



WELLNESS EXPERIENCE



CHIANG
MAI

AWARD WINNING COMMUNITY TOURISM AT BAN RAI KONG KHING



NORTHERN

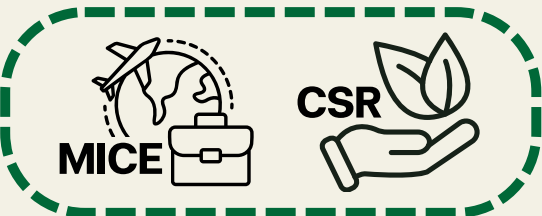
- Welcome drink with Thai herb
- Enjoy cycling along tree tunnel pathways
- Visit **Wihan Kaew and Wat Doi Pao** for insights into Buddhism
- Visit the **Chiang Mai Night Safari Zoo**
- Enjoy a huge variety of flowers and trees at **Noen Ratchaphruek Park**
- Cycling to check out street art and listen local tradition stories
- Learn to make Thai herbal compress at **Huean Huk Health Center**
- Try your hand to make local desert, then taste it!

CONTACT INFO

Baan Rai Kong King CBT Tourism Club (CBT)
Tel. +66 (0) 92 515 5652
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REMAINING CARBON FOOTPRINT EMISSIONS

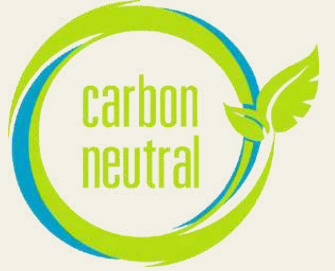
3.3 kgCO2eq/traveller



BANGKOK

BLOOM & TASTE

THAI CULTURE AND CUISINE EXPERIENCE



CENTRAL

- Visit **Pak Khlong Talad**, Thailand's largest flower market, and learn local floral customs through **garland making** and **lotus folding** workshops.
- Enjoy a guided visit to **Huai Khwang Market**, exploring fresh produce, spices, herbs, and ingredients essential for authentic Thai cuisine.
- Travel by **local tuk tuk to Uncle and Aunty Cooking House**, where you'll dive into Thai culinary techniques and learn how to make curry paste from scratch.
- Join a hands-on **cooking class** as part of the **"Siam Senses"** program, then return with recipes, full bellies, and great memories.

CONTACT INFO

Plan Vacation Asia (TO)

Tel. +66 (0) 65 687 4428

E-mail info.pvathailand@gmail.com

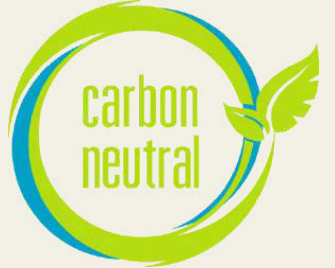
REMAINING CARBON FOOTPRINT EMISSIONS

10 kgCO2eq/traveller



SUPANBURI

LIBERATED INTO NATURE



CENTRAL

DAY 1

- **DanChang**, a small mountainous district in Suphanburi province.
- **U-Thong**, where you can travel back to the Thailand's glorious olden days through the village interactive museum.
- walk around **MaeJang Farm** to searching for the ingredients you need for your dinner or take a break to slow down your life in the natural setting.
- join the **peaceful meditation** session with us or just relax gazing

DAY 2

- Morning – join the **peaceful meditation** session with us or just relax gazing
- discover the way to liberated yourself into nature by choosing our various activities that **match your interest** such as *farming, permaculture, plant trees, plant-based menu cooking, forest bathing, mindfulness nature, arts workshop, nature health treatment, checking on our RRR projects to see how to relive plastic waste, etc.*

