

A Guide to Health & Wellness Holidays in Thailand







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# THAILAND A Paradise for Longevity

Thailand has long been at the forefront of health tourism destinations worldwide. In 2016, Thailand welcomed more than 4 million health tourists to the country for its range of diverse health and wellness treatments.

"Longevity tourism" is now a popular trend for health lovers from all over the world. To engage with this trend, Thailand has adopted the most innovative health and wellness programs concerning longevity, including: functional medicine, regenerative medicine, anti-aging, and cosmetic surgery. All of these programs are scientifically proven to help you look younger and live longer.

We hope this guidebook will help you view Thailand as a prime destination for longevity products and services, all of which are aimed at boosting both your health and happiness.

We would like to invite you to come to Thailand to discover for yourself why Thailand truly is "a Paradise for Longevity."



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## WHY THAILAND IS A Paradise for Longevity

Thailand has emerged as the leading destination in the world for health tourism. As one of the leading countries for healthcare, Thailand offers impeccably high standards, modern medical facilities and equipment, and enough wellness centers to cater for the rising demand from all kinds of patients from around the world. In recent years, more than 4 million medical tourists have received health care in Thailand, and the number is increasing annually.

"Longevity tourism" is now a popular trend for health enthusiasts from all over the world. To engage with this trend, Thailand has adopted some of the most innovative health and wellness programs concerning longevity, including: functional medicine, regenerative medicine, anti-aging, and cosmetic surgery. All of these programs are scientifically proven to help you look younger and live longer.

Let's examine why Thailand proudly represents a journey toward longevity through its innovations in health, wellness and preventative medicine for longevity tourists.

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#### 1. THAILAND HAS THE LARGEST NUMBER OF JCI-ACCREDITED HOSPITALS IN SOUTHEAST ASIA

Health standards are obviously a top priority for anyone planning to travel overseas for treatment. Travelers can rest assured that Thailand's health and wellness facilities pride themselves on maintaining the very highest standards. This is reflected in the fact that Thailand has the largest number of JCI-accredited hospitals in Southeast Asia, with 62 currently certified.

#### 2. BEST COMPLETE PREVENTIVE HEALTH CHECK-UPS IN THE REGION

Regular check-ups can help you live a longer and healthier life. Prevention is the key to tackling many of the most common fatal diseases. The sooner you catch a progressive, degenerative disease, the more likely you are to be able to treat it effectively and, for this reason, live a better quality of life. Thailand is the best in the region for check-up programs, especially preventive health check-ups which are available at all hospitals and anti-aging clinics.

### 3. MOST ADVANCED IN FUNCTIONAL & REGENERATIVE MEDICINE

One of the latest innovative medicines of the century, "Functional & Regenerative Medicine," utilizes a preventive and holistic approach. The objective of preventive medicine is to boost longevity, the latest and most popular health trend in the world. Thailand is the first and only country in Asia that offers specialized Functional & Regenerative Medicine hospitals including Mali Interdisciplinary Hospital and Better Being Hospital (BBH).

#### 4. THE ANTI-AGING CENTER OF ASIA

Life expectancy has continuously increased due to advances in medical science; however, it has come with little progress toward quality of life or the length of disease-free years in the majority of the population. Anti-aging medicine is an evolving branch of medical science and applied medicine. It treats the underlying causes of aging and targets all of the most common age-related ailments. Its goal is to extend the healthy lifespan of humans by enhancing youthful characteristics.

Thailand has become the anti-aging center of Asia, having adopted the most innovative anti-aging technology from around the world. This means that when health tourists visit Thailand, they can find all of the latest and most advanced treatments in one place, making it a hub for these kinds of medical programs.

High profile anti-aging clinics in Bangkok include: Absolute Health Clinic, Panacee, Bio-Cell Centre, Dr. Orawan Holistic Anti-Aging Institute, and the newly opened BDMS Wellness Clinic.







#### 5. WORLD RENOWNED FOR PLASTIC SURGERY CLINICS AND HOSPITALS

Global trends show that those in the aging population demographic are undergoing more plastic surgery than ever. As the worldwide population ages, more people are seeking ways of enhancing their appearance for personal and professional reasons. Beauty and youth are becoming significant determinants of economic security, as well as to appear wellgroomed and confident and to remain viable in the workplace. Thailand is a world leader in cosmetic surgery, and its affordable procedures and high quality care set it apart from other Asian destinations.

The most popular cosmetic surgeries for aging people are:

 Face & neck-lift surgery with endoscopic treatment; Siam Swan, SLC,
 Masterpiece are recommended
 Facial contouring and rejuvenation;
 Kamol Hospital is recommended
 Tummy tuck surgery; APEX Center,
 Yanhee are recommended

#### 6. WIDE VARIETY OF HEALTH RESORTS & DETOX CENTERS THROUGHOUT THE COUNTRY

One of the secrets of longevity is detoxification. Thailand has luxury health resorts and detox centers throughout the country offering effective programs for you to purify your body and mind, including Kamalaya Resort and The Sanctuary Resort.

### 7. A PARADISE FOR SENIOR CARE

With a rising elderly population, Thailand is well-prepared to be a global center for elderly care services. Kluaynamthai 2 Hospital provides world-class elderly care services, and is the first hospital - not only in Thailand but also in the ASEAN region - that has met JCI's rigorous accreditation standards.

Another choice available for senior care is for those who love to stay in beautiful resorts. Thailand offers a range of senior nursing care centers with beautiful scenery, high standards, healthcare expertise and our famous compassion and warm hospitality.





"This is why Thailand has become a Paradise for Longevity"



# HIGHLIGHT WELLNESS PROGRAMS for your Longevity

Innovative Regenerative Clinics Providing Health and Beauty Solutions in Thailand

As well as a range of world-class hospitals and general medical facilities, Thailand is also home to a growing number of specialist clinics that focus on innovative treatment plans that combat age-related and degenerative health disorders.

Leading a healthy, happy and energetic life is key for longevity, and these leading beauty and aesthetic providers are all recommended due to their state-of-the-art regenerative technology, specialist doctors and pioneering procedures that not only treat illnesses and diseases - but also prevent them in the first place.

# TELOMERE Elongation



Dr. Somnuk Siripanthong, M.D., a a Nutriscan to measure the body's medical consultant of the Cancer and Immune Therapy Professionals, Thai Board of Ophthalmology, specializes in Telomere Elongation, a type of treatment that boosts the longevity of cells and rejuvenates the body.

vitamin and mineral count. These essential tests are all conducted to assess one's overall health and to ensure the telomere treatment is tailored correctly to each patient.



Dr. Somnuk Siripanthong, M.D., Panacee Medical Center

A "telomere" refers to the region at the end of a chromosome that protects against damage, deterioration of fusion with other chromosomes. which can lead to the development of cancer. Thus, the first step of this highly-technical procedure involves measuring the length of the body's telomere with a blood test. This is followed by an ABI-CAVI, Fibroscan, Bone Density Scan, Oligoscan (which can identify over 20 different toxins using only a sweat swab) and finally

The personalized Telomere Elongation program may include biocellular therapy, detoxification, chelation, ozone therapy, colon hydrotherapy, and uses herbal and biopharmaceutical products.

There are several medical centers in Thailand that provide Telomere Elongation programs, including Panacee Medical Center and Anti-Aging Center (both in Bangkok). My Ozone Medical & Wellness Center in Khao Yai also provides this treatment.

### BEAUTY Innovations

Dr. Orawan Kitchawengkul, M.D., the owner of the famous Holistic Beauty and Anti-Aging Institute of Thailand, and a legendary guru in health and beauty, recently released new innovations for improving your beauty.

Her recent innovation, the Picosecond Laser Machine, combines dual laser wavelengths (532 nm +1064 nm) and ultra-short pulses to effectively remove tattoos, benign pigmented lesions and helps dramatically revitalize the skin.

Another newly-developed anti-aging program, sourced from a Plasma RF optic machine, is also able to treat age-related optical problems, such as droopy upper eyelids, blepharoptosis and wrinkles.

Next, the clinic's effective fiber optic low-level laser, which applies technology developed in Germany, is aimed at rejuvenating your entire body. This low-level laser treatment creates nitric oxide to improve vascular extensions and increase the level of oxvgen in the blood.



Lastly, the Innojet product by Vortex is recommended for patients seeking an effective facial lifting procedure, as the treatment penetrates deeper into the skin, helping stimulate collagen production. You'll look younger without feeling any pain during or after the procedure.



Dr. Orawan Kitchawengkul, M.D., Dr. Orawan Holistic Beauty and Anti-Aging Institute

### PRP/MSC HAIR LOSS Treatment



Located in the very center of Bangkok, the Bio-Cell Centre Clinic is considered one of the leading medical facilities offering stem cell therapy in Thailand.

The clinic is led by Dr. Wimlak Suadee M.D., a doctor certified by The American Board of Anti-Aging / Regenerative Medicine (ABAARM). Her innovative approach to stem cell therapy focuses on treating hair loss in women, a common disorder brought about by stress, hormone deficiencies and poor diet.

proteins of PRP in a specialist laboratory. Following this, the mixture is then injected just below the surface of a patient's scalp after undergoing strict safety tests.

As for the results, patients undergoing this state-of-the-art procedure can expect to see increased hair growth shortly after the injections have been administered, with the full effects noticeably visible within six weeks.

With a team of other doctors based in Thailand, Dr. Suadee has developed a highly-advanced technique that combines Mesenchymal Stem Cells (MSCs), which are normally obtained from discarded umbilical cords, placenta, or fat collected via liposuction with Platelet-Rich Plasma (PRP), which can simply be extracted from a patient's own blood.

The rejuvenating and healing properties of the MSCs are fused together with the naturally-occurring



Dr. Wimlak Suadee, M.D., Bio-Cell Centre

### PLASTIC SURGERY PROGRAMS TO MAKE YOU Look Fabulous



Dr. Niwet Sermsintham, M.D., Siam Swan Cosmetic Clinic



Dr. Niwet Sermsintham, M.D., is the Founder and current Director of the Bangkok-based Siam Swan Cosmetic Clinic. Having received Board certification in plastic surgery in 1992, he has been performing innovative endoscopic cosmetic procedures for almost two decades.

The advanced procedures at Siam Swan Cosmetic Clinic focus on eye, eyelid and eyebrow lifts, which apply both invasive and noninvasive techniques - leaving patients looking and feeling younger.

For instance, the Endoscopic Brow lift procedure targets drooping or lowered eyebrows-one of the earliest signs of aging. Using highlytechnical endoscopic equipment, this procedure involves smaller incisions than traditional cosmetic brow lifts, resulting in minimal scarring and a much quicker recovery.

Another popular procedure is blepharoptosis, a type of upper eyelid surgery targeting excess skin and sagging muscle tissue. Performed under local anesthetics, the end-result is an instantly-younger look that will last for years to come.

A final technique employed by Dr. Sermsintham is Laser blepharoplasty, which involves tiny incisions along the natural smile lines of the lower eyelid. This enables excess fat to be removed, one of the main causes of baggy eyes. Taking only 30 minutes and leaving little-to-no noticeable marks, this is one of his most popular anti-aging procedures.

### FAT GRAFTING FOR Facial Rejuvenation

be used for a range of cosmetic procedures, including both aesthetic and reconstructive treatments. One of the most trusted and prestigious facilities in Thailand that applies fat grafting for facial rejuvenation can be found at the capital's Reals Aesthetic center.

Performed by a range of specialist cosmetic surgeons, including Dr. Peerasak Chortrakarnkij, M.D., most patients visit Thailand to undergo this innovative yet time. relatively quick procedure to solve three commonly-occurring problems: skin breakdown, tissue sagging and atrophy or "hollowing" of the face.

The technique for fat grafting firstly involves harvesting the fat from another part of the body (normally from around the hip or outer thigh). After this, the fat solution is then processed and finally placed (injected) into the target area, normally being the face.

Fat grafting has huge potential to As well as providing an instant aesthetic difference, fat grafting can also help regenerate old facial tissue, and can be used for breast surgery, body contouring and other types of reconstructive surgery.

> As well as the almost-immediately noticeable effects, this particular procedure proves hugely popular with patients visiting Thailand thanks to its high safety rate, ability to be performed entirely under local anesthetic, and guick recovery





Dr. Peerasak Chortrakarnkii. M.D., Reals Aesthetic Center

### REGENERATIVE Medicine

Bangkok's BDMS Wellness Clinic is one of the most recognized names for Regenerative Healthcare in Thailand, providing solutions for a range of stress, age and lifestyle-related illnesses and diseases.

The clinic's team of specialists is led by Dr. Tanupol Virunhagarun, one of the leading regenerative health experts in Southeast Asia. He emphasizes the clinic's philosophy, in that "preventive medicine is not just about reducing the possibility of future illness - it is a means of regenerating the body and keeping the physical and mental performances of individuals at optimum levels to achieve longevity of life," - Dr. Virunhagarun.

Notably, the clinic is equipped with an in-house bio-molecular laboratory that is able to carry out advanced blood analysis and tests. These blood assessments are able to provide an entire body check-up. identifying risk-associated biomarkers that often appear even before the onset of illness. These

tests by BDMS Wellness Clinic also meet the standards of the Clinical Laboratory Improvement Amendments and have received College of American Pathologists (CAP) accreditation.

After going through the first stage of the clinic's advanced molecular screening procedure, patients are then invited back for a follow-up appointment to receive a comprehensive regenerative health plan based on the results of the initial test.



Dr. Tanupol Virunhagarun, M.D., BDMS Wellness Clinic





# HEALTH & WELLNESS Destinations

🏶 BANGKOK	🏶 KOH SAMUI
🍩 PHUKET	🏶 KOH PHANGAN
🏶 CHIANG MAI	🏶 KHAO YAI
🏶 PATTAYA, CHONBURI	🏶 UDON THANI
🐲 HUA HIN	🏶 KHON KAEN



# BANGKOK A Paradise for Longevity

With world-class facilities, highly trained doctors, Thai hospitality and affordable prices, Bangkok is While in the capital, take advantage a world-leader in the medical tourism industry. Home to JCI-accredited hospitals, specialized clinics and ments at Divana Virtue Spa and try private healthcare centers, Thailand has the latest plastic surgery procedures functional medicine, antiaging, dental, aesthetic, cell therapy, lasik, and much more.

Bangkok also boasts the first JCIaccredited senior hospital in Asia, Kluaynamthai 2 Hospital, as well as a world-class health check-up laboratory. In short, Bangkok is a paradise for longevity and wellness, and is the anti-aging hub of Asia and the world capital for preventive medicine ensuring your longer lifespan.

Bangkok is a regional hub, accessible from all major cities. And when you choose Bangkok for health and wellness treatment, you can combine your holiday with treatment in one of the world's top tourist destinations.

You'll leave Bangkok feeling fabulously relaxed, recovered, and rejuvenated. of the city's "Relax & Retreat" activities. Among these are signature treatthe advanced spa technology at Rarinjinda Wellness spa for your relaxation in Bangkok.



# Relax and Retreat Activities

For health and wellness tourists, there are a recommended number of "Relax & Retreat" activities that you can enjoy during your medical program in Bangkok, for example:

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Divana Virtue Spa, which was named a "world luxury spa" in 2013-2014, provides a range of innovative spa programs such as their "Queen of the night" (for women born in the 60s and 70s) as well as "White orchid – Krishna" (for those born in the 80s and 90s). The spa incorporates natural ingredients with different massage techniques, creating a truly relaxing experience for women of all ages. Website: www.divanaspa.com/VirtueSpa/Ambience.php



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With a team of skilled therapists who are trained to apply some of the latest spa technologies, Rarinjinda Wellness Spa is considered one of Thailand's leading wellness spas. A trip here is all about your overall wellness, with clients pampered head to toe with a range of premium spa products and modern, international facilities. Website: www.rarinjinda.com/spa

#### ⊕ OASIS SPA

Oasis Spa promises to melt away your cares and daily stress through a combination of traditional Thai treatments that use herbs and other natural ingredients. The massage techniques and aromatherapy essential oils used at Oasis Spa are derived from time-proven oriental healing remedies which help to enhance the body, mind and spirit. Website: www.oasisspa.net/philosophy





# Healthy and Organic Restaurants

Bangkok is synonymous for its made-in-a-minute street food, which, while delicious, definitely isn't the healthiest kind of food in the world. The good news is that the Thai capital has plenty of dining options for those wanting to eat clean, too – whether visiting on holiday or for medical purposes. Among these include recommended organic restaurants Patom Organic LivingThonglor, Daradalay @BKK, and Farm toTable. For vegetarians: Veganerie Concept, and Broccoli Revolution are also great choices to visit.



# JCI-Accredited Hospitals

#### BANGKOK HOSPITAL

Bangkok Hospital is one of the first private hospitals in Thailand and has become a tertiary care facility with dedicated departments for cancer and cardiology. Services and treatment processes are internationally certified by JCI and as well as by TEMOS, the global competence network of hospitals characterized by high-quality standards in patient treatment. Website: www.bangkokhospital.com/ index.php/en/corporate

### BUMRUNGRAD INTERNATIONAL HOSPITAL

Bumrungrad International Hospital is a JCI-accredited, multi-specialty hospital located in the heart of Bangkok, and is also one of the largest private hospitals in Southeast Asia. This hospital provides 580 beds and over 30 specialty centers. Bumrungrad International offers state-of-the-art diagnostic, therapeutic and intensive care facilities in a one-stop medical center.

Website: <u>www.bumrungrad.com</u>





#### ⊕ SAMITIVEJ SUKHUMVIT HOSPITAL

Samitivej Sukhumvit Hospital is an award-winning facility in Bangkok, providing international-standard healthcare with JCI accreditation. Today, the hospital is recognized as a provider of choice for both local residents and expatriates living in Thailand. It has become a leading center for medical tourism in Southeast Asia.

Website: <u>www.samitivejhospitals.com/</u> <u>sukhumvit</u>

#### ⊕ WORLD MEDICAL HOSPITAL (WMC)

World Medical Hospital (WMC) is the brand for a new hospital group in the premium tertiary care category by Bangkok Chain Hospital PCL. World Medical Hospital has received the prestigious JCl accreditation and is the first healthcare provider in Asia Pacific to have successfully attained DNV GL hospital accreditation. Website: theworldmedicalcenter.com/en/ new site/index







#### ⊕ BANGKOK HEART HOSPITAL

Bangkok Heart Hospital (BHT) is one of over 40 Bangkok (network) Group Hospitals, the largest hospital group in Thailand. BHT is a tertiary hospital for acute and chronic cardiovascular care. BHT offers a complete range of services relating to heart and blood vessel conditions, encompassing diagnosis, imaging, treatment, rehabilitation and prevention.

