

Message

From the Governor of Chiang Mai Province

For over 718 years, Chiang Mai has been the center of Lanna culture. Nowadays, it is also an important center of economy, trade and investment in Northern Thailand and also well known as an international tourist destination. Alongside tourism, one of the main revenue sources of the province, Chiang Mai's health care related industry is also showing healthy growth; not only in numbers but also in quality to meet international health service standards.



With readiness of accommodations, a transportation hub for the Greater Mekhong Sub Regions and the city's infrastructures, Chiang Mai is moving forward to be the center of Health Tourism in ASEAN Regions. There are six health care products and services that have been developed, namely medical and dental services, health services, spa, massage and long-term stay, herbal products, traditional Thai and alternative medical services. These health services are available and easy to access in Chiang Mai.

I would like to thank the Office of Commercial Affairs, Chiang Mai, Public Health Provincial Office, Chiang Mai Center for Skill Development and Chiang Mai Health Services Promotion Association for their great effort to jointly promote Chiang Mai health care services by printing **Chiang Mai Health Services Directory 2014**. I hope that this directory can be useful to users, all health-care businesses and organizations involved.

A handwritten signature in black ink, appearing to read "Suriya P." followed by a stylized surname.

Mr. Suriya Prasatbuntya
Governor of Chiang Mai Province

Message

From Director of the Office of Commercial Affairs, Chiang Mai

With more than 11 private hospitals in town, dental clinics in every corner of the city, a vast variety of spa services, and Thai massage centers that can be found everywhere in town, Chiang Mai has highly potential to develop as a health care city, not only in the north of Thailand, but also in the Greater Mekong Sub Region. Moreover, in terms of medical academy, experienced personnel, and efficient facilities, Chiang Mai is the most suitable city to be Health Hub in the Region.

Chiang Mai has a target to provide six services, including medical and dental services, health services, spa, Thai traditional massage, herbal products, traditional Thai and alternative medical services. Each of these categories has its own associations, clubs, or organizations through which its products and services have been developed and offered. The Office of Commercial Affairs Chiang Mai would like to support the accessibility of each health related business by gathering all the names and addresses to make an accurate and useful directory.

Hopefully this “**Chiang Mai Health Services Directory 2014**” will benefit everyone, including public and private sectors in Chiang Mai as well as in neighboring provinces and countries.

A handwritten signature in blue ink, appearing to read "Phairoj K."

Mr. Phairoj Kullavanijaya
Director of the Office of Commercial Affairs
Chiang Mai

Message

From Chiang Mai Health Provincial Chief Officer

Health related services have become more and more an international business as many patients travel from one country to another seeking better care at reasonable cost. Chiang Mai is one of these medical tourism destinations. Also with the coming of the ASEAN Economic Community (AEC) in 2015, Chiang Mai has prepared itself to be the Region's Health Hub by developing the city's infrastructures, training professional doctors and therapists to meet international standards.



The Chiang Mai Provincial Public Health Office has the mission of upholding high standards of health products and health services for the general public as well as international visitors. As to the government's strategic plan, the promotion of Thailand's medical services, The Chiang Mai Provincial Public Health Office is jointly working with Office of Commercial Affairs, Chiang Mai, Chiang Mai Center for Skill Development and Chiang Mai Health Services Promotion Association to make a Health related business manual in Chiang Mai. To help promote Chiang Mai Health related business which is growing more and more everyday, we hope that “**Chiang Mai Health Services Directory 2014**” will be useful for those concerned with health and related businesses.

A handwritten signature in black ink, appearing to read "Paisan T."

Mr. Paisan Thanyawinichkul, M.D.
Chiang Mai Health Provincial Chief Officer

Message

From President of Chiang Mai Health Services Promotion Association

Chiang Mai Health Services Promotion Association composes of 6 groups of members in Chiang Mai and nearby provinces which are medical services, dental services, traditional Thai massage, spa services, herbal products, health supplementary products and traditional medical. The inception and operation has received enormous supports from the Chiang Mai Provincial Office, Chiang Mai Provincial Public Health Office and Office of Commercial Affairs, Chiang Mai.