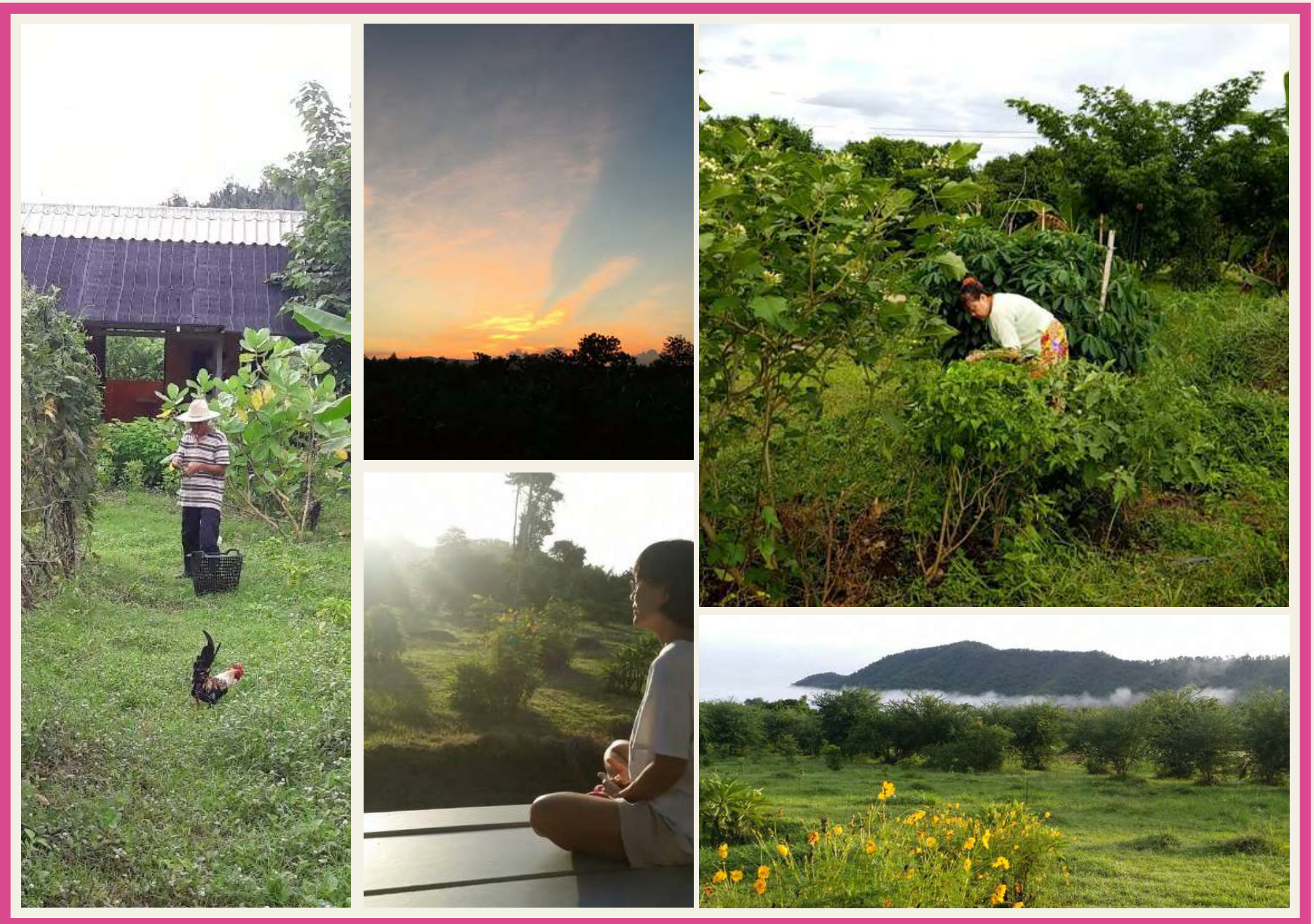
CONTACT INFO

Nobel Truth Travel (NTT) (TO)

