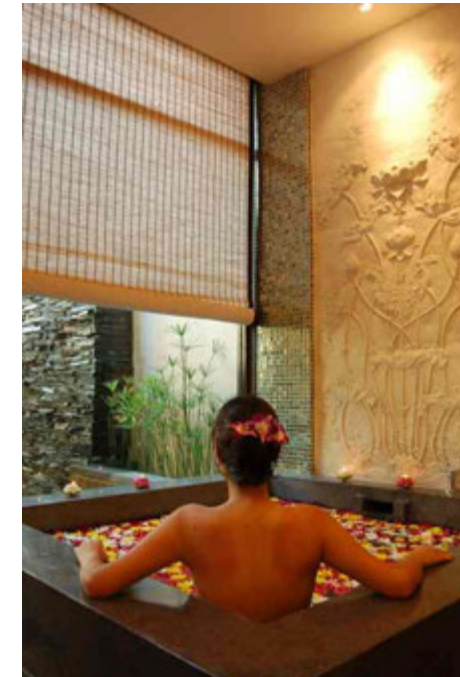
**Slumber Zone** The modern and stylish resort provides comfort and convenience in a delightful garden overlooking the Andaman Sea. The villas are close to the beachfront and boast the best sea views, while the Pool Access rooms overlook the pool and are fitted with indulgent Jacuzzi bathtubs and a separate shower room.

**Signature Spa Zone** La Flora's most popular program is the Aromatherapy Massage, which soothes the senses and

relieves stress while promoting a radiant all over glow.



**La Flora Resort & Spa**  
59/1 Moo 5, Khuk Khak, Takuapa,  
Phang Nga, Thailand.  
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# Banyan Tree Spa Phuket

**Relaxation Zone** Pioneer of the garden spa concept in Asia, the award-winning Banyan Tree Spa Phuket is one of the famous island's largest and most luxurious, offering an exotic blend of massages and body treatments inspired by traditional Asian health and beauty remedies, using a 'high-touch, low-tech' approach.

**Pampering Zone** Along with the popular signature Harmony Banyan package conducted by two therapists using synchronized massage strokes on the whole body and the Royal Banyan package inspired ancient royal Thai palace massages, a truly unique offering here is the Spa Ryokan programme offering a holistic combination of

spa treatments, yoga and spa cuisine; while the Destination Spa offers a series of fitness, wellness & cultural activities.

**Dining Zone** The cool blue palm-fringed pool at the spa is a lovely location for Tamarind Restaurant, serving light, fresh spa cuisine in distinctive Thai flavours.

**Slumber Zone** The resort is famed for its luxurious private villas, each enclosed in its own walled garden and Asian water courts. Guests can choose from a wide range of villas including the stunning Deluxe Two Bedroom Pool Villa and DoublePool Villa for the ultimate private getaway.

**Signature Spa Zone** Guests love the romance, intimacy and luxury epitomized

here at the Banyan Tree Group's flagship resort, especially the Thai-inspired villas and architecture designed to create a Sanctuary for the Senses.



**Banyan Tree Phuket**  
33, 33/27 Moo 4, Srisoonthorn Road, Cherngtalay,  
Amphur Talang, Phuket 83110, Thailand.  
**Tel:** +66 (0) 76 324 374  
**Email:** spa-phuket@banyantree.com  
**www.banyantree.com/phuket**



# The Spa

**Relaxation Zone** You'll feel relaxed as soon as you step into The Spa's beautiful setting consisting of 15 treatment villas amid landscaped coconut groves and fragrant frangipani trees overlooking the resort's freshwater lagoon. Each villa is enclosed in a private garden with views of the nearby mountains, some with a private herbal steam room and one villa with a tropical rain shower. A retail shop and beauty salon are part of the spa's facilities.

**Pampering Zone** The extensive spa menu offers massage, body scrubs and wraps, using natural ingredients like sea salt, seaweed, Thai honey, black sesame and coconut to nourish and exfoliate. Facials are

offered for both men and women, including the Lifesome Facial, specially developed to treat mature skin, plus special treatments for eyes and neck. Bath offerings include herbal, herbal steam, milk and aromatherapy baths, while salon services include hair and nail care for women, men and children, plus waxing.

**Signature Spa Zone** The signature treatment here is the Equilibrium Therapy, which combines The Spa's own brand of revivifying Wild Mint massage oil with a specially created Thai natural herb pack; other massages include therapeutic Swedish massage, the gentle lavender-scented Ying Yang massage, the luxurious Hot Oil

massage using long palm strokes, and the traditional Thai Siamese massage using yoga stretching poses to restore the body's energy flow.



**The Spa,**  
Hilton Phuket Arcadia Resort & Spa  
333 Patak Road, Karon Beach,  
Muang, Phuket, Thailand.  
**Tel:** +66 (0) 76 396 433-41  
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**www.hilton.com**







# Swasana Spa

**Relaxation Zone** At the Swasana Spa, you can expect the best combination of pure natural ingredients, the touch of a professional therapist and a paradise beach setting. The spa has 2 couple's treatment rooms with private steam room and Jacuzzi, a single bed treatment room with private shower, and two beachfront Thai Massage rooms.

**Pampering Zone** The Swasana Massage uses the spa's award-winning signature oil, Swasana Essential Oil, a blend of nine scents of pomelo, jasmine, lotus, ylang ylang, sweet almond, sandalwood, zingiber, jojoba with coconut oil base. This massage combines techniques from Lomi-Lomi and Aromatherapy massage, giving you the most blend of Asian scents and techniques in one

treatment.

**Dining Zone** The hotel's Sala Bua Restaurant offers delicious gourmet spa cuisine created by Chef Ronnie Macuja, a three-time Gold Medal Chef, whose creations include Scallop Salad with Keta Caviar, Avocado, Pine Nuts, Soy & Truffle dressing; char grilled Supreme of Chicken, Home made Spinach Noodles and Morel Sauce, and Lemograss Steamed Red Snapper with Grilled Eggplant and Tomato-Mango Salsa.

**Slumber Zone** Surrounded by pristine white sandy beach and fringed with tropical greenery, the refurbished boutique resort is situated on the beachfront at the heart of Phuket's popular and lively Patong Beach.

Your single storey cabana is right on the beach, just steps from the sand. No one sleeps closer to Patong beach than guests at the Impiana.

**Signature Spa Zone** The signature Royal Swasana Spa Programme combines the finest of Swasana Spa treatments, starting with a relaxing floral Jacuzzi bath overlooking the white sandy beach, followed by the signature Swasana Salt Scrub performed by two therapists to exfoliate the skin. Next is the famous Swasana Massage using the award-winning Swasana essential oil together with a combination of Lomi Lomi and Aromatherapy massage techniques, and ending with the Tropical Face Mask facial to cleanse, hydrate and leave your skin with a radiant glow.



**Swasana Spa,**  
Impiana Phuket Cabana Resort & Spa  
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**Email:** spaipc@impiana.com  
www.phukethotels.impiana.com





# Palm Spa

**Relaxation Zone** Sophisticated spa-goers who find tranquility in minimalist chic interiors will enjoy the luxurious white-on-white decor at the Palm Spa. Nine treatment rooms come with ensuite steam and bath rooms, while the spacious couple's spa suite has its own Jacuzzi, separate Steam Sauna and 2 sets of Thai and western massage beds.

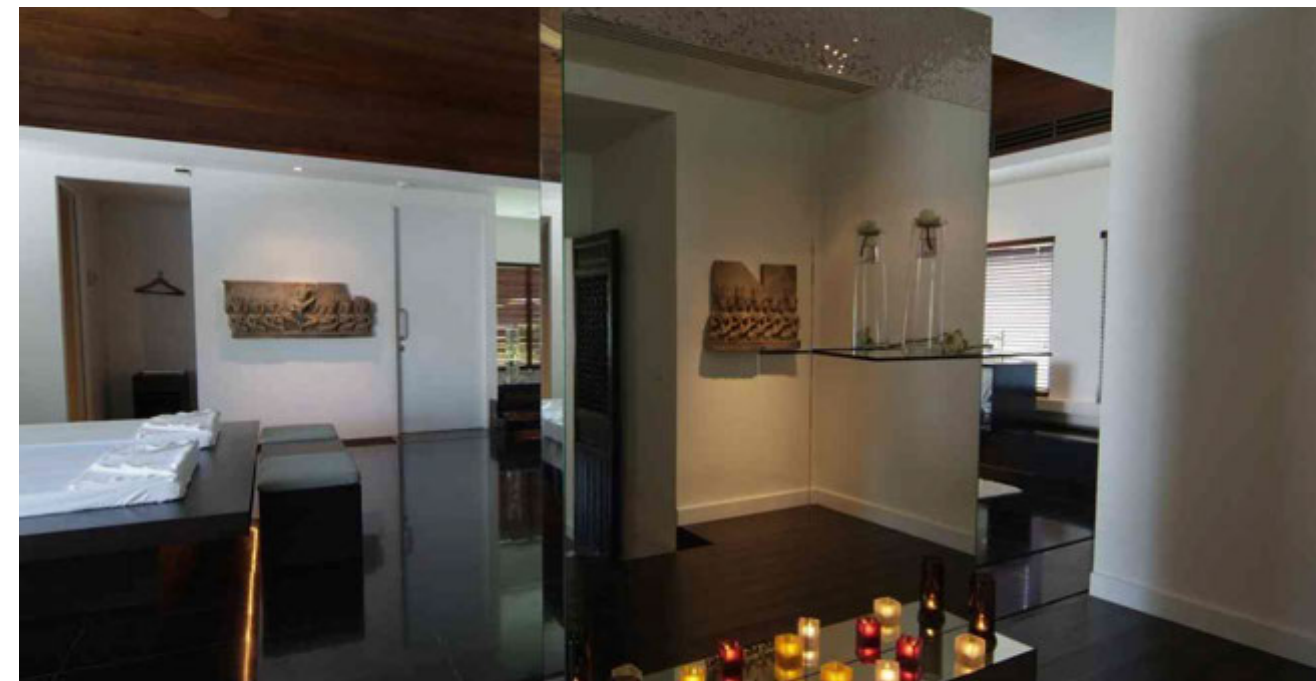
**Pampering Zone** As part of the luxury boutique hotel, the spa offers five-star amenities and service. The spa menu offers an extensive range of treatments such as Thai massage, Body Wraps, Cleansing, Firming and Relaxing Facials and Oriental Foot Rituals, with selections for both men and women.