Website: <u>www.bangkokhospital.com/</u> <u>hearthospital/en</u>

### WATTANOSOTH CANCER HOSPITAL

Wattanosoth Cancer Hospital aims to provide services in controlling and treating cancer through methods that are best suited to each individual patient. Wattanosoth is able to support patients in increasing their overall quality of life and effectively reducing cancer death rates. Wattanosoth has received JCl accreditation specifically in pathways such as breast cancer and breast conservation surgery.

Website: <u>www.bangkokhospital.com/</u> wattanosoth/web/en/site/all\_about\_cancer/ index





### Specialist Hospitals: Functional Medicine



#### + MALI INTERDISCIPLINARY HOSPITAL

Mali Interdisciplinary Hospital is the first hospital in Bangkok to combine cutting-edge regenerative medicine with more typical modern medicine to cure diseases and illnesses. Regenerative medicine involves molecular engineering of human cells, tissues or organs, and is considered one of the most innovative modern medical approaches of today. Website: www.mali-imc.com

#### BETTER BEING HOSPITAL (BBH)

Based on the principles of functional medicine, Better Being Hospital is Asia's first ever fully dedicated functional medicine hospital. The integrative center aims to treat chronic illnesses through holistic approaches such as therapeutic lifestyle changes and personalized genomic medicine.

Website: www.betterbeingthailand.com

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### Men & Women's Health Clinic

# Men's Health Clinic



#### ⊕ ETERNITY CLINIC

Eternity Clinic is one of the few specialist facilities in Bangkok providing holistic treatments for both male and female sexual dysfunctions, as well as other age-related issues.

Their comprehensive medical service for men starts with a consultation session and assessment, followed by a diagnosis and corresponding treatment. The clinic is experienced in treating common problems affecting the male reproductive and urinary system, as well as a range of less common conditions. Some of the modern procedures performed at the center include: Shock Wave Therapy, Lithotripsy and supervised administration of effective medication.

A separate section of Eternity Clinic is also dedicated to female patients, focusing on full-body health, beauty, anti-aging, sexual dysfunction and hormone imbalances.

Women of all ages can also have confidence in Eternity Clinic's team of doctors, nurses and other medical experts who all have a proven track record of treating illnesses associated with vaginal discharge, urinary incontinence, painful menstrual periods and sensitive skin. Other anti-aging solutions can help patients suffering from chronic fatigue, weight gain, mood swings and irritability – all symptoms which can be brought on by stress, poor diet, hormone imbalance or other underlying conditions. Website: www.eternityclinic.co.th/en



#### ⊕ HE CLINIC

The He Clinic dedicates itself to enhancing men's lives, inside and out. Founded by renowned plastic surgeon and men's health expert Dr. Richard Diacakis, the clinic is now run by Dr. Chayut Fungtongjaroen M.D., one of the leading plastic surgeons in Thailand specializing in rhinoplasty, alarplasty, mentoplasty, blepharoplasty, lip reduction, buccal fat removal, and other enhancement procedures.

Not to be confused with symptoms of old age, He Clinic identifies and treats medical conditions in males that are caused by an insufficient production of hormones, technically known as "andropause."

Some of the typical side effects of andropause, which many men simply ignore thinking that it's untreatable, include low energy, erectile dysfunction, and chronic fatigue.

Upon arrival at He Clinic, patients receive a full consultation with a specialist, which is normally followed by lab tests that analyze hormone levels in order to form a full diagnosis and establish an effective treatment plan. Such treatment plans can include replacement hormone therapy to normalize testosterone levels, as well as vasodilator tablets to widen blood vessels and improve blood flow. He Clinic also offers post-cycle therapy plans which include the use of linear shock wave therapy machines.

Website: www.heclinics.com

# Integrative Cancer Therapies

# Integrative Cancer Therapies



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Akesis Life has set out a mission to restore the full health of patients who have been or are currently suffering from cancer. Staffed by an internationally-trained team of doctors, their philosophy follows the notion that cancer is not usually difficult to get rid of initially; rather, the hard part is keeping it gone.

With that in mind, Akesis Life adopts an advanced three-stage approach to not only diagnose and eliminate the cancer, but also keep each patient cancer-free. These three components comprise: (1) preventing the initiation, growth and spread of cancerous cells; (2) targeting and eliminating the cancer without harming a patient's healthy cells; and (3) enhancing a patient's immune system so as

to restore their ability to naturally fight off new (or old) cancer cells.

Each step integrates both natural therapy and non-invasive techniques that aim to work in tandem with the body's own immune system to target specific cancers. As an alternative or second opinion option for end-stage cancer patients, this clinic has a proven track record, with over half of their patients responding to this innovative late-stage treatment protocol.

Alternative cancer treatment is now available in Bangkok at Akesis Life by Absolute Health. Website: <u>www.absolute-health.org/index.htm</u>

#### ⊕ WINCELL - CANCER IMMUNE THERAPY

Founded by Dr. Olan Piamkulanich, M.D., in Bangkok with a specialist team of doctors and researchers, Wincell Research (Biotechnology Laboratory) is now considered one of the leading facilities in the country that treats cancer and cancer-related diseases with the use of cuttingedge Biotechnology and Molecular Immunology.

In particular, Wincell Research has developed and applied treatment programs that adopt cell culture, blood analysis and technical laboratory innovation and creative research in the field of therapeutic antibodies.

As well as treating patients already suffering from cancer, the center can accurately check for early signs of the disease and provide measures to prevent its spread. This is achieved through a highly-advanced analysis of blood samples, which looks at the body's "Natural Cytotoxicity."

Working in collaboration with a team of Japan-based researchers, Wincell Research's innovative preventative treatment – known as the "Immuno Booster Program by CIK Cells" – has been proven to significantly increase the level of natural cytotoxicity in those patients who are prone to cancer.

This program is recommended for those with a family history of cancer, as well as those who

smoke, are currently suffering from cancer or prone to infection and other illnesses. Website: <u>www.wincellresearch.com</u>





# Health Complex Centers

# Health Complex Centers



#### APEX MEDICAL CENTER

Apex Medical Center is recognized as the No.1 health institute that performs the most Thermage procedures worldwide.

Apex Medical Center provides the most up-todate, comprehensive range of state-of-the-art cosmetic procedures and services to help you achieve and exceed your aesthetic goals.

With a professional team and outstanding work since 1995, the most appropriate treatments with superb technology that meet international standards will be applied for your beauty.

Here at Apex, you'll find a range of service programs aimed at boosting good-looks, head to toe;

Hair Treatment program
Body Treatment program
Dental program
Surgery program
Anti-Aging program

The center is not difficult to find, as they have many branches in Bangkok and most located in well-known malls.

Recently, Apex was awarded the Medical Departures Global Patients' Choice Award. It is given in a recognition of exceptional care and top-quality services, helping to certify the high level of service given to all patients.

Website: www.apexprofoundbeauty.com/home-en



#### ⊕ BDMS WELLNESS CLINIC

BDMS has grown its network to over 45 hospitals in Thailand and Southeast Asia, with over 10,000 physicians as well as partnerships with globally-renowned institutions. BDMS has personalized health optimization programs and provides many types specialized clinics including:

- Regenerative Clinic
- Musculoskeletal and Sport Clinic
- Neuroscience Clinic
- Cardioscience Clinic
- 🕸 Dental Clinic
- Breast Clinic
- Digestive Wellness Clinic

Regenerative Clinic offers a wide array of vaccines recommended by the World Health Organization (WHO) are also available including the preventive Human Papillomavirus Vaccine (HPVV) that protects guests against developing a variety of cancers including cervical cancer.

Biometric technique located at the Neuroscience Clinic can help detect the early onset of Alzheimer's disease. They can also conduct neurosciencespecific genetic testing as well as PET amyloid testing to help detect early stages of chronic brain diseases.

The commitment of BDMS is to push the boundaries of modern medicine to promote longevity, prevent disease and provide ground-breaking treatments for a long and healthy life. Website: www.bdmswellness.com

Health Complex Centers

# Plastic Surgery Centers / Clinics

#### HEDASIA HEALTHCARE COMPLEX

MedAsia Healthcare Complex is an advanced medical specialist complex with a team of highly-skilled practicing healthcare specialists willing to help you with all your health issues.

MedAsia Healthcare Complex offers a wide variety and comprehensive range of medical specialists, as well as world-class facilities that focus more on the international market. The programs have been designed and integrated to be applicable and effective to patients that consist of:

Plastic Surgery Center
Cosmetic Dentistry Center
Ear & Hearing Aids Center
Skin Care Center
Anti-Aging Center
Gene Test Center

MedAsia Healthcare Complex has assigned overseas representatives in many countries whose staff are able to provide knowledgeable and understanding communication that addresses patients' needs, as well as in assisting them in managing and arranging medical trips to Thailand.

As a Healthcare Complex, it offers personal assistance to patients with special needs. This service provides quality and professional assistance from the first meeting of the treatment plan and assists the patient until the final treatment course has been finished.

Website: www.medasiahealthcare.com





#### **ASIA COSMETIC HOSPITAL**

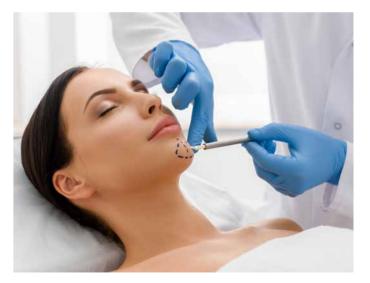
Asia Cosmetic Hospital is JCI accredited and certified by international organizations including Oriental Society of Aesthetic Plastic Surgeons (OSAPS) and The American Society of Plastic Surgeons. It provides plastic surgery services to patients such as minor surgery, rhinoplasty, chin implant, etc., as well as major surgeries such as sex change operations, breast implants, and more. Website: www.asiacosmeticthailand.com/

website: <u>www.asiacosmeticthailand.con</u> our-hospital



#### ⊕ DR. SARAN'S CLINIC

Dr. Saran Wannachamras founded Dr. Saran's Clinic in 1999 in the heart of Bangkok, Thailand. It has served thousands of patients from around the world with its latest advancements in the cosmetic industry. He and his talented team are committed to delivering first class treatment consisting of highly personalized care and exceptional results for all of their international patients. Website: www.doctorsaran.com



# Plastic Surgery Centers / Clinics

# Plastic Surgery Centers / Clinics



#### + KAMOL HOSPITAL

Kamol Hospital has earned JCl accreditation and provides state-of-the-art medical technology, experienced surgeons, professional care staff and modern facilities. The centrallylocated clinic specializes in cosmetic and plastic surgery, with a range of treatments for both men and women.

Website: <u>www.kamolhospital.</u> <u>com/en</u>

#### **HASTERPIECE CLINIC**

Masterpiece Clinic is the home of cosmetic surgery and aesthetic skin treatment. They are certified by The Society of Aesthetic Plastic Surgeons of Thailand and have more than 10 years' experience. The specialist doctors will evaluate and manage your diagnostics and treatment options for all structures of any conditions. Website: www.masterpiececlinic. com/en

#### C 🕂 SIAM SWAN

The Siam Swan Cosmetic Clinic is one of Thailand's premiere cosmetic plastic surgery centers providing you with a full range of cosmetic plastic surgical procedures and nonsurgical treatments. Under the modern concept, "Less is more," the clinic uses new technology and innovations in order to lessen your treatment and recovery time, together with enhancing your natural beauty to achieve the look you've always wanted. Website: www.siamswan.com

#### ⊕TOKAI CLINIC

Bangkok's Tokai Clinic is one of the city's most trusted centers for cosmetic surgery. The clinic provides both invasive and non-invasive procedures for facial and body enhancements, adopting precise, safe, and modern surgical techniques. It is also notable for its "Tummy Tuck" which is designed to tighten muscles and remove excess skin in order to achieve a smoother and flatter abdomen.

Website: www.tokaiclinic.com



#### 

Yanhee offers a complete menu of medical treatments for diseases as well as beauty enhancement options and plastic surgeries from head to toe. Its maintenance of ISO Accreditation, Thai Hospital Accreditation (HA) and the US-based JCI Accreditation attest to the continual efforts to pursue excellence in quality and safety in patient care. Website: www.yanhee.net



# Anti-Aging Centers / Clinics

#### ABSOLUTE HEALTH

Absolute Health Integrative Medical Center is comprised of a team of professional consultants & medical experts providing full medical services, especially in regenerative, rejuvenating medicine and in Anti-Aging treatments with new medical technology. Absolute Health is ISO 9001 certified, awarded from the European Medical Association (EMA).

Website: www.absolute-health.org/index.htm

#### 

Addlife founders are the pioneers and most experienced Anti-Aging physicians in Thailand. In 2000, they set up the first Anti-Aging and Wellness center in a large private international hospital located in Bangkok, Thailand. Dr. Chavalithamrong was the first Thai doctor to be American Board Certified in Anti-Aging Medicine and the first Thai doctor to earn a Masters of Prevention and Anti-Aging Medicine from the European Society of Anti-Aging Medicine. Website: www.add-life.org

#### BANGKOK ANTI-AGING CENTER (BAAC)

Bangkok Anti-Aging Center (BAAC) is an integrative medical center which fulfills the modern lifestyle of health-concerned individuals. The center focuses on investigating the root cause of the disease rather than merely treating the symptoms. The treatment protocol prioritizes the simultaneous revitalization and rejuvenation of every organ system. This can be done through stimulation of repairing and reconstruction of the body's biomolecular building blocks at the cellular level. Website: www.bangkok-antiaging.com/en/







#### BANGKOK ROYAL LIFE ANTI-AGING CENTER

Bangkok Royal Life Anti-Aging Center is located in Bangkok Hospital, and is JCI accredited. Their examinations go deep down to the molecular level – including blood, urine and saliva - in one the most advanced bio-molecular labs in the Asia-Pacific region. Website: www.bangkokhospital.com/ index.php/en/center-of-excellence/goodhealth/ghct-4

#### ⊕ DII WELLNESS MED SPA

Dii Wellness Med Spa has adopted a DNA-level approach to improving physical well-being and health. The range of treatments focus on anti-aging, rejuvenation, detoxification, brightening, fit and firm promotion and specialized packages for brides-to-be and grooms-to-be. Website: www.dii-divana.com







Anti-Aging Centers / Clinics

# Dental Centers / Clinics

#### ⊕ DR. ORAWAN HOLISTIC INSTITUTE

Dr. Orawan Holistic Institute was TQCS accredited in 2007 and has been awarded many global awards. It is a well-known holistic institute providing beauty treatments including holistic and wellness, anti-aging treatment, beauty treatment, laser and light therapy, natural herb treatment and treatment check-up. Website: www.bangkokdermatology.co.th/

#### 

Panacee Medical Center offers medical know-how from Germany, and is the first medical center to achieve ISO 2008 certification. Panacee offers medical checkups and a comprehensive laboratory, detoxification and rejuvenation treatment.

Website: panacee.com/en

#### ⊕ VITALLIFE WELLNESS CENTER

Vitallife Wellness Center is a subsidiary company of Bumrungrad International Hospital Public Company Limited, a JCIaccredited hospital. Vitallife utilizes the latest in international technologies, advanced treatments and cutting-edge medicine. This is accomplished primarily through the use of DNA or genetic testing. Website: www.bumrungrad.com/en/wellness-antiaging-vitallife-center-bangkok-thailand







#### ⊕ BANGKOK INTERNATIONAL DENTAL CENTER (BIDC)

BIDC is located in a 7-story building equipped with the latest dental and medical technologies. BIDC provides general dentistry, cosmetic dentistry (teeth whitening dental crowns) and dental implant services. BIDC is certified by JCI and ISO 9001. Website: www.bangkokdentalcenter.com



#### ⊕ BANGKOK SMILE DENTAL CLINIC

Bangkok Smile Dental Group is an ISO 9001:2008 certified clinic and dental lab. At Smile Clinic, cosmetic treatments include teeth whitening, replacing missing teeth, and repairing broken/ chipped teeth through a variety of cosmetic dentistry options. Website: www.bangkoksmiledental.com/ index.php





Dental Centers / Clinics

#### ✤ DENTA-JOY INTERNATIONAL DENTAL CLINIC

Denta-Joy Clinic is certified UKAS ISO 9001:2008. The Clinic offers a complete range of cutting-edge and specialized dental works: Lingual Braces, Orthodontics or braces, Retainers, MIA, Dental Implants, One-day implants, Cosmetic Dentistry, Dental Veneer, Dental Crowns, Periodontics, and more.

Website: <a href="https://www.dentajoy.com/?lang=en">https://www.dentajoy.com/?lang=en</a>

#### DENTAL HOSPITAL BANGKOK

Dental Hospital Bangkok provides dental check-ups, panoramic x-ray and treatment and Oral Diagnosis. Services include professional teeth cleaning, composite white filling, teeth whitening, ceramic veneer, inlay, crown or bridge and other dental treatments as needed with advanced technology. Website: www.dentalhospitalbangkok.com/index.php

#### ⊕ THANTAKIT INTERNATIONAL DENTAL CENTER

Thantakit International Dental Center offers all kinds of dental treatment and services, including dental implants, cosmetic dentistry, orthodontics, crowns, bridges, veneers, root canals, gum treatment, wisdom tooth removal, and others. It is also the first CAD/CAM Dental Lab in Thailand. Website: www.thantakit.com





### Aesthetic Centers / Clinics



#### APEX PROFOUND BEAUTY

As a full-service health and beauty institute, or salon, Apex specializes in Botox, hair removal, skin rejuvenation, homeopathy, acne treatments, cellulite treatments, weight loss, fine wrinkle reduction and much more. There are several locations throughout Bangkok, where you can receive all of these treatments and more. Website: www.apexprofoundbeauty.com/home-en

#### ASOKE SKIN HOSPITAL

Asoke Skin Hospital is run by a high caliber team with more than 15 years of experience in dermatology. Since there are various types of skin problems, each one of the team specializes in their own expertise and are ready to advise and provide treatment according to your problem. Website: http://www.skinhospital.co.th/home

48 THAILAND A PARADISE FOR LONGEVITY

# Aesthetic Centers / Clinics

# Cell Therapies

#### ⊕ DERMASTER WELLNESS & AESTHETIC INSTITUTE

If you're looking for sophisticated aesthetic enhancement solutions in Bangkok from some of the most trusted professionals in the area, Dermaster has it all. The facility contains five different beauty centers all dedicated to your comfort and privacy. These centers include: Surgery Center, Skin Laser Center, Hair Center, Body Center, and Anti-Aging Center.

