



# Spa Retreats





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## Thailand, the Paradise for Spa Lovers

Thailand is known as one of the leading spa destinations for both the health-conscious and those seeking relaxation. A combination of a long history of traditional medicine, inimitable hospitality, and efficiency affords Thailand a reputation as a leading wellness sanctuary.

People in Thailand have long enjoyed healthy and happy life due to their easy-going lifestyle, positive attitudes, and the use of natural methods and ingredients in the promotion of health and wellness. The country offers spa-lovers a diversity of delightful tropical destinations and an abundance of herbs and therapeutic plants with healing powers. These factors, combined with Thai people's ability to use their local wisdom along with contemporary techniques and treatments, create an exquisite spa experience.

Spas in Thailand feature a comprehensive array of revitalising treatments and therapeutic programmes that lead to balanced physical and mental wellness. No matter what type of spa treatment it is, the element of Thai Hospitality is always a key ingredient that makes the spa experience in Thailand an unrivalled pleasure of pampering. The smiling faces, sweet gestures, or simply the gentleness – the unique attribute of Thai Hospitality makes the spa experience in Thailand different from anywhere else in the world.

The concept of spas in Thailand has evolved over time, and nowadays the kingdom is endowed with fully integrated health and wellness centres that offer holistic healing, medical-oriented services, and ultimate pampering packages. Treat yourself to the sweet indulgence of an unforgettable spa experience in Thailand and discover what makes Thailand a paradise for spa-lovers.



## The astonishing array of Spas in Thailand

Good health and wellness are a result of a healthy body and peace of mind. Spa retreats in Thailand help bring your body, mind, and soul into balance. Endowed with natural resources, skillful staff, and a variety of traditional and modern techniques, Thailand provides spa-lovers with an astonishing array of spas to meet the needs of everyone, whether the purpose is for relaxation, rejuvenation, or detoxification.

### *Beauty and Body-pampering Spa*

Beauty and body-pampering spas catering for the revitalisation and restoration of your physique are one of the most common types of spa services. Treatments to nurture your glowing beauty through natural

ingredients; such as, body wraps, body scrubs, and floral or milky baths, are used to cleanse, exfoliate, and moisturise your skin. These treatments are followed by steam or saunas, facials, and hair spas and scalp massages, as well as manicures and pedicures, to create a long-lasting beauty that shines from head to toe.

### *Medical Spa*

Thailand is recognised as a leading health hub and lives up this reputation by offering a choice of medical spas to visitors who opt for a healthy lifestyle, even when on holiday. Thailand boasts many spa facilities that provide various medical treatments from different parts of the world and from different eras to fulfill everyone's needs. Fasting, detoxification, colon hydrotherapy, weight management, and lymphatic drainage massage are popular programmes in which the digestive system is cleansed, toxins are removed, and immune systems are enhanced, leaving you feeling revitalised and purified. Those looking for alternative therapies can find treatments; such as, acupuncture, homeopathy, and naturopathy that help various conditions.

### *Day Spa*

A visit to a day spa allows visitors to unwind body and soul and experience true moments of relaxation. The variety of massages available to ease muscular tension, relieve chronic aches, and improve flexibility includes traditional Thai massage, Swedish massage, Ayurvedic massage, hot oil massage, and deep tissue massage. Those who have just played sports or got off a long flight also can enjoy the relaxation of their tight muscles with a sports massage and/or jet lag massage. Day spas' menus also features several types of therapy that restore the balance of body, mind, and spirit; such as, aromatherapy, hydrotherapy, Tibetan sound therapy, Shirodhara and Chakra therapies, and warm stone therapy.

### *Destination Spa*

Destination spas in Thailand incorporate full health and beauty services and provide visitors with the opportunity to experience glowing inner and outer well-being. Featuring standard massages, therapies, and other spa programmes, destination spas introduce visitors to physical and spiritual



retreats amidst tranquil surroundings. Visitors can gain a sense of inner peace and harmony through a diverse selection of classes ranging from yoga to Pilates, Chi Kung, Tai Chi, Reiki and meditation. A healthy diet is also a part of holistic health treatments and visitors can find an impressive range of delicious spa cuisines to satisfy their appetite in a healthy way. Whether it is organic food, macrobiotics, or vegetarian, these culinary delights not only contain tremendous nutritional properties but they are also prepared by chefs who innovatively blend healthy and mouth-watering dishes to provide spa-goers with the finest dining experiences.

