



RELAXING IN LANNA

Tourism Authority of Thailand
Singapore Office
2026
Winter Edition

In Lanna, relaxation comes naturally.

Across the mountains of Northern Thailand, cool forests, highland trails and mineral-rich hot springs offer many ways to slow down and reconnect with the landscape. A morning may begin with a walk through the forest on a mountain summit, while the afternoon ends in the warmth of a natural spring surrounded by greenery.

But Lanna's sense of wellbeing goes beyond nature. Generations of local wisdom have shaped distinctive traditions of massage, herbal treatments and healing rituals, creating experiences that care for both body and mind.

From the heights of Doi Inthanon and Doi Pui to the hot springs of San Kamphaeng, Chae Son and Pai, this journey explores a gentler side of Northern Thailand — where walking, soaking, breathing and simply being still become part of the experience.

Come to Lanna. Slow down, breathe deeply, and let the North restore you.



A WALK THROUGH THE CLOUD FOREST

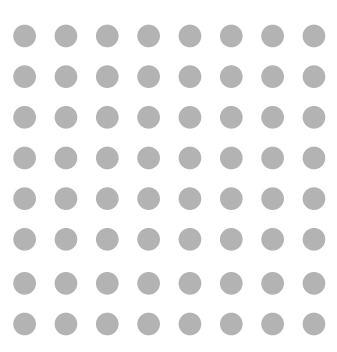
Doi Inthanon Chiang Mai

Breathe the crisp mountain air at Doi Inthanon, Thailand's highest peak at 2,565 meters in Chiang Mai. Cool and refreshing year-round, it's a favorite escape for nature lovers seeking serenity.





Beyond the popular Ang Ka Nature Trail, try the short walk from the Visitor Center to the memorial stupa of Chao Inthawichayanon. Surrounded by towering trees covered in moss and lichen, this easy trail offers a peaceful, renewing experience in the cloud forest.



18.5881, 98.4867



Doi Intanon National Park

Chom Thong District, Chiang Mai Province



05:00-17:30



National Park Fee 200 THB.



