





Chanthaburi - Trat - Rayong





Experience Route: The Magic of Eastern MICE Wellness, Authentic Prosperity

The trend of wellness tourism is gaining immense popularity among travelers worldwide. Beyond the desire for physical wellbeing, tourists are increasingly seeking to restore their mental health and emotional balance through the healing powers of nature. Thailand's Eastern region offers the perfect setting as a Wellness Destination.

Eastern Thailand: A Health Haven

This region is more than just beautiful beaches and pristine white sands. It's a sanctuary for health and wellness activities that rejuvenate both body and mind. Whether it's eco-therapy in unspoiled mangrove forests, the refreshing coastal atmosphere, or relaxing spa treatments rooted in traditional herbal medicine, the Eastern provinces offer it all. Additionally, visitors can enjoy nutritious meals featuring fresh seafood and seasonal fruits grown locally, along with experiencing the rich cultural heritage of the local communities. These elements together create a myriad of unique MICE (Meetings, Incentives, Conferences, and Exhibitions) routes and activities, all exuding charm and authenticity.

If you're looking for a wellness-focused MICE destination for your organization, Eastern Thailand is the answer.



INDEX

Chanthaburi

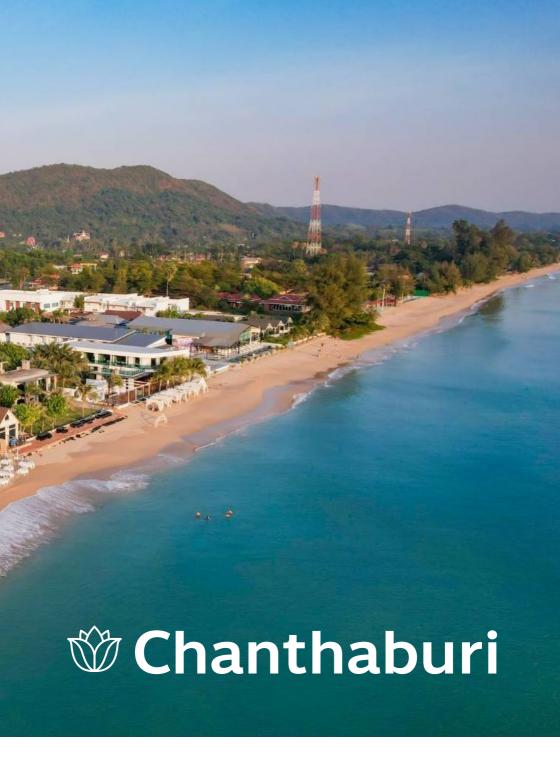
Pa Best Organic Farming Maldives Beach Resort Wellness World Chanthaburi Gem and Jewelry Center Trat	8 9 10 11
Chor Grande Resort Ban Tha Ranae Community-Based Tourism Enterprise Ban Chang Toon Chong Eco-Museum Tourism	14 15
Community Enterprise Ban Nam Chiao Community-Based Tourism Enterprise Banpu Resort, Trat	16 17 18
Rayong	
Tamnan Pa Resort Ban Boon Phet Resort Beach Café, Bar & Restaurant Wang Wa Agricultural and Cultural Tourism Community Enterprise Mee Suk Farm Khun Prayoon Riverhill Orchard Rayong Botanic Garden Suphattraland Orchard	22 23 24 25 26 27 28
Sample Program	30



Banpu Resort, Trat

RESORT TRAT





Pa Best Organic Farming

• Chanthaburi Province

An organic vegetable farm surrounded by fruit orchards, promoting safe food practices on over 32 rai of vegetable land. It serves as a learning center for organic vegetable cultivation, from growing to harvesting and preparing delicious dishes. Local specialties include "Miang Kale" and traditional "Chong" cuisine, accommodating MICE (Meetings, Incentives, Conferences, and Exhibitions) groups interested in organic wellness activities.