**Resort & Hotel Spa**

Apart from providing accommodation with impeccable hospitality, most of the resorts and hotels in Thailand also pamper patrons with spa services for both in-house and walk-in guests. Whether the accommodation is situated in the middle of a bustling city or nestled in the midst of natural beauty, visitors can enjoy a diversity of blissful spa experiences. Resort and hotel spas in Thailand offer to take visitors on a journey that enables them to relax the body, soothe the mind, and revitalise the soul, in the comfort of luxurious accommodation.

**Cruise Ship Spa**

Thailand expands the concept of spa service to accommodate those who prefer an exclusively luxurious spa experience with cruise ship spas. These provide visitors with distinct spa experiences that enhance the enjoyment and excitement of cruising. A wide array of spa treatments and massages, along with nutritious and scrumptious meals, makes for an unforgettable journey.

**Spa Cuisine**

Renowned for its exotic culinary delights, Thailand offers spa visitors several selections of balanced, nutritious, and delicious menus. The innovative range of spa cuisine in Thailand includes low-fat, low-calorie meals, vegetarian food, organic food, and macrobiotics. Fresh seafood, meats, vegetables, fruits, herbs, and spices are available, providing a combination of healthy and mouth-watering dishes.





## Exotic Cultural Heritages

The essence of traditional Thai living lies in the use of natural resources and valuable local wisdom. Thai herbs are gifts from nature that have played an important role in the health and beauty of Thai people for centuries, and the ancient wisdom of their use and benefits has been passed on from generation to generation. The blend of Thai herbs, everyday practices, and the invaluable legacy of traditional Thai massage have made Thai spas famous all around the world.

### ***Commoner Thai Massage***

Massage has been an art passed on in many Thai families for a long time. In the past, the purpose of massage was for children to provide comfort to the elderly. Nowadays, commoner Thai massage is by far the most popular form of traditional Thai massage and it is practised all over the world. Wat Pho, located in Bangkok, is a temple famous as the birthplace for traditional Thai massage and visitors can get a massage at the centre or take courses to learn this

distinctive local wisdom. Massage soothes muscular pains, relieves tension, eases sprains, and stimulates blood circulation by the application of pressure on various points of the body, kneading along nerve lines, and stretching various parts of the body from head to foot. The masseuse in commoner Thai massage not only uses hands to perform the massage, but also other parts of the body; such as, elbows, knees, and feet. The massage heals the muscular pain and tension and serves as a great approach to profound relaxation.

### ***Royal Thai Massage***

Originally offered to members of the royal family only, royal Thai massage is a variation of traditional Thai massage that has become increasingly popular. In this form of massage, it is considered inappropriate and impolite to use parts of the body; such as, knees, elbow and feet. Using only hands and fingers to apply pressure on the body's energy lines, the purpose of a royal massage is more as a treatment than for relaxation.

## ***Hot Herbal Compress***

Part of the exotic cultural heritage of Thailand is the combination of traditional Thai massage and the use of herbs in hot herbal compresses. Their use is a result of traditional Thai herbal recipes based on the healing power of natural ingredients.

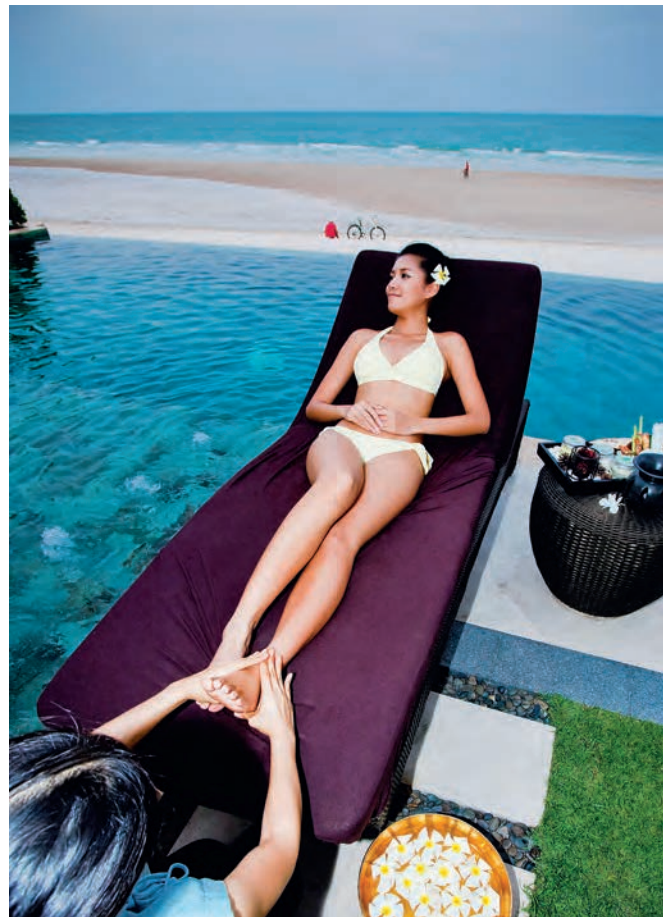
A rich blend of over 10 kinds of herbs in a herbal compress provides invigorating and relaxing effects on the body and mind. The heat from the herbal compress soothes the residual tension of the muscles after a traditional Thai massage and delivers muscular and mental relaxation. Another tremendous benefit of hot herbal compresses is their aroma-therapeutic properties resulting from the release of the essential oils of the herbs. These properties help restore the balance of mind and spirit, as well as reduce stress.

