



REGENERATE  
REJUVENATE  
REBUILD

Silom-surawong flagship branch

# Thailand Wellness Travel Guide

Unlock the insider secrets that elevate your Thailand wellness journey from ordinary to extraordinary.

This isn't another tourist guide-it's your backstage pass to authentic experiences, cultural codes for VIP treatment and hidden gems that locals guard closely.

- ✓ Must-Have Apps for Traveling in Thailand
- ✓ Cultural Codes for Thailand Travel
- ✓ Pre-Journey Wellness Preparation
- ✓ Plan 3-4 Day Rejuvenation Itinerary in Bangkok
- ✓ Top Places to Heal, Move and Recharge in Thailand

## 📍 Headquarters

42 | C P Tower, 4th Fl,  
Surawong Rd. Si Phraya,  
Bangkok 10600

(+66) 88 689 8888  
(+66) 2233 8000

# Must-Have Apps for Traveling in Thailand

Download these before landing-they'll save you time, money and stress

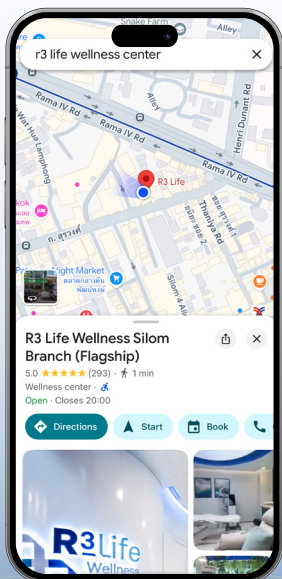
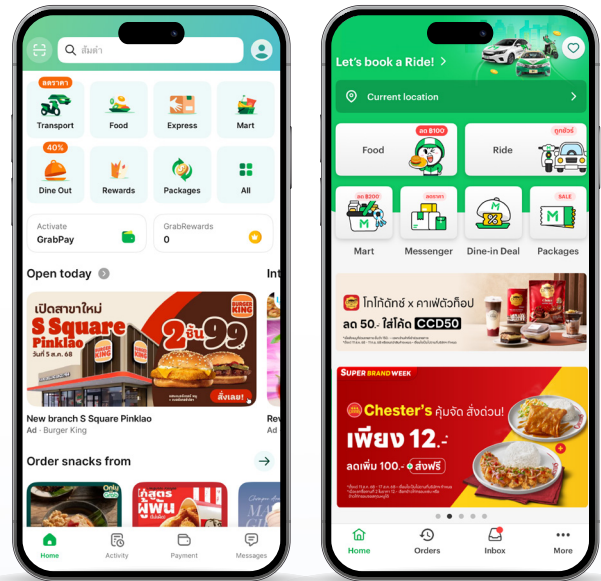
Whether you're hungry or need a ride, these apps have you covered!

## Why these two apps?



Because when it comes to everyday convenience, Grab and LINE MAN have you covered.

- ✓ Feeling hungry? Order your favorite meals from tons of restaurants in just a few taps.
- ✓ Need to get somewhere fast? Book a ride anytime, anywhere.
- ✓ With Grab, you get reliable ride-hailing and food delivery all in one app.
- ✓ With LINE MAN, enjoy local eats, grocery delivery and more fast and easy.



Wherever you go, you'll always know the way.

## Why Google Maps?



Because when it comes to finding your way or finding anything Google Maps is your best companion.

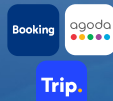
- ✓ Check reviews of places in advance
- ✓ Accurate navigation for driving, walking or public transport
- ✓ Real-time updates on traffic, delays and road closures
- ✓ Discover nearby places with photos, ratings and opening hours
- ✓ Plan your route smartly and save time on every trip

## Your lifestyle companion starts with these apps.

Looking for the perfect stay, unforgettable experiences or the best food around? These apps have everything you need.