MICE Activities

- Study tours and learn about organic farming from expert farmers
- Cooking traditional "Chong" dishes, a local, healthy ancient cuisine

MICE Checklists

Can accommodate MICE groups of up to 40 people





- 91 Moo 8 Klongplu Sub-district, Khao Kitchakut District, Chanthaburi Province 22210
- **** 085-278-0529 Miss Best Siwaporn lemjitkuson
- 🚹 สวนป้าเบส

Maldives Beach Resort

• Chanthaburi Province

A luxurious, modern beachfront resort located on Chao Lao-Laem Sadet Beach, offering various room types with complete amenities including a large swimming pool, fitness club, and open-air beachside restaurant. Ideal for health-focused MICE groups.





- 90 rooms available
- Meeting room "Maldive Blu Vintage," 1st floor, accommodates 30-40 people
- Meeting room "Tubtim," 4th floor, accommodates 200 people
- Meeting room "Maldive Blu," 1st floor, accommodates 80-90 people

- 33/2 Moo 4, Khlong Khut Subdistrict, Tha Mai District, Chanthaburi 22120
- 039-433-200-2, 083-447-3708, 092-252-7035
- Maldivesbeachresort
- @maldiveschan
- www.maldiveschanthaburi.com





Wellness World

Chanthaburi Province

More than just a restaurant, Wellness World focuses on health-restoring foods following the dietary principles of Dr. Boonchai Issarapisit. This center offers a healthy food menu with low sodium, sugar-free, and MSG-free dishes, as well as a section for organic agricultural products and safe ingredients. The spacious venue is ideal for health-oriented MICE groups.



MICE Activities

Workshops on cooking healthy meals for patients

MICE Checklists

Can accommodate MICE groups of up to 40 people







- 💡 36/7-8 Maharaj Road, Talat Subdistrict, Mueang District, Chanthaburi 22000
- 081-529-6529
- f เวลเนส เวิลด์ สาขาจันทบุรี อาหารเพื่อสุขภาพ (wellness world)

Chanthaburi Gem and **Jewelry Promotion Center**

Ochanthaburi Province

A comprehensive center for knowledge on gemstones and jewelry, located in the heart of the Chanthaburi gem market. The center offers new activities incorporating gemstones for emotional and mental wellness, perfect for health-oriented MICE groups.





MICE Activities

- Learning about the healing properties of gemstones and jewelry
- Workshop on creating Mandala art from gemstones to promote mindfulness and emotional healing

- Multi-purpose hall accommodates 200-300 people
- Meeting room accommodates 30 people
- Movie theater accommodates 80 people



- 1/59 Maharaj Road, Talat Subdistrict, Mueang District, Chanthaburi 22000
- 096-934-0964







Chor Grande Resort

Trat Province

It is a stylish resort located in the heart of Trat, surrounded by large trees in a beautiful garden. It features a multipurpose room perfect for hosting events, meetings, seminars, and activities requiring ample space.



- 63 rooms available
- Maximum capacity of 130 guests
- Event space accommodates 60-80 people
- An 800 sq.m. outdoor multipurpose area that can accommodate up to 300 people.





- 546 Moo 2, Wang Krajae Subdistrict, Mueang District, Trat Province 23000
- **** 095-326-4259
- ChorGrande Resort

Ban Tha Ranae Communitybased Tourism Enterprise

Trat Province

A vibrant coastal fishing village located at the mouth of the Trat River, surrounded by the rich biodiversity of mangrove forests. The highlight is the stunning Lan Taboon, where the roots of the mangrove trees spread out to form a fairytale-like natural scene. Visitors can enjoy foot spa treatments using the roots of the taboon trees and participate in CSR activities while savoring unique health teas and local delicacies. Perfect for MICE groups with a focus on wellness.





