

The background of the entire image is a close-up, soft-focus photograph of a woman receiving a spa treatment. She has her eyes closed and a peaceful expression. A yellow flower is tucked into her dark hair. Her head is resting on a pink towel. In the background, a person's hands are visible, gently massaging her shoulder and neck. The lighting is warm and intimate.

HEALTH & WELLNESS

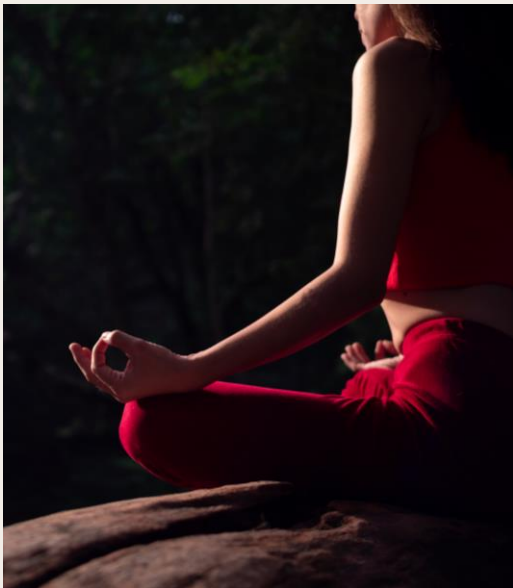


INTRODUCTION

Thailand is well-known as a premier health and wellness destination providing a wide range wellness experiences, with both modern and traditional techniques and a famously friendly five-star service.

Traditional therapeutic knowledge is infused with the latest health and wellness technologies, ranging from mindfulness, detoxification, dental, cosmetic surgery, weight loss, anti-aging, Thai massage, yoga and meditation to relaxing spa experiences.

Resorts and hotels across the country offer a variety of spa and vitality experiences from traditional Thai massage, aromatherapy, traditional Chinese medicine, Ayurveda, homeopathy and other services to suit your lifestyle and wellness goals.



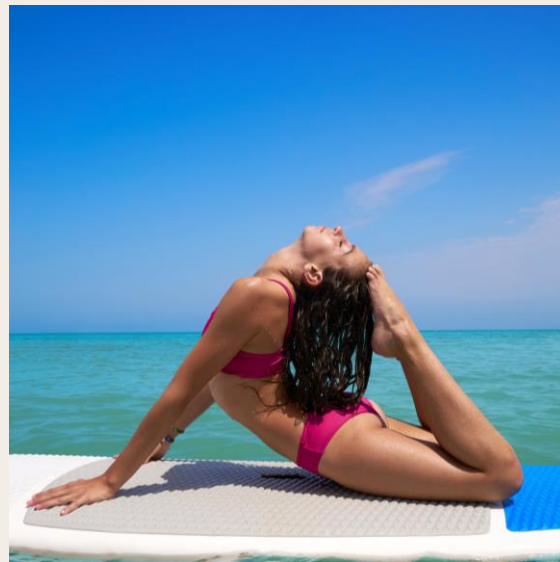
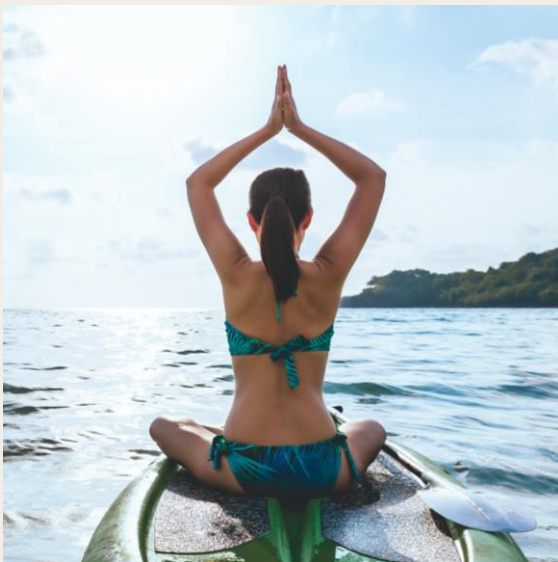