0 5328 6729

A PEACEFUL PATH NEAR CHIANG MAI

Doi Pui Nature Trail

Chiang Mai

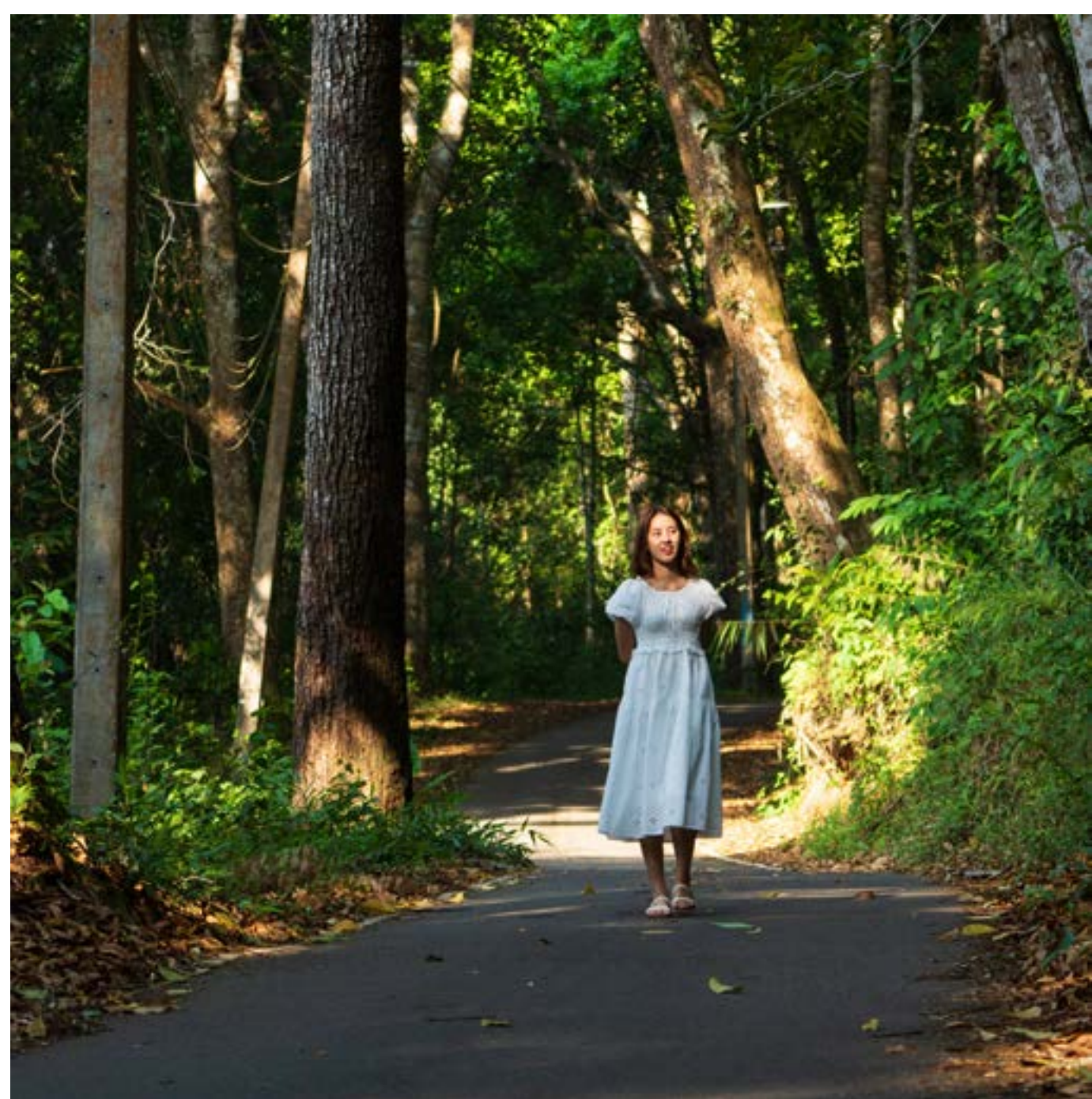
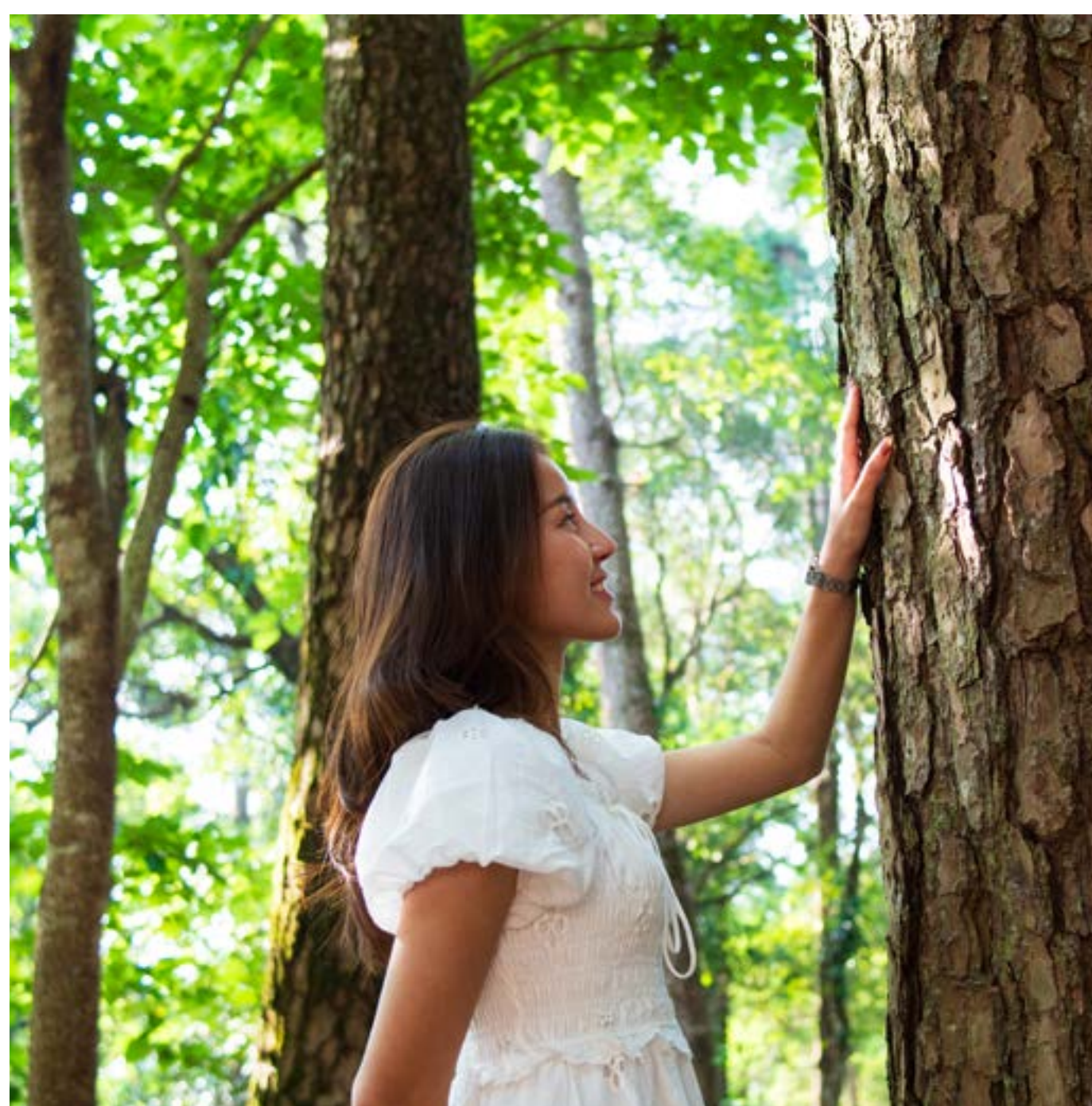
For those seeking tranquility and a closer connection to nature without venturing far from Chiang Mai city, the Doi Pui Nature Trail offers a simple yet deeply fulfilling escape.