Website: www.dermaster-thailand.com/en

#### ⊕ DR. TATTOF

Dr. Tattof Clinic intends to deliver sub-specialist treatments for Tattoo Removal and Art Medical Aesthetic treatments to help clients look younger and feel better without having to undergo invasive surgery. The clinic provides premium laser instruments and treatment materials of a high standard, and has received both US and Thai FDA Clearance. Website: www.drtattof.com/en

#### **+ ROMRAWIN CLINIC**

Romrawin Clinic has many branches in Bangkok. Their services include treatments for facial skin care and rejuvenation. Hair removal, hair regrowth and hyperhidrosis are also provided in their programs. Website: www.romrawin.com/en

#### 

Siam Laser Clinic provides a full range of beauty treatment that is performed by specialized skin doctors. Their services include skin care and all kinds of cosmetic body surgeries. The clinic uses modern medical instruments in accordance with international standards. The clinic and facilities are sterile and comply with the standards of the Ministry of Public Health.

Website: www.slcclinic.com/en/index.php



#### BANGKOK STEM CELL

Bangkok Stem Cell is Thailand's largest and most experienced Mesenchymal Stem Cell bank. For years, it has led the industry in technical innovations. Bangkok Stem Cell have approval from FDA and is an ISCT member. Website: www.bangkokstemcell.org



#### ⊕THAI STEMLIFE

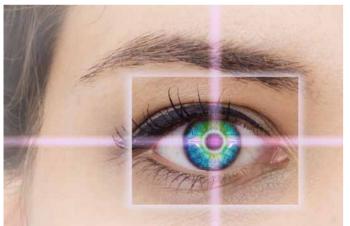
Thai StemLife is the first private and largest stem cell bank in Thailand with storage facilities in the country. Their services include Umbilical Cord Blood Stem, Cell Collection and Banking for newborn babies; Peripheral Blood Stem Cell collection and banking, Advanced Genetic Testing, HLA tissue typing, and DNA banking. Thai StemLife is certified by many ISOs. Website: www.thaistemlife.co.th/home/ index.php



# Lasik Centers / Clinics

# Senior Care Resorts





#### ⊕ TRSC INTERNATIONAL LASIK CENTER

TRSC International LASIK Center is a private eye clinic specializing in refractive surgeries, providing medical treatment for correction of refractive errors (myopia, hyperopia, astigmatism and presbyopia) using ReLEx (Refractive Lenticule Extraction), Femto-LASIK, LASIK, PRK, Phakic Intraocular Lens and Cataract Surgery. TRSC is the first LASIK center in Asia to be awarded the ISO 9001:2015. Website: www.lasikthai.com/?lang\_id=2

#### ⊕ RUTNIN-GIMBEL LASIK CENTER

The Rutnin-Gimbel LASIK Center integrates over 40 years of expertise in eye care and the best possible treatment for each of their patient's eyesight. Offering LASIK, PRK, LASEK, Intraocular Lens Implants, Refractive Lensectomy and Near Vision, it is the first institution in Thailand to use the Platinum Zyoptix 100. Website: www.rutningimbel.com/eng/ home.php?language=2



#### **GOLDEN YEARS HOSPITAL**

Golden Years Hospital provides a safe caring environment and is experienced in managing health issues associated with old age such as Alzheimer's, Parkinson's, strokes, and immobility. With an excellent reputation for professional care, the center is well-staffed with a team of medical doctors, licensed nurses, therapists, nurse aides, and dieticians on-site 24 hours a day. Website: www.goldenyears.co.th/en/

#### ✤ KLUAYNAMTHAI 2 GERIATRIC HOSPITAL

Kluaynamthai 2 Geriatric Hospital is the first ever hospital in Thailand to earn JCI's accreditation standards in the long-term care and home care program. Providing treatment, care and rehabilitation for the elderly, the hospital has an experienced on-site staff consisting of physicians, nurses, and multidisciplinary team members.

Website: <a href="http://www.kluaynamthai2.com/index.php?lan-guage\_change=EN">www.kluaynamthai2.com/index.php?lan-guage\_change=EN</a>



### PHUKET A Paradise for Longevity

From the moment you step off the plane and onto one of the island's famed white-sanded beaches, the appeal of Phuket is obvious to see. But today, visitors flock to this southern province not only for sun, sea and sand but also to take advantage of the evergrowing range of first-class medical facilities and wellness resort.

Bangkok Hospital Phuket and Siriroj International Hospital are both JCIaccredited hospitals offering everything from basic check-ups to highly technical surgical procedures. Visitors also choose Phuket for its state-ofthe-art plastic surgery clinics, dental clinics and general aesthetic centers, many of which are home to anti-aging centers, too.

While it's not difficult to find a lively after-dark scene in many parts of the island, much of Phuket still remains relatively quiet and serene. As such, some of these more remote areas provide a fantastic setting for health resorts and senior care resort. For relaxing, why not take some time out and visit one of the island's luxurious spas and retreats, such as Sukko Cultural Spa or Amatara wellness Resort.



### Relax and Retreat Activities

Phuket is not only about fun in the sun. Instead, why not take some time out for yourself by visiting one of the island's relaxing (and luxurious) spas, health retreats and wellness centers? Visitors can also head out on an all-inclusive day trip for some laidback sightseeing, cultural experiences and cooking classes.

#### ⊕ COOL SPA

Cool Spa offers a "five senses" experience within an intimate setting – with just four spacious treatment rooms (which means it's always best to book in advance). The venue also boasts a private salon and a floating yoga deck – all of which enjoy panoramic ocean views. All guests booking treatment at Cool Spa can also make full use of their other luxurious facilities, including the highly-recommended infinity pool. Website: www.coolspaphuket.com

#### **TURQUOISE COVE SPA**

Turquoise Cove Spa takes its inspiration from the serenity and the energy of the sea. Upon arriving through its Chino-Portuguese archway, guests will notice the distinctly Mediterranean ambiance that makes this spa unique from all the rest. Ten private treatment villas – all with terrazzo baths – can be discovered hidden away between cascading waterfalls, while the venue also features outdoor rain showers, a Thai herbal steam cave and an outdoor swimming pool.

Website: www.oasisspa.net/destination/phuket





### Healthy and Organic Restaurants



With Phuket's huge array of organic and vegetarian restaurants, wellness and healthy eating can go hand-in-hand during your stay on Thailand's largest and most popular island. Some of the best healthy places to eat can be found located inside resorts, such as the excellent **Divine Restaurant** at Thanyapura Sports Hotel, while other smaller, standalone options can also be discovered such as **We Café** or **Odysseus Greek Organic Restaurant**. Some other good vegetarian options are **Hideaway Curry** and **Thong Dee the Kathu Brasserie**.

# Plastic Surgery & Aesthetic Clinics

### BANGKOK HOSPITAL PHUKET

Bangkok Hospital Phuket is a member of the Bangkok Dusit Medical Services PLC–BDMS, the fastest-growing and largest hospital network in Asia-Pacific. As one of the world's top five groups, this JCI-accredited hospital is capable of delivering world-class tertiary care over a comprehensive range of medical sub-specialties.

Website: www.phukethospital.com

#### ⊕ SIRIROJ INTERNATIONAL HOSPITAL

Siriroj International Hospital is one of the largest private hospitals in the region offering sophisticated diagnostic and therapeutic care. As one of the leading private hospitals in the region, it has also received JCI accreditation. Siriroj International Hospital offers a comprehensive range of medical and hospital services, specifically oriented to the needs of all patients. Website: www.phuketinternationalhospital.com/en





#### APEX MEDICAL CENTER

Apex Medical Center is a world-class aesthetic center treating both the skin and body. American Board-certified dermatologists make up much of the professional team who are able to provide treatments in a range of fields including anti-aging, dental care, facial treatment, hair treatment, and plastic surgery. Website: www.apexprofoundbeauty.com



#### 

Phibeauty Clinic Phuket provides high-quality beauty services using state-of-the-art technology on par with anywhere else in the region. The clinic adopts the best safety procedures for plastic surgery while applying the latest technology for endoscopic breast and face procedures. Website: www.phibeautyclinic.com/en



### Anti-Aging Center / Clinic

### Dental Centers / Clinics







#### ⊕ DR. ORAWAN HOLISTIC & ANTI-AGING INSTITUTE

Dr.Orawan Holistic & Anti-Aging Institute has been chosen by the Tourism Authority of Thailand on many occasions as a recommended medical spa for visitors to Thailand. The institute was the only medical center to take care of VIP clients as part of the Amazing Thailand Extreme Makeover Season 2 and is a well-recognized provider of integrative holistic body treatment for weight reduction. Website: www.bangkokdermatology.co.th



#### ⊕ PHUKET DENTAL SIGNATURE AT PHUKET

Phuket Dental Signature is a subsidiary of Thailand's award-winning dental center, Bangkok International Dental Center (BIDC). BIDC is the first Joint Commission International (JCI) accredited dental center in Thailand. The clinic can be found in a modern three-story dental center equipped with digitalized x-rays and advanced technologies with 12 treatment rooms. Website: www.phuketdentalsignature.com



#### ⊕ SEA SMILE DENTAL CLINIC

Sea Smile Dental Clinic is proud to belong to the BSDG (Bangkok Smile Dental Group), one of the largest groups of dental practitioners in the country, and the only fully-accredited USA JCI. Using a combination of various dental specialists' opinions, the clinic aims to identify and solve each patient's most important dental health problems. Website: www.bangkoksmiledental.com/seasmiledental.php



### Health Resorts

### AMATARA WELLNESS RESORT

Having picked up the "World Luxury Spa 2017" and other international awards, Amatara offers an all-inclusive program combining accommodation, as well as organic and nutritional food at their healthy restaurant, The Retreat, along with personalised wellness and leisure activities.

Website: www.amataraphuket.com

#### ⊕ CHIVITR HEALTH AND REJUVENATION

Chivitr's retreat programs are not just for those looking for a short spa holiday where the health effects will wear off after a few days. Instead, they are designed to turn guests' health completely around by re-establishing a solid base in terms of diet, metabolic function, and other healthy lifestyle habits that can be continued at home for years to come. Website: www.chivitr.com

#### **THANYAPURA**

Thanyapura is a home to the finest sports facilities, integrative health center, mindful services and expert coaching on the beautiful island of Phuket. The health center offers a number of treatments and wellness plans individually designed for those looking to improve their quality of life in achieving their wellness goals during their stay, and after they leave. Website: www.thanyapura.com

#### **THE LIFECO PHUKET**

The LifeCo Phuket promotes a healthier lifestyle by improving nutrition choices, managing stress levels, all of which creates a full makeover for the mind and body through detox programs, all-natural therapies and treatments that deepen the process of cleansing and nourishment. Website: www.thelifeco.com







### Senior Care Resort

### Wellness Resort





#### ⊕ 180° WELLNESSTHAILAND

180° Wellness provides nurturing, fun, educational and effective 180° Wellness programs. You can enjoy the benefits of a range of health, well-being and detox programs, the delicious nutritional cuisine carefully prepared by their Chefs at its award-winning Blue Mango restaurant, some relaxing spa services, and finally their carefully curated Yoga and Meditation programs. Website: www.180wellness.asia

#### BAAN NISHA NURSING CARE

Baan Nisha Nursing Care is operated by a professional team with a long experience of working in the senior healthcare sector. Providing registered nurses, together with therapists and nutritionists, Baan Nisha is able to provide the best medical monitoring and treatments with the latest medical equipment to take care of guests 24 hours a day. Website: en.baannishanursingcare.com





### CHIANG MAI A Paradise for Longevity

Chiang Mai, the northern capital of Thailand, has long been a must-see destination in Asia thanks to its unique old-world charm and culture. Now, as the region modernizes, more and more world-class health and wellness facilities are locating here, as well as two JCI-accredited hospitals.

With its own international airport, plus some of the country's most idyllic natural beauty just a short drive out of town, Chiang Mai is a prime destination for wellness resorts and medical spas. As a result, many visitors choose to

combine their holiday with a stay at one of these popular wellness centers. The cooler climate and lush rolling hills also make an excellent setting for Chiang Mai's growing number of senior care resorts, anti-aging facilities, dental facilities, and general health resort.

Chiang Mai is simply made for rest and relaxation, and some of the recommended venues to visit include the stunning Dhara Dhevi resort and the peaceful Jirung Health Village which is housed in an old colonial mansion.



# Relax and Retreat Activities

With so many spas, health resorts and massage facilities, Chiang Mai is simply made for some rest and relaxation. Find some of these recommended venues to visit and activities to do next time you visit Thailand's northern capital.

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Cheeva Spa is world-renowned name when it comes to luxury spa destinations. This branch in Chiang Mai is designed in the traditional Thai Lanna style, with their trained therapists providing soothing and relaxing services to ease the tension away from your body and soul. Cheeva Spa is also known for its quality spa products, which are made using only high-quality natural and organic products to ensure that your body is relaxed, rejuvenated and calmed. Website: www.cheevaspa.com

#### DASIS SPA CHIANG MAI

Oasis Spa takes you on a journey to exciting new worlds of relaxation, rejuvenation and well-being with a range of treatment programs and massage therapies. The sophisticated treatments here work to find a balance between contemporary and traditional techniques, with the spa having picked up numerous awards over the past 15 years. Website: www.oasisspa.net/home.php?ln=en

#### ⊕ ZIRA SPA

Feel the sensation of the aesthetics of relaxation through the traditional "Siam Lanna" at Zira Spa, Chiang Mai. Come for its renowned massage therapy, or indulge in skin care or just immerse yourself in a tub of mineral water. This focuses on the origin of the art of beauty and wellness while selected sensations cater to all your five senses. Website: www.ziraspa.com







# Healthy and Organic Restaurants



Chiang Mai welcomes millions of visitors every year who come to enjoy the city's spirituality, slower pace of life and range of wellness resorts. As a result, one of the city's (several) food specialties is healthy cuisine, with dozens of places serving vegetarian and vegan-only menus that use only the freshest organic ingredients. For those seeking an organic dining experience, we recommend **Organic Farm Chiangmai**, **Ohkajhu Organic Farm**, and **Daradalay Banndin Farm** all located just outside the center. Elsewhere, **May Kaidee** and **Freedom Healthy Café** are two popular vegetarian restaurants within the area.

## JCI-Accredited Hospitals

## Anti-Aging Centers / Clinics

#### ⊕ BANGKOK HOSPITAL CHIANG MAI

Bangkok Hospital Chiang Mai is JCIaccredited hospital in the largest hospital network in Thailand and all over Southeast Asia. This medical facility provides comprehensive diagnosis, treatment and ancillary services from highly-trained and specialized physicians utilizing stateof-the-art medical technology. This hospital is also known to be a popular choice for patients coming from neighboring countries.

Website: <u>www.bangkokhospital-chiang-</u> mai.com/en/

#### ⊕ CHIANG MAI RAM HOSPITAL

Chiang Mai Ram Hospital is part of one of Thailand's largest hospital groups called "The Ramkhamhaeng Group." The hospital is JCI-accredited and also the first in Northern Thailand to receive such accreditation. It provides high-quality healthcare with highlytrained specialists and equipment based on ISO 9002 standards. It has also been awarded the "Goal Seal Quality Approval."

Website: www.chiangmairam.com





## ABSOLUTE HEALTH CHIANG MAI

Absolute Health provides medical services related to Advanced Integrative Medicine and Anti-Aging. Procedures and equipment are based on the ISO 9001 standard and the facility is able to provide full services relating exclusively to Advanced Integrative Medicine and Anti-Aging for patients of all ages and with various disorders.

Website: <u>www.absolute-health.org/chiang-</u> <u>mai-branch.htm</u>





## Anti-Aging Centers / Clinics

## Dental Centers / Clinics



## 라 DIAA CLINIC

DIAA Clinic is a premiere beauty, skincare and medical clinic that specializes in aesthetic therapies and non-invasive cosmetic and anti-aging procedures such as facial treatments, facial designs and body contouring. The signature services of DIAA include: HA fillers, botox injections, ultherapy and liposculpture.

Website: www.diaaclinic.com/?lang=en



## ⊕ GRANDDENT DENTAL CLINIC

GrandDent Dental Clinic provides all kinds of dental services ranging from single tooth treatment to full mouth rehabilitation. This recommended clinic is known in the region for its dedication to providing the utmost care and consideration, with a team of dental professionals making sure that your needs are satisfied, and your expectations are fulfilled. Website: www.granddentdental.com



#### **+ KITCHA DENTAL CLINIC**

Kitcha Dental Clinic has been awarded in Dental Departure's Global Patient's Choice 2015-2018. The Clinic is one of the leading dental clinics in Chiang Mai, and has been providing cutting-edge services and technology for more than 30 years.

Website: www.kitchaclinic.com



## Health Resort

## Wellness Resorts





#### ⊕ TAO GARDEN HEALTH SPA & RESORT

The Tao Garden Health Spa & Resort is run by Master Mantak Chialisted, a figure listed as number 18 on the list of "100 Most Spiritually Influential People in the World." Here, students can learn the Taoist practices from professionally trained and certified instructors. Guests can relax, enjoy the resort's spa massage treatments, and consult with a resident doctor for a personalized healing treatment program.

Website: <u>www.tao-garden.com</u>

#### **DHARA DHEVI CHIANG MAI**

This luxury resort's design draws heavily from the architectural and cultural influences of the historic Lanna Kingdom. The Dhara Dhevi Chiang Mai offers some of the most spacious accommodation available in the world, with its beautiful landscaped gardens ideal for walks, cycling, yoga, meditation and alfresco dining. Website: www.dharadhevi.com



#### **+** FOUR SEASONS RESORT

The Four Seasons Resort is one of the finest in Thailand, offering an award-winning combination of luxury accommodation, signature services and unique experiences for the discerning traveler. Soul-deep relaxation can be experienced at the resort's luxurious spa, which incorporates techniques inspired by ancient wellness rituals. You can also go on a culinary adventure by sampling vibrant local flavors – or try your hand at cooking some Thai specialties yourself. Website: www.fourseasons.com/chiangmai



## Wellness Resorts

## Senior Care Resorts

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Jirung Residence is comprised of a large colonial Lanna style home, making an excellent place for both families and couples wanting some luxurious rest and relaxation time. The facilities here include a full service relaxation spa designed under the concept of "Jirung Four Elements." Website: www.jirunghealthvillage.com

#### ⊕ RARINJINDA WELLNESS RESORT

This standout wellness spa is located inside a 140-year-old teak home in a quiet temple community – the perfect setting to enjoy the well-equipped spa, fitness and yoga studio, outdoor swimming pool and on-site restaurant. As part of the resort, there're also 35 luxurious deluxe and suite rooms for those seeking an extended stay in the area.