SUP YOGA

DESTINATIONS
IN THAILAND

SUP Yoga

Introduction



Sup Yoga

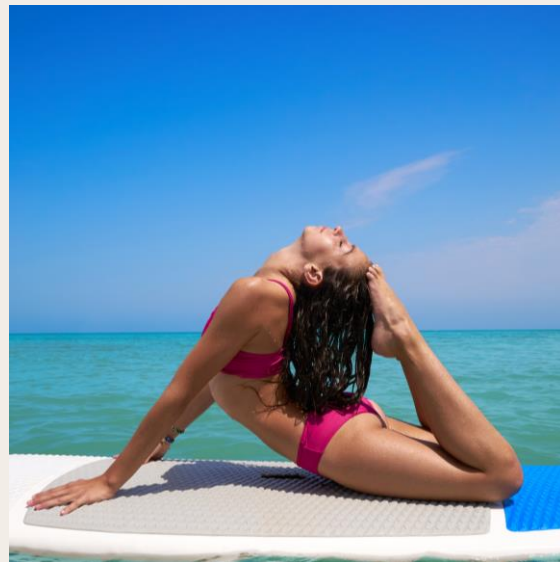
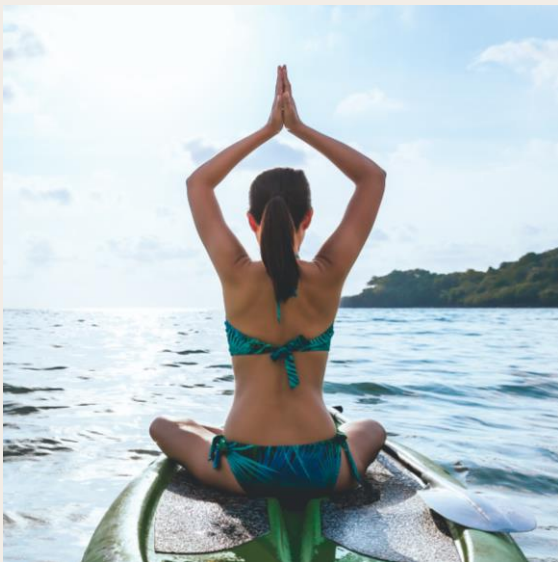
SUP Yoga is an increasingly popular outdoor activity that combines yoga with Stand-Up Paddle Boarding (SUP), which combines the balance and mindfulness required for the practice of yoga with the core strength required for SUP.



SUP Yoga

Introduction

The yoga positions suitable for SUP Yoga include basic yoga poses, such as *Table Top* (increasing the body balance and warm-up), *Chair* (strengthening the torso and legs), *Butterfly* (opening the hips and inner upper legs), *Downward Dog* (stretching the backbone), *Warrior* (balancing the body), *Boat* (strengthening the abdomen and torso), *Crescent Lunge* (stretching the hips and upper-leg muscles), *Thread the Needle* (stretching the shoulders and backbone), *Garland* (stretching the back and hips, and *Savasana* (final relaxing pose).



SUP

Station





SUP Station Pathum Thani

There is a riverside reception area for SUP practitioners and rental equipment is available for those requiring it.

Contact
Tel. (+66) 90-985-1177
[facebook.com/supstationthailand](https://www.facebook.com/supstationthailand)



SUP TAO Paddleboarding, Ko Tao



stand up paddle board on
the beautiful tropical island
of Koh Tao in the Gulf of
Thailand.

Contact

Tel. (+66) 93-348-7661

Facebook: Sup Tao Stand Up
Paddle Board



Taco Lake, Bangna



Taco Lake is a cable wake park which also provides SUP Yoga classes.

It is located 20 minutes from Bangna Junction & Suvarnabhumi Airport.

Contact

Tel. (+66) 2 316-7809 ,
(+66) 61 626-2252

Facebook: Taco Lake (บึงตะโก้)



iSUP
Samui
STAND UP PADDLING

iSUP SAMUI,
Surat Thani

Their Sunrise and Sunset SUP
tours are suitable for all levels
of ability including beginners.

Contact

Tel. (+66) 92 737-9705

Email: info@isupsamui.com

Website: www.isupsamui.com

Facebook: iSUP Samui



SUP CNX, Chiang Mai



Stand Up Paddle Board in the heart of Chiang Mai.

enjoy the historic city, traditional architecture, local life along the riverbank

Contact

Tel. (+66) 81 595-0678,
(+66) 81-732-0113

Website: supcnx.business.site/
Facebook: Sup CNX



Paddle Phuket



Challenge yourself by heading out and around one of the numerous islands or opt for a more relaxing option and stick to the calm waters of a local river.

Contact

Tel. (+66) 84 889-1278

Email: paddlephuket@gmail.com

Website: paddlephuket.com



MEDITATION CENTER

IN THAILAND

MEDITATION



Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Scholars have found meditation difficult to define, as practices vary both between traditions and within them.