This short trail follows an old mountain road, stretching only about 2 kilometers from the Doi Pui parking area to the mountain's summit. Though officially a nature study trail, its gentle slope and well-maintained path make it an easy walk—an enjoyable activity suitable for all ages.

Lined with tall pine trees on both sides, the trail exudes a serene and refreshing atmosphere, especially in the early morning when golden sunlight filters through the treetops or when a soft white mist wraps the forest in quiet beauty.

More than just a light hike, this trail offers a meditative journey—one that calms the mind and allows us to pause, breathe, and listen to the quiet voice of nature within ourselves.



9.3603, 99.1711



Suthep, Mueang Chiang Mai District,
Chiang Mai



6:00-17:00



National Park fee 200 THB.



0 5321 0244



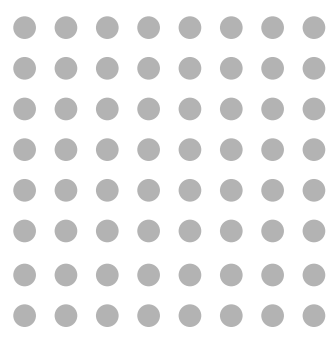
HOT SPRINGS SERENITY

San Kamphaeng Hot Springs Chiang Mai

One of Chiang Mai's oldest hot springs, just a short drive from the city, this peaceful garden retreat is surrounded by lush greenery and warm, mineral-rich steam. Its standout feature is an impressive artificial geyser that shoots meters into the air.

Ideal for families and wellness seekers, visitors can soak their feet in the warm mineral stream, swim in the mineral pool, book private baths,

or stay in bungalows with soaking tubs. Don't miss the local tradition of boiling eggs in the hot springs, said to make delicious, mineral-rich eggs.



