



## Tao Garden Health Spa & Resort

274/1 Moo 7, LuangNua, DoiSaket, Chiang Mai 50220, Thailand

Tel: (+66) (53) 921 200 Fax: (+66) (53) 495 852

Email: [info@tao-garden.com](mailto:info@tao-garden.com) Website: [www.tao-garden.com](http://www.tao-garden.com)

## FACT SHEET

### Tao Garden Factsheet

#### The Property

Tao Garden Health Spa & Resort is an internationally renowned healing center founded by Taoist Meditation Grand Master Mantak Chia. Immersed in fifty acres of beautiful gardens with hundreds of bonsai in the foothills of the Himalayas, outside the hustle bustle of Chiang Mai, it is a unique health center offering physical, emotional and spiritual detox programs to live longer and healthier. The core of the healing experience at Tao Garden is you visiting the Pakua Integrative Health Clinic that specializes in offering an integrative approach to health. Our caring doctors and practitioners consider you as a whole being: mind, body and spirit. The clinic's holistic philosophy draws from the Taoist foundations as taught by Grand Master Mantak Chia, encouraging you to draw on your own inner Source power to maintain true health. Our international team of health specialists uses the latest methods from Traditional Chinese Medicine, Ayurvedic Medicine, Energy Medicine and Allopathic Medicine to determine the root cause of disease and to design a therapeutic program appropriate to your needs.

#### Location

Located just north of Chiang Mai, Thailand at the foothills of the Southeastern Himalayan Mountains of Doi Saket only 20 minutes from downtown

#### Accommodation

Total 98 rooms, Tao Garden's accommodations have been constructed along a canal bed of the Mae Kung Dam. Guests with rooms near the rear of the buildings have natural views of the canal landscape and beyond. There are two basic structures which provide housing for guests: the condominium and the townhouse. Each room is individually owned which reflects the owner's unique decorating taste. All rooms have private baths.

**Condominium Style:** The 24 condominium style rooms are located in two buildings near the Tai Chi Pavilion. These rooms are available as a Natural Simple Room, Natural Standard Room or Natural Superior Room.

**Townhouse Style:** The townhouse style rooms have more of the feeling of home. Each townhouse consists of 3 bedrooms with a shared kitchen and living room. These rooms are available as a Natural Standard Room, Natural Superior Room or Natural Deluxe Room

#### Natural Simple Room

17 rooms capacity 16-20 Sq.m. A two-story building built around a landscaped inner courtyard. A room with a balcony, or veranda, is available upon request.

#### Natural Standard Room

38 rooms, capacity 20-24 Sq.m. A two-story building with more spacious rooms, providing more modern features than the Simple Room. Most rooms have a balcony or a veranda. Air conditioning is available

#### Natural Superior Room

28 rooms, capacity 24-28 Sq.m. Most of these rooms have a spacious balcony or veranda. All rooms have a unique modern style of decorating and air conditioning.

#### Natural Deluxe Room

15 rooms, capacity 28-30 Sq.m. These townhouse rooms reflect a more contemporary and luxurious look than the Studio Room. All rooms have air conditioning and a spacious balcony for lounging. This room might not be suitable for someone who is unable to manage a steep flight of stairs.



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### Room Amenities

- : King or Twin beds
- : Free Wireless Internet
- : Phone with IDD Call
- : In-room Safety Deposit box
- : Complimentary tea on a daily basis
- : Shower Room
- : Complimentary seasoning fresh fruits
- : Hair dryer (on require)
- : Fan for every room type
- : Air conditioning provided in Natural Superior, Natural Deluxe rooms

### Pakua Clinic

The Pakua Clinic at Tao Garden Health Spa & Resort specializes in offering an integrative approach to health and healing to our patients. Our caring doctors and practitioners use a patient-centered approach, which considers each individual as a whole being: mind, body and spirit. The clinic's holistic philosophy draws from the Taoist foundations as taught by Master Mantak Chia, encouraging our patients to draw on their own inner Source power to find and maintain true health.