**Slumber Zone** The chic TWINPALMS offers the comfort of a five-star boutique hotel with the relaxing atmosphere a secluded getaway resort, with 76 luxurious and spacious bedrooms & suites, set around a modern pool fringed with romantic frangipani trees.

**Signature Spa Zone** The best treatment here is The Palm Spa's Ultimate Massage, incorporating the gentle technique of a Swedish massage with the application of a Traditional Thai hot herbal compress to relax the muscles, followed by a deep tissue massage to ensure you leave completely supple and totally relaxed.



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# Mövenpick Resort & Spa Karon Beach Phuket

**Relaxation Zone** Four serene spa salas and three charming couple's treatment villas reflect the beauty of local architectural traditions in the gentle atmosphere of the surrounding gardens. The Spa's outdoor bathing pools and treatment areas create a sublime blend of nature and comfort resulting in complete spiritual harmony in this award-winning spa.

**Pampering Zone** The Spa balances the traditions of eastern and western treatments to create indulging and soul-soothing experiences, such as The Thai Herbal Heat Rejuvenation which blends traditional hot Thai massage with invigorating peppermint and mandarin oils, and The Thai Royal Four-

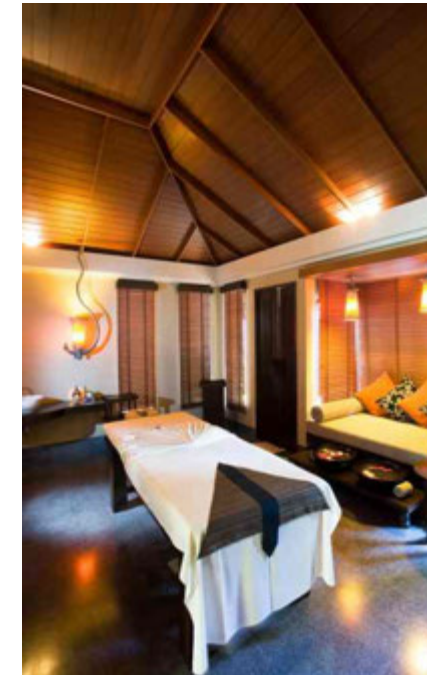
hand Indulgence that doubles the pleasure with two therapists simultaneously performing a deep pressure treatment that penetrates every muscle.

**Dining Zone** Spa treatments are followed by a selection of fresh tropical fruit and a special honey-based jelly high in anti-oxidants and minerals that promote the healing and soothing effects of the Spa's treatments.

**Slumber Zone** The resort has 140 elegant villas and 194 Deluxe Ocean/Garden View guest rooms and suites set in meticulously landscaped gardens. 30 two-bedroom, butler-serviced oceanfront apartments are equipped with kitchenettes, living rooms, and oversized balconies that offer a spectacular

view of sunset at Karon Beach. All rooms have: Internet, IDD/ISD phones, sofas, refrigerators, tea/coffee making facilities, cable TV & movies, iron/ironing boards, hairdryers, bathrobes and slippers, safes, and bathroom amenities.

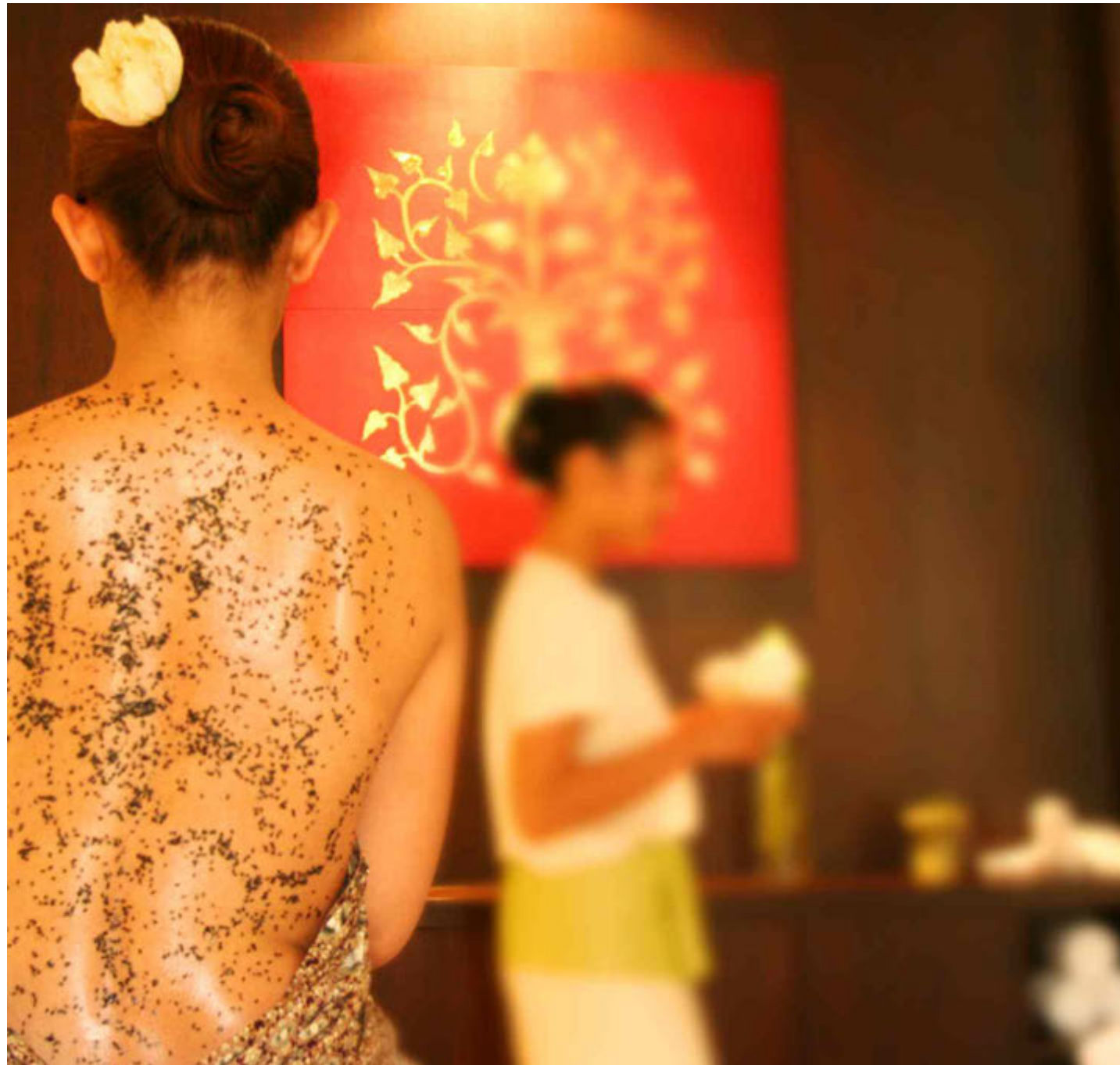
**Signature Spa Zone** The two-hour Romantic Harmony is a full body treatment for two set in a candle-lit spa suite, and begins with a foot massage and then combines a sensuous milk bath with a decadently relaxing chocolate body scrub followed by the relaxing beat of the Hawaiian Lomi Lomi Loving Hands Massage, delivered by two skilled therapists.



**MÖVENPICK**  
Resort & Spa Karon Beach  
Phuket

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www.moevenpick-phuket.com





# Bundarika Villa Phuket

**Relaxation Zone** Located on the famous island of Phuket, the Bundarika Wellness Resort and Medical Spa aims to enrich the five senses of sight, sound, smell and touch to bring you to a greater balanced of mind, body and spirit.

**Pampering Zone** A selection of balancing massages brings muscular relief, such as the Royal Thai Massage, or skin relief such as the Natural Retreat treatment specially designed to help relieve damage caused by over-exposure to the sun that starts with a lotus bath followed by a gentle full body exfoliation that cleanses and hydrating the skin with essential oil. Cucumber Aloe Vera Gel or Bamboo Charcoal Gel are applied to sooth

the discomfort of sun burn.

**Dining Zone** A choice of healthy Thai and western Spa Cuisine is available, plus healthy, freshly squeezed juices.

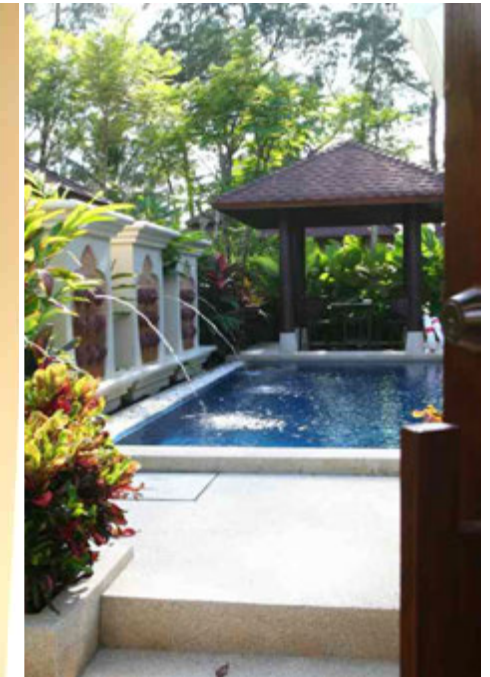
**Slumber Zone** Guests will find full relaxation in any of the 20 private pool Villas attractively designed in contemporary Thai and modern style, including six Beach Front Suite Pool Villas to choose from.

**Signature Spa Zone** One of the highlights here is the Therapeutic Massage, concentrating on specific areas of tension and using reflexology to balance the body's energy centers. Its therapeutic effect acts directly on the body's muscular, nervous and circulatory system.