Not only are hot herbal compresses beneficial to health and wellness but they also work their magic

with beauty. The hot compresses stimulate blood circulation and help open the skin's pores to allow the therapeutic properties of the herbal mixture to penetrate to moisturise, detoxify, and enhance skin tone.

## ***Thai Foot Massage***

Traditional Thai foot massage works wonders for relaxation and stimulation but it also helps relieve discomfort throughout the entire body. The practice of Thai foot massage is complex as force is carefully and precisely applied, using hands, fingers, and sometimes a small round piece of wood called a 'foot stick,' to a specific nerve spot or pressure point on the feet and lower legs. Each pressure point of the foot is linked to other parts of the body; such as, the lungs, kidneys, or stomach. Therefore the massage helps the muscles and the vital organs of the body.



## Contorted Hermit

Contorted hermit or ruesi dat ton, literally translated as 'hermit's self-stretching,' is a form of exercise which is a part of traditional Thai medicine. This exercise originated from Wat Pho, where visitors can see the historic statues of hermits practicing exercises and various postures inscribed on the walls around the temple. This exercise involves a combination of breathing techniques and various forms of body movement; such as, stretching, bending, and twisting, from neck, to shoulders, arms, chest, stomach, waist, knees, and feet. Apart from relieving stress and muscular pain, the contorted hermit exercise also helps promote blood circulation, balance body structures, increase flexibility, strengthen and relax the body, and heal basic sickness.

## Tok Sen Lanna Massage

The Northern Region of Thailand offers a unique Lanna technique of therapeutic massage called Tok Sen. The ancient Tok Sen technique involves a herbal oil massage of the body and then tapping

along the muscles and pressure points with a special gavel made of tamarind wood. The vibrations of the repetitive tapping stimulate the flow of energy and blood circulation. The nerve system is restored into perfect balance as this traditional technique helps discard negative energy, eases muscular tension, and promotes relaxation.

## Spas for New Mothers

In the past, new mothers underwent a traditional Thai medicinal treatment called Yu Fai, translated as 'staying in the heat.' During pregnancy, a woman's body changes tremendously and her hormonal balance is altered. Yu Fai is a local wisdom that helps restore and rejuvenate the health of new mothers by combining the use of herbal elements with heated compresses and traditional Thai massage. Conducted by an expert, Yu Fai treatment consists of many stages, including herbal baths, hot herbal compresses, herbal steam, and several kinds of massage. After the session, new mothers feel stronger, the blood circulates better, the skin looks more radiant, and, most importantly, physical and mental well-being is in perfect harmony.



# Popular Spa & Wellness Retreats in Thailand

A harmonious combination of cultural heritage and diversity of geographical characteristics has made Thailand a premier spa destination. A wide selection of outstanding spa and wellness retreats is available across the country, ranging from those located in dynamic settings within vibrant cities to those in tranquil sanctuaries nestled in mountainous valleys or serene seaside getaways. No matter where in the country he or she is, a visitor discovers that the tranquility and exotic natural beauty of Thailand integrates their body, mind, and soul into perfect harmony.