MICE Activities

- Walking foot spa on the taboon tree roots
- Boat trips to explore local fishing life amidst the mangroves
- CSR activities, including releasing crabs into the mangroves
- Tasting "Hundred Hole Tea" and making crispy mangrove leaves for health

MICE Checklists

Accommodates MICE groups of up to 80 people

- 60 Moo 2, Nong Khan Song Subdistrict, Mueang District, Trat Province 23000
- **** 081-161-6694 (Contact: Saichon Sunet)
- 🔞 ท่องเที่ยวมหัศจรรย์บ้านท่าระแนะ



Chong Ban Chang Toon Community-based **Ecological Museum Enterprise**

Trat Province

The Chong people, also known as Chong Samray, are an ethnic group living in Bo Rai District, renowned for their traditional knowledge of herbal medicine. Especially



in Chang Toon Subdistrict, visitors can experience unique local activities such as traditional herbal steam baths in chicken coops and natural white mud therapy. Ideal for wellness-focused MICE groups.

MICE Activities

- White mud spa treatment in a natural setting
- Traditional herbal steam bath in chicken coops
- Learning about Chong herbal medicine, an ancient tradition

MICE Checklists

Accommodates MICE groups of up to 50 people







- O 62/2 Moo 5, Chang Toon Subdistrict, Bo Rai District, Trat Province 23140
- 090-124-9068
- 🚹 สมชาย เปรื่องเวช

Ban Nam Chiao **Community-based Tourism Enterprise**

Trat Province

A unique multicultural community blending Thai, Chinese, and Muslim cultures, set in a beautiful mangrove forest. The community's highlight is a high



wooden bridge, offering scenic views and a glimpse into local life. Visitors can engage in various creative activities and wellness-focused MICE events, including traditional cuisine, herbal remedies, and local fishing practices. Accommodations include homestays, a large tent camping area, and multipurpose buildings with outdoor spaces for wellness-focused MICE events.





- 9 175/5 Moo 1, Nam Chiao Subdistrict, Laem Ngop District, Trat Province 23120
- **** 089-244-6702
- 🕜 วิสาหกิจชมชนท่องเที่ยวบ้านน้ำเชี่ยว

MICE Activities

- Reforestation activities, connecting with nature
- Seafood workshops using fresh, health-boosting ingredients
- Herbal foot baths using the "Clerodendrum" plant
- Workshop on traditional local Nam Chiao desserts

- Multi-purpose building accommodates up to 150 people
- Tent camping area accommodates up to 150 people





Banpu Resort, Trat

Trat Province

A minimalist-style resort located along a wide waterfront area that was once a crab farm. Immerse yourself in the tranguil

nature of the mangrove forest, spread over 40 rai. Enjoy a variety of fun, nature-based activities such as kayaking, pedal boating, and cycling, as well as walking along the wooden bridge under the treetops of the mangrove forest by the sea. The resort also offers facilities for hosting international standard meetings and seminars, ideal for wellness-focused MICE groups.

MICE Activities

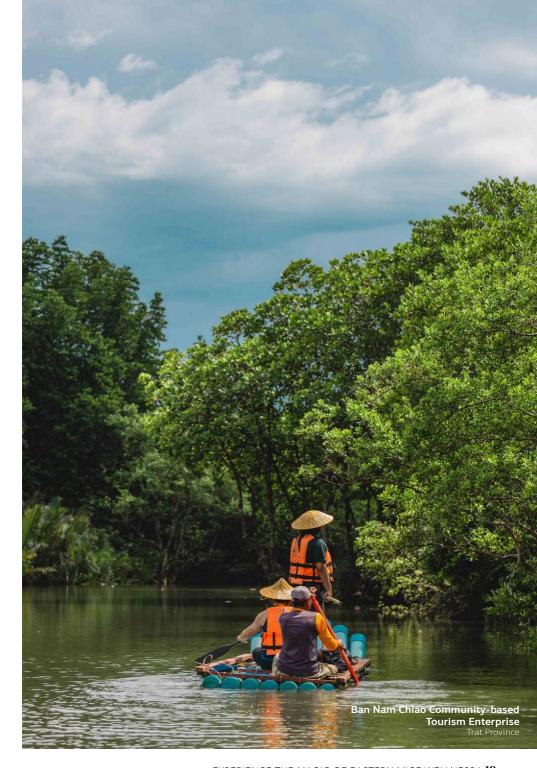
- Team-building rallies amidst nature, with privacy
- Morning exercises by the mangrove forest, energized by the sunrise
- Meditation, embracing the power of
- Kayaking, canoeing, or pedal boating
- Walking meditation in the mangrove forest
- Cycling by the mangrove shore to watch the sunset