Website: www.rarinjinda.com





## **CARE RESORT CHIANG MAI**

Care Resort Chiang Mai is a luxury adult care retirement facility based in Chiang Mai. The resort provides both independent living with care and nursing support available on-site. The resort has two boutique memory care facilities for Alzheimer's and other dementia patients and can accommodate both short and long-term stays. Website: www.careresortchiangmai.com

## ⊕ SUANSAWAN RESORT

Suansawan Resort offers a full range of recreational activities, with a comprehensive range of facilities including two swimming pools, a beautiful Thai spa, a fitness center, a sauna, and a lakeside relaxation Sala with a library attached. Website: www.suansawanresort.com



#### ↔ VIVO BENE VILLAGE

With most of its 80 rooms contained in six elegant pavilions, Vivo Bene presents a delightfully relaxing environment for elderly guests, right next to a beautiful lake. Nearby, the Wellness Center houses an exercise room with modern equipment, a yoga facility, as well as consulting and massage rooms. Onsite, guests can also find a swimming pool and award-winning "Rossli" restaurant. Website: www.vivobene.co.th





## DATTAYA, CHONBURI A Paradise for Longevity

Promising plenty of exciting and scenic activities both by the sea and further inland, Pattaya is a premier destination in Thailand for medical tourism, particularly appealing to those wanting to relax and recover after undergoing treatments.

Pattaya has long been a popular more. holiday destination for visitors wishing to combine medical treatment with tropical weather – not to mention some valuable time spent at the beach and enjoying the vibrant nightlife scene. match

In terms of facilities, Pattaya has an excellent choice of medical institutions that routinely receive top ratings for

their standards of care. Among these, the city boasts over a dozen private and government-run hospitals and one of them is a JCI-accredited hospital, Bangkok Hospital Pattaya. In Pattaya there are numerous quality private clinics specializing in cosmetic surgery, anti-aging, dentistry, medical spa and more.

Among the top facilities are Absolute Health anti-aging center, and scores of quality dental facilities, perhaps matched only by the number of cosmetic surgery clinics. The famous Rasayana Retreat is in Pattaya along with the more modern Surecell, for cutting edge cell therapy.



## Relax and Retreat Activities

## Healthy and Organic Restaurants

For health and wellness tourists visiting Pattaya, here are some highly-recommended "Relax & Retreat" activities that can be found in and around the city.

## **GEFOREA SPA AT HILTON PATTAYA**

The Eforea Spa at Hilton Pattaya was awarded the Best Luxury Hotel Spa in the 2017 World Luxury Spa Awards, a testament to the quality and luxury of this recommend wellness venue. The treatment menu here features the rejuvenating "Jet Lag Body Remedy" to help you recover from that long flight, as well as a "Sound Steps Hand and Feet Repair" to soothe tired limbs after a day out sightseeing. The spa also has a full-service hair and nail salon for those looking to combine wellness with some added beauty treatments.

Website: <u>www3.hilton.com/en/hotels/thailand/hilton-pattaya-BKKHPHI/spa/</u> index.html

## ⊕ LET'S RELAX PATTAYA

Pattaya's popular Let's Relax spa offers a variety of different treatments to suit different tastes and help a variety of ailments. These include traditional Thai massage, Indian Ayurvedic massage, aroma oil, and more. Other treatments to be enjoyed here are facials, body scrubs and baths, all of which aim to leave you feeling refreshed and recharged. Let's Relax also provides some package options that are great for a partner, friend or family member visiting Thailand. Website: www.letsrelaxspa.com/pattaya

## ⊕ OASIS SPA PATTAYA

Find the Oasis Spa in the Chateau Dale Estate near Big Buddha Hill. This spa offers combinations of Thai Lanna therapies with modern-day treatments to pamper, enhance beauty and promote wellness. The spa includes 11 private treatment rooms, cold pools, saunas, and a steam room for your relaxation.

Website: www.oasisspa.net/destination/pattaya









With its sun, sea, sand and close proximity to Bangkok, Pattaya has long been one of the most visited beach resorts in Thailand. Large-scale development has also meant that the main city area (and quieter nearby beach resorts of Jomtien and Naklua) now all boast a huge variety of dining spots – including lots of vegetarian and organic options. One of the best organic restaurants in town can be found at **Wooden Box Pattaya**, while **SARAS (Pattaya)** is recommended for vegetarians.

## JCI-Accredited Hospitals

## Anti-Aging Center / Clinic



## **BANGKOK HOSPITAL PATTAYA**

Bangkok Hospital Pattaya is a premier tertiary healthcare provider dedicated to international quality and customer-focused care. It is the leader in setting an international standard – efficient and ethical high quality care through a dedicated healthcare team, visionary leadership and state-of-the-art technology. The hospital has achieved JCI and HA accreditation. Website: www.bangkokpattayahospital.com/en

## mier tertiary Samitivej Hostipal is a leading, JCI-accredited

hospital group in Thailand and Southeast Asia. There are 15 fully-equipped intensive care units and six operating rooms complemented by a team of dedicated specialists and caregivers. These facilities include a Children's Clinic, Dental Center and Wellness Center.

**A SAMITIVEJ HOSPITAL SRIRACHA** 

Website: www.samitivejhospitals.com/sriracha

#### **ABSOLUTE HEALTH PATTAYA**

Absolute Health provides full medical services exclusively related to Advanced Integrative Medicine and Anti-Aging for individualized treatment programs for patients of all ages and with various disorders.

Website: <u>www.absolute-health.org/patta-ya-branch.htm</u>





## Dental Center / Clinic





#### **+**THE DENTAL DESIGN CENTER

The Dental Design Center is an accredited Platinum and Elite Platinum provider for Invisalign treatment since 2014. The Dental Design Center's range of services is extensive and provides patients the beautiful bright confident smiles they deserve.

Website: www.dentaldesignpattaya.com

## Plastic Surgery & Aesthetic Clinic



## ⊕ V-PLAST CLINIC

V-Plast Clinic provides skin treatments in sterile operating rooms in modern, clean and safe fashion under the expertise of a surgeon and medical team. Personnel with high knowledge and skills will enable you to meet your final goal through the perfect transformational experience.

Website: <u>www.eng.vplastsurgery.com</u>



Cell Therapy

### ⊕ SURECELL

Surecell is part of an international network of clinics with its roots in Australia. The most popular treatments are the Platelet Rich Plasma procedure to treat chronic inflammation and cosmetic PRP. Surecell focuses on the most natural treatments and healthy lifestyle choices that help patients lead a happy and active life. Website: www.surecell.co.th





#### **RASAYANA RETREAT**

Rasayana is a holistic health center specializing in rejuvenation with deep cleansing and weight loss programs, colon hydrotherapy, herbal bowel cleansing, raw living food cuisine, yoga, pilates, far-infrared sauna, aromatherapy and a unique selection of therapeutic massages.

Website: www.rasayanaretreat.com

86 THAILAND A PARADISE FOR LONGEVITY



# A Paradise for Longevity

Hua Hin is a great escape from Bangkok for medical and wellness tourists. Providing a laid back atmosphere next to the coast, the popular seaside town offers a surprisingly large range of modern hospitals (including a JCI-accredited hospital), health resorts and spa centers.

Situated just 2.5 hours southwest of the capital, Hua Hin has all the modern conveniences and amenities of Bangkok – and not so much of the traffic. Both local and international tourists choose the town as a city-getaway thanks to its pretty beaches, thriving restaurant scene and abundance of activities both on and off land.

Medical and dental facilities and services have been steadily increasing in Hua Hin, with well-known hospitals such as the JCI-accredited Bangkok Hua Hin Hospital and San Paulo Hua Hin Hospital both offering bilingual services. Health resorts, including the renowned Chiva-som, and Wellness Resorts including Anantara are plentiful. There are also several senior care resorts emerging in the area.

The recent trend of health tourism has also been supported by the town's large range of wellness spas and retreats, many of which are located within the various four and five-star hotels in the area.



## Relax and Retreat Activities

## Healthy and Organic Restaurants

From luxury spas to interesting local touring and cooking school, Hua Hin presents an exciting range of "Relax & Retreat" activities that can be enjoyed by all medical tourists visiting the area.

## PUTAHRACSA DAY SPA

The Putahracsa Day Spa practices a balance of traditional theories and modern techniques to create treatments that unify the mind, body and soul. Many of the guests visiting Putahracsa come for the full "Day Spa" experience, with the venue providing a range of different facilities and remedies that adopts ancient techniques and naturally-sourced spa products.

Website: www.putahracsa.com/dayspa

## 

Whether you are looking to relax, detox, energize, or just take a break from it all, the luxuriously serene setting of the InterContinental® Hua Hin's spa is the place to be. The spa has a range of massage and spa treatments, including the signature "Thai Fusion" massage and special "Touch of Siam" designed to boost circulation. The spa also holds morning yoga sessions on the beach, as well as calming meditation and Tai Chi programs – the perfect way to start your day in Hua Hin.

Website: www.huahin.intercontinental.com/spa-and-wellness

#### ⊕THE BARAI SPA

The Barai spa is a premier luxury spa set over 4.5 acres of beachfront land and offering luxury residential spa accommodation, extensive spa treatments, signature massages, yoga, fitness and healthy lifestyle programs. Website: www.thebarai.com









Over the last couple of decades, Hua Hin has expanded rapidly from a small fishing village into one of Thailand's most popular seaside resorts. Today, fresh fish and seafood can still be found in abundance – great for health-conscious visitors looking to eat clean (just so long as it's not deep-fried) The city and nearby areas also have plenty of restaurants dedicated to vegetarian and organic produce, such as Hua Hin Vegan Cafe & Wine, Aleenta Resort Restaurant @ Hua Hin, The Coast and The Social Salad and Sea Harmony Eco Cafe.

## JCI-Accredited Hospital



## 🕆 BANGKOK HOSPITAL HUA HIN

Bangkok Hospital Hua Hin is JCI-accredited and part of the largest hospital network in Thailand and all of Southeast Asia. Medical facilities provide comprehensive diagnosis, treatment and ancillary services from highly trained and specialized physicians utilizing state-of-the-art medical technology.

Website: www.bangkokhospital.com/huahin/index.php/en

## Accredited Hospital





## **SAN PAULO HOSPITAL**

This private hospital in Hua Hin offers high-quality medical services, with everything from general medical treatments to specialized medical care. San Paulo Hua Hin Hospital is well-equipped with all the latest medical equipment and technology to ensure maximum quality of care for all of its patients. The hospital has also received accreditation from Thailand's Institute of Hospital Quality Improvement and Accreditation.

Website: <u>www.sanpaulo.co.th/en/medi-</u> <u>cal-service.html</u>

## Dental Centers / Clinics

## Health Resort



## 

Perfect Smile Dental Clinic is a unique dental clinic in Hua Hin with dentists who have a passion for cosmetic dentistry. The clinic provides optimal dental health within state-of-the-art facilities in a very relaxing environment.

Website: www.perfectsmile-huahindental.com

#### 

The first outstanding dental clinic in Hua Hin, S-smile provides professional dental service for cosmetic dentistry and implants. Design is in a seascape contemporary style. The result is exceptionally relaxing and cozy combined with every modern convenience for dental treatment. Website: www.ssmiledentalclinic.com

#### ⊕ CHIVA-SOM

Every Chiva-Som retreat is created by taking elements from the Six Wellness Modalities: Physiotherapy, Holistic Health, Nutrition, Fitness, Spa & Treatment and Aesthetic Beauty. There are programs for body balance, hypnotherapy and much more to help you relax and calm your mind at one of the world's great health resorts. Website: www.chivasom.com





Wellness Resorts

## 🕆 ANANTARA HUA HIN RESORT

The Anantara experience was born in 2001 with their first luxury property in Thailand's historic seaside retreat of Hua Hin. Anantara's balanced wellness concept is uniquely flexible. A range of individual experiences and tailored programs, healthy eating, and motivating fitness and holistic exercise classes are available.

Website: huahin.anantara.com

## **EVASON HUA HIN RESORT**

Evason has a well-known and awarded spa and wellness center, namely the Six Senses Spa. The Six Senses provides a relaxing menu of meditation sessions, massage therapies and detox programs. Guests can enjoy outdoor games and water sports in addition to many other activities here.

Website: <u>www.sixsenses.com/evason-resorts/hua-hin/</u> <u>destination</u>

#### ⊕ INTERCONTINENTAL HUA HIN RESORT

The Spa at Hua Hin's InterContinental offers a diverse menu of signature treatments perfect for wellness visitors to this seaside town. These include full-body massage, facial and beauty treatments. The signature "Thai Fusion" massage has been created to provide guests with head-to-toe rejuvenation, while the recommended "Touch of Siam" applies special techniques that are able to enhance blood circulation, energize the body through pressure points, and promote muscular flexibility.

Website: <u>www.huahin.intercontinental.com/spa-and-well-ness</u>











## Senior Care Resorts

#### ⊕ SANSARA HUA HIN

Sansara develops and manages luxury retirement and long stay residences, a first of its kind to offer unrivalled residential experiences with hotelinspired living in Thailand. Here, physical and mental exercises are provided for residents and it also offers medical check-ups and other services needed to care for the elderly. Website: www.sansara.asia

## **+**SUNSHINE INTERNATIONAL

Sunshine International specializes in holidays and permanent residences for those that feel they would like to have extra care or even people who are well, yet feel safer living with nurses who are working around the clock in the resort.

Website: www.sichasia.com



## **WKOH SAMU** A Paradise for Longevity

Koh Samui is, without doubt, one of Thailand's most beautiful islands. Large enough to provide all the airport and enjoy the benefits of essential amenities and facilities, yet not too big that it loses its uniquelytropical charm, this really is one of the country's must-visit destinations.

With an influx of tourism, business and expatriates, Koh Samui's infrastructure has seen significant improvements over the past decade, and the island is now home to a JCI-accredited hospital (Bangkok Hospital Samui).

Many medical tourists also choose to fly directly to Samui's international the island's health resorts and wellness spas, such as the incredible Kamalaya resort and Absolute Sanctuary.

Koh Samui presents an exciting range of "Relax & Retreat" activities that can be enjoyed by all medical tourists visiting the island, such as the excellent The Rainforest at Banyan Tree Spa.



## Relax and Retreat Activities

From luxury day spas to yoga on the beach and cooking workshops, Koh Samui presents an exciting range of "Relax & Retreat" activities that can be enjoyed by all medical tourists visiting the island.

## BANYANTREE SPA

Banyan Tree Spa is one of the most luxurious spa facilities on Samui, and also boasts the islands first hydrotherapy spa, namely "The Rainforest." This provides guests with an all-over holistic and innovative wellness experience designed to heal and soothe away aches and pains. Banyan Tree's sophisticated hydrothermal circuit also includes other delights such as the "Rain Walk," a sauna, ice fountain, vitality pool and various types of steam and water showers. Website: www.banyantree.com/en/thailand/samui/spa

## ⊕ SIX SENSES SPA

With its unique style and dedication to all things wellness, Six Senses is highly-recommended for its Yoga, Reiki and Pilates classes – not forgetting the range of spa programs that incorporate elements of both traditional Thai and Western massage therapy. Guests can choose to have their treatments either inside air-conditioned individual villas or outside with a nice tropical sea breeze in the spa's private salas. Both options promise some spectacular views across the rocks and into the bay to the Gulf of Thailand. Website: www.sixsenses.com/resorts/samui/spa



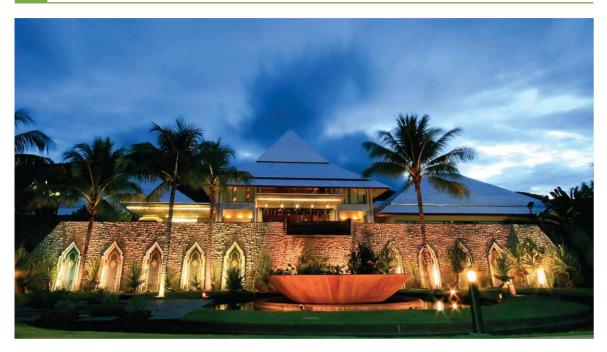


## Healthy and Organic Restaurants



Koh Samui is an ideal destination for healthy eaters. Take a walk along the beach or through town in the evening, and you'll be overwhelmed with the number of restaurants serving incredibly fresh fish and seafood – most of which is barbequed with light seasoning and served with salad. For those on a meat-free diet, the island is also home to some quality vegetarian and organic restaurants, too, including **Sweet Sisters Cafe Organic** as well as the popular **Greenlight Cafe & Bar Koh Samui.** 

## JCI-Accredited Hospital



#### ⊕ BANGKOK HOSPITAL SAMUI

Bangkok Hospital Samui, a member of BDMS Southern Group, is dedicated to providing international quality, patient safety and customer-focused care. Bangkok Hospital Samui is the first hospital in Thailand's Surat Thani province that has been certified with the JCl accreditation, the gold-standard in hospital certifications worldwide. Website: www.bangkokhospitalsamui.com









At Kamalaya Koh Samui, Thailand's award-winning "Wellness Sanctuary and Holistic Spa" resort, guests can indulge in a range of wellness programs providing solutions for stress and burnout as well as promoting a healthy lifestyle through yoga, diet and fitness. A professional team can also personally tailor wellness programs to suit individual needs at this stunning resort on the island of Samui. Website: www.kamalaya.com

Health Resorts

## ABSOLUTE SANCTUARY

Absolute Sanctuary is one of Asia's top wellness resorts for fitness, health, lifestyle, weight management and more. As a dedicated fitness resort, the programs at Absolute Sanctuary incorporate yoga, Pilates, strengthbuilding exercises and healthy diets to produce proven and effective results. Website: www.absolutesanctuary.com



## Wellness Resort



## 

Vikasa Yoga Retreat is much more than just a hotel that provides yoga. Upon arrival, guests can experience for themselves the stunning landscape and the surroundings of this beautiful island retreat. Aside from the yoga and onsite accommodation, Vikasa also provides organic dishes and spa facilities.

