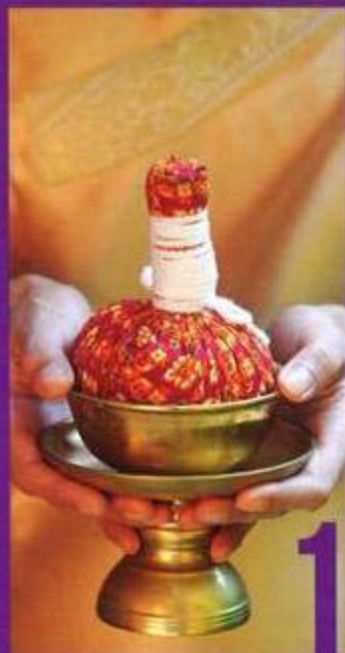


BEST THAI MASSAGE SPOTS

To get the most out of your dollar when looking for traditional Thai massages, stick to these reputable places – they only hire certified masseuses



ATSUMI HEALING INTERNATIONAL, PHUKET

Besides getting your Thai massage, try the Thai Herbal Compress Massage. A herbal compress filled with traditional Thai herbs will soothe muscle aches and release tension. For back pain or tendinitis, a hot compress is used to improve blood flow and stimulate the nerves in order to alleviate the pain.

Atsumi Healing is located at 34/18 Soi King Pattana 4, Saiyuan Road, Rawai, Phuket. For more information, visit www.atsumihealing.com.



RARINJINDA WELLNESS SPA, CHIANG MAI

Once you're done with your two-hour classic Thai massage here, clear your mind in a heated hydrotherapy pool to further stimulate blood circulation. Rarinjinda is also fully equipped with an infrared sauna and a herbal steam room – the perfect place for a complete detoxification.

RarinJinda Wellness Spa, Chiang Mai is located at RarinJinda 1, 14 Chareonraj Road, T Wat Late, A Muang, Chiang Mai. Visit www.rarinjinda.com.



LET'S RELAX SPAS

If the traditional one-man Thai massage just isn't cut out for you, give the four-hand Thai massage a go. It's performed by two therapists at once and is ideal for those who prefer and can withstand additional pressure compared to the usual Thai massage. On top of that, they offer a long list of other treatments like Body Scrubs and Floral Baths, all to help soothe your weary soul.

There are ten Let's Relax Spas located throughout Chiang Mai, Samui, Hua Hin, Bangkok, Pattaya and Phuket. Visit www.letsrelaxspa.com.

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See page 10

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