**Bundarika**  
Phuket

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Fax: +66 (0) 76 317 299  
Email: whitelotus@bundarika.com  
www.bundarika.com







# Hiranyikara

**Relaxation Zone** In a tranquil setting 20 minutes from Patong beach, Hiranyikara is the first Spa that offers treatments aimed specifically at men, though they also welcome female clients. Located in a spacious house renovated in contemporary Thai style, this is the perfect place to unwind and recharge your batteries.

**Pampering Zone** Hiranyikara boasts four private massage rooms, three jacuzzi suites, a foot massage room, an outdoor treatment sala, a salon, a Thai Herbal steam room and a swimming pool. To make sure you get the most out of your spa experience, experienced male spa-consultants greet you with a drink and guide you through a

comprehensive menu of treatment options that range from tension draining deep-tissue massage, to body wraps and scrubs that leave you radiant.

**Signature Spa Zone** Awaken your sensuality - the Hot Desire treatment starts with an aromatic Thai Herbal Sauna, then a cooling dip in the pool followed by a Ginger Body Cream Scrub and finished with the Aroma Hiranyikara Massage; a combination of traditional Thai and Swedish massage using custom blended invigorating massage oil.



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Email: [info@hiranyikara.com](mailto:info@hiranyikara.com)  
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# Pimalai Spa

**Relaxation Zone** Inspired by the concept of a Thai village, the spa's seven charming thatch roofed salas blend comfortably with the natural beauty of the surrounding tropical rainforest. A breezy open-air pavilion sets the stage for Traditional Thai massages.

**Pampering Zone** You'll enjoy invigorating body relief with the Oriental Fusion massage, which combines Traditional Thai massage techniques with aromatic oils, using deep tissue and pressure point massage techniques to alleviate muscle aches.

**Dining Zone** Among the many tantalizing menu selections, the one not to be missed is the Pla Kapong Lui Suan, a signature Thai classical seafood dish at the resort's Seven

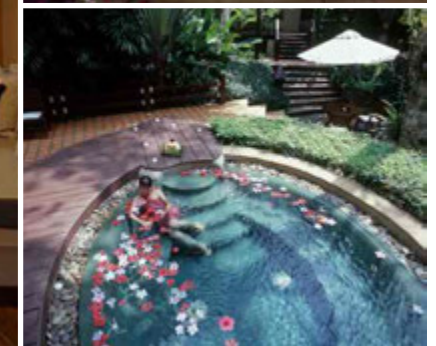
Seas Wine Bar & Restaurant.

**Slumber Zone** The most memorable experience can be had at the Pimalai Pool Villa, set among natural surroundings, a spectacular ocean view from your own private infinity pool, plus a sensuous spa treatment in your own spa sala mid total privacy.

**Signature Spa Zone** Guests always report that the most memorable part of the Pimalai experience is the genuinely friendly service given here! For the most romantic spa treat, experience the Royal Siam Massage, an intimate natural rejuvenating package for couples.



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E-mail: reservation@pimalai.com  
www.pimalai.com





# Nakamanda Resort & Spa

**Relaxation Zone** The deep blue sea, swimming pool and a world of greenery is what you'll see from each private treatment room at the Naga Spa while you lie on your spa bed getting wonderfully massaged and oiled.

**Pampering Zone** The treatments and therapies at the Naga Spa are inspired by Balinese wellness and harmony, in a modern, state-of-the-art spa environment offering private treatment rooms with reflecting pools adding a shimmering dimension to each space.

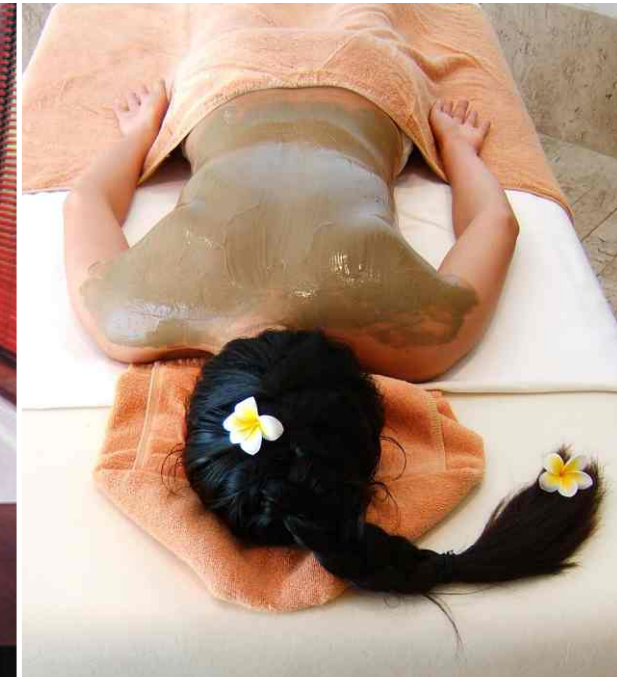
**Dining Zone** The luxurious spa treatments are accompanied by healthy and refreshing Thai Herbal Drinks.

**Slumber Zone** There are three relaxing rooms types to choose from the Sala Villa, Jacuzzi Villa for sensuous soaks, and Pool Villa so you can swim in total privacy.

**Signature Spa Zone** The signature body treats here are the deeply relaxing Nakara Massage to unwind all tensions from aching muscles, and the longer and more Naga Package for all-out indulgence.



**Nakamanda Resort & Spa**  
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Email: [info@nakamanda.com](mailto:info@nakamanda.com)  
[www.nakamanda.com](http://www.nakamanda.com)





# Phi Phi Island Village Beach Resort & Spa

**Relaxation Zone** This is the place for a real island getaway, far from the urban bustle on romantic Phi Phi Island. This four & half star boutique beach resort has 800 metres of private beach, and is well-serviced with hillside pool villas, plus three restaurants, four bars, an infinity pool, spa, fitness centre, gift shop, internet cafe, plus diving, snorkelling and tennis.

**Pampering Zone** The perfect place to end a day of sun and sea is the Wana Spa, where the menu offers a full range of treatments including Traditional Thai massage, body wraps, body scrubs, facials, steam room, and sauna.

**Slumber Zone** Guests can choose to stay in a range of rooms including secluded Hillside Pool Villas with seaviews, Junior Suites with Jacuzzi bath, and Deluxe and Superior Bungalows with either sea or garden views.

**Signature Spa Zone** For a perfect romantic retreat, love birds should share in the signature Couples Caress Package with two hours of sheer indulgence, or the couple's Creamy Moon Package with 3 hours and 45 minutes of blissful body pampering to leave you happy and radiant.



**Phi Phi Island Village Beach Resort & Spa**  
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# Ban Sabai Sunset Beach Resort & Spa

**Relaxation Zone** This new luxury boutique spa resort offers Garden Villas, Beach Front Villas, a Sunset Beach, two Restaurants, Spa facilities, Gym House, Salt-Chlorinated Pool, and a unique Sauna World with Steam Cave, Ice Cave, Hot & Dry Pine Room, Aroma Cave and Ice Pond.

**Pampering Zone** Massages hit a high note here, with the most popular choices being the Classic Thai Massage, Hot Stone Massage, and spa packages ranging from 2–5 hours.

**Dining Zone** The resort's two restaurants offer Thai and International Cuisine, Health Cuisine, and the signature Dala Flower Salad

**Slumber Zone** You'll be spoiled for choice with rooms ranging from Sunset Room with

Sea view and Jacuzzi; Garden Villa with Private Garden, Sala, Plunge Pool, Open Air Bathroom, and Beachfront Villa with Private Garden and Sea view, Plunge Pool, Open Air Bathroom, Bedroom & Living room. All rooms have Home Cinema System, DVD Player, Minibar.

**Signature Spa Zone** The Spa & Healthy Dining Package provides nurturing and nourishment, starting with an afternoon body scrub followed by Aroma Oil or Herbal Steam Massage, and choice of Thai Herbal Facial or Foot Massage. Afterwards a sunset walk leads you to the restaurant for a healthy four-course Thai meal.



**Ban Sabai Sunset Beach Resort & Spa**  
126/9 Moo 3, Taling Ngam, Ko Samui,  
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Tel: +66 (0) 77 428 200  
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[www.ban-sabai.com](http://www.ban-sabai.com)



# Ban Sabai Big Buddha Resort & Spa



**Relaxation Zone** Getting massaged in the two authentic wooden Thai houses from Ayutthaya, delightfully nestled in a tropical garden located right on Big Buddha Beach will give you lasting memories to take home afterwards.

**Pampering Zone** Feel-good treatments include Classic Thai Massage, Hot Stone Massage, and Detox and Rejuvenation Packages. Guests departing on late flights can take the shuttle to the sister Ban Sabai Sunset Beach Resort & Spa where they can relax before the flight.

**Signature Spa Zone** Go all out with the Ratree Package which takes place in an open air beachside sala where the natural sea

breeze adds to the choice of Body Masque/Wrap, Aroma Oil or Herbal Steam Massage, Facial or Foot Massage.



**Ban Sabai Big Buddha Resort & Spa**  
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[www.ban-sabai.com](http://www.ban-sabai.com)





# Thalasso Spa

**Relaxation Zone** A pair of exotic old Thai wooden houses in the classic Ayutthaya style create an old-world atmosphere at this relaxing island spa, along with herbal steam rooms, Jacuzzi tubs and an outdoor massage sala providing an al fresco option for those who love to be close to nature.

**Pampering Zone** Scrub, stroke and steam are the best techniques to soothe your aching body with the 90-minute Peninsula Experience which begins with a body scrub of your choice followed by a Siamese body massage and finished with a steamed thermal Thalasso compress to soothe muscle ache and stimulate the circulation.

**Slumber Zone** The Samui Peninsula Resort

& Spa has a wide selection of comfortable, well appointed rooms that offer a tranquil place to chill out on secluded Bo Phut beach on the island's quiet north shore.

**Signature Spa Zone** The unforgettable Top to Toe treatment is an amazing five-hour full body spa experience starting with a Thai herbal steam and detox Jacuzzi bath followed by your choice of a body scrub, body wrap, one-hour body massage and a facial treatment and finished with a relaxing foot massage.