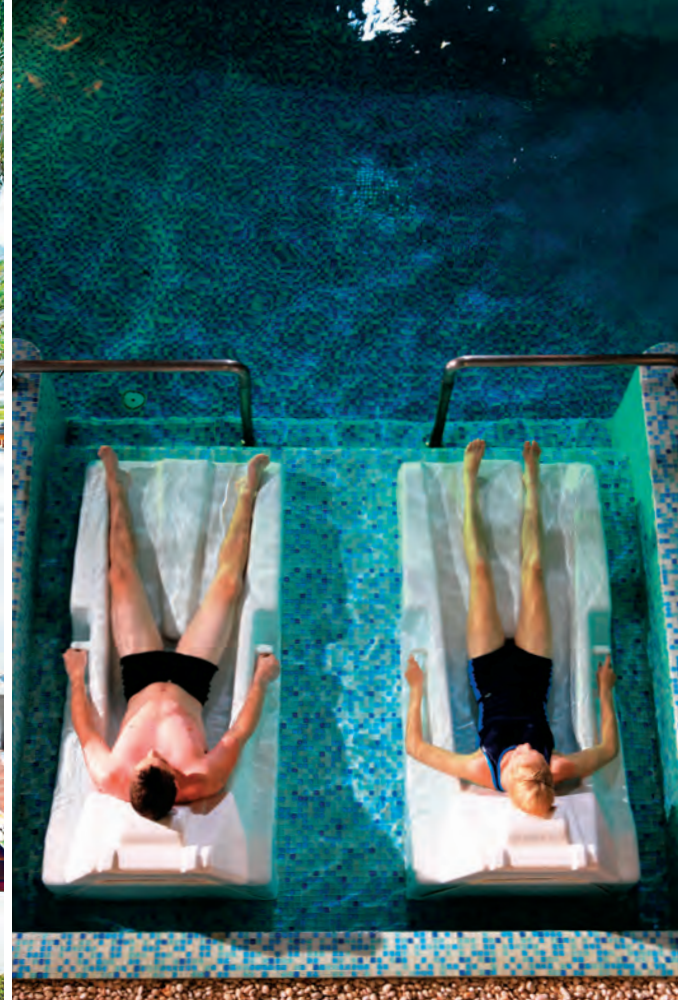
Thailand offers spa-lovers a variety of delightful destinations and the unique hospitality of the spa practitioners. The service, smiling faces, and welcoming gentleness makes for a blissful spa experience. The spa practitioners, therapists, and masseuses in Thailand are experienced professionals trained at accredited institutes and their skills and inimitable hospitality provide visitors with treatments of high standard.



## Bangkok & Nearby

Known as the City of Angels, Bangkok provides countless spa facilities for visitors to escape from the city's hustle and bustle and indulge in the utmost pampering pleasure. Even though, Bangkok is a vibrant and busy metropolis, there are many spa facilities set in tropical and stylish surroundings equipped with comfortable amenities to ease away the strain and stress of shopping and sightseeing. On the banks of the Chao Phraya River or in the heart of the shopping and business districts, you can find a spa to suit your needs in almost any corner of Bangkok.

Other cities not far from Bangkok also provide great spa experiences to visitors. There are several places reminiscent of a traditional Thai way of life where you can unwind and sooth away the stress of modern, busy life. Samut Songkhram takes visitors on a new spa experience by giving traditional Thai massage while travelling on a boat meandering along the river, and Ayutthaya provides visitors with an outdoor massage sala (a Thai-style pavilion) in which patrons can relax amidst beautiful natural settings by the river.



## ***Chiang Rai and Chiang Mai***

Situated in the northern region of Thailand, Chiang Rai and Chiang Mai are rich in remarkable cultural heritage and magnificent natural surroundings. Located close to picturesque mountain ranges, rivers, and waterfalls, Chiang Rai and Chiang Mai offer some of the most extraordinary scenery to visitors. Influenced by Lanna culture, the people of the northern region are known to be full of gentleness and have a graceful personality. These characteristics make a spa visit in Chiang Rai and Chiang Mai a unique experience.

## ***Hua Hin and Cha-am***

Nestled on the Gulf of Thailand, Hua Hin and Cha-am are popular beach resorts for foreign and local visitors who seek a quiet escape. Renowned for their tranquility and stretches of white sand, Hua Hin

and Cha-am feature several hotel and resort spas. Offering a range of treatments, spas in Hua Hin and Cha-am treat visitors to a relaxing and revitalising experience in natural surroundings, whether it is in a luxurious room, in a secluded garden, or on a sandy beach. Hua Hin is also home to Thailand's first internationally acclaimed health resort where visitors can enjoy a special retreat in a private setting.

## ***Pattaya***

One of Thailand's most popular tourist destinations, Pattaya is a beach resort with city status that features all kinds of entertainments, activities, and attractions. Pattaya is located about 150 kilometres from Bangkok and is blessed with a superb coastal location, sun, and a dazzling mix of facilities, all making it a unique spa destination. Visitors can find a number of spas hidden quietly in the middle of busy Pattaya, ready to show visitors that an oasis of tranquility can exist in a lively, energetic city.

## **Phuket**

Often referred to as the Pearl of the Andaman, Phuket is Thailand's largest island and is one of the world's premier tropical resorts. A wealth of palm-fringed beaches with gentle sea breezes provides Phuket with the opportunity to offer perfect sites for spa treatments. Countless treatments, therapies, and massages are offered at amazing places, ranging from beachside locations to hillside retreats. Phuket delivers blissful spa experiences with style in sensational surroundings to ensure that visitors experience total relaxation and serenity.