- 70 guest rooms available
- Jamjuree Room accommodates up to 300 people
- Grand Ballroom 1 accommodates up to 500 people
- Grand Ballroom 2 accommodates up to 150 people
- Rachawadee Room accommodates up to 120 people





- 199 Moo 1, Nong Khan Song Subdistrict, Mueana District, Trat Province 23000
- 📞 039-510-577 หรือ 083-699-6893
- 🕜 บ้านปูรีสอร์ท ตราด
- @banpu.trat
- www.banpuresorttrat.com







Tamnan Pa Resort, Rayong

Rayong Province

A nature resort set in lush greenery amidst the atmosphere of a tropical jungle, Tamnan Pa Resort is the largest resort in Rayong, capable of hosting high-end travelers. It features six large meeting and banquet rooms, and a main restaurant that can accommodate thousands of quests. The resort offers a wide range of menus, including fresh seafood and Thai fusion cuisine.



MICE Activities

- Health-conscious dining for large banquets
- Indoor and outdoor meetings and banquets
- "Meeting in the Jungle" amidst natural surroundings
- Learning about the sufficiency economy model
- Relaxing at the large water park with slides
- Outdoor sports activities in large open spaces

MICE Checklists

- Over 190 guest rooms
- 6 banquet and meeting rooms which is capable of hosting 80 to 800 people





• 167/6 Moo 7, Phe Subdistrict, Mueang Rayong District, Rayong Province 21160

Resort: 038-928-222, 081-578-2658.

081-878-2655

Restaurant: 038-652-884,

081-687-0137. 081-659-5405

Tamnanpar Resort&Restaurant

Baanboonpetch Resort Beach Café, Bar & Restaurant

Rayong Province

Located on the beach, this seaside restaurant offers a laid-back Beach Bar atmosphere where visitors can taste healthy seafood dishes made from local ingredients, crafted by award-winning community chefs. The menu offers a wide variety of options, making it ideal for wellness-focused MICE groups.





MICE Activities

- Tasting healthy seafood dishes
- Learning to cook local Rayong dishes
- CSR workshops focused on marine environmental conservation

- Multi-purpose beachfront area with a sea view, accommodates up to 300 people
- 22 guest rooms available
- Accommodates MICE groups of up to 80 people



- 235 Moo 1, Sak Pong Subdistrict, Klaeng District, Rayong Province 21190
- 094-552-5365
- Baanboonpetch Resort
- www.baanboonpetch.com

Ban Wang Wa Communitybased Agricultural and **Cultural Tourism Enterprise**

Rayong Province

Ban Wang Wa is a semi-urban, semirural community that has adapted its traditional way of life into educational tourism activities. The community excels in resource management with a focus on sustainability. Visitors can also enjoy learning about and preparing traditional local dishes, such as "Karang," a smooth, nutty paste. The community is ready to welcome wellness-focused MICE groups.





MICE Activities

- Making healthy peanut butter from Barking deer's Mango (wild almonds)
- Learning to create herbal drinks from local ingredients

MICE Checklists

Accommodates MICE groups of up to 200 people





- 36 Moo 2, Wang Wa Subdistrict, Klaeng District, Rayong Province 21110
- 089-931-5800
- สภัทร วงค์ศรี

Mesook Farm

Rayong Province

This community enterprise is a model of success, excelling in transforming agarwood into over 40 different products. It is the result of a collaboration of over 2,000 farmers across the country, who come together to exchange knowledge and produce a wide range of agarwood products. The farm utilizes a comprehensive production process, from agarwood seedlings to agarwood chips and essential oils. In addition, community members have developed the area into a learning center and site for field trips, with meeting rooms, a multi-purpose area, and spaces for activities, ready to accommodate wellness-focused MICE groups.