Tel. +66 (0) 89 693 0990 **E-mail** ntttrips@gmail.com

REMAINING CARBON FOOTPRINT EMISSIONS

120 kgCO2eq/traveller



KANCHANABURI

THAINESS & SUSTAINABILITY OF HOLISTIC HEALTH



CENTRAL

- **Ayurvedic Clinic:** Physical check-up, pulse diagnosis, and elemental body type assessment for personalized wellness planning (30 mins)
- Deep relaxation activity & **health massage** (2.5 hours)
- Lunch

CONTACT INFO

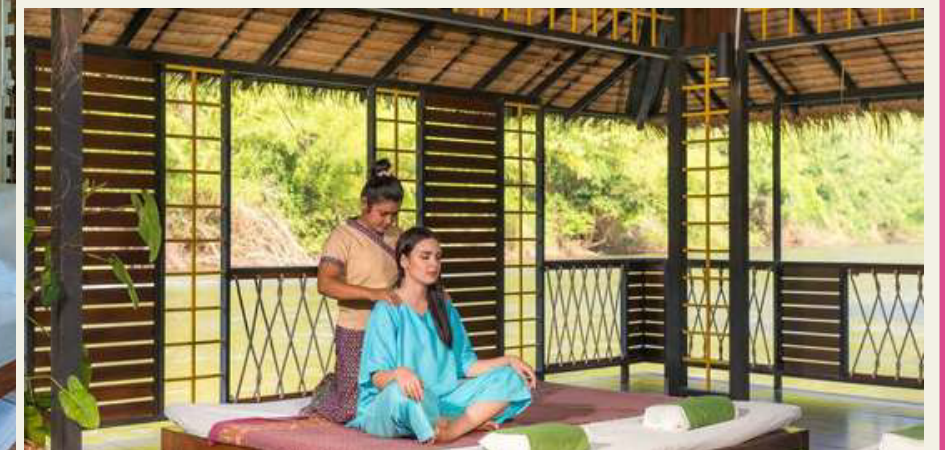
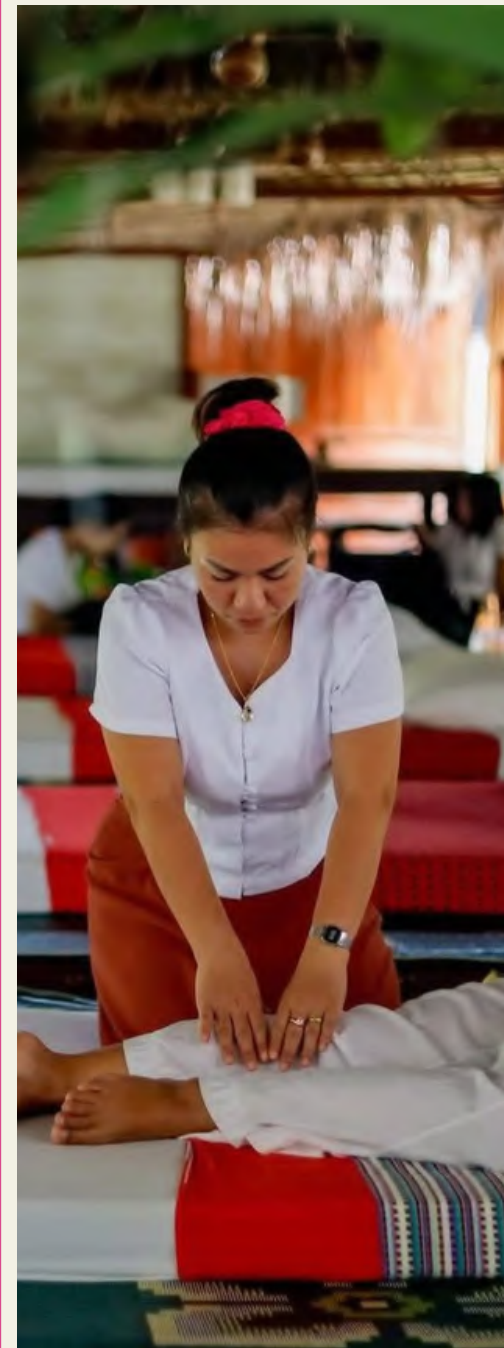
Serenata Hotel & Resorts Group