**Thalasso Spa**, Samui Peninsula Resort & Spa  
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# Escape Spa



**Relaxation Zone** This resort spa offers 10 treatment rooms offering a full range of massages, body scrubs, body wraps, spa packages, beauty, and bath treatments.

**Pampering Zone** Natural is the best way with the refreshing Herbal Scrub made from the spa's unique all-natural Thai herbal recipe, followed by a moisturizing lotion. For the face, a natural Thai herbal Facial includes a cleanse, scrub, mask and moisturiser to brighten the complexion.

**Slumber Zone** The resort's 145 cottages and Thai-style, The low-rise buildings and cottages are arranged in a village-style layout each offering a private terrace overlooking the garden or pool, just a short walk away

from the restaurants and entertainment in the heart of lively Chaweng Beach.

**Signature Spa Zone** Your body will feel and look as good as new after you get the Fusion Massage and Super Hydra Face, Neck and Eyes Treatment.



**Escape Spa**, Chaweng Regent Beach Resort  
155/4 Moo 2, Bophut, Ko Samui, Thailand.  
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[www.chawengregent.com](http://www.chawengregent.com)





# Anodas Spa

**Relaxation Zone** Discover the joys of self indulgence at The Anodas Spa where an extensive range of both Eastern and Western spa and beauty treatment are available in an lush environment that seeks to bring it's clients closer to nature with a range of natural spa products using fresh herbs and plants, and blissful open air treatment rooms.

**Pampering Zone** A wide range of traditional Thai treatments are available alongside other Eastern healing traditions from facial and foot massages to the full body tune up of the Royal Nora Thai Massage which focuses on loosening joints, relaxing muscles and stimulating pressure to leave you both relaxed and revitalised.

**Dining Zone** The experienced chef at the Nora makes use of the freshest local ingredients including fruit and vegetables grown in the hotel's own garden and seafood fresh from the ocean to prepare a delicious menu of Thai and Western foods to feed body and soul.

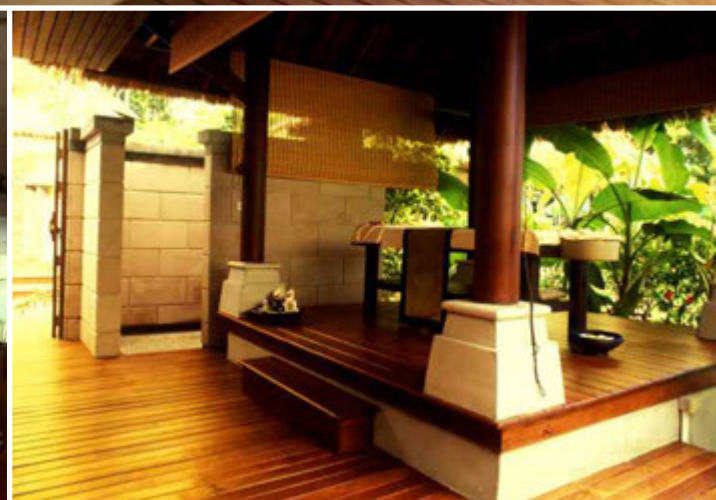
**Slumber Zone** Book an Ocean Pool Villa private plunge pool, airy living quarters, an impossibly romantic four-poster bed and a view over the ridiculously blue waters and white sand beach ensures an unforgettable stay.

**Signature Spa Zone** Nora is the perfect place for honeymooners who universally recommend the Anodas Romance Bath - a

90-minute chance to commune with your loved one by sharing a soothing massage before bathing a deux in a pool enriched with essential oils and milk and flowers.



**Anodas Spa**, Nora Beach Resort & Spa  
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[www.norabeachresort.com](http://www.norabeachresort.com)





# Kandaburi Resort & Spa

**Relaxation Zone** Located in a boutique resort on Samui's quiet north coast, this small, intimate spa offers a range of massages within the privacy of four massage rooms including two VIP suites with Jacuzzi and sauna, plus the option of an open air Traditional Thai Massage by the pool.

**Pampering Zone** Among a selection of massages including aromatherapy, Swedish, and reflexology, the spa's signature therapy is the Kandaburi Deluxe Massage, two hours of pampering beginning with warm towels soaked with herbs applied all over the body. Developed from Traditional Thai Massage, Swedish massage and other techniques, it is applied in rhythmic movements using thumbs, palms and elbows to leave you

energized and refreshed.

**Dining Zone** The international spa cuisine menu features some healthy, light seafood selections such as Shrimp Martini, Poached Shrimps with Orange –Ginger Sauce, Baked Fish Fillet with Fresh Feta – Tomato Salsa, Saut?ed Penne and Tropical Fresh fruits in Soy Milk Curds to keep your body balanced on the inside as well.

**Slumber Zone** The Kandaburi boasts the largest and most comfortable Deluxe and Superior rooms on Koh Samui, and a range of rooms options including six Family Suites, two spacious Honeymoon Suites, with almost 90% of the rooms offering sea views.

**Signature Spa Zone** Women guests will delight in the unique Bust Firming Treatment,

containing mineral-rich seaweed, Spirulina, Horsetail and silicon, combined with the firming and toning properties of Ivy and Biomembrane of yeast help to improve the skin's elasticity and firmness, especially after pregnancy or dieting.



**Kandaburi Resort & Spa**  
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**Email** kdbrsvn@katagroup.com  
**www.kandaburi.com**







# Chakra Spa

**Relaxation Zone** Nestled in a stunning tropical cove that rises gracefully from the blue seas and golden sands of Samui, Karma is a showcase of contemporary architecture, seamlessly blending East and West.

**Pampering Zone** Chakra Spa offers an excellent selection of Thai and Ayurvedic massages, body polishes, wraps, and facials, with a focus on balancing elements and energies and restoring mind/body harmony. Chakra Spa treatments can be enjoyed either in the privacy of one's own villa or at the Chakra Spa centre and individually tailored holistic regimes can be catered for at all levels to achieve the desired level of well-being.

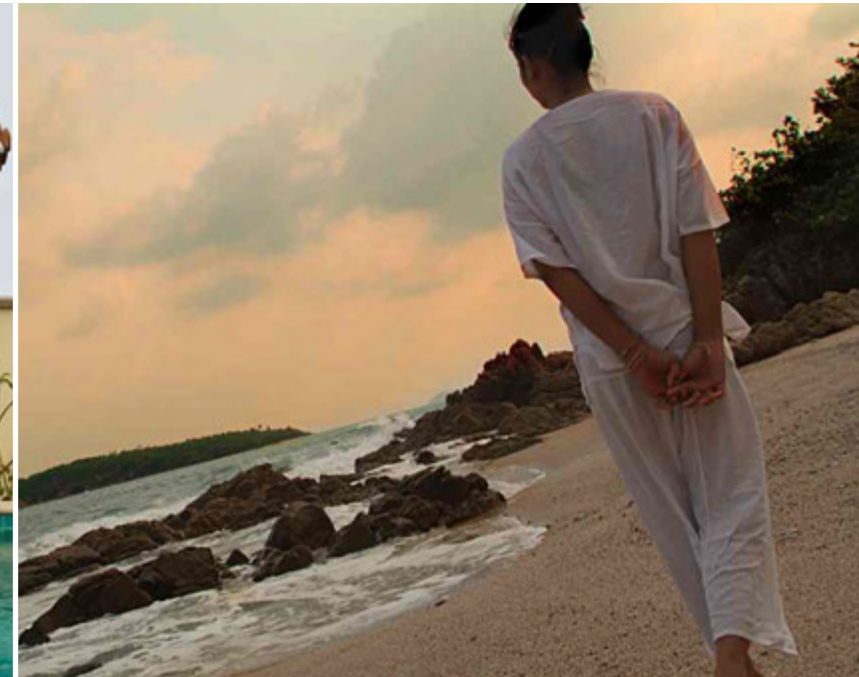
**Slumber Zone** One-, Two-, Three- and Four-bedroom pool villas capture commanding ocean views of the Gulf of Thailand as they cascade down to the radiant blue waters of the sea. Expansive pavilions in each villa are open plan with a fully equipped kitchen, dining and lounge areas. Cable TV/DVD, wireless surround sound and Internet connections are standard to all villas. Double doors open onto the courtyard and open-air daybed pavilion with an infinity pool that drops off to captivating ocean views.

**Signature Spa Zone** Tri-Dosha Rani is a customized facial ritual - your therapist will perform a skin analysis and create exfoliates, masks and massage techniques to bring out

the best results for your personal skin type and Dosha (Ayurvedic body type).

*Karma*  
SAMUI  
Proud to be  
"The Leading Hotels of the World"

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# The Spa

**Relaxation Zone** Tucked away in the lush hills is one of the finest facilities on the island, made up of five elegant villas with forest vistas and focusing on holistic therapies with techniques from Thai, Yogic and other Asian cultures. Retreat to indoor massage beds, two outdoor treatment beds, outdoor bathtub and showers and either a steam room or indoor rain shower. Other facilities include the relaxation sala and a Yoga Pavilion for private instruction or individual yoga sessions.

**Pampering Zone** The services are based on a fusion of techniques from the Thai, Yogic and other Asian cultures and include mother earth or "Phra Mae Toranee" and the island as a source and inspiration.

**Dining Zone** Divided into Earth, Fire and Water menus, Souls per Cibus restaurant offers nutritionally balanced, delicious cuisine that complements your Spa programme and your body's elemental balance.

**Slumber Zone** The Four Seasons is a private enclave of spacious residences, offering a haven of tropical opulence. From the one-bedroom villas freestanding villas; built on stilts with an oversized infinity swimming pool as their focal point, all the way up to the "House of the Sea" which over looks the ocean, comfortably sleeps six and comes with two private pools, the exclusive resort epitomises the luxury great escape.

**Signature Spa Zone** Therapists work with nature and the elements including synchronizing appropriate rituals with the nature's phases; the waxing phase of the Moon up to the Full Moon is the ideal time to nurture and calm the body and mind with the Space Nurture Treatment - a warm blend of mango butter, honey and sweet orange oil is generously applied and gently massaged onto the body, complemented with a scalp massage. Following a nourishing bath, two therapists in total harmony perform a Crystal Chakra Massage.