- Suan Hom Mesook Farm Soi Mesook 8, Moo 4, Kachet Subdistrict, Mueang District, Rayong Province
- 082-898-7886
- Mesook Farm

MICE Activities

- Explore the agarwood forest and distillation facility
- Participate in workshops to create products from agarwood and herbs

- Camping area for 500 people
- Accommodation for 30 people
- Multi-purpose area for up to 1,000 people
- Meeting room for up to 80 people

Suankhunprayoon **River Hill**

Ravong Province

This agricultural estate spans over 150 rai at the foothills, featuring a well-organized durian orchard with over 10 varieties producing hundreds of tons of durians. The estate uses modern agricultural methods, surrounded by ponds and scenic 360-degree views. The estate offers a café, seminar rooms, a camping area, and farm stays, ideal for wellness-focused MICE groups.



MICE Activities

- Enjoy fresh air and pure ozone
- Low-sodium durian papaya salad making
- Learn about durian farming

- Seminar room for up to 60 people
- Four farm stay rooms available
- Camping area for 200 people
- Café accommodates 200 people







- 114 Moo 4, Chak Don Subdistrict, Klaeng District, Rayong Province
- 088-231-8413. 096-235-2256
- www.facebook.com/ suankoonprayoon

Rayong Botanic Garden

Rayong Province

This nature-based tourist destination stands out for its wetlands, covering over 3,800 rai, and featuring a wide variety of beach forest plant species. The garden offers numerous outdoor, carbon-free activities, as well as a multi-purpose area and meeting room, ready to accommodate wellness-focused MICE groups.





MICE Activities

- Forest bathing to absorb nature's energy
- Kayaking
- Boat tours through a large lotus pond
- Forest walks to explore various plant species
- Cycling through the ancient Melaleuca **Forest**
- Planting rare local trees like the White Melaleuca as part of environmental restoration

- Accommodates MICE groups of up to 300 people
- Meeting room for up to 120 people
- Moo 2, Sak Pong Subdistrict, Klaeng District, Rayong Province
- 038-638-983
- 🕜 สวนพฤกษศาสตร์ระยอง
- www.gsbg.org



Suphattraland Farm

Rayong Province

Suphattraland Farm is the most comprehensive fruit learning center, spanning over 800 rai. The large area is divided into different zones with a shuttle bus service for touring. In addition to learning about and observing organic fruit farming, this fruit orchard also offers local healthcare wisdom, including hydrotherapy and a Thai traditional medicine clinic, available for wellness-focused MICE groups.



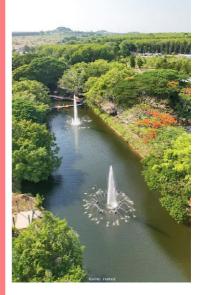
MICE Activities

- Oxygen therapy for refreshing the body
- Learn about herbal medicine at the Thai Traditional Medicine Center
- Study organic fruit orchard management
- Learn about beekeeping and honey production
- Explore and taste seasonal organic fruits from the orchard

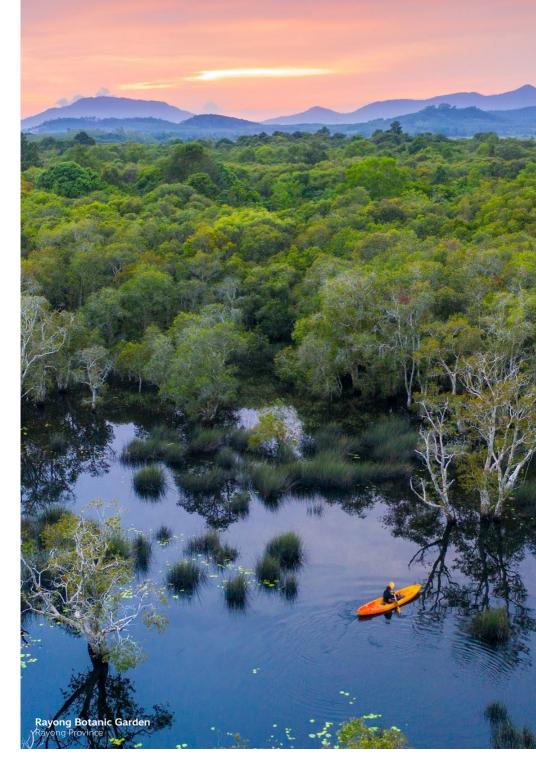
- Seven activity stations, accommodating up to 700 people
- Capable of hosting up to 4,000 people