Tel. +66 (0) 2 642 5497

E-mail bd01@snh.co.th ; bd-team@snh.co.th

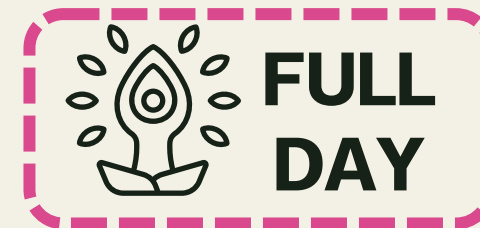
REMAINING CARBON FOOTPRINT EMISSIONS

4.2 kgCO₂eq/traveller



KANCHANABURI

THAINESS & SUSTAINABILITY OF HOLISTIC HEALTH



CENTRAL

- **Ayurvedic Clinic**: Physical check-up, pulse diagnosis, and elemental body type assessment for personalized wellness planning with Deep relaxation activity & **health massage**
- Traditional **Thai exercises (Ruesi Dat Ton)** and Thai sarong stretching, chair exercises, and music therapy.
- **Thai herbal longevity** remedy workshop & **Thai-style Pran Chivit** (life food) cooking activity

CONTACT INFO

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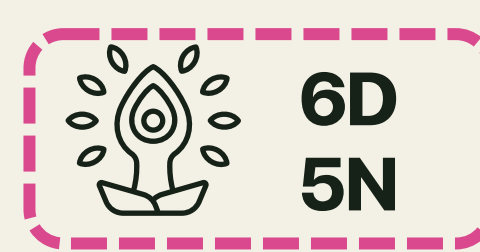
REMAINING CARBON FOOTPRINT EMISSIONS

8.5 kgCO2eq/traveller



KANCHANABURI

THAINESS & SUSTAINABILITY OF HOLISTIC HEALTH

6D
5N

CENTRAL

- **Ayurvedic Clinic:** Physical check-up, pulse diagnosis, and elemental body type assessment for personalized wellness planning, Herbs as food and medicine
- Traditional **Thai exercises (Ruesi Dat Ton)** and Thai sarong stretching, chair exercises, and music therapy and Royal Thai massage to improve blood circulation + herbal compress
- **Basic yoga, Qi Gong style**
- Herbal eye therapy
- Sunbathing and detoxifying mud therapy for the lymphatic system