18.8144, 99.2295



Ban Sa Ha Khon, Mae On District,
Chiang Mai



7:00-18:00



Admission fee 100 THB



www.skphotosprings.com



08 7659 1791

SOAK IN A MINERAL BATH WITH SCENIC VIEWS IN PAI

Mae Hong Son

Nestled in the mountains of Pai District, this charming village is not only surrounded by stunning scenery but also home to natural hot springs scattered throughout the area. Many resorts offer private mineral baths in guest rooms, channeling natural spring water directly into soaking tubs. Visitors can relax in the warmth of the mineral water while enjoying serene views of the surrounding mountains and the Pai River.



GOLDEN MIST AND WARM WATERS AWAIT

Chae Son Hot Springs **Lampang**

As the morning sun rises, golden mist drifts above Chae Son Hot Springs, creating a breathtakingly serene atmosphere. The gentle warmth of the thermal pools makes it an ideal spot for a peaceful stroll and relaxation amidst nature. Located within a national park, the area offers well-maintained and affordable mineral bath facilities, allowing visitors to soak in the soothing waters and unwind in a tranquil natural setting.



18.8364, 99.4719



Chae Son, Muang Phan, Lampang



Admission fee 40 THB.



08 9851 3355



RELAXING WITH LANNA WISDOM

The slow pace of life, cool breezes, and décor infused with ancient Lanna culture create a peaceful setting for true relaxation. What sets northern Thai spas apart is their rich heritage of traditional healing techniques, such as “Tok Sen” — a rhythmic tapping massage using a wooden hammer and wedge to ease tension, boost circulation, and relieve pain.

New innovations have also emerged, like the “Fon Leb Massage,” inspired by Lanna dance.

This unique therapy uses a handwoven bamboo finger stretcher to gently loosen muscles in the hands and arms, mimicking graceful dance movements.



Fon Leb Massage uses the wisdom behind a traditional Lanna toy to relieve muscle tension through graceful, dance-like movements, developed by Zira Spa in Chiang Mai.



Wellness Spa in **CHIANG MAI** & CHIANG RAI

Cheeva Spa

📍 Hassadisevi Road,
Mueang Chiang Mai District

🌐 www.cheevaspa.com

The Oasis Spa Lanna

📍 Samlan Road, Mueang Chiang Mai District

🌐 www.oasisspa.net

Tao Garden Health & Spa Resort

📍 Doisaket District

🌐 www.mantakchia.com/tao-garden



Tao Garden Health & Spa Resort



Panviman Spa

Panviman Spa

📍 Panviman Chiang Mai Spa Resort,
Pongyang Subdistrict, Mae Rim District

🌐 www.panvimanresortchiangmai.com

Fah Lanna Spa

📍 Nimmanhaemin Road, Soi 15,
Mueang Chiang Mai District

🌐 www.fahlanna.com

Rati Lanna Spa

📍 Chang Klan Road,
Mueang Chiang Mai District

🌐 www.ratilannachiangmai.com



Rati Lanna Spa



Zira Spa

Rarin Jinda Wellness Spa

📍 Charoenrat Road,
Mueang Chiang Mai District

🌐 www.rarinjinda.com/spa/chiangmai

Lila Thai Massage, Chedi Luang

📍 Phra Pok Klao Road, Soi 7,
Mueang Chiang Mai District

🌐 www.lilathaimassage.com

Let's Relax Spa - Chiang Mai One Nimman

📍 One Nimman, Nimmanhaemin Road,
Mueang Chiang Mai District

🌐 www.letsrelaxspa.com

Zira Spa

📍 Ratchawithi Road, Soi 1,
Mueang Chiang Mai District

🌐 www.ziraspa.com

Anantara Spa

📍 Anantara Golden Triangle Elephant Camp &
Resort, Chiang Saen, Chiang Rai Province

🌐 www.anantara.com



LIVING WELL THROUGH LOCAL WISDOM

Baan Rai Kong King Community Chiang Mai

Just a short drive from Chiang Mai, Baan Rai Kong King is a self-sufficient community that embraces simple living and wellness.