- 71 Moo 10, Nong Lalok Subdistrict, Ban Khai District, Rayong Province
- 081-588-1519, 038-892-048 Tour inquiries: 082-163-9528
- 🕜 สวนสภทราแลนด์
- www.suphattraland.com





Sample Itinerary

DAY 1 Wellness World- Chanthaburi Gems and Jewelry Center - Maldives Beach Resort, Chanthaburi

8:00 AM: Depart for Chanthaburi

12:00 PM: Lunch at Wellness World Restaurant

1.00 PM: Travel to the Chanthaburi Gems and Jewelry Center.

Participate in the gem therapy activity using the energy of 7

colored stones at the Chanthaburi Gems and Jewelry

Center

Join a workshop creating mandala art from gems and read the vibrational waves of the mind to determine any energy

deficiencies, which can lead to life success.

3.30 PM. Travel to Maldives Beach Resort

4:10 PM: Check-in at Maldives Beach Resort, relax at leisure

5:00 PM: Dinner Time

8.00 PM· Participate in a relaxation activity with meditation using the

sound of sea waves before bed











DAY 2 Ban Tha Ranae Community-based Tourism Enterprise, Trat - Tewtara Restaurant Baan Nam Chieo Community Tourism Enterprise - Banpu Resort Trat

8:00 AM: Breakfast at the hotel

9:00 AM: Depart for Ban Tha Ranae Community Tourism Enterprise, Trat

11.00 AM. Participate in foot massage therapy using Taboon roots at Ban

Tha Ranae, Trat. Enjoy the "Hundred Holes Tea," a magical health tea, and try crispy mangrove leaves, known for helping treat

stomach ulcers

12:30 PM: Lunch by the mangrove river at Tewtara Restaurant

2:00 PM: Travel to Baan Nam Chieo Community Tourism Enterprise, Trat

> - Foot spa with herbal treatments using Scaly-leaved bract for skin conditions, on a boat tour through the mangrove tunnel

- Make "Thong Grob," a crispy, oil-free Thai dessert that is

fragrant and delicious

- Taste local snacks such as "Meang Pla Khok" and lemongrass

pandan sweet grass tea

4:00 PM: Travel to Banpu Resort, Trat

5:00 PM: Check-in at the resort, relax at leisure

6:00 PM: Dinner

9:00 PM: Participate in a meditation session x3 in a pyramid tent to absorb

natural energy

Note: For activities at Ban Tha Ranae, Trat, it is recommended to wear long pants as part of the journey involves a boat ride.

DAY 3 Ban Boon Phet Resort- Rayong Botanic Garden -Tamnan Pa Resort

6:00-7:00 AM: Absorb the morning sunlight and adjust your body's electronic

circuits on the mangrove shore at Banpu Resort

8:00 AM: Breakfast at the hotel

9:00 AM: Depart for Rayong Province

12:00 PM: Lunch at Ban Boon Phet Resort, Rayong

1.30 PM: Visit Rayong Botanic Garden

- Participate in a "Forest Bathing" activity to detox your mind

from social stress

- Join a CSR activity to plant rare White Melaleuca trees to

restore nature

4.00 PM: Depart for Bangkok

Note: For activities at Rayong Botanic Garden, it is recommended to wear comfortable sneakers.









Thailand Convention & Exhibition Bureau (TCEB)

Siam Piwat Tower, 25th and 26th Floor, Units A2, B1, and B2 989 Rama 1 Road, Pathumwan District, Bangkok 10330 Tel: +66 2 694 6000