MEDITATION CENTER



Meditation Center in
Northern



Meditation Center in
North-East



Meditation Center in
Central



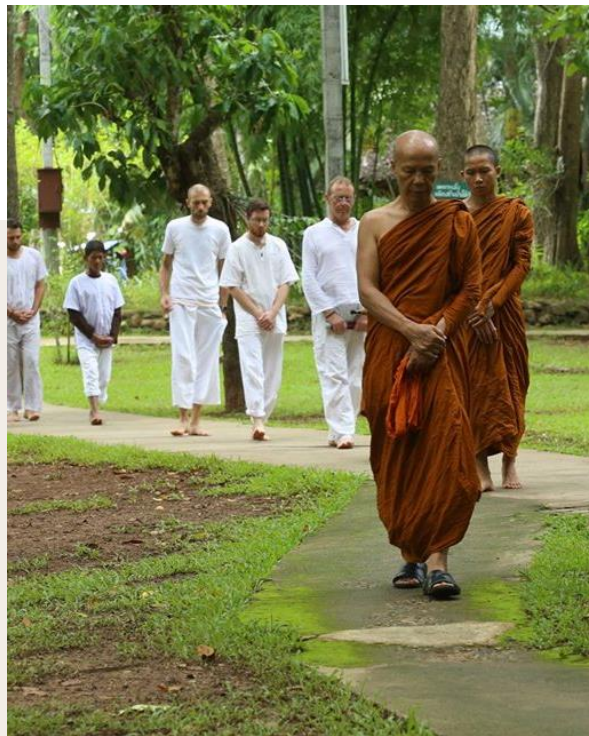
Meditation Center in
Eastern



Meditation Center in
Southern



MEDITATION IN NORTHERN

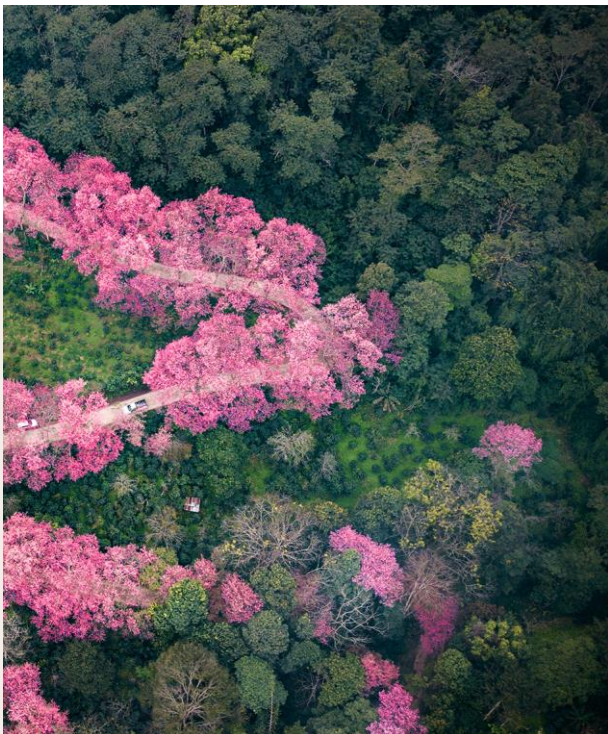


WAT PA TAM WUA, MAE HONG SON

Wat Pa Tam Wua is a Buddhist Forest Monastery located in Northern Thailand, welcoming guests who would like to learn about Buddhism, take part in daily spiritual practices and become more mindful, focused and happy.



Address: Ban Mae Suya, Huay Pha, Mae Hong Son, 58000
Tel. (+66) 81 031-03326
E-mail: watphatamwua.2561@gmail.com



WAT SUAN DOK, CHIANG MAI

This Chiang Mai retreat provides a meditation workshop teaching the Vipassana Meditation technique, providing enlightenment and mindfulness, to help to change or improve quality of life. It is suitable for anyone seeking enlightenment, not just those of Buddhist faith.



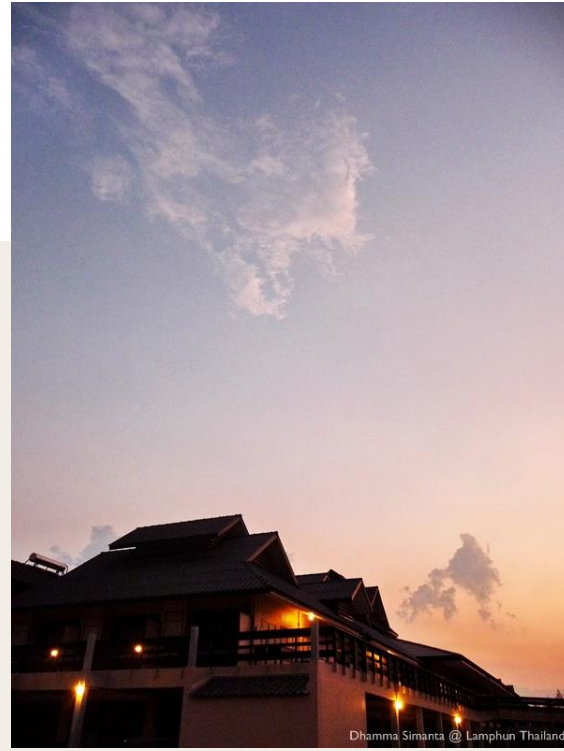
Address: Wat Suan Dok, Suthep Road, Chiang Mai 50200
Tel. (+66) 84 609-1357
E-mail: thaimonkchat@yahoo.com
Website: mrlearning.com

WAT RAM POENG, CHIANGMAI

The Northern Insight Meditation Centre of Wat Ram Poeng is nestled in the woods, in a secluded location on the outskirts of Chiang Mai's Old City.

Address: Tambol Suthep, Ampur Muang | Northern Insight Meditation Center, Chiang Mai 50200, Thailand
Tel. (+66) 53 278-620
E-mail: watrampoeng@hotmail.com
Website: watrampoeng.com





