



**Vitallife Wellness Center**

Vitallife Wellness Center in Bangkok was the last stop we visited as a group. Vitallife is Asia's first medically driven wellness and vitality clinic focusing on disease prevention, health optimization and rejuvenation.

Through utilizing the latest in international technologies, advanced treatments and cutting-edge medicine, the team at Vitallife aims to reveal renewed, refreshed and revitalized patients.

Wellness check-ups at the center are a simple but powerful way to manage visitors' health and prevent disease. Unlike basic physical tests, the check-ups focus on wellness rather than illness.

The doctors analyze visitors' hormonal balance, vitamin levels, fitness and longevity levels. They analyze patients' genetics and their lifestyle habits, checking for signs of disease today and in the future. Nagging issues like fatigue, mood or sleep problems are also given due attention.

At the hospital, a new and cool technique was introduced to reduce fat: Cool Sculpting.

Cool Sculpting procedure uses controlled cooling to drop the temperature of the skin to -10° to -11° Celsius in order to kill unwanted fat cells in the body gently and effectively without damaging other tissues.

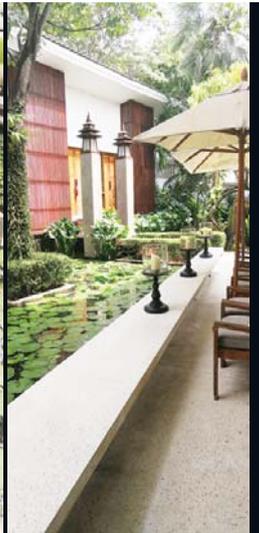
On the whole, the Vitallife center helps visitors shape a youthful life by:

- Genetic testing
- Hormone testing
- Micronutrient testing
- Wellness check-ups



- Cancer screening
- Increasing energy
- Sexual health
- Better sleep
- Relieving digestive pain
- Losing weight
- Rejuvenating skin
- Re-growing hair
- Removing toxins
- Boosting immune system
- Regaining brain function
- Early detection

**Spas in Thailand**



Visiting the Oasis Spa Sukhumvit 31 was part of our Study Visit program.

The spa in Bangkok provides the latest spa experience with treatments created by combining the best ancient Thai techniques and herbal secrets with advanced discoveries in beauty and wellness.

The luxury spa with a pleasant environment gives a relaxing atmosphere.

After we were greeted by the friendly and polite staff, the receptionist was very helpful, explaining everything on the menu. We entered a calm garden whose ancient trees watched

skyscrapers being built. At the end of the pathway we found a colonial building housing our private villa treatment room with waterfall and gracious professional service. There are a vast number of spas in Thailand that provide therapy, rest, and relaxation for tourists, locals, and resident foreigners.

The treatments found in wellness spas include things like therapeutic massage, detoxifying mud baths, Ayurvedic treatments, colon cleansing, acupressure, yoga, reflexology, meditation, aromatherapy, and hydrotherapy.

Recently, Travel Weekly magazine, from the UK, announced that Thailand had been voted as the best destination for spa and wellness, from the Best Destinations in the World.

Travel Weekly has unveiled the results of its "Best Destinations in the World" survey and Thailand made it into the top 10 in four important categories.

These were Best for Spa & Wellness (1st place), Best for Value for Money (2nd place), Best for Food & Drink (4th place), and Best for Luxury (9th place).

**Health & Wellness Trade Meet 2018**

On the sidelines of the study visit we attended a trade meet, held on August 30, at the Athenee Hotel, a Luxury Collection Hotel in Bangkok.

We attended the "Amazing Thailand Health & Wellness Trade Meet 2018" as guests of honor.

Specialist travel buyers in the health and wellness sectors joined the one-day trade meet organized by TAT.

Opening the event, TAT's Deputy Governor for International Marketing — Europe, Africa, Middle East and the Americas — Srisuda Wanapinyosak said, "This annual showcase is part of our strategy to promote Thailand as a world-class destination for health and wellness tourism."

According to a report by the Global Wellness Institute in 2015, Thailand was one of the top ten Wellness Tourism Markets in the Asia-Pacific region and



one of the top twenty Wellness Tourism Markets worldwide.

"The event enables invited buyers to be updated with the significant improvements in the quality of our health and wellness facilities, services and products, while Thai sellers get an

opportunity to come up to speed with new trends and market demands in various source markets," she added.

Wellness travel providers, mainly from Bangkok, networked with 73 buyers from Asia, Australia, Russia, the UK and the Middle East.



Iranian delegation was hosted by Pichaya Saisaengchan, director of the TAT Dubai and Middle East Office (1st R), for a dinner meeting in a pleasant atmosphere of Hua Hin Hall, Amari Hua Hin - Luxury Resort and Spa.



**Grand Palace and Temple of Emerald Buddha**

The Grand Palace and the Temple of the Emerald Buddha in the heart of Bangkok is a must for any

first-time visitor.

Words cannot describe the different buildings. This sprawling complex of temples, throne halls and government residences has long awed visitors, thanks to the grandiose buildings, intricate architecture, and grand features.

The official residence of royalty since 1782, the palace is partially open to the public.

The moment you arrive outside the palace walls and enter the gates you are struck by the sheer size and popularity of what is Thailand's most sacred site.



Thai Ambassador to Iran Kallayana Vipattipumprates (3rd R) is seen at a dinner meeting, hosted by Thailand's Ministry of Foreign Affairs in honor of the Iranian delegation.

On behalf of Iran Daily, I extend special thanks to Thailand's Ministry of Foreign Affairs, the Thai Ambassador to Iran Kallayana Vipattipumprates and the Tourism Authority of Thailand (TAT) for arranging our superb visit.

And a special thanks to Ms. Noradee Tantramongkol, counselor of the Royal Thai Embassy in Tehran for her incessant attention and hospitality.

Along with all the attractions, the thing I appreciated was the warmth and the behavior of people whom I met; even strangers welcomed us with a smile.

References: Health tourism to Thailand, Bloomberg, Medical Tourism Magazine, Business Wire and TAT news.

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