Chiang Mai Health Services Directory 2014 is a continuing project to promote the potential of Chiang Mai province. I would like to take the opportunity to thank the Office of Commercial Affairs, Chiang Mai for financial support and effort to print this manual and also thank for the support to endorse Health Services and Health tourism as products under the Investment Trade Strategy of Chiang Mai.

On the behalf of the Association, I am confident that this directory will contribute great benefit to Chiang Mai's health related businesses.


Assoc. Prof. Dr. Sitthichai Wanachantararak
President of Chiang Mai Health Services
Promotion Association

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Introduction



Chiang Mai, the capital of the ancient Lanna Kingdom, has a rich history stretching over 717 years. Lanna culture is vibrant and unique and cultural tourism plays an important role in the local economy. Chiang Mai is also rapidly becoming known as a center for medical tourism, for which it is ideally suited. The city has a first class infrastructure, with a wide range of accommodations. Service industries in the region are well known for their efficient, friendly service. There are also a large number of practicing medical professionals and dentists. The city is well positioned to offer quality affordable service in six areas; Medical services, Dental services, Traditional medical services, Spa services, Thai traditional massage and Herbal products and health supplements.

Chiang Mai Health Services Promotion Association is under the auspice of the Province of Chiang Mai, which consists of six groups of organization: the Medical and Dental Organizer, Thai Lanna Spas, Traditional Thai Massage, Health Products, Alternative Medicine and Thai Traditional Medicines.

The main purpose of the Association is to promote Chiang Mai as one of the major medical hubs in Asia. Our association provides services in:

- Medical needs, which include medical and dental services and physical check-ups
- Spa and Wellness, which include health spas traditional massage, and long-term health care
- Herb Products, which include food and drug treatment
- Thai Massage School, which standard certified by Ministry of Education and Ministry of Public Health, and training development certified by Ministry of Labor

Chiang Mai is fortunate to have a reputable medical school, two large hospitals, and fifteen private hospitals, with enough beds to accommodate a large numbers of patients. Our medical and dental services, health spas, Thai massage, and herbal medicine products are well-known all over the world. With low medical costs that can never be matched in their home countries, foreign patients are flying to Thailand in droves for medical care and a chance to recover in a relaxed And tropical setting.

Medical Services



Chiang Mai has 14 world class hospitals offering a vast array of medical services at affordable prices.

Twelve of these hospitals are privately owned and two of them are government hospitals. There are approximately 700 medical doctors in the city including specialists in arterial bypass surgery, hip replacements, arthroscopic surgery, radio therapy, acupuncture, balloon dilation, neurologic and cancer treatments.



Dental Services



Chiang Mai has over 300 qualified dentists working at 131 independent dental clinics and in 11 hospitals. The Thailand Ministry of Public Health oversees these institutions and ensure that international standards are maintained.

Dental services are offered at very reasonable rates when compared to international rates. These clinics are equipped with modern equipment and staffed by experienced professionals, creating state of the art dental work. Quality dental services include dental implants, dental crowns, dental bridges, dentures, tooth whitening and aesthetic dentistry.

The largest dental laboratory in South East Asia is located in Chiang Mai and exports dentures and other dental work to Europe as well as servicing the domestic market.

Spa Services



Traditional and modern spa treatments combine perfectly with Lanna culture to create the uniquely Lanna spa experience. The friendly, gentle nature of the people and the understated classic charm of Lanna architecture and décor lend themselves perfectly to the spa environment. Chiang Mai and the surrounding valley boast over 52 spas. Whether one wants to soothe the senses to relieve stress, unwind after a long flight or simply to indulge one's self with a little pampering, spas are increasingly popular destinations for vacations or one day getaways.

Treatments at Thai Lanna spas are based on water, aromatherapy and Ayurvedic systems to achieve good health, healing, complete relaxation and soul rejuvenation. The atmosphere at the spas and the gentle grace of the masseuses make this an experience of a lifetime.