DHAMMA SIMANTA VIPASSANA CENTRES, LAMPHUN

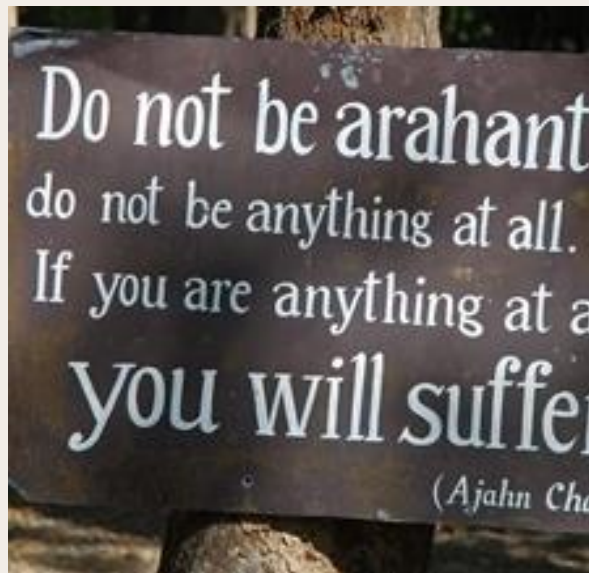
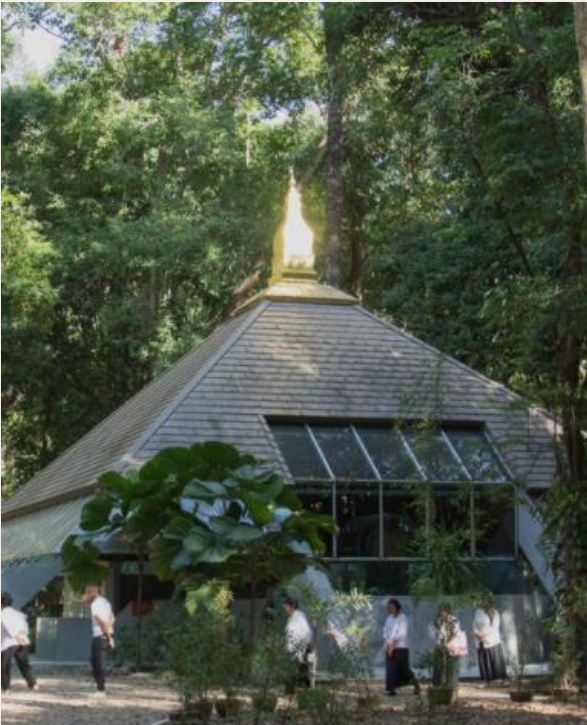
Dhamma Simanta (Boundary of Dhamma) Meditation centres are dedicated to the practice of Vipassana Meditation as taught by S.N. Goenka and his assistant teachers in the tradition of Sayagyi U Ba Khin.



Address: 200 Mu 1 Ban Nong Soi, Tambon Makok, Amphoe Pa Sang, Lamphun, 51120
Tel. (+66) 80 452-3559
E-mail: dhamma.simanta@gmail.com,
info@simanta.dhamma.org
Website: simanta.dhamma.org



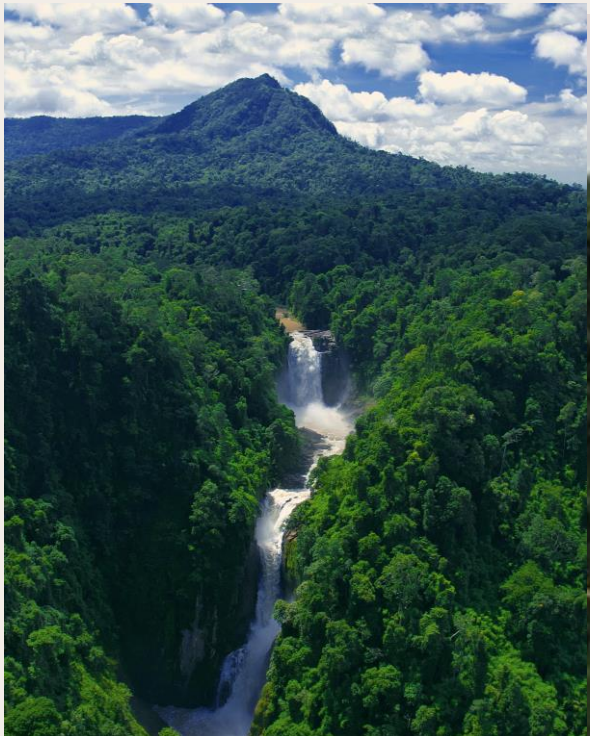
MEDITATION IN NORTH-EAST



WAT PHA NANACHAT, UBON RATCHATHANI

Wat Pah Nanachat is a Buddhist monastery in Northeast Thailand, in the Theravada Forest Tradition. It was established in 1975 by Ven. Ajahn Chah (1918-1992) as a branch monastery, close to his own traditional forest monastery, Wat Nong Pah Pong, in Ubon Ratchathani province

Address: Ban Bung Wai, Amphoe Warin Chamrap,
Ubon Ratchathani 34310 Thailand
Website: watpahnanachat.org



THAI PLUM

International Practice Centre

The Thai Plum Village welcomes a growing international community to enjoy the energy of mindfulness. The monastery stay allows guests to nurture inner growth while enjoying simple and peaceful living.

Address: 174,176 Ban Sra Nam Sai, Mu 7,
Tambon Pong Ta Loy, Amphoe Pak Chong,
Nakorn Ratchasima, 30130 Thailand

Tel. (+66) 89 616-1952

Fax: (+66) 2 885-5981

E-mail: thaiplumvillage@thaiplumvillage.org

Website: thaiplumvillage.org



MEDITATION IN CENTRAL



WAT MAHATHAT, BANGKOK

Wat Mahadhatu is one of the oldest temples in Bangkok, originally built to house a relic of The Buddha.