Website: <u>www.vikasayoga.com</u>





# KOH PHANGAN A Paradise for Longevity

Koh Phangan is an island in Surat Thani Province, southeast Thailand, part of the Samui Archipelago. Koh Phangan's idyllic beauty is accented by a hilly, verdant tropical jungle interior, many dreamy, long white-sand beaches and over 20 nearby dive sites.

Koh Phangan has always been a place for rest, relaxation and reflection. The tradition is a part of the island's history as it has previously attracted many people interested in the healing and spiritual arts, with numerous temples testament to this.

location ideal for some very special wellness resorts, including the Anantara Spa at Rasanada and the popular Wonderland Healing Center. For more general and traumatic medical needs, First Western Hospital, an HA accredited hospital, is there to serve you.

While Koh Phangan is yet to have many spa resorts on the scale of its sister island Koh Samui, there are plenty of retreat centers, meditation schools and secret hideaways where one can find peace and space for learning in harmony with nature. Koh Phangan is more a place for explorers and Accordingly, the island is a natural discoverers than jet-setting indulgence.



## Relax and Retreat Activities

## Relax and Retreat Activities

Koh Phangan is a tropical place to calm and relax your mind, and you can enjoy spas and many other fun activities on this paradise island.

## ⊕ ANANTARA SPA

Anantara is a luxury hospitality name known all across Asia, and their onsite spa at their Koh Phangan resort doesn't disappoint. Leave behind the stresses of everyday life with the spa's many relaxing facilities and different treatment programs that are designed to help your mind, body and soul reach a blissful state of peace. Website: www.phangan-rasananda.anantara.com/spas.aspx

## ⊕ JARAN'S YOGA

Jaran's provides a harmonious environment in nature to explore yoga, lifestyle, wellness and sustainability; it is a place in which to create spiritual contentment for heart, mind and body. It is a unique design concept, Thai-owned and managed, bringing a glorious slice of Thai culture and a peaceful easy feeling. Website: www.jaransphangan.com





## ⊕ PIMALAI SPA

Pimalai Spa is a previous winner of the "World Luxury Spa Award" and has been included in Conde Nast Johansens "Luxury Spa Collection." Signature packages are aimed at promoting health, relaxation and well-being with a combination of traditional and contemporary massage and spa techniques. Website: www.pimalai.com/Spa



## ⊕ AYURVANA SPA

Ayurvana Spa offers a total escape into luxurious serenity that soothes all guests from head to toe. Known as Koh Phangan Island's "fountain of youth," the Ayurvana Spa combines the essence of nature and purity in its masterful signature massages, body scrubs, wraps, facials, steams and spa packages for everlasting tropical indulgence.

Website: <u>www.santhiya.com/kohphangan/</u> <u>spa</u>



## Healthy and Organic Restaurants



The tropical island of Koh Phangan may be small in size, but for wellness and medical tourists coming here wanting to maintain a healthy diet, there are plenty of options to satisfy all tastes. For instance, vegetarian restaurant Karma Kafe is a highly-recommended option for non-meat eaters located on the west coast of the island. Other top picks for those wanting to stay organic include Koh Phangan's well-known Orion Café, The Organic Chocolate and Pure Vegan Heaven (located close to Karma Kafe).

## Accredited Hospital



#### **+** FIRST WESTERN HOSPITAL

First Western Hospital is a private hospital and the only licensed and fully-equipped hospital on Koh Phangan. Here, you can expect not just nextlevel care, but also a range of cuttingedge diagnostic facilities and services. First Western also provides operating rooms and urgent medical care as well as routine check-ups. Website: www.firstwesternhospital. healthcare



Wellness Resorts



#### ANANTARA SPA AT RASANADA

Anantara Spa at Rasanada is certified 3rd Grand Hotel Champion 2017 by Traveller Made and winner of the World Luxury Spa Award, 2017. Here, you can refresh and invigorate in the jungle garden spa with anti-aging and detox treatments, as well as in an outdoor herbal bath and tropical steam cave, plus more activities. Website: www.phangan-rasananda.anantara.com

## **WONDERLAND HEALING CENTER**

Wonderland resort consists of 37 rooms, a pool, herbal steam sauna, and a beautiful two-story yoga sala. It offers a wide variety of yoga, dance and meditation classes, healing treatments, special musical events, workshops, detox programs, and a restaurant with an exceptional vegan menu.

Website: www.wonderlandhc.com



## KHAO YAI A Paradise for Longevity

Located a short drive from the capital, Khao Yai is best known for its UNESCO World Heritage National Park that attracts day-trippers, wildlife enthusiasts and holiday-makers. With the recent influx of high-end hotels and luxury retreats, Khao Yai has also welcomed a handful of wellness resorts and other health facilities accommodating the growing number of medical tourists visiting this particularly green part of Thailand.

The surrounding Nakhon Ratchasima province is home to a first-class HA accredited hospital (Bangkok Hospital Pak Chong), while visitors can also benefit from numerous anti-aging centers and clinics dotted around. One of the most well-known of these is Panacee Wellness Khao Yai, which is located in a stunning Italian-style castle and clubhouse. Ideal for an extended stay, this sprawling resort promotes good health, wellness and relaxation with its range of holistic and spa treatments.

For relaxing retreats, look out for one of Khao Yai's must-visits spas, such as Toscana Valley Tuscan Senses Spa, MAYA spa at Kirimaya and Rose Spa at Thames Valley Khao Yai – or kick back at the luxurious Santosha Resort that provides accommodation and healthpromoting activities.



## Relax and Retreat Activities

## Healthy and Organic Restaurants





Discover Khao Yai's range of relaxing activities and retreats.

## ⊕ MAYA SPA AT KIRIMAYA

spa

MAYA Spa provides spa treatments and massage in the luxury Kirimaya resort, a magical sanctuary of well-being designed to re-balance body, mind & spirit. MAYA Spa treatments bring out the natural beauty and radiance within every person. Whether your desire is therapeutic, to beautify or just relax, MAYA spa will make a difference to your health and overall sense of well-being. Website: www.kirimaya.com/resorts/kirimaya-resort/golf-spa/

## **PROSE SPA ATTHAMES VALLEY KHAOYAI**

Rest your body, mind and soul with one of the heavenly spa treatments at Rose Spa. Well-trained therapists are on hand to pamper your body and soul with the healing touch of massage using Dermatological products that have been researched and manufactured with no animal testing, free of artificial fragrances or colors by The International Dermal Institute (IDI).

Website: www.thamesvalleykhaoyai.com

## **+**TOSCANA VALLEY TUSCAN SENSES SPA

Release your tension and muscle stress with Thai Herbal Steam at Tuscan Senses Spa, which uses Thai's herbal inhaled steam vapor made from a variety of fresh Thai herbs. The herbal steam stimulates blood circulation, treats skin ailments, relieves muscle stress and helps with respiratory problems.

Website: <a href="http://www.toscanavalley.com/spa/treatment.php">www.toscanavalley.com/spa/treatment.php</a>



With its fresh air, variety of rejuvenating resorts and lineup of healthy eating restaurants, it's easy to find the perfect balance while visiting Khao Yai. Many of Khao Yai's organic and vegetarian restaurants make use of tasty produce plucked fresh from the region's many farms, including organic vegetables, herbs and dried spices. Some of the top organic restaurants to look out for include Panorama Farm, Isaree Secret Garden, Sweet Green Organic Farm and Green Oak Bistro @ Escape Khao Yai.

## Accredited Hospital

Health Resort



#### **BANGKOK HOSPITAL PAK CHONG**

Bangkok Hospital Pak Chong is one of the most modern hospitals in the wider Khao Yai region, supporting all of your wellbeing concerns no matter how big or small they may be. Professionally-trained doctors, often with decades of experience, are available around the clock to treat individuals for all types of illnesses.



## PANACEE WELLNESS KHAO YAI

Panacee most notably provides a GMP Certified Cell rejuvenation trip with warm service from the professional medical team, and, with nearby accommodation, guests can enjoy a 4-day 3-night stay at a 5-star hotel. Expertly trained doctors are also on standby at Panacee to guide and advise patients on a variety of treatments. Website: panacee.com/en/



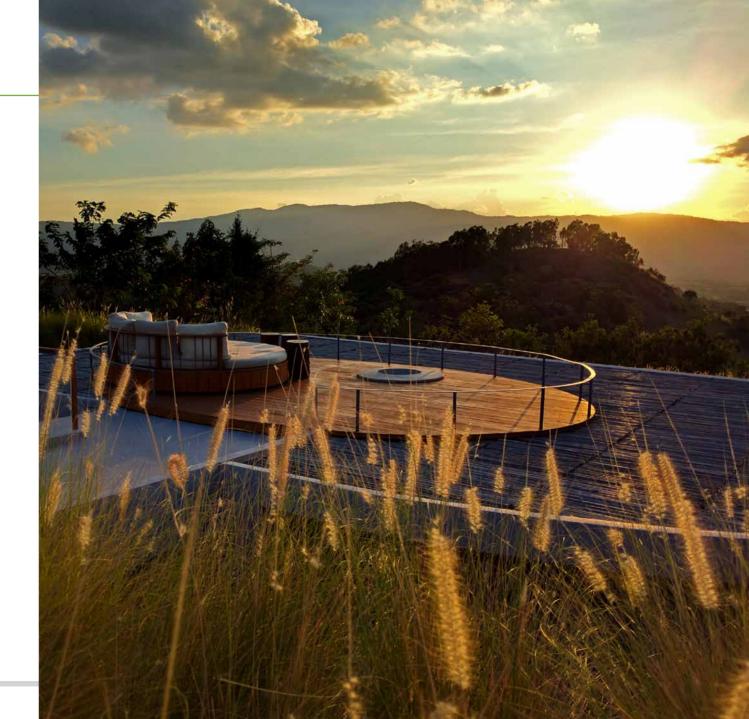
## Wellness Resort



## 🕀 SANTOSHA RESORT

At Santosha, you can find relaxing accommodation coupled with an invigorating nutritional experience that will inject a burst of nourishing flavor into your life. To promote good health, Santosha also provides yoga programs and nutrition program for guests with the fresh air of Khao Yai just a step outside.

Website: www.santoshathailand.com





## UDON THANK A Paradise for Longevity

Considered to be one of the most important commercial hubs of Thailand's northeast (or "Isaan" region), Udon Thani is well-equipped to accommodate medical tourists visiting the country for all different kinds of treatment.

Thanks to its close proximity to the neighboring countries, an excellent transportation infrastructure (including an international airport), not to mention lively shopping and nightlife scenes, Udon Thani is a relative newcomer as a choice destination in Thailand for tourists and expats looking for a slower pace of life. In fact, the main city is home to a JCI-accredited hospital, namely Aek Udon International, as well as an HA accredited hospital and other specialist facilities including anti-aging centers and clinics.

For those adventurous enough for day-long trips out of town, there's plenty to see in the way of attractions and culture, such as an interesting visit to the Udon Sunshine Orchid Farm. Other "Relax and Retreat" activities can be found in the city itself, such as the highly-recommended Spa Cenvaree.



## Relax and Retreat Activities

For health and wellness tourists visiting Udon Thani, here are some highly-recommended "Relax & Retreat" activities that can be found in and around the city.

## ⊕ SPA CENVAREE

The Spa Cenvaree at Centara Hotel & Convention Centre Udonthani on the 5th floor of the hotel. Echoing Thailand finest hospitality, the new spa boasts 6 treatment rooms offering guests a collection of signature rituals inherent to Thai Culture and a range of western therapies. Website: www.spacenvaree.com/spa/centara-udon-thani







## Healthy and Organic Restaurants



Udon Thani is best known for its spicy Isan dishes that are bursting full of flavor. Some of these dishes, such as soups and zesty salads, can be enjoyed as part of a well-balanced diet, while other restaurants in the city are dedicated to only vegetarian and organic dishes. For example, visitors should definitely stop by Gib Shop for its huge variety of fresh and organic fruit and vegetables, while VT Namnueng, The Chef'sTable and Maeya also serve up a variety of vegetarianfriendly dishes.

## JCI-Accredited Hospital

## Accredited Hospital



#### **AEK UDON INTERNATIONAL HOSPITAL**

Aek Udon International Hospital is known as the most advanced and comprehensive hospital in the region, and is the only JCI-accredited hospital in Udon Thani. The hospital provides expert medical staff specializing in all fields, including pediatricians, obstetricians, general surgeons, osteoarthritis, ophthalmologists, radiologists and anesthesiologists. The English speaking staff can also explain any treatments while the hospital is also able to provide translation services for visitors from other countries. Website: www.aekudon.com/AekudonEN/index.php



## **ORTH EASTERN WATTANA HOSPITAL**

Udon Thani's North Eastern Wattana Hospital has received the certification for passing the ISO 9001 standard and also HA accreditation - two signs of quality for both local and international patients. The hospital is divided into various specialist departments, including: a Child Development Clinic, Health Check Up and Wellness Center, Cardiology, Infectious Disease Clinic, Internal Medicine, Pediatrics, Vascular Surgery Clinic, and more.



## Anti-Aging Center / Clinic



## **ABSOLUTE HEALTH UDON THANI**

Absolute Health Udon Thani provides full medical services related exclusively to Advanced Integrative Medicine and Anti-Aging for individualized treatment programs for patients of all ages and with various disorders. Website: www.absolute-health.org/thai/index.htm





## KHON KAEN A Paradise for Longevity

Khon Kaen is the beating heart of Isan, the rural northeastern region of Thailand. It is also well-known as the medical hub not only of Isan but also of the Asian Economic Community (AEC). It boasts a large, expanding university and has a growing reputation for the provision of first-rate hospitals and medical research.

Further development is going to significantly raise the importance of Khon Kaen in Thailand; in particular, the new Fast Rail Link from Bangkok to Laos. Khon Kaen is to become a hub for this rail link and that will in turn attract more business, people and tourists.

The province has an airport with several daily direct flights from Bangkok, and a well-developed infrastructure and health facilities, including JCI-accredited hospital Khon Kaen Ram, HA certified Bangkok Hospital Khon Kaen, and renowned anti-aging center Absolute Health. Khon Kaen is now being promoted as one of the emerging health and wellness destinations of Thailand, and is also serving tourists from Laos and Cambodia.



## Relax and Retreat Activities

## For health and wellness tourists, here are some "Relax & Retreat" activities that you can enjoy during your medical program in Khon Kaen, for example:





## ⊕ AVANISPA

Wake up your senses and unwind with a relaxing Thai massage, the scent of traditional spices, scrubs and steams. At Avanispa, treatments are tailored to focus on just what your body needs. Try something new and emerge energized and refreshed in both mind and body. Website: www.minorhotels.com/en/avani/ khon-kaen/spa

## ⊕ THE SPA BY PULLMAN

The Spa at the excellent Pullman Hotel features massages and beauty treatments to recharge your batteries and pamper your soul. There are 11 private rooms with experts who know their way around beauty treatments and Thai massage. Instant well-being is guaranteed.

Website: <u>www.pullmanhotels.com/gb/</u> hotel-1877-pullman-khon-kaen-raja-orchid/ <u>spa.shtml</u>

## Healthy and Organic Restaurants



With Khon Kaen becoming increasingly cosmopolitan by the day, more and more health-conscious restaurants are opening up within the main city center and surrounding green countryside of Isan. Some of these, such as the excellent **Greenleaf Hydrofarm & Restaurant**, specialize in mostly vegetable-based dishes, while others such as **Mama Big Restaurant** provide a range of low-calorie options alongside some more typical Thai-style dishes.

## JCI-Accredited Hospitals

## Accredited Hospitals





## **CHON KAEN RAM HOSPITAL**

Khon Kaen Ram is the leading private hospital in northeast Thailand. The services comply with the ISO 9001: 2000 standard. With this certification, patients are guaranteed to receive the highest quality medical care. It is also JCIaccredited, and lives up to its reputation as a world-class hospital.

Website: www.khonkaenram.com



#### ⊕ QUEEN SIRIKIT HEART CENTER OF THE NORTHEAST

Queen Sirikit Heart Center of the northeast is an accredited JCI hospital specializing in heart and blood vessel diseases, located in the northeast of Thailand. This hospital also provides a range of different surgical services, as well as pediatrics, dentistry services (for external and internal patients) and is equipped with some of the most highly-advanced medical technology found in this region of Thailand.

Website: <u>heart.kku.ac.th</u>



## ⊕ BANGKOK HOSPITAL KHON KAEN

Bangkok Hospital Khon Kaen has deep knowledge across many fields and is one of the city's leading hotels. It is well-appointed in the fields of general medicine, nursing, personnel, equipment and medical technology. All of the facilities are top notch as one would expect from the Bangkok Hospital Group.

Website: <u>www.bangkokhospitalkhonkaen.</u> <u>com</u>



## Accredited Hospitals

# 

## **RATCHAPHRUEK HOSPITAL**

Ratchaphruek Hospital in Khon Kaen provides general medical services, including in-patient and out-patient, checkup, emergency, intensive care unit, laboratory, diagnostic radiology, surgery, physical therapy, hemodialysis, ambulance, and off-site first-aid services. Ratchaphruek is an HA accredited hospital.

Website: <u>www.rph.co.th</u>

## Anti-Aging Center / Clinic

## **ABSOLUTE HEALTH KHON KAEN**

Absolute Health provides medical services related to Advanced Integrative Medicine and Anti-Aging. Operating according to ISO 9001 standards, Absolute Health provides full medical services exclusively related to Advanced Integrative Medicine and Anti-Aging for individualized treatment programs for patients of all ages and with various disorders.