**FOUR SEASONS RESORT**  
Koh Samui, Thailand

**The Spa**, Four Seasons Resort Koh Samui  
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[www.fourseasons.com/kohsamui](http://www.fourseasons.com/kohsamui)





# The Sundays Sanctuary Resort & Spa



**Relaxation Zone** This small boutique spa resort eschews the usual hype about esoteric treatments, preferring to focus on providing a carefully chosen range of experiences tailored to the individual client's needs.

**Pampering Zone** Thai traditional massage is offered alongside detoxification massage and an ultra-soothing oil massage. Facials and body wraps are also available to leave you luminous and light inside and out.

**Dining Zone** The menu offers a good selection of light and healthy food, including an excellent choice of fish and tofu dishes.

**Slumber Zone** Built on an extensive garden site, each well-appointed bungalow enjoys a quiet sense of privacy while having access to

all the facilities of the hotel including the centrepiece swimming pool.

**Signature Spa Zone** Repeat clients are fans of the oil massage, which uses long slow strokes over the major muscle groups to soothe and invigorate and is administered using custom-blended natural oils.



**The Sundays Sanctuary Resort & Spa**  
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# Ayurveda Spa



**Relaxation Zone** At cliff top Ayurveda Spa , which derives its name from 'Essential Circles of Life' you'll be lulled to a state of calm by the sound of waves breaking below and the gentle swish of palm fronds. The spa offers a wide variety of treatments and massages, with an open air sala to catch the sea breeze during Thai massage and foot reflexology.

**Pampering Zone** Three air conditioned treatment rooms for either singles or couples are available for aromatherapy massages, facial treatments, body wraps or body scrub treatments. Menu selections include a mineral and milky bath therapy, an relaxing aromatherapy massage, or a cooling

pineapple yoghurt body scrub.

**Dining Zone** Light refreshments are served in the form of seasonal fruits, fresh juice and herbal tea. Seasonal Fruits Welcome, Fresh Juice and Herbal Tea.

**Signature Spa Zone** The beautiful backdrop of Ko Phangan's Promantic coastline is the perfect setting for the popular Ayurveda Honeymoon Couples package, a full body pampering treat to be remembered. All spa treatments use all-natural products such as aloe vera, green tea, seaweed or aromatic oils like Citrus Mint, Lavender, Ylang-Ylang and Jasmine.



**Ayurveda Spa , Santhiya Resort & Spa.**  
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# Sukko Cultural Spa & Wellness

**Relaxation Zone** With its exotic design and architecture based on the ancient kingdom of Sukhothai, Sukko Cultural Spa & Wellness is the world's first cultural spa, offering a world within a world of unique Thai cultural service in Phuket. The five-star day spa offers three categories of spa rooms and 160 treatment beds in over an amazing 12,000 m2 spa area and full wellness facilities.

**Pampering Zone** Sukko treatments are based on ancient Thai healing practices, such as traditional Thai massage, heat therapies and indigenous herbs to bring the body and mind back to a state of balance. The use of ancient herbal recipes derived from nature ensures that the spa treatments

are completely natural and free of modern synthetic ingredients.

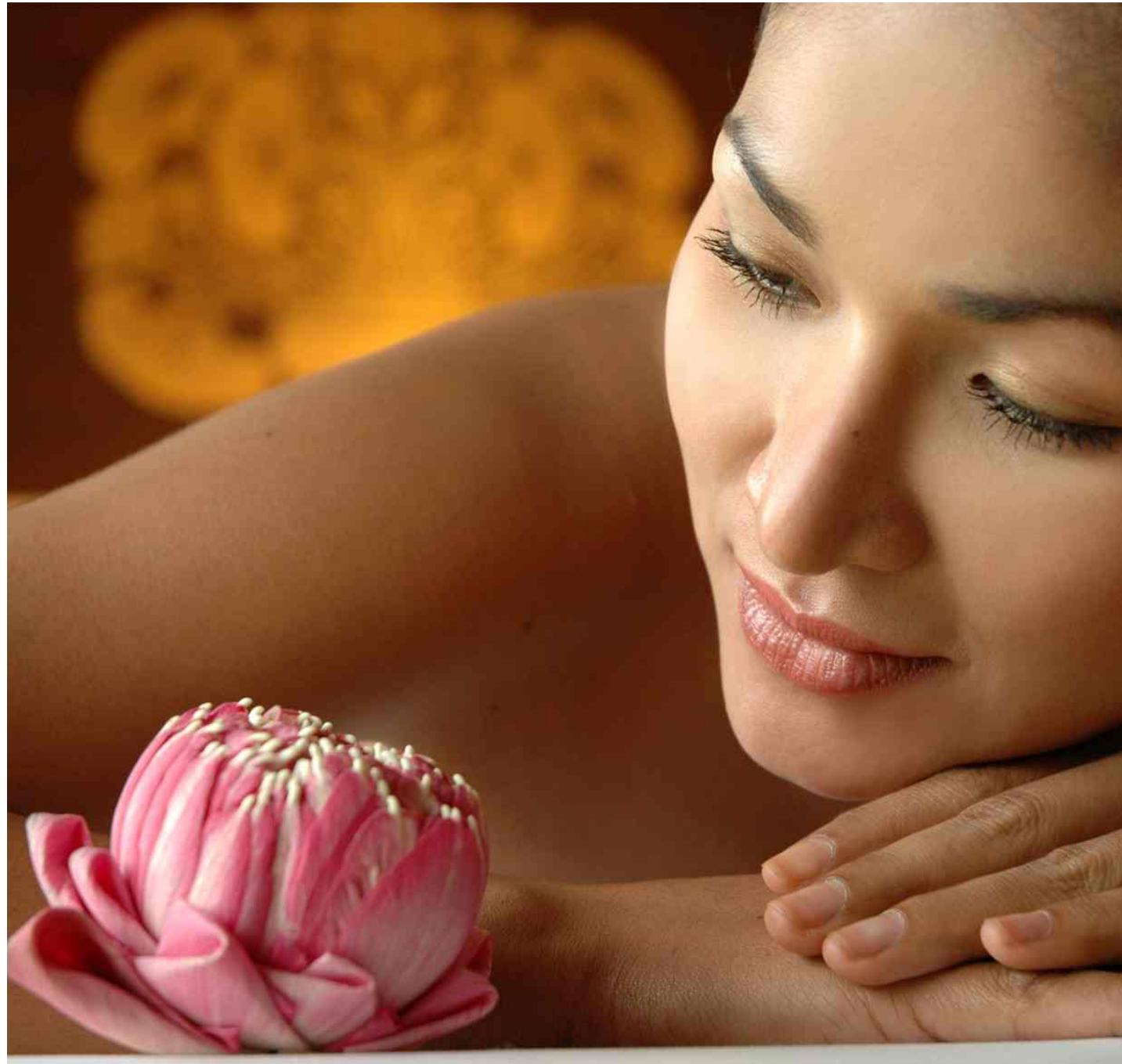
**Dining Zone** The unique Suk Savoei Spa Cuisine brings ancient recipes to life with a delectable menu of beautifully presented classic dishes, plus some specially recommended health menus such as Menu by Blood Type and Menu by Element. A cooking course on traditional Thai cuisine gives a wonderful introduction to the secrets Thai herbal health food.

**Signature Spa Zone** Nowhere else will you find the one-of-a-kind Heaven of Silk Package, inspired by Thailand's most famous handicraft product. Sukko's Royal Thai Silk Series is designed to give skin the luxuriously

soft texture of silk and helps promote the appearance of youthful skin.



**Sukko Cultural Spa & Wellness**  
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# Cheraim Spa Village

**Relaxation Zone** Offering a charming alternative to Phuket's bigger corporate hotels, Cheraim Spa is a cosy boutique spa resort made of a village of contemporary Thai-style pavilions set around a pond surrounded by lush tropical gardens to create a relaxing holiday retreat.

**Pampering Zone** Among the many massages on the menu, the most popular is the Cheraim Thai Royal Experience, consisting of Traditional Thai Massage with Herbal Compress, Herbal Scrub & Wrap, and finished with a calming Head Massage that will let you sleep like a baby.

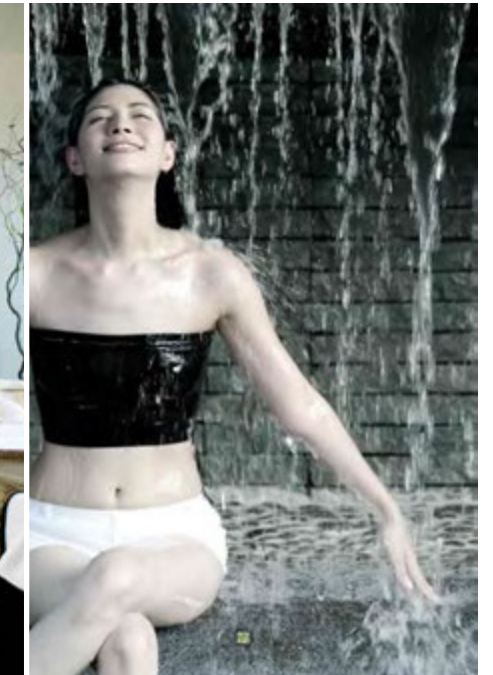
**Dining Zone** The international menu includes healthy Mediterranean choices

such as Greek Salad, fresh White Snapper with Grape Sauce, seasonal fruit, and healthy fresh fruit shakes.

**Signature Spa Zone** One of special treatments is an unusual Hot Stone Massage using coloured stones placed along the body's chakra energy points to balance and re-energize the whole body system from inside out, while the deep pressure massage releases muscle tension to provide a completely rejuvenating experience.



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# Merdeka



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**Relaxation Zone** You have the freedom to choose your paradise island destination every night. Exotic locations like Phi Phi Island, Krabi Beach, Maya Bay, Phang Nga Bay and the un-discovered Trang Islands.

**Pampering Zone** A magical cruise in the islands around Phuket and Andaman Sea. You can experience paradise without the crowds at your leisure. Because you are on an overnight cruise, you can choose where, when and what you do.