It evolved to become a location for Thailand's largest monastic order and Vipassana Meditation Centre and the oldest Buddhist university in the world.



Address: Maharaj Road, Phranakorn, Bangkok 10200
Tel. (+66)2 222-6011, (+66) 2 222-4981

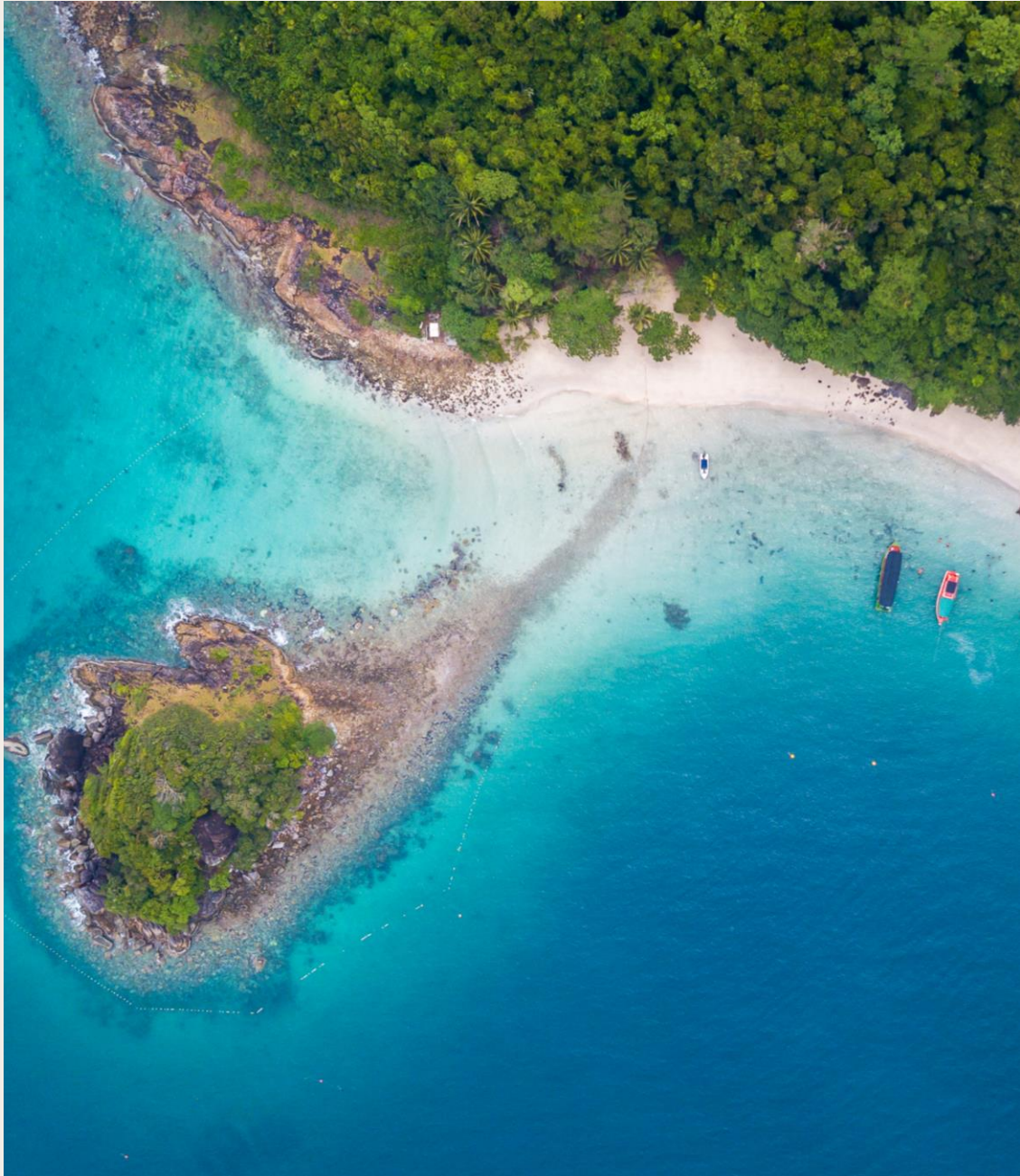
Website: www.watmahathat.com/vipassana-meditation
Facebook: Insight Meditation Centre. Wat Mahathat, Section 5

DHAMMA DHANI VIPASSANA CENTRES, BANGKOK

Dhamma Dhani (City of Dhamma) one of the many centers around the world, dedicated to the practice of Vipassana Meditation as taught by S.N. Goenka and his assistant teachers in the tradition of Sayagyi U Ba Khin.

Address: 42/660 K. C. Garden Home
Nimitmai 40, Nimitmai Road, Klong Sam Wa, Bangkok
10510
Tel. (+66) 87 314-0606
Email: dhamma.dhani@gmail.com
Website: dhani.dhamma.org
Opening Hours: Mon-Fri 09.00-17.00 Hrs.