CONTACT INFO

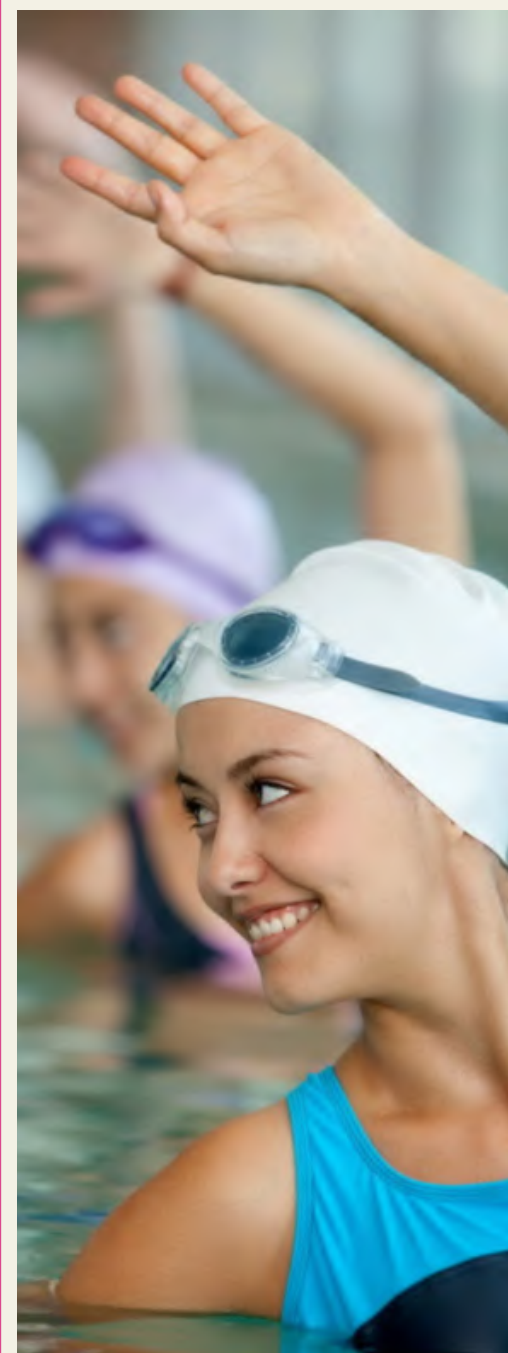
Serenata Hotel & Resorts Group

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REMAINING CARBON FOOTPRINT EMISSIONS

84.7 kgCO₂eq/traveller



YASOTHON

YASOTHON'S WAY OF LIFE AND WELLNESS WISDOM INDEPTH TOU



NORTHEASTERN

DAY 1

- Welcome drink with refreshing herbal drink
- Herbs hunt activity, then making "**herbal compress balls**"
- Get experience the merit of making **Bung Fai or a traditional fire rocket in depth**
- Learn how to sing & dance the Bung Fai festival style
- Treat your body with the art of "**Maneevej**"
- Relax your muscles with the activity of soaking your feet in herbal water

DAY 2

- Journey to **Wat Maha That** in Yasothon Province where you can pay your respects to the revered Phra That Anon
- Take nice photos & take a look beautiful historic community of **Ban Singha Tha**
- Embark on an adventure to **Vimana Phaya Khan Kak** (the Giant Toad Monument), the birthplace of the Bun Bang Fai festival.
- Go to see the **largest wooden Christian church** in Thailand, a hidden gem at **Ban Song Yae**

DAY 3

- Take you on a journey to **Ban Tad Thong**, the legendary location of the **Kong Khao Noi**
- Take a look the largest production source of handwoven traditional pillows at **Ban Sri Than community**
- Discover the intricate art of **rice garland or Malai Khao Tok** at the local museum

CONTACT INFO

Tour Indepth by Paree Travel (TO)

Tel. +66 (0) 81 318 3561 **E-mail** tour.indepth@gmail.com

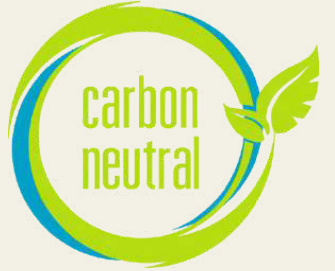
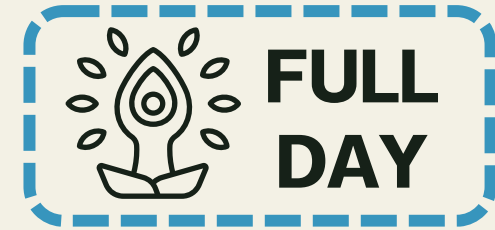
REMAINING CARBON FOOTPRINT EMISSIONS

44.8 kgCO2eq/traveller



KRABI

NATURAL HOT MUD SPA, BAN THAM SUEA



SOUTHERN : KRABI

- Relaxing with the spa at hot mud beach
- Enjoying with local desserts
- Taking a nap amidst the nature

CONTACT INFO

Ban Tham Suea (CBT)

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ID LINE 086 691 5151

REMAINING CARBON FOOTPRINT EMISSIONS

3.2 kgCO2eq/traveller