In inspiring our clients to find healing, we use Allopathic Medicine, Traditional Chinese Medicine, Ayurvedic Medicine and Energy Medicine in combinations appropriate to the individual and condition. We offer an array of diagnostics, ranging from bioenergetic modalities to more traditional medical assessment and TCM to determine the root cause of dis-ease. The combined experience of our doctors from all three of the major medical traditions means that we can better guide our patients to effective and lasting therapeutic modalities. We offer expertise in anti-aging and detoxification as part of our preventive and health maintenance care.

We encourage individuals seeking a holistic and attentive approach to healing to visit our clinic in the beautiful gardens of Tao Garden Health Spa & Resort. You can contact us through the website or by phone to arrange a consultation with one of our clinicians. We welcome individuals from all over Thailand and the rest of the world to stay with us and take advantage of our unique healing experience.

### Tao Spa

Our Spa is specially one in Thailand and Asia, we provide Physical Therapy check before your spa treatment for all guests, the Physical Therapist will be consulting the guest before their spa treatment and asking the guest with a part of their body would like to concentrate or avoid as some spa treatment can be served by our professional spa therapist such as Five Element Aromatherapy and Tao Thai Massage

### Tao Garden Organics Farm

In our Organic Gardens in Thailand's Northern area near Chiang Mai, the largest and most culturally significant city, of 7 rai (2,800 Sq.m.) we use organic fertilizers and pesticides in place of chemicals and we use biological pest control. Our vegetables have been certified by The Ministry of Agriculture and Cooperatives, Thailand Department of Agriculture, Good Agriculture Practices (GAP) and these vegetables conform to the Food Safety Project. We raise vegetables for all meals; tasteful dishes are prepared from fresh natural ingredients.

### Facilities

- : Three healthy buffet style meals prepared by an experienced chef following the Tao Five elements Diet at Kwan Yin Dining Hall
- : Morning Internal Chi Kung Exercise
- : Evening Tao Yin Practice (Chinese Yoga) and Six Healing Sounds Meditation
- : Free Wireless Internet
- : Juice Bar





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## FACT SHEET

- : Fax service & Photocopying
- : Safety Box
- : Airport Transportation
- : Laundry Service
- : Computer for internet at the Reception Hall
- : Daily Housekeeping
- : Wake up call.
- : Travel & Tour Arrangement
- : Parking
- : Bicycle Rental
- : Bookstore & Souvenir

### Hotel Activities

- : Tao Spa
- : Salt-water swimming pool
- : Herbal steam room,
- : Fitness center
- : Tennis, Badminton, Basketball courts, ping-pong, jogging path
- : Relaxing Room
- : Home entertainment room
- : Thai cooking class

### Meeting Facilities

- : Immortal Tao Hall Capacity 80-120 pax with air-condition
- : Ba Shen Hall Capacity 80-120 pax without air-condition
- : Lao Tzu Hall Capacity 20-50 pax with air-condition
- : Tai Chi Pavilion/Field Outdoor area capacity 20-60 pax
- : Relaxing Room Capacity 8-10 pax with air-condition

### General Information

- Check-in : 14.00 pm.
- Check-out : 12.00 pm.
- Credit Cards : Major card is accepted
- Time : +7 GMT

### Resort Contact Details

#### Address

Tao Garden Health Spa & Resort  
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W: [www.tao-garden.com](http://www.tao-garden.com) E: [reservations@tao-garden.com](mailto:reservations@tao-garden.com)

#### General Manager

Mr. Anuwat Sawangduan (Eau)  
M: +66 (0) 86-761-8816 E: [gm@tao-garden.com](mailto:gm@tao-garden.com)

#### Sales & Marketing Department

Ms. Rujira Srivichai (Kook)  
M : +66 (0)87-192-0215 E : [salesmarketing@tao-garden.com](mailto:salesmarketing@tao-garden.com)