MEDITATION IN EASTERN

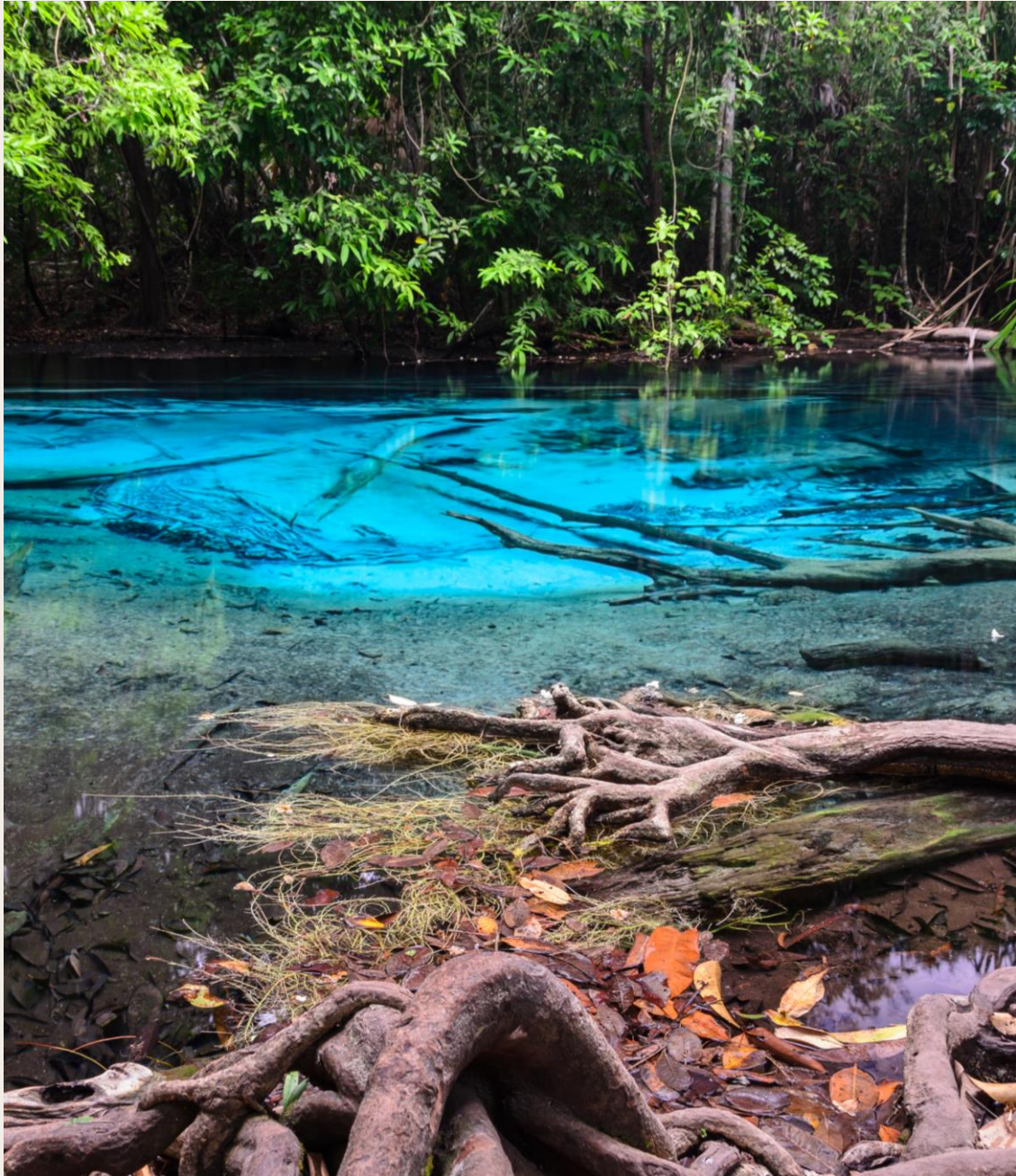


DHAMMA KAMALA VIPASSANA CENTRES, PRACHINBURI

Dhamma Kamala (Lotus of Dhamma) is one of the many centers around the world, dedicated to the practice of Vipassana Meditation as taught by S.N. Goenka and his assistant teachers in the tradition of Sayagyi U Ba Khin.



Address: 200 Baan Nern-Pasook
(Behind Thai-Rath Vitaya 7 School)
Tambol Dong-Kee-Lek, Amphoe Muang,
Prachinburi 25000
Tel. (+66) 94 498-8995
Email: info@kamala.dhamma.org,
long-course@kamala.dhamma.org
Website: kamala.dhamma.org
Opening Hours: Mon-Fri 09.00-17.00 Hrs.



MEDITATION IN SOUTHERN



WAT SUAN MOKKH

International Dharma Hermitage,
SURAT THANI

The Suan Mokkh International Dharma Hermitage was founded by the Venerable Ajahn Buddhadasa in 1989. Since then over 25,000 people, visiting from all over the world, have participated in the monthly meditation retreats here.



Address: Amphoe Chaiya, Surat Thani, 84110 Thailand
Tel. (+66) 07 7431-661
Website: suanmokkh-idh.org



DIPABHAVAN MEDITATION CENTRE, KOH SAMUI

The topics covered during both courses on offer at Dipabhavan Meditation Centre are similar, but as there are many levels of explanations to the Buddha's teaching, the understanding of Buddhism will deepen when presented by a different speaker with a different point of view

Address: 438/130 Mu 1 Tumbon Maret,
Amphoe Ko Samui, Surat Thani, 84310 Thailand
Tel. (+66) 96 993-6955

E-mail: booking@dipabhavan.org,
dipabhavan.thai@gmail.com

Website: dipabhavan.weebly.com



THE KAMALAYA, KOH SAMUI

With an emphasis on personal well-being and inner health, guests at Kamalaya begin their experience with a personal consultation and a BIA (Bio Impedance Analysis).

