

THAILAND: NO 1 SPA AND WELLNESS DESTINATION



During the course of the last decade, Thailand has proved to be a very popular destination for tourists, who seek relaxing and light holidays. The numbers of foreign visitors, who seek medical services here, have been steadily growing, raising the awareness of local government.

The Thai authorities realize how important for their country it is to promote Thai spas. They have provided specialized training to personnel in the spa industry to increase the standards of Thai spas.

Initially, at the beginning of the nineties when tourists started to pour into Thailand, the only spa and wellness resorts were located in luxurious hotels. The services gradually became very popular and separate spas and wellness resorts have been opened since then. The most important aspect of these spas is the secret of a traditional Thai massage and the outstanding Thai hospitality.

Nowadays, the trend is to turn the attention of spa seekers toward the concept of wellness. Basically, the goal of wellness centers and spas is to teach their clients to look after themselves. Change their unhealthy lifestyles and generally improve all possible dimensions of their health. Wellness is all about vitality, energy and joy.

Recently, some most advanced wellness centers in Asia has been opened in Thailand - the TRIA Integrative Wellness and Santhiya Resort & Spa Koh Phangan. Both resorts offer a wide range of treatment options, which involve modern and traditional medicine, hydrotherapy, aromatherapy, exercise and nutrition treatment. The facilities are terrific and local employees are true professionals in their fields.

Such centers only add to Thailand's already established reputation as the 'spa capital' of Asia; further developing of the concept of wellness seems to be the key aspect of Thai spa tourism in the next few years.

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