**Dining Zone** Thai cruise incorporating fresh seafood barbecue, We get most of our fresh seafood directly from the fisherman while sailing.

**Slumber Zone** During the day, be

pampered by our friendly Captain, crew and Spa Therapists. Chill out in the Jacuzzi while the sun sets over the Andaman Sea. Sleeping accommodation is two cabins, sleeping six people, but most people sleep on deck under the stars unforgettable.

**Signature Spa Zone** You can select from various spa treatments including Thai Traditional Massage, Some of the things you can do are kayaking, snorkeling, diving, swimming, beach massage activates, and beauty treatment, exploring the limestone caves by moonlight (fireflies included) or just relaxing. We can party as well up to 30 people, or have a romantic dinner for two on a deserted beach.







# Body & Mind

**Relaxation Zone** Decorated with the natural elegance of traditional Thai design and employing expertly trained therapists these days spas offer clients private treatment rooms complete with individual showers and Jacuzzi baths. Experience luxury at an affordable price.

**Pampering Zone** A full board of treatments and therapies using natural ingredients are available to suit all your needs; the Siam Ancient Herb Treatment uses traditional massage with aromatic herbal ball compresses to ease aches and pains, while aromatherapy treatments lift the mood and body scrubs and facials leave you looking rejuvenated.

**Dining Zone** Feast on a menu designed to clean and energise the body with dishes like pomelo salad, papaya salad, steamed seabass with ginger and plum sauce, and soft-shell crab with cucumber salad.

**Signature Spa Zone** Go for a glow - a radiant mind and body awaits at the end of a three-hour Secret Jasmine Rice treatment - a body scrub with Jasmine rice, an aromatherapy massage and Jasmine rice-extract facial. The Tropical Body Glow package brings sun-damaged skin back to life with a fresh coconut body scrub, a floral milk bath and an aromatherapy bath.

## Body & Mind Day spa

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# Peace Tropical Spa

**Relaxation Zone** This tranquil day spa fuses tropical and Thai style in a charming garden setting; a cascading waterfall flows through the length of the spa's hillside grounds, merging with streams crossed by rustic bridges and stone paths meandering through this lush, peaceful garden sanctuary.

**Pampering Zone** The Peace Therapy Massage is a soothing and uplifting fusion traditional Thai and oil massage, with your own choice of aroma oil. The expertly trained therapists are intuitive about your body's specific needs, so that guests feel revived, pampered, de-stressed and totally healed.

**Dining Zone** There's no spa cuisine, but each treatment starts with herbal tea made from pandanus leaves plucked fresh from the spa garden. Each treatment ends with a selection of teas and fresh fruits.

**Signature Spa Zone** The most popular treatment is the Blissful Peace menu package starting with sauna & Jacuzzi, followed with the spa's own technique of Traditional Thai Massage with a full treatment of Foot Massage using a specially formulated foot cream containing a special scent that leaves you feeling you're walking on air.



**Peace Tropical Spa, (Opposite Peace Resort).**  
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[www.peacetropicalspa.com](http://www.peacetropicalspa.com)





# Kamalaya Koh Samui

**Relaxation Zone** You'll find a special energy in this island wellness retreat, located on a hillside with lush plant life, a cascading stream and overlooking an idyllic lagoon and white sand beaches. Kamalaya was designed to be one with nature as an integral part of the guest's healing experience.

**Pampering Zone** Offering holistic medicine and complementary therapies from the East and West, Kamalaya's key concept is to promote holistic wellness - harmony in mind, body and spirit. Treatments are included from Ayurveda, Naturopathy, Traditional Chinese Medicine along with an extensive Holistic Spa menu, so you can discover the best approach to enhance your well-being.

**Dining Zone** Healthy inspired menu's include extensive vegetarian dishes as well as fresh sea-food, poultry and other delicious cuisine from East and West. A special detox menu is also offered to support Kamalaya's popular Detox and Rejuvenation programmes.

**Slumber Zone** The guest villas, suites and hillside rooms are nestled amidst the natural landscape of ancient granite boulders, streams, trees and lush plants, overlooking the pristine coastline. Asian textiles and carefully selected art pieces combine with modern amenities to create inviting and elegant interiors.

**Signature Spa Zone** Kamalaya's unique Vital Essence Oil massage combines Asian

energy principles with aromatherapy to create a memorable and harmonising experience with one of the Five Element Essential oils, specially selected to suit your constitution. Kamalaya Retreats combine breathtaking nature, healthy cuisine, inspiring teachers and nurturing therapies. Their signature 7 day retreats; Essential Detox, Yoga Synergy and Balance & Renew are held every month as well as hosted retreats with visiting specialists in yoga, health, spirituality and the Arts. Check their web site: [www.kamalaya.com](http://www.kamalaya.com) for details.



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**HONG KONG**  
  
Tourism Authority of Thailand Hong Kong Office  
Room 1901 Jardine House, 1 Connaught Place, Central, HONG KONG  
Tel: (852) 28 680 732,  
(852) 28 680 854  
Fax: (852) 28 684 585  
E-mail: tathkg@pacific.net.hk, tathkg@tat.or.th  
Website : amazingthailand.org.hk  
Area of Responsibility : Hong Kong , Macau

**BEIJING**  
  
Tourism Authority of Thailand  
Room 902, Office Tower E1, Oriental Plaza, No.1 East Chang An Avenue, Dong Cheng District, Beijing 100738. CHINA.  
Tel : (86-10) 85 183 526-29  
Fax : (86-10) 85 183 530  
E-mail: tatbjs@tat.or.th, tatbjs@sohu.com

Website: www.tatbjs.org.cn  
Area of Responsibility : People's Republic of China  
(except Hong Kong SAR, Macau SAR and Taiwan) & Mongolia

**Europe**  
  
**LONDON**  
  
Tourism Authority of Thailand  
3<sup>rd</sup> FL, Brook House, 98-99 Jermyn Street, London SW1Y 6EE, ENGLAND  
Tel: (44 207) 925 2511  
Fax: (44 207) 925 2512  
E-mail: info@thaismile.co.uk, tattuk@tat.or.th  
Area of Responsibility: United Kingdom, Ireland, South Africa, Iran, Iraq, Jordan, Lebanon, Syria and the Middle East: Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, U.A.E.

**FRANKFURT**  
  
Thailandisches Fremdenverkehrsamt  
Bethmann Street 58, D-60311 Frankfurt/M., GERMANY  
Tel : (49 69) 138 1390  
Fax: (49 69) 138 1395 0  
E-mail: info@thailandtourismus.de  
Website: www.thailandtourismus.de  
Area of Responsibility: Germany, Austria, Slovenia, Croatia,Switzerland, Liechtenstein, Romania, Yugoslavia, Bulgaria, Moldova, Macedonia, Albania, Czech Republic, Slovakia, Poland, Hungary, Bosnia-Herzegovina

**PARIS**  
  
Office National du Tourisme de Thaïlande  
90, Avenue des Champs-Elysees, 75008 Paris, FRANCE  
Tel: (33 1) 53 534 700  
Fax: (33 1) 45 637 888  
E-mail: tatpar@wanadoo.fr, tatpar@tat.or.th  
Area of Responsibility: France, Belgium, Luxembourg and the Netherlands

**ROME**  
  
Ente Nazionale per il Turismo Thailandese  
Via Barberini 68, 4<sup>th</sup> FL, 00187 Roma, ITALY  
Tel: (39 06) 42 014 422,  
(39 06) 42 014 426  
Fax: (39 06) 48 735 00  
E-mail: tat.rome@iol.it, tatrome@tat.or.th  
Area of Responsibility: Italy, Spain, Greece, Portugal, Israel, Egypt, Turkey and Cyprus

**STOCKHOLM**  
  
Tourism Authority of Thailand  
Drottninggatan 33 GF, 111 51 Stockholm , SWEDEN  
Tel: (46 8) 700 5691  
Fax: (46 8) 700 5699

E-mail: info@tourismthailand.se, tatsh@tat.or.th  
Website: www.tourismthailand.se  
Area of Responsibility: Sweden, Norway, Denmark, Finland,Iceland, Russia, Belarus, Ukraine, Georgia, Armenia, Azerbaijan, Kazakhstan, Uzbekistan, Turkmenistan, Tajikistan, Kyrgyz, Estonia,Latvia and Lithuania

**The Americas**  
  
**LOS ANGELES**  
  
Tourism Authority of Thailand  
611 North Larchmont Boulevard, 1<sup>st</sup> FL, Los Angeles, CA 90004, USA.  
Tel: (1 323) 461 9814  
Fax: (1 323) 461 9834  
E-mail: tatla@ix.netcom.com, tatla@tat.or.th  
Website: www.TourismThailand.org/la/  
Area of Responsibility: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Kansas, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oklahoma, Oregon, South Dakota, Texas,Utah, Washington, Wyoming, Guam Island and all Central and Southern America Countries

**NEW YORK**  
  
Tourism Authority of Thailand  
61 Broadway, Suite 2810  
New York, N.Y.10006, USA.  
Tel : (1 212) 432 0433  
Fax : (1 212) 269 2588  
E-mail: info@tatny.com, tatny@tat.or.th  
Area of Responsibility: Alabama, Arkansas, Connecticut, Delaware, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, New York, New Hampshire, New Jersey, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Tennessee, Vermont, Virginia, Washington D.C., West Virginia, Wisconsin, Puerto Rico and the Bahamas and Canada Countries (West Canada:Alberta,British Columbia,Manitoba,North West Territories, Saskatchewan and Yukon East Canada: Ontario, Quebec, New Brunswick, Nova Scotia and New Foundland)