Once each guest's physical, emotional and spiritual needs are identified, a personal Kamalaya wellness practitioner will help choose the most appropriate mix of therapies and treatments.

Address: 02/9 Moo 3, Laem Set Road, Na-Muang, Amphoe Koh Samui, Suratthani, 84140,
Tel. (+66) 77 429-800

Website: kamalaya.com/wellness-retreats.htm





SPA & RELAX

IN THAILAND

Thailand is known as being as one of the world's top spa destinations, every year, thousands of travellers visit Thailand in pursuit of pampering and relaxation.

The kingdom has a long and impressive history of traditional massage, a therapeutic practice with origins in Chinese and Indian medicine. Many Thai people regularly use massage as part of their general health regime.



NEW BRANCH

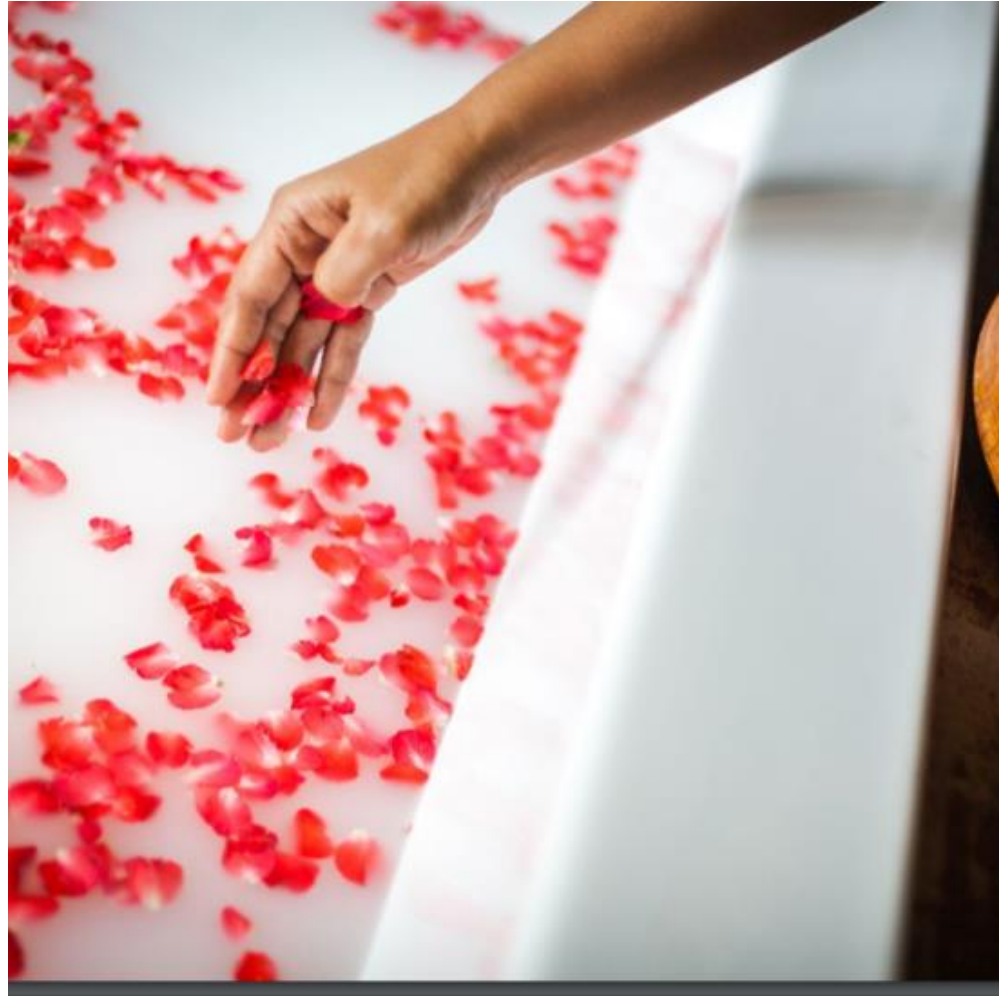
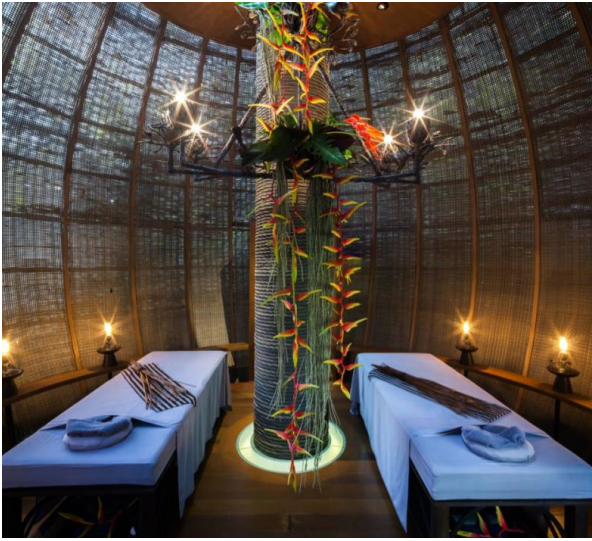




THANN Sanctuary Spa, Phra Nakhon Si Ayutthaya

THANN Wellness Destination is a luxury spa resort surrounded by lush landscaped gardens on a 10-acre property in the Bangsai district in Ayutthaya, old capital of Thailand with a UNESCO World Heritage Site.