Website: <u>www.absolute-health.org/index.htm</u>







## 

🏶 KOH SAMUI
🏶 KOH PHANGAN
🍩 KHAO YAI
🐲 UDON THANI
🍩 KHON KAEN

## **BANGKOK**

#### JCI-ACCREDITED HOSPITALS Bangkok Hospital

A: 2 Soi Soonvijai 7, New Petchburi Rd., Huai Khwang, Bangkok 10310 T: +66 2310 3000, or 1719 (local calls only) F: +66 2318 1546, +66 2310 3327 E: info@bangkokhospital.com www.bangkokhospital.com

#### Bangpakok 9

International Hospital A: 362 Rama II Rd., Bangmod, Chomthong , Bangkok 10150 T: +66 2109 9111 F: +66 2877 2222 E: ics@bpk.co.th www.bangpakokhospital.com/en

#### **BNH Hospital**

A: 9/1 Convent Rd., Silom, Bangkok 10500 T: +66 2022 0700 F: +66 2686 2778 E: info@bnh.co.th www.bnhhospital.com

#### Bumrungrad International Hospital

A: 33 Sukhumvit 3 (Soi Nana Nuea), Wattana, Bangkok 10110 T: +66 2066 8888 F: +66 2011 5100 E: info@bumrungrad.com www.bumrungrad.com/thailandhospital

#### Kamol Hospital

A: 1223 Ladprao 94, Intraporn Rd., Wang Thonglang, Bangkok 10310 T: +66 2559 0155 F: +66 2559 2808 E: customercare@kamolhospital.com www.kamolhospital.com/en

#### Kluaynamthai Hospital

A: 80 Soi Sangchan-Rubia Rd., Phra Khanong, Khlong Toei, Bangkok 10110 T: +66 2769 2000 E: contact@kluaynamthai.com www.kluaynamthai.com

#### Navamin 9 Hospital

A: 96 Sihaburanukit Rd., Min Buri, Min Buri, Bangkok 10510 T: +66 2518 1818 E: navamin\_mk@hotmail.com www.navamin9.net

#### Piyavate Hospital

A: 998 Rim Klong Samsen Rd., Bangkapi, Huai Khwang, Bangkok 10310 T: +66 2625 6555 F: +66 2246 9253 E: info@piyavate.com www.piyavate.com

#### Praram 9 Hospital

A: 99 Soi Rama IX Hospital, Rama IX Rd., Huai Khwang, Bangkok 10320 T: +66 2202 9999 F: +66 2202 9998 E: info@praram9.com www.praram9.com

#### Ramkhamhaeng Hospital

A: 436 Ramkhamhaeng Rd., Huamak, Bang Kapi, Bangkok 10240 T: +66 2743 9999, +66 2374 0200-16 F: +66 2374 0804 E: contact@ram-hosp.co.th www.ram-hosp.co.th

#### Samitivej Srinakarin Hospital

A: 488 Srinakarin Rd., Suanluang, Bangkok 10250 T: +66 2022 2222 E: info@samitivej.co.th www.samitivejhospitals.com/srinakarin

#### Samitivej Sukhumvit Hospital

A: 133 Sukhumvit 49, Klongtan Nuea, Wattana, Bangkok 10110 T: +66 2022 2222 E: info@samitivej.co.th www.samitivejhospitals.com/sukhumvit

#### Sikarin Hospital

A: 4/29 Moo 10 Srinakarin Road., Bangna, Bangna, Bangkok 10260 T: +66 2366 9900 F: +66 2366 9942 E: contact@sikarin.com, imc.inquiry@sikarin.com www.sikarin.com/en

#### Siriraj Piyamaharajkarun Hospital

A: 2 Wang Lang Rd., Siriraj, Bangkok Noi, Bangkok 10700 T: +66 2419 1474 E: info@siphhospital.com www.siphhospital.com/en/home

#### Sukumvit Hospital

A: 1411 Sukhumvit Rd., Phra Khanong Nuea, Wattana, Bangkok 10110 T: +66 2391 0011 F: +66 2714 0081 E: info@sukumvithospital.com www.sukumvithospital.com

#### Synphaet Hospital A: 9/99 Ramintra (8.5 Km.) Rd., Kun Na Yao, Bangkok 10230

T: +66 2793 5099, +66 2793 5000 E: contact@synphaet.co.th www.synphaet.co.th/new/en

#### The Vejthani Hospital

A: 1 Ladprao 111 Rd., Klong Chan Bang Kapi, Bangkok 10240 T: +66 2734 0000, +668 5223 8888 F: +66 2734 0044 E: service@vejthani.com www.vejthani.com

#### Vibhavadi Hospital

A: 51/3 Ngam Wong Wan Rd., Chatuchak, Bangkok 10900 T: +66 2561 1111, +66 2941 2900, +66 2941 2800 F: +66 2561 1466 E: info@vibhavadi.com www.vibhavadi.com/en\_home

## World Medical Hospital (WMC)

A: 44 Moo 4, Chaeng Wattana Rd., Pakkred, Nonthaburi, 11120 T: +66 2836 9999 E: info@theworldmedicalcenter.com www.theworldmedicalcenter.com

#### Yanhee Hospital

A: 454 Charan Sanit Wong Rd., Soi 90 Bang-O, Bang Phlat, Bangkok 10700 T: +66 2879 0300 E: info@yanhee.net www.yanhee.net

## FEATURED SPECIALIST HOSPITALS:

#### COMPLEX DISEASES

Bangkok Heart Hospital A: 2 Soi Soonvijai 7, New Petchburi Rd., Huai Khwang, Bangkok 10310 T: +66 2310 3000 E: heart@bangkokhospital.com www.bangkokhospital.com/ hearthospital/en

#### Wattanosoth Cancer Hospital

A: 2 Soi Soonvijai 7, New Petchburi Rd., Huai Khwang, Bangkok 10310 T: +66 2310 3000 F: +66 2318 1546 E: info@bangkokhospital.com www.bangkokhospital.com/ wattanosoth/web/en/site/all\_about\_ cancer/index

#### SPECIALIST HOSPITALS: FUNCTIONAL MEDICINE Better Being Hospital (BBH)

A: 11 Soi Sukhumvit 39, Sukhumvit Rd., Klong Toei, Bangkok 10110 T: +66 2662 8464-6 F: +66 2662 8467 E: info@betterbeingthailand.com www.betterbeingthailand.com

#### Mali Interdisciplinary Hospital

A: 771/1 Soi Ekkachai 85, Bangbon, Bangkok 10105 T: +668 6996 7284 E: whatclinicmail@prmg.co.th www.mali-imc.com/en

## FEATURED SPECIALIST CLINICS

Akesis Life by Absolute Health

A: Urbis Building (3Rd Floor) (The AETAS Bangkok Hotel) 53 Soi Ruamrudee, Ploenchit Rd., Lumphini, Pathum Wan, Bangkok 10330 T: +66 2651 5988 F: +66 2251 4354 E: info@absolute-health.org www.absolute-health.org

#### Eternity Clinic

A: MedAsia Healthcare Complex 14 Soi Sukhumvit 5 (Lerdsin 1) Sukhumvit Rd., Klong Toei Nuea, Wattana, Bangkok 10110 T: +669 5864 4414, +668 4452 6664 E: info@eternityclinic.co.th www.eternityclinic.co.th/en

#### He Clinic

A: Fifty-Fifth Thonglor (2nd Floor) 90 Soi Thonglor 2, Khlong Tan Nuea, Wattana, Bangkok 10110 T: +66 2381 5155 F: +66 2381 5156 E: info@heclinics.com www.heclinics.com

#### Wincell

A: Room 2909 Empire Tower (29th Floor) Sathorn, Yannawa, Bangkok 10120 T: +66 2670 0731-2 F: +66 2670 0733 E: info@wincellresearch.com/ www.wincellresearch.com/ wincell/?lang=en

## HEALTH COMPLEX CENTERS

Apex Medical Center A: Duang Phithak Rd., Khlong Toei, Khlong Toei, Bangkok 10110 T: +66 2254 0239, +668 5000 0855 E: customercare@apexprofoundbeauty.com www.apexprofoundbeauty.com/home-en

#### **BDMS Wellness Center**

A: 2 Soi Soonvijai 7 New Petchburi Rd., Bang Kapi, Bangkok 10310 T: +66 2310 3000 E: info@bdms.co.th www.bdms.co.th

#### MedAsia Healthcare Complex

A: 14 Sukhumvit Rd., Khlong Toei Nuea, Watthana, Bangkok 10110 T: +66 2255 4882, +669 0975 7721 E: contact@medasiahealthcare.com www.medasiahealthcare.com

#### PLASTIC SURGERY CENTERS / CLINICS Asia Cosmetic Hospital

A: 25/54 Rattanathibet Rd., Bangkasor, Mueang Nonthaburi, Nonthaburi 11000 T: +669 1770 7039, +668 6398 4177 E: info@asiacosmeticthailand.com www.asiacosmeticthailand.com

#### Bangmod Hospital

A: 59/7 Moo 10 Rama II Rd., Bangmod, Chomthong, Bangkok 10150 T: +66 2867 0606 F: +66 2415 5834 LINE ID: bangmod www.bangmodaesthetic.com/en/home

#### Dr. Saran's Clinic

A: 1287-9 Inthamara 43, Suthisan-Ratchada Rd., Din Daeng, Bangkok 10400 T: +66 2693 9391 E: info@doctorsaran.com en.doctorsaran.com

#### Kamol Hospital

A: 1223 Ladprao 94 Intraporn Rd., Wang Thonglang, Bangkok 10310 T: +66 2559 0155 F: +66 2559 2808 E: customercare@kamolhospital.com www.kamolhospital.com/en

## Masterpiece Clinic

A: 199/6,201 Phayathai Rd., Pathum Wan, Bangkok 10330 T: +666 1194 4542 E: international@masterpiececlinic.com www.masterpiececlinic.com/en

## Meko Clinic

A: 1060 Phaholyothin Rd., Chomphon, Chatuchak, Bangkok 10900 T: +668 6832 8800 E: contact@mekoclinic.com en.mekoclinic.com

### Siam Swan

A: 190-192 Soi Siam Square 1, Rama I Rd., Pathum Wan, Bangkok 10330 T: +66 2658 4884, +66 2658 4885 F: +66 2658 4886 E: info@siamswan.com www.siamswan.com

## Tokai Clinic

A: 1/53 Soi Sukhumvit 39 (Soi Phromphong) Sukhumvit Rd., Klongton Nuea, Wattana, Bangkok 10110 T: +66 2259 8808-9 E: info@torkaiclinic.com www.tokaiclinic.com

#### Yanhee Hospital

A: 454 Charan Sanit Wong Rd., Soi 90 Bang-O, Bang Phlat, Bangkok 10700 T: +66 2879 0300 E: info@yanhee.net www.yanhee.net

#### ANTI-AGING CENTERS / CLINICS

Absolute Health A: Urbis Building (3Rd Floor) (The AETAS Bangkok Hotel) 53 Soi Ruamrudee, Ploenchit Rd., Lumphini, Pathum Wan, Bangkok 10330 T: +66 2651 5988 F: +66 2251 4354 E: info@absolute-health.org www.absolute-health.org

#### Addlife Anti-Anging Center

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

## Bangkok Anti-Aging Center (BAAC)

A: 3 Soi Pramuansuk, Suthisarn Rd., Huai Khwang, Bangkok 10320 T: +66 2277 2893-4 F: +66 2277 2895 E: Baac@bangkok-antiaging.com www.bangkok-antiaging.com/en

#### **BIO Cell**

A: Central World (8th Floor) 999/9 Rama I Rd, Pathum Wan, Pathum Wan, Bangkok 10330 T: +66 2646 1367-8 E: MED-CW@msbkk.com Facebook: th-th.facebook.com/ biocellcentre

#### **BRIO Clinic Bangkok**

A: InterContinental Hotel, Unit MO1, (3rd Floor) 973 Ploenchit Rd., Lumphini, Pathum Wan, Bangkok 10330 T: +66 2656 1904-10 E: Info@brio-clinic.com brio-clinic.com/en

## Dermaster Wellness &

Aesthetic Institute A: 342 Sukhumvit 63, Ekamai Rd., Khlongton Nuea, Wattana, Bangkok 10110 T: +66 2714 4471 English +668 0754 2200 E: info@dermaster-thailand.com dermaster-thailand.com/en

#### Dii Wellness Med Spa

A: Central Embassy Shop L4-02, (4th Floor) 1031 Ploenchit Rd., Lumphini, Pathum Wan, Bangkok 10330 T: +66 2160 5850-1 E: contact@dii-divana.com www.dii-divana.com

#### Dr. Orawan Holistic Institute

A: 748 Sukhumvit Rd, Khlongton, Khlong Toei, Bangkok 10110 T: +66 2661 4431 E: info@drorawan.com www.bangkokdermatology.co.th

## Hydrohealth

A: 494 Erawan Bangkok (4th Floor) Ploenchit Rd., Bangkok 10330 T: +66 2250 7800 E: info@hydrohealth.co.th www.hydrohealth.co.th

#### Krung Siam St. Carlos Medical Centre

A: 5/84 Moo 2 Tiwanon Rd., Banklang, Mueang, Phathum Thani 12000 T: +66 2975 6700, +669 1710 8008, +669 1746 7575 F: +66 2975 6737 E: stcarlos@stcarlos.com www.stcarlos.com/en/home\_en

## Novavida Integrative

Medical Center A: 303A-306A, (3rd Floor) Phothalai Leisure Park, 28/2 Soi Yothinpattana 3, Praditmanutham Rd., Klong Chan, Bang Kapi, Bangkok 10240 T: +66 2508 5100, +66 2508 5101 E: info@novavida.co.th www.novavida.co.th/index.php/en

#### Panacee Medical Center

A: 2/55-57 Bangkok Mediplex Center Building (3rd Floor) Sukhumvit 42 Phra Khanong, Khlong Toei, Bangkok 10110 T: +66 85 862 3333, +668 4971 2222, +668 1948 1033 F: +66 (0) 2713-6490 E: info@panacee.com panacee.com/en

#### Bangkok Royal Life Anti-Aging Center

A: Bangkok Plaza Building (6th Floor) 2 Soi Soonvijai 7, New Petchburi Rd., Huai Khwang, Bangkok 10310 T: +66 2310 3232, +66 2310 3000 #7280 F: +66 2308 7051 E: bmcroyallifeinfo@bangkokhospital. com www.bangkokhospital.com/index.php/ en/center-of-excellence/good-health/ ghct-4

#### S-Medical Clinic

A: 193/12, Lake Rajada Office Complex, (3rd Floor) Ratchadapisek Rd., Klong Toei, Bangkok 10110 T: +66 2264 0999 F: +66 2264 1001 E: info@smedicalclinic.com www.smedicalclinic.com

#### Verita Health Mahanakhon

A: Mahanakhon Cube 96 (3rd Floor) Narathiwas-Ratchanakharin Road, Silom, Bangrak, Bangkok 10500 T: +66 2115 7553 E: mahanakhon@verita.com health.verita.com

### Vitallife Wellness Center

A: 33 Soi Sukhumvit 3, Wattana, Bangkok 10110 T: +66 2066 8899 F: +66 2011 4011 E: info@bumrungrad.com www.bumrungrad.com/en/wellness-antiaging-vitallife-center-bangkok-thailand

#### DENTAL CENTERS / CLINICS

#### Bangkok International Dental Center (BIDC)

A: 157, 159 Ratchadaphisek Road, Din Daeng, Bangkok 10400 T: +66 2245 3911, +66 2692 4433, +66 2245 0055 E: contact@bangkokdentalcenter.com www.bangkokdentalcenter.com

#### Bangkok Smile Dental Clinic

A: 14 MedAsia Healthcare Complex Sukhumvit Rd., Khlong Toei Nuea, Bangkok 10110 T: +66 2105 4288 E: contact@bangkoksmiledental.com www.bangkoksmiledental.com

#### Denta–Joy International Dental Clinic

A: Fifty Fifth Plaza (2nd Floor) Sukhumvit 55 Rd., (Thonglor 2) Wattana, Bangkok T: +66 2789 3033 F: +66 2381 4016 E: info@dentajoy.com www.dentajoy.com/?lang=en

#### Dentaland Bangkok

A: 2/28 Kaset-Nawamin Rd., Ladprao, Bangkok 10230 T: +66 2553 2140, +66 2553 2141 F: +66 2553 2142 E: dent@dentalandbangkok.com/www.dentalandbangkok.com/index\_ en.php

#### Dental Hospital Bangkok

A: T77 Community, Soi On Nut 1/1, Sukhumvit 77, Sukhumvit Rd., Wattana, Bangkok 10110 T: +66 2092 2000, +66 2092 2030 / -39 E: dental@loxinfo.co.th www.dentalhospitalbangkok.com

#### Thantakit International Dental Center

A: 1939 New Petchburi Rd., Bang Kapi, Bangkok 10310 T: +66 2718 0777 E: dentists@thantakit.com www.thantakit.com

## The Ivory Dental Clinic

A: 167/16 Ratchadapisek Rd., Din Daeng, Bangkok, 10400 T: +66 2275 3599 Line ID: @theivorydenta www.theivorydental.com

#### Thonglor Dental Clinic

A: 61/6 Soi Thonglor, Sukhumvit 55 Rd., Bangkok T: +668 8328 0044 F: +66 2382 0035 E: info@thonglordentalhospital.com www.thonglordentalhospital.com

## AESTHETIC CENTERS / CLINICS

Apex Profound Beauty A: The Crystal Park (2nd Floor) Phrase 1 Bldg. 215 Praditmanutham Rd., Ladprao, Bangkok 10230 T: +66 2515 0950, +668 7700 0051 E: customer@apexprofoundbeauty.com/

## Asoke Skin Hospital

A: 18 Asoke-Dindang Rd., Huai Khwang Bangkok 10310 T: +66 2246 5111, +669 1772 6298 www.facebook.com/asokeskinhospital www.skinhospital.co.th

#### **BB** Clinic

home-en

A: 87/5 Soi Thonglor 13, Sukhumvit 55, Khlongton Nuea, Bangkok, 10110 T: +66 2185 2900 F: +66 2185 2902 E: info@bbbeautycenter.com bbbeautycenter.com/en

#### Dermaster Wellness &

Aesthetic Institute A: 342/1-2 Sukhumvit 63, Ekamai Rd., Khlongton Nuea, Wattana, Bangkok 10110 T: +668 9199 9120, +66 2714 4471, English +668 0754 2200 E: info@dermaster-thailand.com dermaster-thailand.com/en

#### Dr. Tattof

A: 191 Silom Complex, Silom Rd., Bangrak, Bangkok 10500 T: +66 2632 0079 Line ID: @dr.tattof www.drtattof.com/en

#### iSKY Center

A: 975 President Place Ground floor No. P602, Ploenchit Rd., Lumphini, Pathum Wan, Bangkok 10330 T: +66 2656 0208, +668 7015 6633 Line id: iskyvih www.iskycenter.com/en

#### Romrawin Clinic

A: Head Office, 321/36 Nang Linchi 7, Chong Nonsi, Yannawa, Bangkok 10120 T: +668 0153 9000 www.facebook.com/RomrawinClinic www.romrawin.com/en