Thai Spa Directory

NORTHERN

**Chiang Mai**  
**Aka Spa**  
Tel: +66 (0) 53 260 514  
contact@aka-spa.com  
www.aka-spa.com  
**Angsana Spa Green View**  
Tel: +66 (0) 53 297 716  
greenview@greenviewresort.com  
www.angsanaspachiangmai.com  
**Anida Day Spa**  
Tel: +66 (0) 53 241 074  
anidameepolkit@yahoo.com  
www.anidaspa.com  
**Aroma Oasis Spa**  
Tel: +66 (0) 53 815 000  
sales@chiangmaioasis.com  
www.chiangmaioasis.com  
**Aromavera Spa**  
Tel: +66 (0) 53 820 040  
info@cnxaromavera.com  
www.cnxaromavera.com  
**Artist Beauty & Day Spa**  
Tel: +66 (0) 53 226 690  
Prarina@hotmail.com  
www.artistspa.com  
**Ban Sabai Spa Town**  
Tel: +66 (0) 53 285 204  
town@ban-sabai.com  
www.ban-sabai.com  
**Ban Sabai Spa Village**  
Tel: +66 (0) 53 854 778-9  
village@ban-sabai.com  
www.ban-sabai.com  
**Bussaya Spa**  
Tel: +66 (0) 53 903 161-80  
Cnxplaza@locinfo.co.th  
www.cnxplaza.com  
**Chiangmai Oasis Spa, The**  
Tel: +66 (0) 53 815 000  
sales@chiangmaioasis.com

www.chiangmaioasis.com  
**Chiangmai Spa Academy**  
Tel: +66 (0) 53 241 074  
donya@loxinfo.co.th  
**Chiangmai Mai Spa Mantra**  
Tel: +66 (0) 53 226 655  
itm@itmthaimassage.com  
**Feuillage Boutique Spa**  
Tel: +66 (0) 53 277 373  
boutique\_spa@yahoo.com  
**Green Lake Spa Colonial**  
Tel: +66 (0) 53 112 809  
chmaithaispa@loxinfo.co.th  
www.greenlakechiangmai.com  
**Horizon Oasis Spa**  
Tel: +66 (0) 53 815 000  
sales@chiangmaioasis.com  
www.chiangmaioasis.com  
**Healing Rishi Spa**  
Tel: +66 (0) 53 844 828  
+66 (8) 19 331 511  
info@karunacenter.net  
www.healingrishispa.net  
**Jirung Spa**  
Tel: +66 (0) 53 861 511-3  
Reservations@jirungresort.com  
www.jirungresort.com  
**Lanna Come Spa**  
Tel: +66 (0) 53 241 074  
www.lannacomespa.com  
**Lanna Oasis Spa**  
Tel: +66 (0) 53 815 000  
sales@chiangmaioasis.com  
www.chiangmaioasis.com  
**Kalavek Health & Beauty Spa**  
Tel: +66 (0) 53 895 187-9  
info@kalavekspa.com  
www.kalavekspa.com  
**Le Spa**  
Tel: +66 (0) 53 365 318-21  
reservation@bellevillaresort.com  
www.bellevillaresort.com

**Life Up Longstay Resort & Spa**  
Tel: +66 (0) 53 354 511-20  
lifeuplongstay@loxinfo.co.th  
www.lifeuplongstay.com  
**Lotus Thai Massage & Spa**  
Tel: +66 (0) 53 212 148  
bui\_jana@hotmail.com  
**Northern Heritage Resort Golf & Spa**  
Tel: +66 (0) 53 381 000-11  
kanokwan@nhrs.co.th  
www.nhrs.co.th  
**Palm Spa Village**  
Tel: +66 (0) 53 863 129  
info@palmspavillage.com  
www.palmspavillage.com  
**Panviman Chiangmai Spa Resort**  
Tel: +66 (0) 53 879 494  
sales@panviman.com  
www.panviman.com  
**Pooklon Spa**  
Tel: +66 (0) 53 282 579  
info@pooklon.com  
www.pooklon.com  
**Sabun Nga Spa**  
Tel: +66 (0) 53 811 388  
+66 (0) 53 811 599  
ext. 4304  
chmaithaispa@loxinfo.co.th  
www.ayatana-resort.com  
**Saranrom Spa**  
Tel: +66 (0) 53 895 095  
saranrom\_spa@yahoo.com  
**Siam Spa Health & Beauty**  
Tel: +66 (0) 53 404 451  
+66 (0) 53 225 944  
ext. 2340-42  
info\_siamspa@yahoo.com  
www.siam-spa.com  
**Sinativa Spa**

Tel: +66 (0) 53 217 928  
vital7@csloxinfo.com  
www.sinativaspacub.com  
**Spa De Siam**  
Tel: +66 (0) 53 820 312  
+66 (8) 69 111 158  
**Suan Bua Hotel Resort & Spa**  
Tel: +66 (0) 53 365 270-9  
suanbua1@chmai.loxinfo.co.th  
www.suanbua.com  
**Tao Garden Wellness Retreat**  
Tel: +66 (0) 53 495 596-9  
Info@tao-garden.com  
www.tao-garden.com  
**The Spa at the Chedi Chiangmai**  
Tel: +66 (0) 53 253 431  
spa@chedi-chiangmai.com  
www.ghmhotels.com  
**The Spa Four Seasons Resort Chiang Mai**  
Tel: +66 (0) 53 298 181  
spa.chiangmai@fourseasons.com  
www.fourseasons.com/chiangmai  
**Urban Spa**  
Tel: +66 (0) 53 222 707  
+66 (8) 18 843 055  
info@urbanspathailand.com  
www.urbanspathailand.com

**Uthaihani**  
**Avatar Spa Mountain Suite**  
Tel. +66 (0) 56 596 164  
sales@avatarsuites.com  
www.avatarsuites.com

CENTRAL

**Bangkok**  
**Ananda Spa**

Tel: +66 (0) 22 557 200  
spamanager@anandaspa.net  
www.anandaspa.net  
**Aromavera Spa**  
Tel: +66 (0) 27 220 001-3  
info@aroma-vera.com  
www.aroma-vera.com  
**Arsom Sabai**  
Tel: +66 (0) 22 604 116-7  
lilly@arsomsabai.com /  
adisak@arsomsabai.com  
www.arsomsabai.com  
**Bali Spa**  
Tel: +66 (0) 22 900 125  
ext. 7940  
bali\_spa@chaphyapark.com  
www.chaophyapark.com  
**Bangkok Dermatology Center**  
Tel: +66 (0) 29 375 455  
bdc@bkkdermato.com  
www.bkkdermato.com  
**Bangkok Natural Spa**  
Tel: +66 (0)23 197 015-9  
natcha@bangkoknatural.com  
www.bangkoknaturalspa.com  
**Bann Kham Paya**  
Tel: +66 (0) 22 769 870  
khintarn@hotmail.com,  
mayree\_m@hotmail.com  
**Bannamrin Spa**  
Tel: +66 (0) 29 456 988  
+66 (8) 50 677 777  
chatlada123@hotmail.com  
www.bannumrinspa.com  
**Bio Beaute Day Spa**  
Tel: +66 (0) 26 618 661-2  
wimolrat@hotmail.com  
www.thaيدayspa.com  
**Blooming Spa**  
Tel: +66 (0) 26 438 422  
bloomspa@samart.co.th  
www.bloomingspa.com

**Body Tune (Silom) Co., Ltd.**  
Tel: +66 (0) 22 549 522  
+66 (0) 22 384 377  
bodytune@mozart.net.co.th  
www.bodytune.co.th  
**BPB Skincare & Spa**  
Tel: +66 (0) 29 471 131  
nongnuch08@hotmail.com  
**Bua Spa**  
Tel: +66 (0) 22 607 304-5  
info@buaspa.com  
www.buaspa.com  
**Bulan Spa**  
Tel: +66 (0) 26 926 551-3  
Bulan\_spa@yahoo.com  
www.emeraldhotel.com/bulan.htm  
**Centara Spa**  
Tel: +66 (0) 29 372 222  
spaops@chr.co.th  
www.centaraspa.com  
**Cha Spa**  
Tel: +66 (0) 23 817 000  
arkapol\_wyn@hotmail.com  
www.cha.co.th  
**Chamchan**  
Tel: +66 (0) 26 566 480  
ccbeauty@chamchan.co.th  
www.chamchan.co.th  
**CS Spa & Salon**  
Tel: +66 (0) 27 416 543  
charatsri@progressive-intl.com  
www.progressive-intl.com  
**CT Spa**  
Tel: +66 (0) 27 149 480-1  
info@bangkokspa.net,  
ctspalife@bangkokspa.net  
www.ctspalife.com  
**Divana Spa**  
Tel: +66 (0) 26 616 784-5  
contact@divanaspa.com  
www.divanaspa.com  
**Green Leaf Spa**

Tel: +66 (0) 26 720 230-1  
oom@greenleafspa.com  
www.greenleafspa.com  
**Guinot Spa**  
Tel: +66 (0) 27 180 845-7  
info@vivaldi.co.th  
www.vivadi.co.th  
**Harmony Spa**  
Tel: +66 (0) 26 556 649  
info@aimbeauty.com  
www.aimbeauty.com  
**Health Land Spa & Massage**  
Tel: +66 (0) 28 824 888  
+66 (0) 28 861 201  
khunpailin@hotmail.com  
www.healthlandspa.com  
**Herbnara Spa**  
Tel: +66 (0) 27 129 509  
info@spaherbnara.com  
www.spaherbnara.com  
**Imperial Health and Spa**  
Tel: +66 (0) 22 619 000  
ext. 5959  
shelida@imperial-spa.com  
www.imperial-spa.com  
**Institute Clarins**  
Tel: +66 (0) 22 297 000  
tiprara@cmg.co.th  
www.cmg.co.th  
**JW's Health Club and Spa**  
Tel: +66 (0) 26 567 700  
jwmariottbkk@maginet.com  
http://marriott.com  
**Leela Thai Herbal Spa**  
Tel: +66 (0) 26 793 511-2  
contact@leelathaispa.com  
Www.leelathaispa.com  
**Lotus Spa**  
Tel: +66 (0) 22 470 123  
avatarspaltd@yahoo.com  
**Magic Spa**  
Tel: +66 (0) 29 567 700

magic\_spa@hotmail.com  
**Mandara Spa, Anantara Spa**  
Tel: +66 (0) 23 815 340  
+66 (0) 23 815 346  
ms\_mepa@minornet.com  
www.mspa-international.com  
**Nakornthon Thai Medical Spa**  
Tel: +66 (0) 24 165 454  
pr@nakornthon.com  
www.nakornthon.com  
**Neroli Massage and Spa**  
Tel: +66 (0) 24 531 021-3  
nerolispa@gmail.com  
**Neva Spa**  
Tel: +66 (0) 22 621 234  
nevaspa@windsorsuiteshotel.com  
www.windsorsuiteshotel.com  
**Ours Spa**  
Tel: +66 (0) 22 030 946  
ourspa@gmail.com  
**Palm Herbal Retreat**  
Tel: +66 (0) 23 913 254  
palmherbal2002@hotmail.com  
www.palmherbalspa.co.th  
**Paradis Day Spa**  
Tel: +66 (0) 26 329 730  
manager@spacomplex.com  
www.spacomplex.com  
**Potalai, the Thai Wellness Center**  
Tel: +66 (0) 25 081 238-49  
seles@potalai.com  
www.potalai.com  
**Princess Beauty Spa**  
Tel: +66 (0) 25 593 276-8  
princess-spa@gmx.net  
www.princess-beauty.com  
**Pruksarak Thai Spa**  
Tel: +66 (0) 29 481 004  
mongkung@loxinfo.co.th



