

lanna 101

first edition
150 baht



CHIANG MAI

CHIANG RAI

THE GOLDEN TRIANGLE

DOI MAE SALONG

MAE HONG SON

SUKHOTHAI

DOI TUNG

MAE SAI

PAI

YOUR GUIDE TO
Northern
THAILAND

spas & springs



Rarinjinda Wellness Spa Resort

"Thailand is the home of spa," enthuses Greg Moring, an Australian spa consultant. "And Chiang Mai is where it's at because it delivers that ephemeral experience, the ambience, it's naturally in the Lanna people."

The misty mountains where lemongrass, pine and turmeric grow. Soaring spiritual temples. Cooler climate. And the softer, gentler Lanna culture that has pervaded this region since the 13th century.

The Lanna Kingdom left a rich heritage in ancient health secrets, and secrets for healing and rejuvenation. The Lanna Exotic Massage style combines centuries-old Thai massage techniques (known as *Tok Sen*) with oils extracted from local herbs, and Lanna music therapy.

So throughout the Lanna region you will find ways to treat your body, to restore your body, rebalance your mind, and align your chakras.

And don't forget that Chiang Mai and Chiang Rai are noted for their mineral hot springs, too. Often these are rich in sodium and sulphur, said to be beneficial for circulation, arthritis and rheumatism. Look out for the tell-tale gushes of steam rising from the earth (and opportunistic vendors selling eggs which you can cool in the boiling water).

CHIANG MAI
THE SPA, LE MÉRIDIEN

CHIANG MAI
108 Chang Klan Road, Chiang Mai,
053-253-666; www.starwoodhotels.com/lemeridien

A luxurious contemporary Thai setting for a traditional Lanna-style treatment. The Spa offers Thai or Swedish massages; multi-sensory full-body treatments and bath rituals as well as luxurious facial and skincare services but their signature treatment, Chakras Ritual, focuses on the benefits and healing gained through the art of modified crystal therapy.

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THE DHEVA SPA,
MANDARIN ORIENTAL
DHARA DHEVI

51/4 Chiang Mai - Sankampaeng Road,
Chiang Mai, 053-888-929;
www.mandarinoriental.com/chiangmai/spa/

A 3,000 square metre wonderland of tranquility. The Dheva Spa at the Mandarin Oriental Dhara Dhevi Spa is modelled on the ancient golden teak wood Royal Palace of Mandalay. Their wish is for you to embark on the seven-step journey to nirvana here, and attain physical and spiritual perfection. They offer an extensive range of holistic therapy treatments, prescribed residential retreats, and spa programmes in this renowned Ayurvedic centre.

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CHI THE SPA
AT SHANGRI-LA

89/8 Chang Klan Road,
053-253-888; www.shangri-la.com

Chi draws inspiration from the origins of the Shangri-La legend, a place of personal peace, enchantment and wellbeing. Sumptuously set within the landscaped of the inner-city hotel, Chi offers seclusion with nine separate salas and a yoga pavilion. Lanna-style treatments make use of herbal and floral

ingredients, while perennial favourites include the healing hot stone treatment and Chi Balance.

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CHIANG MAI OASIS
& LANNA OASIS SPAS

102 Samsungkhrojan Road
& 4 Sanook 7 Phising, 053-920-111;
www.chiangmaioasis.com

Treatments at Oasis Spas combine ancient secrets with advanced discoveries in beauty and wellness. Their full-spa luxurious spas are designed with a distinctly Thai atmosphere. Hot compresses and herbal aromatherapy come to the fore in their signature King and Queen of Oasis treatments, but they are perhaps best known for their Four-Hand (double massage) sessions.

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TAMARIND VILLAGE
50/1 Rajdamnoen Road,
053-418-896;

www.tamarindvillage.com

Tamarind bills itself as a hedonistic hideaway, a village-like setting nestled deeply in the old city. From Lanna. This heritage, they borrow herbal preparations to heal modern-day stresses and strains, restoring balance, harmony, plus a wonderful sense of vitality. Their 90-minute signature is considered by many as among the best in all of Thailand.

☎ โทร. ทามารินด์ วิลเลจ
เชียงใหม่ เชียงใหม่

RARINJINDA WELLNESS
SPA RESORT

11/4 Chareonraj Road, Wat Kate,
053-247-000; www.rarinjinda.com

Big on Ayurvedics, Rarinjinda goes a cut out with an extensive à la carte menu to remedy every possible part of the body and soul. Their Golden Memories signature runs a full 5 hours including shirodhara and chromotherapy treatment. Other creative treatment options have you lying on a massage bed of beach sand, having your aura read, and so on.

☎ รารินจินดา เวลเนส สปา รีสอร์ท
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