#### Siam Laser Clinic (SLC)

A: Siam Paragon (2nd Floor) 991 Rama I Rd., Puthum Wan, Bangkok 10330 T: +66 2129 4687 Line ID: @SLCclinic www.slcclinic.com/en

## CELLTHERAPIES

Bangkok Stem Cell A: Hwy 3310, Krathum Lom, Sam Phran, Nakhon Pathom 73220 T: +66 2482 2992 www.bangkokstemcell.org

#### Thai StemLife

A: 566/3 Soi Ramkhamhaeng 39 (Thepleela 1), Prachaouthit Rd., Wang Thonglang, Bangkok 10310 T: +66 2022 7000, +668 1359 6686, +668 1340 7676 F: +66 2022 7028 E: info@thaistemlife.co.th www.thaistemlife.co.th/home

## LASIK CENTERS / CLINICS

Rutnin-Gimbel Lasik Center A: 80 Sukhumvit 21 Rd., (Asoke) Klong Toei Nuea, Wattana, Bangkok 10110 T: +66 2639 3355, +666 1415 3555 F: +66 2639 3311 E: info@rutningimbel.com www.rutningimbel.com/eng/home. php?language=2

#### TRSC International Lasik Center

A: 968 U Chu Liang Building (6th Floor) Rama IV Rd., Bangrak, Bangkok 10500 T: +66 2733 2020 F: +66 2632 4431 E: info@lasikthai.com, inter@lasikthai.com www.lasikthai.com/index. php?u=0&a=0&lang\_id=2

## SENIOR CARE RESORTS

**Golden Years Hospital** A: 55/3 Sutthisarn Rd., Haui Khwang, Bangkok 10310 T: +66 2693 0733 F: +66 2275 5295 E: gystaff@gmail.com www.goldenyears.co.th/en

#### Kluaynamthai 2

Geriatric Hospital A: 27 Sukhumvit 68, Bangna, Bangkok 10260 T: +668 4567 1114, +668 4567 1115 E: contact@kluaynamthai2.com

www.kluaynamthai2.com/index.php? language\_change=EN

## **PHUKET**

## JCI-ACCREDITED HOSPITALS

Bangkok Hospital Phuket A: 2/1 Hongyok Utis Rd., Mueang Phuket, Phuket 83000 T: +66 7625 4425 F: +66 7625 4430 E: info@phukethospital.com www.phukethospital.com **Siriroj International Hospital** A: 44 Chalermprakiat Ror 9 Rd., Mueang Phuket, Phuket 83000 T: +66 7636 1888, +66 7621 0935, +669 8024 9400 F: +66 76 210-936 E: info@phuketinternationalhospital.com/en

#### PLASTIC SURGERY & AESTHETIC CENTERS / CLINICS

## Apex Medical Center

A: 140/8 Moo 5, Ratsada, Mueang Phuket, Phuket 83000 T: +668 5000 0855 E: customercare@apexprofoundbeauty. com www.apexprofoundbeauty.com/branch/ phuket

#### Dr. V Cosmetic Surgical Rejuvenation

A: 243 Rat-U-Thit Songroi Pi Rd., Patong Beach, Kathu, Phuket 83150 T: +66 7629 2931 F: +66 7629 2932 E: info@drvcosmetic.com www.drvcosmetic.com

#### Phibeauty Clinic

A: 21/8-9 Moo 4, Vichit, Mueang Phuket, Phuket 83000 T: +668 7688 3999 E: phibeautyclinic@hotmail.com www.phibeautyclinic.com/en

#### Phuket Plastic Surgery Institute (PPSI)

A: Phuket International Hospital 44 Chalermprakiat Ror 9 Rd., Phuket 83000 T: +66 7636 1888 F: +66 7624 9374 E: info@plastic-surgery-phuket.com www.plastic-surgery-phuket.com

## ANTI-AGING CENTER / CLINIC

Dr. Orawan Holistic Anti-Aging Institute A: Chaweng Plaza Royal Phuket Marina, 68 Moo 2, Thepkasattri Rd., Kohkaew, Mueang Phuket, Phuket 83000 T: +66 2661 4431 E. info@bangkokdermatology.co.th www.bangkokdermatology.co.th

#### DENTAL CENTERS / CLINICS

## Phuket Dental Signature at Phuket

A: 189 Rat-U-Thit 200 Rd., Patong Beach, Kathu, Phuket 83150 T: +66 7634 1700, +669 1889 6199 E: phuket@bangkokdentalcenter.com www.phuketdentalsignature.com

#### Sea Smile Dental Clinic

A: 189/18 Rathutit 200 Year, Patong Beach, Kathu, Phuket 83150 T: +66 2105 4288 E: dentist@thaidentalcenter.com www.thaidentalcenter.com/index.php

## HEALTH RESORTS

Amatara Wellness Resort A: 84 Moo 8 Sakdidej Rd., Vichit, Cape Panwa, Phuket 83000 T: +66 7631 8888 F: +66 7631 8800 E: reservations.phuket@amataraphuket. com www.amataraphuket.com

## Chivitr Health and

Rejuvenation A: 14/119 Moo 1, Rawai, Mueang Phuket, Phuket 83130 T: +66 7638 8838 E: info@chivitr.com www.chivitr.com

#### The LifeCo Phuket

A: 75 Moo 3, Sa Koo, Thalang, Phuket 83110 T: +669 8015 9196 E: Phuket@thelifeco.com www.thelifeco.com

### Thanyapura

A: 120/1 Moo 7 Thepkasattri Rd., Thepkasattri, Thalang, Phuket 83110 T: +66 7633 6000 F: +66 7633 6069 E: info@thanyapura.com www.thanyapura.com

## WELLNESS RESORT

**180° Wellness Thailand** A: 97 Muen Ngoen Rd., Patong, Kathu, Phuket 83150

Patong, Kathu, Phuket 83150 T: +66 7629 2525, +668 1412 5652 E: be-well@180wellness.asia www.180wellness.asia

#### SENIOR CARE RESORT Baan Nisha Nursing Care

A: 59/368-69 Villa 3 Village Kathu, Kathu, Phuket 83130 T: +66 7662 3364,+669 7283 4131 E: baannisha.1md@gmail.com, baannisha.3imm@gmail.com en.baannishanursingcare.com

## **CHIANG MAI**

## JCI-ACCREDITED HOSPITALS

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Bangkok Hospital Chiang Mai A: 88/8 Moo 6, Nong Pa Khrang, Mueang Chiang Mai, Chiang Mai 50000 T: +66 5208 9888 F: +66 5280 9800 E: info@bangkokhospital-chiangmai.com

www.bangkokhospital-chiangmai.com/

Chiang Mai Ram Hospital A: 436 Chiang Mai Ram Hospital, 8 Boonreungrit Rd., Muang Chiang Mai, Chiang Mai 50200 T: +66 5392 0300 F: +66 5322 4880 E: chiangmairam@chiangmairam.com www.chiangmairam.com

#### FEATURED ANTI-AGING CENTERS / CLINICS Absolute Health Chiang Mai

A: 8/1 Soi Nimmanhaemin 7, Suthep, Mueang Chiang Mai, Chiang Mai 50200 T: +66 5322 3023 F: +66 5322 3022 E: ahcm.crm@gmail.com www.absolute-health.org/chaing-maibranch.htm

## DIAA Clinic

A: 12 Soi Nimmanhaemin 3, Mueang Chiang Mai, Chiang Mai 50200 T: +66 5321 6882 E: contact@diaaclinic.com www.diaaclinic.com/?lang=en

## FEATURED DENTAL CENTERS / CLINICS

GrandDent Dental Clinic A: 181 Mahidol Rd., Haiya, Mueang Chiang Mai, Chiang Mai 50100 T: +66 5327 4420-1 E: contact@granddentdental.com www.granddentdental.com

## Kitcha Dental Clinic

A: 7/2 Changloa Road, Haiya, Mueang Chiang Mai, Chiang Mai 50100 T: +66 5327 1950 E: contact@Kitchaclinic.com www.kitchaclinic.com

## FEATURED HEALTH RESORT

Tao Garden Health Spa & Resort A: 274/1 M 7, Luang Nua Chiang Rai Rd., Doi Saket, Chiang Mai 50220 T: +66 5392 1200 E: reservations@tao-garden.com www.tao-garden.com

### FEATURED WELLNESS RESORTS

#### Dhara Dhevi Chiang Mai Resort

A: 51/4 Moo 1, Chiang Mai-Sankampaeng Rd., Tasala, Mueang Chiang Mai, Chiang Mai 50000 T: +66 5388 8888 F: +66 5388 8999 E: enquiry@dharadhevi.com www.dharadhevi.com

#### Four Seasons Resort

A: 502 Moo 1, Mae Rim-Samoeng Old Rd., Mae Rim, Chiang Mai 50180 T: +66 5329 8181 E: paphaon.suwannathamma @fourseasons.com www.fourseasons.com/chiangmai

#### Jirung Health Village

A: 99 Moo 7, Rim Tai, Mae Rim, Chiang Mai 50180 T: + 66 5386 1511 E: reservations@jirunghealthvillage.com www.jirunghealthvillage.com

#### Rarinjinda Wellness Spa

A: 1, 14 Chareonraj Rd., Wat Kate, Mueang Chiang Mai, Chiang Mai T: +66 5324 7000, +66 5330 3030 E: rsvn@rarinjinda.com www.rarinjinda.com

### FEATURED SENIOR CARE RESORTS

## Care Resort Chiang Mai A: 43/1 Moo 6, Mae Rim-Samoeng Rd.,

Mae Rim, Chiang Mai, 50180 T: +66 5304 4097 F: +66 5304 4096 E: enquiries@careresortchiangmai.com, careresortchiangmai@gmail.com www.careresortchiangmai.com

## Suansawan Resort

A: 43/1 Moo 6, Mae Ram, Mae Rim, Chiang Mai 50180 T: +66 5304 4095 F: +66 5304 4096 E: customerservice@suansawanresort. com www.suansawanresort.com

## Vivo Bene Village

A: Moo Baan Mai Rim Klong, Moo 9, Luang Nuea, Doi Saket, Chiang Mai, 50220 T: +66 5349 6000 F: +66 5349 6004 E: enquiry@vivobene.co.th www.vivobene.co.th

## <u>PATTAYA,</u> CHONBURI

## JCI-ACCREDITED HOSPITALS

Bangkok Hospital Pattaya A: 301 Moo 6 Sukhumvit Rd., Km. 143, Banglamung, Chon Buri, 20150 T: +66 3825 9999 F: +66 3825 9919 E: inquiry@bph.co.th www.bangkokpattayahospital.com

#### Samitivej Hospital Sriracha A: 8 Soi Laemket, Jermompol Rd.,

Sriracha, Chon Buri 20110

T: +66 3832 0300 E: info@samitivej.co.th www.samitiveihospitals.com/sriracha

## ANTI-AGING CENTER / CLINIC

## Absolute Health Pattaya

A: 159/273 The Office Pattaya, Naklua, Banglamung, Chon Buri 20150 T: +66 3842 3213, +668 1755 6121 F: +66 3842 3210 E: absolutehealth.crm.pattaya @gmail.com www.absolute-health.org/ pattaya-branch.htm

## DENTAL CENTERS / CLINICS

**Studio Smile** A: 240/39 Moo 5, Pattaya Beach Rd., Pattaya, Chon Buri 20150 T: +66 3836 2095, +66 3836 2096, +668 8530 8008 E: info@studiosmilethailand.com www.studiosmilethailand.com

## The Dental Design Center

A: 365/12-13 Pattaya Second Rd., Soi 10, Banglamung, Chon Buri 20150 T: +66 3811 1844 E: dentaldesignpattaya@gmail.com www.dentaldesignpattaya.com

# PLASTIC SURGERY & AESTHETIC CENTER / CLINIC

V-Plast Clinic A: Markland Village Pattaya (4rd Floor) 436/81 Moo 9, Beach Rd., Soi North Pattaya 1, Nongprue, Banglamung, Chon Buri 20260 T: +66 3367 3806, +668 2454 0062 F: +66 3367 3806 E: consult@vplastsurgery.com www.eng.vplastsurgery.com

#### CELLTHERAPY

Surecell

A: 389/480 Moo 12, Pratumnak, Soi 6, Nongprue, Banglamung, Chon Buri 20150 T: +669 0980 3391, +669 0980 3405 E: infoth@surecell.com, Junelambert@surecell.com www.surecell.co.th

## MEDICAL SPA

Rasayana Retreat A: 179/201 Moo 5 North Pattaya Rd., Naklua, Banglamung, Chon Buri 20150 T: +66 3825 3895 E: pattaya@rasayanaretreat.com www.rasayanaretreat.com

## HUA HIN

#### JCI-ACCREDITED HOSPITAL

Bangkok Hospital Hua Hin A: 888 Petchkasem Rd., Hua Hin, Prachuap Khiri Khan 77110 T: +66 3261 6800 or 1719 (local calls only) E: huahin@bangkokhospital.com www.bangkokhospital.com/huahin/ index.php/en

#### ACCREDITED HOSPITAL San Paulo Hospital

A: 222 Petchkasem Rd.,Hua Hin, Prachuap Khiri Khan 77110 T: +66 3253 2576 F: +66 3253 2582 E: info@sanpaulo.co.th, contact@sanpaulo.co.th www.sanpaulo.co.th/en/index.html

## DENTAL CENTERS / CLINICS

## Perfect Smile Dental Clinic

A: 113/9 Petchkasem Road, Hua Hin, Prachuap Khiri Khan 77110 T· +66 3253 3444 F: +66 3253 3664 E: info@perfectsmile-huahindental.com www.perfectsmile-huahindental.com

## S-Smile by Dr. Sirinate

A: 34/30 Petchkasem Rd. Between Soi Hua Hin 68 and 70. Hua Hin, Prachuap Khiri Khan 77110 T: +66 3253 0542, +668 0993 0055. +669 8824 5695 E: info@ssmiledentalclinic.com www.ssmiledentalclinic.com

#### HEALTH RESORT Chiva-Som

A: 73/4 Petchkasem Bd Hua Hin Prachuap Khiri Khan 77110 T: +66 3253 6536 F: +66 3251 1154 E: reservation@chivasom.com www.chivasom.com

#### WELLNESS RESORTS Anantara Hua Hin Resort

A: 43/1 Petchkasem Beach Rd., Hua Hin, Prachuap Khiri Khan 77110 T: +66 3252 0250 E: +66 3252 0259 E: huahin@anantara.com www.anantara.com/en/hua-hin

## Evason Hua Hin Resort

A: 9 Moo 5, Paknampran Beach, Pran Buri, Prachuap Khiri Khan 77220 T: +66 3263 2111 E: reservations-huahin@evasonresorts. com www.sixsenses.com/evason-resorts/ hua-hin/destination

## InterContinental Hua Hin Resort A: 33/33. Petchkasem Rd., Hua Hin.

Prachuap Khiri Khan 77110 T: +66 3261 6999 E: ichh.rsvn@ihg.com www.intercontinental.com/HuaHin

## SENIOR CARE RESORTS

Sansara Hua Hin A: 565 Moo 7, Nong Hieng Rd., Hin Lek Fai, Hua Hin. Prachuap Khiri Khan 77110 T: +66 63 268 0088 E: customercare@sansara.asia www.sansara.asia

#### Sunshine International

A: 569 Moo 1, Wat Nikho Tharam Rd., Hin Lek Fai, Hua Hin. Prachuap Khiri Khan 77110 T: +66 3280 5558, +669 5550 9505 E: Offices@sichasia.com www.sichasia.com

## **KOH SAMUI**

#### JCI-ACCREDITED HOSPITAL Bangkok Hospital Samui

A: 57 Moo 3. Taweeratphakdee Rd., Bophut, Koh Samui, Surat Thani 84320 T: +66 7742 9500 F: +66 7742 9520 E: info@bangkokhospitalsamui.com www.bangkoksamuihospital.com

#### HEALTH RESORTS Absolute Sanctuary

A: Address: 88 Moo 5, Cheongmon, Bophut, Koh Samui, Surat Thani 84320 Thailand T: +66 7760 1190 - 9, +66 7724 7810, +668 1374 7782, +668 1374 7784

E: +66 7760 1209 E: info@absolutesanctuary.com www.absolutesanctuarv.com

#### Kamalava

A: 102/9 Moo 3, Laem Set Rd., Na-Mueana, Koh Samui, Surat Thani 84140 T: +668 9973 8958 F: +66 7742 9899 www.facebook.com/kamalaya.thailand www.kamalava.com

## WELLNESS RESORT

Vikasa Yoga Retreat A: 211 Moo 4, Maret, Koh Samui, Surat Thani 84310 T: +66 7742 2232 www.facebook.com/vikasavoga www.vikasayoga.com

## **KOH PHANGAN**

#### ACCREDITED HOSPITAL First Western Hospital

A: 112/44 Moo 1, Thong Sala, Koh Phangan, Surat Thani 84280 T: +66 7737 7474 F: +66 773 77485 E: info@firstwesternhospital.co.com www.firstwesternhospital.healthcare

## WELLNESS RESORTS

Anantara Spa at Rasanada A: 5/5 Moo 5 Thong Nai Pan Noi Beach, Baan Tai, Koh Phangan, Surat Thani 84280 T: +66 7795 6660 E: +66 7795 6661 E: rasananda@anantara.com www.phangan-rasananda.anantara.com Wonderland Healing Center A: 77/7 Moo 3, Koh Phangan, Surat Thani 84280 T: +66 7737 7377 www.wonderlandhc.com

## KHAO YAI

## ACCREDITED HOSPITAL

Bangkok Hospital Pak Chong A: 5/1 Mitraparp Rd., Nongsarai, Pak Chong, Nakhon Ratchasima 30130 T: +66 4431 6611-5 E: bhp@bah.com

## HEALTH RESORT

Panacee Wellness Khao Yai A: 334 Moo 6, Wang Sai, Pak Chong, Nakhon Ratchasima 30130 T: +66 4400 9113 E: info@panacee.com panacee.com/en

## WELLNESS RESORT

Santosha Resort A: 889 Moo 5 Soi Kumnun Pracha. Ban Nong Makha, Pak Chong, Nakhon Ratchasima 30130 T: +66 4431 8040 E: santoshathailand@gmail.com www.santoshathailand.com

## **UDON THANI**

#### JCI-ACCREDITED HOSPITAL

Aek Udon International A: 555/5 Posri Rd., Mueang Udon Thani, Udon Thani 41000 T: +66 4234 2555 F: +66 4234 1033 E: computer aekudon@hotmail.com.

info@aekudon.com www.aekudon.com/AekudonEN/index.php

#### ACCREDITED HOSPITAL

North Eastern Wattana Hospital

A: 70/7-8 Suppakijianva Rd., Mueang Udon Thani, Udon Thani 41000 T: +66 4232 5999 F: +66 4224 1956 E: admin@wattanahospital.net www.wattanahospital.net

#### ANTI-AGING CENTER / **CLINIC**

#### Absolute Health Udon Thani A: 224/59 Mak Khaeng, Mueang Udon Thani, Udon Thani 41000 T: +66 4221 2600, +669 2914 9664 F: +66 4221 1798 E: info@absolute-health.org

www.absolute-health.org

## KHON KAEN

### JCI-ACCREDITED HOSPITALS

Khon Kaen Ram Hospital A: 193 Sri Jan Rd., Nai Mueng, Mueang Khon Kaen, Khon Kaen 40000 T: +66 4300 2002, +66 4323 9000 E: kkram@khonkaenram.com www.khonkaenram.com

#### **Oueen Sirikit Heart Center** of the Northeast

A: 23 Moo 16 Mittapap Rd., Nai Mueang, Mueang Khon Kaen, Khon Kaen 40000 T: +66 4320 3185, +668 9623 7171 http://heart.kku.ac.th

## ACCREDITED HOSPITALS

Bangkok Hospital Khon Kaen A: 888 Maliwan Road, Nai Mueang, Mueang Khon Kaen, Khon Kaen 40000 T: +66 4304 2888, +669 7318 0888 E: +66 4304 2800 www.facebook.com/BangkokHospital Khonkaen www.bangkokhospitalkhonkaen.com/en

#### Ratchaphruek Hospital

A: 150/18 Mittraphap Rd., Nai Mueang, Mueang Khon Kaen, Khon Kaen, 40000. T: +66 4323 7555 E: info@rph.co.th www.rph.co.th

#### ANTI-AGING CENTER / CLINIC

Absolute Health Khon Kaen A: 277 Moo 4, Prachasamosorn Rd., Nai Mueang, Mueang Khon Kaen, Khon Kaen, 40000 T: +66 4333 8208, +668 7925 1188 E: absolute.kkcrm@gmail.com www.absolute-health.org



# VISA Privileges for Medical Tourists

Instead of having to apply and wait for a visa to enter the country, medical tourists can simply enter Thailand with their passports and stay up to 30 days without a visa. Longer-stay visa exemptions (up to 90 days) are also available for medical tourists from the Gulf region (CLMV), Cambodia, Laos, Myanmar and Vietnam, as well as **Republic of China**, in a bid to boost Thailand's medical tourism. This policy was put in place in March 2017.

