

Treat Yourself to a Health and Wellness Holiday in Thailand

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We may be biased, but we genuinely believe there are few places in the world that can rival Thailand for a health and wellness holiday. But don't just take our word for it. We've asked Frances Geoghegan, the founder of the specialist tour company Healing Holidays, for her impartial advice on what makes Thailand so special. Over to you, Frances.

Holistic and spiritual healing are part and parcel of Thai life, so it's easy to see why so many weary Westerners have been seeking wellness solutions for decades in this ancient Asian kingdom.

Thailand is blessed with so many attributes that make it that perfect place to go and Spa. Its people, who are gentle and welcoming, naturally care and nurture. And with cuisine a cornerstone of any great health programme, wellbeing seekers in Thailand are spoilt for choice. The food is healthy and delicious in equal measure, making it easier to do a weight loss or detox programme when the menus are both delectable and nourishing.



Thailand's spirituality touches its visitors, and there are constant reminders of the Buddhist faith that underpins daily life. Be it a gleaming temple or a golden Buddha, and whether you are in vibrant downtown Bangkok, in the jungles of the North, or on a breath-taking sun-drenched island, symbols of the faith are everywhere, and travellers are warmly welcomed into the Buddhist fold at meditation and healing retreats across the country.

Thailand is filled with stunning natural scenery which will make any heart soar. It has the wild jungles of the North where ancient forests and paddy fields lie against the soaring mountains and waterfalls, whilst the South is characterised by vast cliffs and powder-fine sandy beaches. More importantly though, the country is home to some of the world's most life-changing, cutting-edge spas, retreats and detox centres, and there is something for everyone and for every budget.

Ko Samui

On Ko Samui, you can learn or practice yoga at Samahita. And at Absolute Sanctuary you can really get bang for your bucks whilst on a Pilates bootcamp or on an intensive weight-loss programme. Or visit Kamalaya where you can unravel physically and spiritually, finding emotional balance and freedom on group retreats led by expert mentors.



Phuket

You can do a full diagnostic health MOT in style at Amanpuri whilst you clear your meridians and emotional pathways, or you can have an invigorating detox at Phuket Cleanse, or ramp up your fitness at Thanyapura Health & Sports Resort. However if you just want blissful treatments without any deprivation, you can have that at Amatara.



Hua Hin

If nothing but the world's best spa will do, then Thailand has got that too in Hua Hin, where the legendary Chiva Som reigns supreme offering transforming treatments for mind and body.



Thailand really is hard to beat for knock-out wellness, and with everything from five-star spa resorts to budget-friendly boutique hideaways, every flavour of wellness holiday can be found, perfect for a couple, a family or the solo traveller.

Frances Geoghegan is the founder of Healing Holidays and an expert on health and wellness experiences in Thailand. As frequent visitors to Thailand, Frances and her dedicated team of experts offer unrivalled insider knowledge for anybody seeking a wellness holiday.