Address: 1 Mu 5, Tambon Krachaeng,
Bang Sai, Phra Nakhon Si Ayutthaya 13190
Email: info@thannwellness.com
Tel. (+66) 3 591-0910
Website: thannwellness.com



Coqoon Spa, The Slate Phuket

Being surrounded by tropical trees, customers will feel embraced by nature. Coqoon Rebirth massage is the spa's signature treatment, a relaxing massage using essential oils.

Address: 116 Mu 1, Hat Nai Yang,
Tambon Sakhu, Thalang, Phuket 83110
Email: reservations@theslatephuket.com
Tel. (+66)7 632-7006
Website: theslatephuket.com/spa



Kashikiri Onsen and Spa, Bangkok

Kashikiri Onsen and Spa is a Japanese-style spa in the Sukhumvit area. The onsen uses three types of mineral water, the most outstanding one is soda onsen, which helps stimulate blood circulation and lower blood pressure while revitalising the skin.

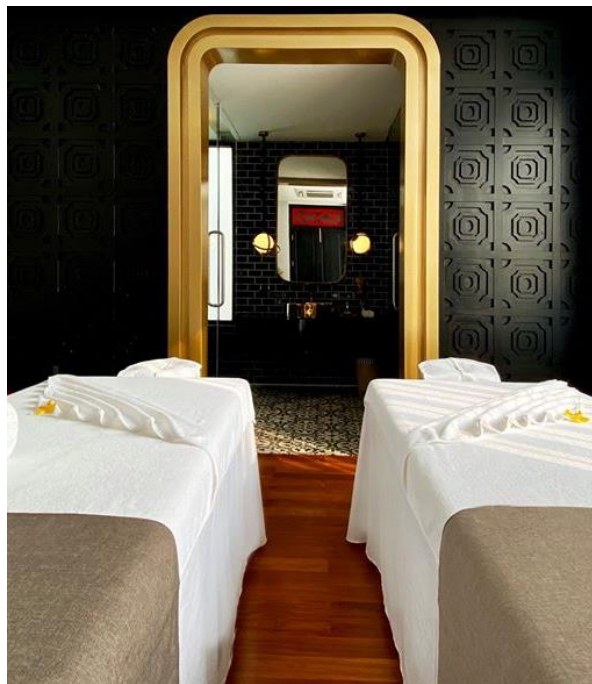
Address: 84 Soi Sukhumvit 49, Khlong Tan Nuea, Vadhana, Bangkok 10110
Email: info@kashikirionsenandspa.com
Tel. (+66) 258-7902, (+66) 81 268-4624
Website: kashikirionsenandspa.com



Divana Scentuara Spa, Bangkok

Divana Scentuara Spa has a distinctive massage program called “The Exquisite Romance of Siamese Rose”. Roses are used as the main spa ingredient in every spa treatment, mixed with anti-aging ingredients including honey, collagen, salt, Tanaka, and pink Himalayan salt to nourish the skin.

Address: 16/15 Soi Somkhit, Phloen Chit Road, Lumpini, Pathum Wan, Bangkok 10330
Email: kp@divana-dvn.com
Tel. (+66) 2 661-6784
Website: divanaspa.com



Urban Oasis Spa

Thonglor, Bangkok

The fifteenth branch of the Oasis Spa is newly opened under the name “Urban Oasis Spa”, which is located in the Thong Lo area in Bangkok.

A wide range of treatments are delivered by professional therapists from this leading Bangkok spa which has been a leader in the spa business for more than 17 years.

Address: 59 Soi Thong Lo 20 (Ekkamai 21),
Klong Tan Nuea, Vadhana,
Bangkok 10110

Email: cs@oasisspa.net

Tel. (+66) 262-2122

Website: oasisspa.net



Namm Spa

@ Samyan Mitrtown, Bangkok

Part of the Dusit International Group, Devarana Spa, has launched a new brand called “Namm Spa”.

A signature treatment is the Samyan Market’s Charm inspired by a well-known dessert available at the Samyan Market.

Address: 2nd Floor, Zone B,
Samyan Mitrtown, 944/1 Rama IV Road,
Wang Mai, Pathum Wan, Bangkok 10330

Email: info@namm-spa.com

Tel. (+66) 2 219-1598-99

Website: namm-spa.com/th



Sense Garden Massage & Spa, Chiang Mai

Enjoy a truly relaxing treatment provided by experienced therapists. The various treatment programs on offer in a contemporary Lanna-style atmosphere will help you rebalance body and mind..

Address: 33/2 Si Phum Road,
Amphoe Mueang, Chiang Mai 50200
Tel. (+66) 52 016-029
Website: sense-garden-massage.business.site