Under the new scheme, visitors coming for medical treatment from these nations, as well as a maximum of three accompanying people, will be granted a 90-day visa.

This is an extension of a policy already in place for citizens of the Gulf Cooperation Countries (GCC), which includes the Kingdom of Bahrain, State of Kuwait, Sultanate of Oman, State of Qatar, Kingdom of Saudi Arabia, and the United Arab Emirates.

To get the **90-day visa** to come to Thailand for medical treatment, citizens of **China** and the **CLMV**, as well as **GCC**, have to contact hospitals or healthcare centers listed by the Ministry of Public Health to make an appointment. The hospital or healthcare center will then send a confirmation to the patient. This letter has to be shown to immigration officials at any checkpoint into Thailand. The official can then grant a stay of up to 90 days at their discretion.

In addition, **long-stay 10-year visas** are now available for senior nationals of 14 countries: Australia, Japan, Denmark, Finland, France, Germany, Italy, the Netherlands, Norway, Sweden, Switzerland, the UK, Canada, and the US.

To qualify for this, people must be over 50 years old, have 3 million Thai Baht or earnings of at least 100,000 Thai Baht per month and sufficient health insurance.

For the extended 10-year scheme, eligible foreigners will at first receive a permit to stay in the Thai Kingdom for five years, which can later be extended for another five years. The permit would also be applicable for their spouses and children (up to 20 years old) and they will have to report to Foreign Affair Ministry every 90 days.

## List of Medical Tourism Agencies

## **AUSTRALIA**

#### Asia Cosmetic Getaways

A: Gold Coast Australia, Queensland, 4220 Australia T: +61 499 515 434 E: info@asiacosmeticgetaways.com.au Web: www.asiacosmeticgetaways.com Australian Medical Travel A: 101 Collins Street, Melbourne VIC 3000, Australia T: +1 300 787 268 E: info@medicaltravel.com.au Web: www.medicaltravel.com.au

#### CosMediTour

A:Suite 2.36, Oasis Centre-Level 2, 1 Victoria Avenue, Broadbeach QLD 4218 Australia T:+61 755 706 699 E:amelia.pratt@cosmeditour.com Web:www.cosmeditour.com

#### Gorgeous getaways

A: 4 Fenwick Street T: +1 300 725 880 E: paula@gorgeousgetaways.com Web: www.gorgeousgetaways.com

#### Medical Tourism Abroad

A: Waterfall Boulevard, The Ponds, Sydney, NSW, 2769 Australia T: +61 422 409 456 E: contactus@medicaltourismabroad.com.au Web: www.medicaltourismabroad.com.au

#### Medi Makeovers

T: +61 416 109 417 E: enquiries@medimakeovers.com Web: www.medimakeovers.com

#### My Body and Spirit

A: Shop 2, 105 Poinciana Avenue, PO Box 399, Tewantin QLD 4565 Australia

## T: 07 5449 7000

E: travel@mybodyandspirit.com.au Web: www.mybodyandspirit.com.au

Restored Beauty Getaways A: Suite 1/2 Braid Street, Perth WA 6000, PO BOX 8265, Perth WA 6849 T: +1 300 472 428 E: rebecca@restoredbeautygetaways.com Web: www.restoredbeautygetaways.com/price-list/ rbg-payment-plans/australia

#### Secret Escapes

A: Sydney, New South Wales, 2000 Australia T: +61 296 382 717 E: catherine@secretescapes.com.au Web: www.secretescapes.com

#### Somnio International Medical Specialist

T: +1 300 692 639, +61 755 730 544,+61 437 536 014 E: virginia@somniomedical.com Web: www.somniomedical.com

#### Surgery Getaways A: PO Box 252, Ermington, New South Wales, 1700 Australia T: +61 498 228 848 E: catherine@surgerygetaways.com Web: www.surgerygetaways.com

Tropical Rejuvenation T: +61 895 291 583 E: wendy@tropicalrejuvenation.net.au Web: www.tropicalrejuvenation.net.au

## BANGLADESH

Shohoj Medical Service A: 4, Mohakhali C/A. 2nd Floor, Bon Bhaban Road, Dhaka, 1212 Bangladesh T: +880 1711506518 E: mahmudur@shohoj.com Web: www.shohoj.com

## CAMBODIA

Dr.Rich Health & Beauty Clinic A: 196, M.V. Preah Norodom Boulevard, Sangkat Tonle Bassas, Khan Chamkar Mon, Phnom Penh, Cambodia T: +66 86 356 941 E: dr.rich.cambodia@gmail.com Web: www.tbcccambodia.org/members/current\_members/ 128/dr.rich-health-&-beauty-clinic

## CANADA

#### Angels Global Healthcare

A: 799 Obrien Dr. Unit #10, Peterborough, Ontario, K9J 6X7 Canada T: +1 705 743 5433 F: +1 705 741 5147 E: freya@angelsglobalhealthcare.com Web: www.angelsofflightcanada.com/medical-tourism-angelsglobal-healthcare

#### Meditour Destination Plus Ltd

A: 600-890 West Pender Street, Vancouver, British Columbia, V6C 1J9 Canada T: +1 604 330 2535 E: sree@meditourplus.com Web:www.meditourplus.com

#### Sandhills General Trading

A: 439 University Avenue, 5th Floor, Suite 532, Toronto, ON, M5G 1Y8, Canada T: +1 437 836 8165 E: info@sandhillstourism.com Web: www.sandhillsglobal.com

## CHINA

Beijing Baicheng International Travel Co., Ltd. A: 2/F Juntian Building No.1131 Industrial Park of Culture Creativity Tong Hui Riverside, Chaoyang, Beijing T: +1 391 095 9161 E: sunchangwei@baicheng.com Beijing Caissa International Travel Service T: +86 400 606 6666 E: gaoran@caissa.com.cn Web: www.caissa.com.cn

Beijing Capital International Travel Service E: eleanor\_2000@163.com Web: www.btits.com

Beijing Ctrip International Travel Service Co., Ltd. A:Zone C Building.304 No.10 Jiuxianqiao North, Chaoyang, Beijing T: +1 501 020 7106 E: 390482496@qq.com

Beijing Modern Horizon International Travel Services E: liuzheng@shangshangyou.com Web: www.bjxinshiye.com

Beijing Mtravel International Travel Service E: guojianjun@mtravel.com.cn Web: www.mtravel.com.cn

Beijing shanbannuo international travel service Co., Ltd E: kathy.zhang@imyway.cn Web: www.imyway.cn

Beijing Utour MagicTravel InternationalTravel Service Co. Ltd A: West Gate 2, Chaoyang Park, No. 8, Chaoyang Park Rd., Chaoyang, Beijing 100125 T: +1 510 101 9150 E: zengdan@utourworld.com

Big EyesTour T: +86 134 2424 2211 E: jeff@bigeyestour.com

Bolian Phamar and Health Co. E: 1079845589@qq.com China Environment International Travel Service Co. Ltd T: +86 133 0602 2276 E: 120488526@qq.com

**China Mandarin** T: +1 370 126 8677

#### Chongqing Ocean Tourism Group

A: 27/F, Jintai Building, 23#, Nan'an, Chongqing City. T: +86 400 966-0556 E: 441475429@qq.com

CYTS Sparkle Tour (Beijing) Co., Ltd.

A: 19th Floor, CYTS Plaza. No.5 Dongzhimen South Avenue, Beijing T: +1 381 133 7978 E: liyu@aoyou.com

Donghuang Travel Service

T: +86 135 1061 2991 E: 3174577288@qq.com

Fat Hippo InternationalTravel Co.,Ltd E: zhaoyangonline@aliyun.com Web: www.sq22788971.china.herostart.com

Guangdong Ardent BioMedTechnology Co.,Ltd T: +86 186 8886 3388 E: 183441564@qq.com

Guangzhou Changan Hospital E: 1314xiaofang@163.com Web: www.0202222222.com/

Guangzhou Gena Health Consultant Co.,Ltd T: +86 186 1812 8434 E: baoleizgy@163.com

Guangzhou Homeland Health Consultant Co.,Ltd T: +86 139 2913 8233 E: nick.z@hanggailove.com Guangzhou Promise Genetic Medicine Technology Co.,Ltd T: +86 188 1888 0004 E: 18818800004@139.com

Haiyou Tour (Guangzhou) Co.,Ltd T: +86 156 0300 6820 E: gilbert@haiyouonline.com Web: www.haiyounoline.com

Hanyi Health Management Consultancy (Shangha Ltd.,Co) T: +1 892 173 7770 E: 619622880@qq.com

#### HHTravel

A: B2109 Building Hanwei, No.7 Guanghua Rd., Chaoyang, Beijing T: +1 380 105 1238 E: guoming@hhtravel.com

Hooangel (Shanghai) Health Management Ltd. T: +1 802 975 6666 E: 18029756666@163.com

Web: www.hooangel.com

Lui Ren you T: +1 381 167 9071 E: liyan@6renyou Web: T2-B-0803, Wangjing

#### IDE GROUP

A: Regus, 25/F, Unit 2-5, Tower 1, IFS, No.1 Hong Xing Rd., Section 3, Jinjiang, Chengdu, 610021, P.R.China T: +86 137 0800 0217 E: peterzhu@ide-gr.com

MagicTravel T: +1 560 011 2111

MAYO International Medical T: +1 865 052 2511 E: 353509326@qq.com Web: www.yayoyl.com Oniontrip.cn T: +86 138 0262 8380 E: lc@lvtu88.com

SECOO group

A: 15-16F, Building C, Soho, Chaoyangmennei Beidajie, Dongcheng, Beijing T: +1 381 043 8713 E: mayixin@secoo.com

Shanghai 8 Continents Travel Management Ltd., Co T: +1 360 170 8709 E: hellenzhang@8continents.cn Web: www.badazhou.com

Shanghai Cz-health Medical Consultant Ltd. T: +1 896 420 0927 E: philip-chan@cz-health.com Web: www.cz-health.com

Shenzhen Association of Optometry T: +86 135 5482 8636 E: 1244506846@gg.com

Shenzhen Botune InternationalTravel Service Co.,Ltd. E: 425621016@qq.com Web: www.haitune.com

Sparkle Tour T: +1 381 013 4172

Uniqueway A: No.6-19, Art Zone, 22 Yuan Jie. Pingguo Shequ, Baiziwan Rd. Chaoyang District, Beijing T: +1 362 971 0619 E: marketing@uniqueway.com

Vanity Group Co.,Ltd E: na8388@gmail.com Web: www.vanitygroup.com.cn Yipin MedicalTechnology consulting Co. E: 28001272@qq.com Web: www.ikang.com

Yunnan Comfort Health Industry Management Co.,Ltd. E: 182254177@qq.com Web: www.4000156651.com

Zhongshan Worker's International Travel Service Co.,Ltd. E: luoling@zhitour.cn, tatgzyuri@126.com Web: www.zhitour.cn

### GERMANY

Junomedical A: Junomedical GmbH, Chausseestraße 8, Berlin, 10115 Germany T: +49 302 0004 2054 E: contact@qunomedical.com Web: www.qunomedical.com/en

## GHANA

Medi Consult A: A512 Market Rd., Achimota, Accra, 233 Ghana T: +233 243 841 739 E: maxpmp2014@gmail.com Web: www.mediconsultghana.com

## IRAN

AsmaSeir T: +98-21 77517013 E: asmaseir@gmail.com, info@asmaseir.com Web: www.asmaseir.com

## MALTA

MedicaNet A: 60/2 Melita Street, Valletta, VLT 1122 Malta T: +90 216 338 82 20 F: +90 216 338 74 70 E: info@medicanet.com Web: www.medicanet.com

## NEW ZEALAND

#### Beautiful Escapes

A: 2 / 2 Atkin Ave, Mission Bay, Auckland, New Zealand T: +64 080 047 2469 E: info@beautifulescapes.co.nz Web: www.beautifulescapes.co.nz IP Global Corporation NZ Ltd A: 13 Tole Street, Auckland 1011 New Zealand T: +64 080 045 3771 Web: www.beautifulyouholidays.com

#### Medication Medical Tourism Ltd

T: +64 050 855 5644 E: info@medi-cation.co.nz Web: www.medi-cation.co.nz

#### Nip-Tuck Cosmetic Surgery Ltd

T: +64 080 064 7882 E: penny@nip-tuckcosmeticsurgery.com Web: www.nip-tuckcosmeticsurgery.com

#### Stunning Makeovers

A: Stunning Makeovers Ltd, P.O. Box 230213, Botany, Auckland, 2163 New Zealand T: +64 095 335 390 F: +64 095 335 392 E: CustomerService @stunningmakeovers.com Web: www.stunningmakeovers.com

## **OMAN**

Steps-Health and Travel A: 5 & 6 Zakher Mall, Dohat Al Adab Rd., Al Khuwair, Oman T: +968 2448 8891 F: +968 2448 88 94 E: jamal@steps-healthntravel.com Web: www.steps-healthntravel.com

#### YallaCare

A: Qurum, Muscat, 112 Oman T: +968 9985 6603 E: sandeep@yallacare.com Web: www.yallacare.com

## QATAR

Gate To Wellness A: Suham Bin Hamad Street, P.O. BOX 4129, Doha-Qatar T: +974 3374 2878 E: info@gatetowellness.com Web: www.gatetowellness.com

#### RUSSIA

Amedtour T: +7 409 393 3094 E: iztravel@yandex.ru Web: www.amedtour.com

#### Chaika-tour T: +7 495 692 3895

I: +7 495 692 3895 E: baden-medical@mail.ru Web: www.chaika.ru

## SINGAPORE

Global Health and Travel A: 2 Kallang Ave, CT Hub #08-08, Singapore 339407 T: +65 6225 7472 E: varun@mediaplusservices.com Web: www.globalhealthandtravel.com

#### Medical Departures Inc.

T: +65 3158 9630 E: keerapat.weerapichet@medicaldepartures.com Web: www.medicaldepartures.com

## TAIWAN

Best Way Travel Service E: nikkybwt@hotmail.com Web: www.bwt.com.tw

Gloria General Travel E: g2012@gloriatour.com.tw Web: www.gloriatour.com Kai HsinTravel Service E: miki@ontour.com.tw Web: www.ontour.com.tw

Uplan Travel Service E: berrypeng@uplantravel.com Web: www.uplantravel.com.tw

## THAILAND

Beauty Med A: One Pacific Place, Unit 1708, 140 Sukhumvit Rd., Klong Toei, Bangkok, 10110, Thailand T: +66 2653 3880 Web: www.plasticsurgerythailand.com

#### **Cosmedic Jetaways**

A: 101 Sukumvit Road, Bangkok, 10620 Thailand T: +66 2919 5842 E: marketing@cosmedicjetaways.com Web: www.cosmedicjetaways.com

#### Hygeia Beauty

A: 39 Somerset Park Suanplu Building, M Floor, Soi Suanplu, Sathorn Rd., Thunmahamek, Sathorn, Bangkok, 10120 Thailand T: +66 2105 4046 E: info@hygeiahealthcare.com Web:www.destinationbeauty.com International Medical Health Solutions T: +66 81 691 0128 E: info@intermedisol.com Web: www.intermedisol.com

#### Thai Medical Link

T: +66 89 773 3933 E: info@thaimedical.link Web: www.thaimedical.link

## Thai Medical Vacations

A: 808/8 Soi Thonglor 18/1 FL1, Wattana, Bangkok 10110 Thailand T: +66 2402 6566 E: help@thaimedicalvacation.com Web: www.thaimedicalvacation.com World Surprise – Wellness A: 91/1 Soi Anumarnrajathon, Decho Rd., Suriyawong, Bangrak, Bangkok 10500 Thailand T: +66 2634 8877 E: contact@worldsurprise.com Web: www.worldsurprise.com/world-surprise-wellness

## UNITED KINGDOM

Anavara

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#### Balsamee

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