Visitors can join day trips or homestays to experience life at a slower, more mindful pace. Activities include harvesting organic vegetables to cook Northern Thai dishes, making herbal compress balls, and trying Yam Khang—a rare traditional therapy where a healer uses heated, herbal-oil-soaked feet to ease muscle tension.



18.7262, 98.9099



Nong Kwai, Hang Dong District, Chiang Mai



www.facebook.com/Bannraikongkhing



06 1195 9551





INNER PEACE JOURNEY

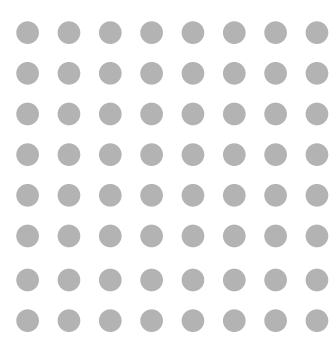
Wat Umong Chiang Mai

A Sanctuary of Serenity in Chiang Mai

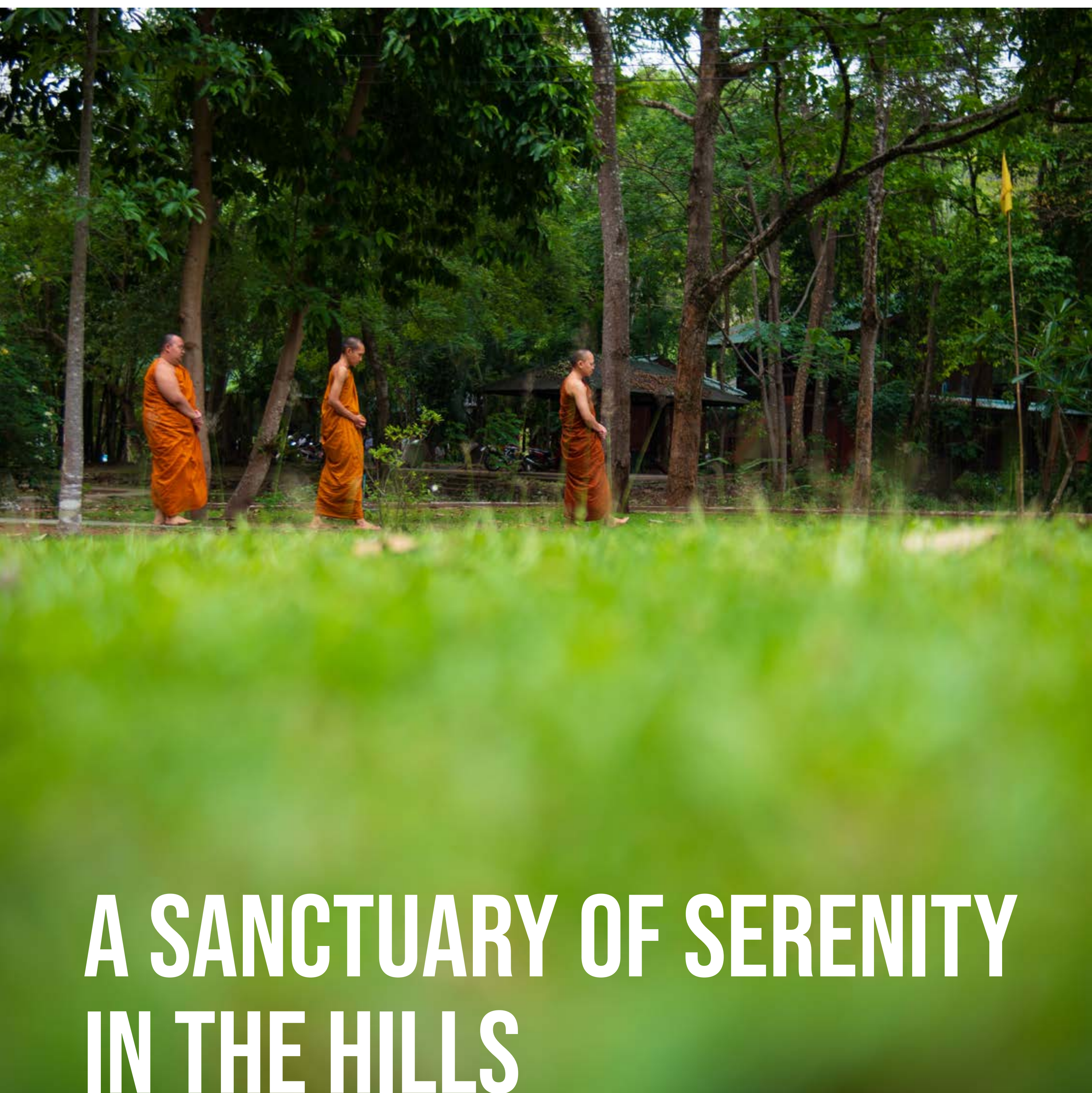
Located at the base of Doi Suthep, Wat Umong is a 700-year-old forest monastery known for its tranquil atmosphere and Vipassana meditation practice since the Lanna era. Its most unique feature is the ancient underground tunnels, built beneath a large chedi to provide monks with a quiet meditation space.