## **Krabi**

Located on the west coast, Krabi has an expansive coastline, numerous tropical islands, and the beautiful turquoise water of the Andaman Sea. Visitors to Krabi get the opportunity to encounter moments of pampered indulgence in astonishing landscape. Several famous tourist destinations in Krabi; such as, Muko Phi Phi, Hat Rai Le, and Ao Nang, provide

visitors with spa treatments in pristine rainforests or on picture-perfect sandy beaches. Visitors can enjoy a rejuvenating escape while being mesmerised by the clear blue skies and glistening white sands. Krabi also has several locations where visitors can enjoy natural hot springs' therapy in shady, forested areas.

## **Ko Samui**

A tropical paradise lined with coconut trees, Ko Samui is a dream holiday location and an attractive spa destination for many tourists. Whether the choice is a day spa or an established retreat, Ko Samui is a haven where visitors can unwind and indulge themselves in an idyllic getaway. Spas in Ko Samui satisfy the search for tranquility with exquisite comfort and hospitality in beautiful natural surroundings. At Ko Samui, visitors discover that being pampered by professional therapists at a sandy bay while watching sparkling, emerald waves gently lap against the shore is an unforgettable spa experience.





## Learning the pleasure of pampering

Thailand is full of local wisdom and natural resources that allow the use of traditional Thai herbal recipes and techniques that help prevent and cure diseases. Natural healing techniques have been passed down through generations for centuries, the most prominent ones being the world-renowned traditional Thai massage and the stone figurines of contorted hermits displaying the techniques of massage shown and taught at Wat Pho.

There are many institutes in Thailand that offer courses in traditional Thai massage and therapies using Thai herbs. Attendees can learn the theory and practice of the techniques as well as the therapeutic values of the treatments.

## **Spa Academies**

### **Bangkok**

#### **Chiva Som Academy**

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

#### **TTC Spa School**

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

#### **Wat Pho Thai Traditional Medical School & Massage**

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

### **Chiang Mai**

#### **International Training Massage School**

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

#### **Panviman Spa Academy**

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

## **List of Spas–Thailand Tourism Awards**

### **Bangkok**

#### **Oasis Spa Bangkok**

[www.oasisspa.net](http://www.oasisspa.net)

#### **Banyan Tree Spa Bangkok**

**(Banyan Tree Hotel Bangkok)**

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

#### **So Spa (So Sofitel Bangkok)**

[www.so-sofitel-bangkok.com](http://www.so-sofitel-bangkok.com)

#### **Rarinjinda Wellness Spa**

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

#### **The Peninsula Spa by ESPA**

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

### **Trat**

#### **Ko Chang**

#### **Sivara Spa Ko Chang (Amari Emerald Cove Resort)**

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

### **Pathumthani**

#### **St.Carlos Medical Spa**

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

### **Phuket**

#### **Banyan Tree Spa Phuket**

**(Banyan Tree Spa Sanctuary)**

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

#### **In Balance Spa by Novotel Phuket Vintage park**

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

## **Sukko Cultural Spa**

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

### **Surat Thani**

#### **Ko Samui**

#### **Kamalaya Koh Samui**

**(Wellness Sanctuary and Holistic Spa)**

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

#### **Six Senses Spa Samui (Six Senses Samui)**

[www.sixsenses.com/resorts/samui/spa](http://www.sixsenses.com/resorts/samui/spa)

#### **Banyan Tree Spa Samui (Banyan Tree Samui)**

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

### **Hua Hin**

#### **The Barai Spa and Residential Suites**

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

### **Chiang Mai**

#### **Devarana Spa**

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

#### **Lanna Come Spa**

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

#### **Oasis Spa Lanna**

[www.oasisspa.net](http://www.oasisspa.net)

#### **Tao Garden Health Spa and Resort**

[www.tao-garden.com](http://www.tao-garden.com)

#### **Rarinjinda Wellness Spa and Onsen Chiang Mai**

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

#### **Cheeva Spa**

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

#### **Pan Viman Spa (Pan Viman Chiang Mai Spa Resort)**

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

### **Chon Buri**

#### **Royal Garden Spa (Pattaya Marriott Resort and Spa)**

[www.mspa-international.com](http://www.mspa-international.com)

### **Prachin Buri**

#### **Abhaibhubejhr Training Centre Day Spa**

[www.abhaiherb.net](http://www.abhaiherb.net)

### **Krabi**

#### **Wareerak Hot Spring Retreat**

[www.wareerak.co.th](http://www.wareerak.co.th)



*Spa Retreats*



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