Thai Spa Directory

Qi Shiseido Salon & Spa

Tel: +66 (0) 22 617 321-2  
shiseido@shiseidopro.co.th  
www.shisheidopro.co.th

Royal Health Spa

Tel: +66 (0) 26 560 444  
ext. 6270-71  
rhspa@ihgbangkok.com  
Rakgaya Spa  
Tel: +66 (0) 28 789 701-9  
rattana8888@hotmail.com  
www.wegret.com

S Medical Spa

Tel: +66 (0) 22 531 010  
pakpilai@smedspa.com  
www.smedspa.com

Seasons Spa

Tel: +66 (0) 26 909 355  
sspa@conradbangkok.com  
www.conradbangkok.com

Seven Eden Spa

Tel: +66 (0) 22 662 345  
seveneden@sisirathorn.com  
www.sisirathorn.com/seveneden/  
Siam @ Siam

Design Hotel & Spa (Spa 10)

Tel: +66 (0) 22 173 000  
spa@siamatsiam.com  
www.siamatsiam.com

Sirium Beauty Spa

Tel: +66 (0) 21 962 033-7  
info@siriumbeauty.com  
www.siriumbeauty.com

Six Senses Spas

Tel: +66 (0) 26 319 777  
jamie@sixsenses.com  
www.sixsensespas.com

Spa 1930

Tel: +66 (0) 22 548 606  
contact@spa1930.com  
www.spa1930.com

Sukhothai & Wellness Center

Tel: +66 (0) 22 436 697  
www.sukhothaisha.net

The Best Beauty & Spa

Tel: +66 (0) 22 548 162-3  
amethyst\_thai@hotmail.com

The Oriental Spa

Tel: +66 (0) 24 397 613-4  
orbkk-spa@mohg.com  
www.mandarinoriental.com

The Purple Spa

Tel: +66 (0) 22 614 428-9  
info@purple.co.th  
www.purple.co.th

The Royal Natural Spa

Tel: +66 (0) 26 371 032-3  
info@royalnaturalspa.com  
www.royalnaturalspa.com

The Spavilladom

Tel: +66 (0) 29 563 680-2  
mg@spavilladom.com,  
www.spavilladom.com

Time Health & Spa

Tel: +66 (0) 29 539 706-8  
Tria Integrative Wellness  
Tel: +66 (0) 26 414 443

jeff@traintegrativewellness.com

www.traintegrativewellness.com  
Vareena Spa  
Tel: +66 (0) 22 078 450  
spaovation@loxinfo.co.th

Warrina Health Spa

Tel: +66 (0) 23 822 111-6  
info@warrinaspa.com  
www.warrinaspa.com

Zense of Joy Spa

Tel: +66 (0) 22 614 500  
kanjana@zenseofjoy.com  
www.zenseofjoy.com

Chantaburi

Faasai Resort and Spa  
Tel: +66 (0) 39 417 404

info@faasai.com  
www.faasai.com

Chonburi

Cliff Spa

Tel: +66 (0) 38 250 421  
ext. 2828,2829  
info@cliffspathailand.com  
www.cliffspathailand.com

Hard Rock Spa Pattaya

Tel: +66 (0) 38 428 755  
mgrspa.pty@hardrockhotels.net  
www.hardrockhotels.net

Raintree Spa

Tel: +66 (0) 26 512 206-7  
info@raintreespa.net  
www.raintreespa.net

Ramburi Spa

Tel: +66 (0) 38 322 700-28  
admin@citysriracha.com  
www.citysriracha.com

Scandinavian Village

Tel: +66 (0) 38 399 100  
pontus@scandinavianvillage.com  
www.scandinavianvillage.com

Silavadee Spa

Tel: +66 (0) 38 371 447-8  
info@spasilavadee.com ,  
ku40201592@yahoo.com

www.spasilavadee.com

Sugar Hut Resort & Spa

Tel: +66 (0) 38 364 186  
+66 (0) 38 252 686  
sugarhut@cnet.th  
www.sugar-hut.com

Nakonratchasima

Cliff Cottage Country Spa

Tel: +66 (0) 44 228 407-8  
peggy.p@villagefarm.co.th  
pathhita@villagefarm.co.th  
contact@villagefarm.co.th

www.villagefarm.co.th

Maya Spa, Kirimaya

Tel: +66 (0) 44 426 000  
anongrut@kirimaya.com  
www.kirimaya.com

Pathumthani

Body Slim

Tel: +66 (0) 29 476 077-8  
bodyslim\_1995@yahoo.com

St.Carlos Medical Spa

Tel: +66 (0) 29 756 700  
stcarlos@stcarlos.com  
www.smedspa.com

Petchaburi

Springfield Village Golf & Spa

Tel: +66 (0) 32 709 222  
spavillage@springfieldresort.com  
www.springfieldresort.com

Coral Spa in Fisherman

Village Resort  
Tel: +66 (0) 32 441 370  
krod@fishermanvillage.net  
www.fishermanvillage.net

Sea Spa

Tel: +66 (0) 32 508 333  
patrick@loxinfo.co.th

Phitsanulok

Wanathara

Health Resort & Spa

Tel: +66 (0) 55 293 411-4  
reservation@wanathara.com  
www.wanathara.com

Prachuab Khirikhan

Praewa Spa

Tel: +66 (0) 32 516 223-4  
+66 (8) 10 109 595  
ruenkaew@ruenkaewspa.com  
www.ruenkaewspa.com

Chiva-Som International  
Health Resorts

Tel: +66 (0) 27 116 900-12  
joy.menzies@chivasom.com;  
prapapan.p@chivasom.com  
www.chivasom.com

S'mor Spa

Tel: +66 (0) 32 536 800  
www.smorspahuahin.com

The Spa Hilton-Hua Hin

Tel: +66 (0) 32 538 999  
thespa\_huahin@hilton.com

Samut Songkram

Suphannika Spa

Tel: +66 (0) 34 752 222  
reservations@baanamphawa.com  
www.baanamphawa.com

Trat

Gajapuri Resort & Spa

Tel: +66 (0) 27 137 688  
suladda@gmsauce.com  
www.gajapuri.com

Home of Spa

Tel: +66 (0) 39 303 300-1  
+66 (8) 13 71 6 172  
sudarat\_05@yahoo.com

Ban Poo Resort Ltd., Part.

Tel: +66 (0) 39 542 355-6  
+66 (0) 39 512 400  
contact@banpuresortandspa.com  
www.banpuresortandspa.com

Udon Thani

Patravalin Massage & Spa

Tel: +66 (0) 42 223 915  
www.udonmap.com/patravalin

SOUTHERN

Krabi

Adora Spa

Tel: +66 (0) 75 620 028-46  
adora@maritimeparkandspa.com  
www.maritimeparklandspa.com

Andaman Herbal Spa

Tel: +66 (0) 75 695 420  
Andamanee  
Boutique Resort & Spa

Tel: +66 (0) 75 622 048  
+66 (0) 75 623 718  
Ao Nang Prince Ville Resort

Tel: +66 (0) 75 637 971-3

aonangprinceville@yahoo.com

www.aonangprinceville.com

Ao Nang Sunset Hotel

Tel: +66 (0) 75 637 441-2  
info@aonangsunset.com  
www.aonangsunset.com

Ao Nang Villa Resort

Tel: +66 (0) 75 637 270-4  
info@aonangvilla.com  
www.aonangvilla.com

Boossabakorn

Spa and Beauty  
Tel: +66 (0) 75 695 615  
boossabakornspa@yahoo.com  
www.boossabakornspa.com

Cha-Da Beach Resort & Spa

Tel: +66 (0) 22 754 397  
www.chadabeach-lantacom

Golden Beach Resort

Tel: +66 (0) 75 637 870  
thaigolden@loxinfo.com  
www.goldenbeach-resort.com

Kantawan Spa (Notiko)

Tel: +66 (0) 75 623 362  
+66 (0) 75 663 773  
info@kantawanspa.com  
www.Kantawanspa.com

Krabi Royal Hotel

Tel: +66 (0) 75 611 582-4  
krabiroyalinkrabi@hotmail.com

Lantasand Resort & Spa

Tel: +66 (0) 75 684 633-6  
lanta@lantasand.com  
www.lantasand.com

Layana Resort & Spa

Tel: +66 (0) 75 607 100  
resa@layanaresort.com  
www.layanaresort.com

Lila

Tel: +66 (0) 75 637 990-2  
ext. 3004  
Maritime Park & Spa Resort

Tel: +66 (0) 75 620 028-46

maritime@maritimeparkandspa.com

www.maritimeparklandspa.com

Nakamanda Resort & Spa

Tel: +66 (0) 75 628 200  
info@nakamanda.com  
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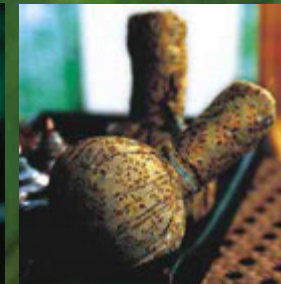
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