Visitors can explore the tunnels and enjoy the serene surroundings, which offer a natural retreat from the city's bustle. The temple also features Buddhist philosophy exhibitions,

presenting wisdom in an accessible way, similar to Suan Mokkh Phalaram. For those seeking a deeper experience, Vipassana courses are available, making Wat Umong a perfect place for both peaceful visits and dedicated meditation practice.



-  18.7827, 98.9533
-  Suthep, Mueang District, Chiang Mai
-  04:00 - 20:00
-  Meditation course started at 2 days 1 night.
-  Food & Facility fee per day 220 THB.
-  www.watumong.info
-  0 5381 0965, 09 1071 8209, 08 5033 3809



A SANCTUARY OF SERENITY IN THE HILLS

Wat Pa Tham Wua Mae Hong Son

Tucked in the tranquil mountains of Mae Hong Son, Wat Pa Tham Wua is a forest monastery that offers a serene retreat for meditation and mindfulness. Surrounded by nature, it's the perfect place to disconnect from the outside world and find inner stillness.

The monastery was established by Phra Kru Wimol Phawananuson (Luang Ta Saiyut), a well-traveled monk known for his gentle teachings and ability to deliver Dhamma talks in English—making the retreat especially welcoming to international practitioners. It has even earned recognition from leading travel websites as one of the world's top meditation retreats.

Wat Pa Tham Wua follows the principle of the “Middle Way,” offering a balanced practice that is neither too strict nor too relaxed. Visitors may join for a day or stay overnight without cost. The monastery provides lodging and meals, while participants are encouraged to follow a daily schedule that includes walking and sitting meditation, chanting, Dhamma talks, and light temple duties—all designed to deepen mindfulness and promote lasting peace.

📍 19.5278, 98.0832

📍 Huai Pha, Mueang Mae Hong Son District, Mae Hong Son

📄 You can join the meditation practice for a day trip (morning to evening) or stay overnight for up to 10 days, free of charge.

🌐 www.wattamwua.com

☎ 08 1031 3326





SOUND HEALING

The Resonance of Inner Peace

Sound healing, not tied to any religion, is a gentle practice using sound to ease stress and bring inner calm.

Sessions start with eyes closed to enhance listening. Participants relax while hearing instruments like crystal bowls and handpans, whose tones resonate through the body and help the mind turn inward.

This stillness reveals hidden thoughts and emotions. Sound healing invites us to listen deeply to our inner voice, offering peace and gentle healing.



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www.tourismthailand.sg