Airbnb lets you book unique homes and stays that make your trip feel personal and local.



Booking.com, Agoda and Trip.com offer a wide range of hotels and accommodations with great deals for every kind of traveler.



Klook brings exciting experiences, tickets and travel activities right to your fingertips.



Wongnai is your go-to guide for discovering amazing places to eat, drink and relax with trusted reviews from locals.

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📧 r3lifewellness\_official  
📧 @r3lifewellness

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# Cultural Codes for Thailand Travel

The insider etiquette that transforms your entire Thai experience

## Travel Cultural Codes



### Temple Etiquette

Cover shoulders / knees, remove shoes, lower voice near sacred spaces



### Social Hierarchy Awareness

Show extra respect to elders and authority figures



### "Kreng Jai" Consideration

Be thoughtful of others, don't impose or be pushy



### Food Culture Respect

Try local ingredients, ask about spice levels politely, don't waste food



### "Sanuk" Mindset

Embrace the Thai philosophy of finding joy in every experience



## VIP Treatment Triggers



### Learn basic Thai greetings

"Sawasdee ka / krub" and "Khob khun ka / krub"



Show genuine interest in **Thai culture and traditions**



Be patient with **different pace of life**



**Dress appropriately** for the occasion



**Tip thoughtfully** (not excessive, but respectful)

## Avoid These Tourist Red Flags

- ❌ Pointing feet toward Buddha images or people
- ❌ Touching someone's head
- ❌ Public displays of anger or frustration
- ❌ Wearing revealing clothes in traditional / sacred areas
- ❌ Bargaining aggressively in inappropriate settings

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# Pre-Journey Wellness Preparation

Essential steps to maximize your Thailand anti-aging and aesthetic transformation



## Understanding Rejuvenation Options

- ✓ Research different wellness approaches-detox, anti-aging, stress relief or Life Rejuvenate
- ✓ Learn about innovative anti-aging technologies and procedures
- ✓ Identify your primary aesthetic goals-skin rejuvenation, body contouring or age reversal
- ✓ Compare treatment costs and quality with international standards

- ✓ Contact wellness centers for medical consultations with qualified doctors
- ✓ Ask about treatment programs, duration and expected results
- ✓ Request personalized program recommendations based on your health profile
- ✓ Inquire about follow-up care and maintenance programs



## Medical Consultation & Planning



## Health Documentation

- ✓ Gather recent medical records, blood tests and current medication lists
- ✓ Consult with doctors from your selected wellness center about travel and treatment compatibility
- ✓ Document any allergies, sensitivities or health restrictions

- ✓ Book treatments in advance-premium wellness centers fill up quickly
- ✓ Plan 5-7 days minimum for comprehensive programs
- ✓ Schedule arrival 1-2 days before treatments begin
- ✓ Arrange airport transfers and accommodation near your wellness center or inquire with your chosen wellness center about their transportation services and ask for accommodation recommendations in the nearby area



## Booking Strategy

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# Plan 3-4 Day Rejuvenation Itinerary in Bangkok

The following plan is just an example.

Our doctor will create a personalized plan based on your needs and desired results.

## Life Rejuvenation

Helping you rejuvenate your health from within, it boosts brain function, replenishes cellular energy, combats fatigue, and promotes overall well-being, ensuring you're ready to enjoy every activity at your optimal level.

### Consult with Doctor

- ✓ Pre-Stem cell Blood Test
- ✓ NAD+ DNA Rebuild
- ✓ Nutri life (Multivitamin)
- ✓ Liver Detox

### Day 2-3

You can enjoy a variety of activities in Bangkok, including shopping and exploring historic sites.

### Day 4

- ✓ CT-MSCs Therapy
- ✓ NAD+ DNA Rebuild

## Facial and Neck Rejuvenation

Effectively reducing signs of aging and regenerating your skin, it also helps revitalize your complexion and mitigate concerns such as wrinkles, scars, sun damage, and uneven skin tone. Uncover your natural glow and radiance, while replenishing and nourishing your skin with deep hydration.

### Consult with Doctor

- ✓ Ulthera SPT 400 Line
- ✓ CT- MSCs Therapy
- ✓ Placenta For Face

### Day 2

You can choose some light activities to relax your face after getting a treatment.

### Day 3

You can enjoy a variety of activities in Bangkok, including shopping and exploring historic sites.

## Meta Max Detox

Eliminating toxic metals accumulated in the body and vascular system, chelation therapy enhances circulation by removing calcium deposits from blood vessels. This process potentially prevents degenerative diseases associated with poor blood circulation or autoimmune disorders.

### Consult with Doctor

- ✓ Pre-Health Screening Test with Oligo Scan
- ✓ Kidney Function Test
- ✓ Nutri life(Multivitamin)
- ✓ GutZen Blend

### Day 2

You can enjoy a variety of activities in Bangkok, including shopping and exploring historic sites.

### Day 3

- ✓ Super Liver Detox
- ✓ Meta Clear (Chelation)

Interested in planning your treatment with the doctor?

Contact us at ☎ +66 8 8689 8888  
R3 Life Wellness Center

We've put together a list of places and activities for your trip on the next page.

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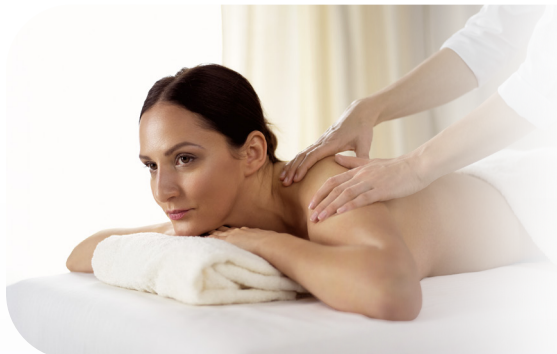
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# Top Places to Heal, Move and Recharg in Thailand

## Traditional Thai Massage & Spa

Traditional Thai massage or "Nuad Thai" is a 2,500 year old healing art that combines acupressure, stretching and energy work to restore balance in your body and mind. This UNESCO-recognized practice works along energy pathways called "sen lines" to release both physical tension and emotional blockages, making it essential for any wellness journey in Thailand.



### Top Attractions :

**Foundation For The Blind in Thai and under the Royal patronage of H.M. the Queen**

Experience a unique massage by skilled blind therapists not only will you be supporting a great cause, but you'll also have the chance to relax and shop for handmade crafts. It's a beautiful way to connect with the local community and give back at the same time.

## Yoga by the Beach

Beach yoga combines the ancient practice of yoga with the natural healing elements of ocean, sand and sea breeze. The sound of waves creates a natural meditation soundtrack while the uneven sand surface challenges your balance and engages deeper stabilizing muscles. The ocean's negative ions help reduce stress hormones and boost serotonin levels, making your practice more therapeutic than studio sessions. This setting naturally deepens your connection between breath, movement and mindfulness.

### Top Attractions :

- ✓ Beach Yoga at Railay Beach (Krabi)
- ✓ Island Yoga Phang Nga
- ✓ Koh Lipe Yoga (Satun)
- ✓ Samahita Retreat, Koh Samui



## Hidden Cultural Immersion Experiences

These transformative experiences connect you with Thailand's authentic soul beyond typical tourist attractions. Each activity offers deep cultural understanding while supporting local communities and sustainable practices. From ethical wildlife encounters to traditional waterway exploration, these immersive experiences reveal the real Thailand that locals cherish where ancient traditions, natural healing and community life intersect to create meaningful wellness moments that stay with you long after your journey ends.



### Top Attractions :

- ✓ Elephant Nature Park (Chiang Mai)
- ✓ Relaxing in the hot springs at Fang
- ✓ Sound Healing

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