Thai Massage



Traditional Thai massage is well known by people around the world for its therapeutic and relaxing qualities. Thai massage has been a part of the Lanna cultural heritage for many centuries and ancient techniques and recipes used in Thai massage have been passed from generation to generation. Thai Traditional massage is the successful application of Thai wisdom and Eastern therapy. Chiang Mai has over 110 Thai traditional massage, health massage and beauty massage facilities. There are various types of Thai Massage which can be categorized as follows:

- General relaxation, relief from fatigue and nervous tension, stimulation of blood flow and to improve general well-being.
- Curing simple ailments such as pain, stiffness, cramps, lower back pain and to help those who are unable to exercise.
- Foot massage - which has been adapted from Chinese foot reflexology, helps stimulate and improve the health of internal organs.
- Combined with local fragrance and herbs - Lanna people have used herbs and fragrance to enhance the effect of Thai massage since ancient times.
- Special training - some masseuses have been specially trained to massage babies, thus giving them a warm and loving touch.

Health Products



The World Health Organization defines traditional medicine as: "the health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral-based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being." Traditional medicine is making a return worldwide and is widely viewed as complementary to modern western medicine.

Herbal medicines have been used in Thailand for centuries, often in conjunction with incantations and massage. These herbal healing traditions have deep roots in Lanna culture. Herbs, algae and mushrooms were gathered in the forests and dispensed by monks and village elders.

Nowadays herbal heat compresses, steam treatments and Thai massages are derived from folklore and ancient midwifery techniques. Natural products and aromatherapy are respected and widely practiced as one of the most popular complementary medicine therapies.

Chiang Mai has long accumulated local knowledge and wisdom about herbal health products. With the richness of ancient wisdom, knowledge and the diversity of herbs, the provinces in Northern Thailand are capable of producing various kinds of herbal health products including supplementary, herbal medicines and herbal cosmetics.

Essential oils from plants and flowers are used by spas as a natural adjunct to massage, inhalation and steam baths; sweet basil is refreshing, lemon oil is stimulating, lemongrass eases indigestion, and the scent of jasmine relaxes the central nervous system.

The herbs found in the mountains and forests of Chiang Mai are good for just about any ailment as well as simply making you feel good.



Lanna Health Wisdom Thai Traditional Medicine

The traditional Lanna belief is that life starts with a soul reborn from a previous life. The soul carries karma from previous lives which determines its character. This Karma is created through good and evil deeds performed in previous lives. Karma is believed to be the cause of most ailments in the body.



The human body contains 32 organs made up of the five elements; earth, water, air, fire and wind. The soul's "Khwan", or vital energy, controls the elements, and the soul's karma determines the well-being of these organs. Imbalances between these elements can also lead to sickness.

The type of sickness is determined by the root cause. The five root causes are human behavior, non-human behavior, internal imbalances between the elements, bad relationships with the external environment and sickness caused by evil karma.

Patients will choose a traditional healer based on what they believe the cause to be. Though patients increasingly look to modern medicine they will still often complement this approach with traditional treatments which aim to balance body and mind.

Traditional healers diagnose illness according to their symptoms to determine the root cause of the sickness. They will also look at the patient's environment and lifestyle to see if there are any less obvious causes. Problems created by bad karma therapies such as meditation and karma work. Various forms of massage address physical problem, usually related to the body's alignment. Imbalances between the elements will be treated with herbal and dietary remedies.

The focus on restoring balance not only addresses the immediate symptoms but also helps to prevent other illnesses. This holistic approach also seeks to avoid adverse side effects by keeping all aspects of the body in balance.

Members of Chiang Mai Health Services Promotion Association

Organizations



Assembly of Chiang Mai Private Hospitals
Tel. 0 5385 2590



Chiang Mai Dentist Club
Tel. 0 5328 1881



Chiang Mai Thai Massage School Club
Tel. 0 5340 4028



The Association of Thai Massage
(Chiang Mai)
Tel. 0 5320 1663



Thai Lanna Spa Association
Tel. 0 5327 4377



Chiang Mai Health and Herbal Product Club
Tel. 0 5355 8584

Medical Services



ASSEMBLY OF CHIANG MAI PRIVATE HOSPITALS

99 Moo 5 Chiangmai-Lampang Rd.,
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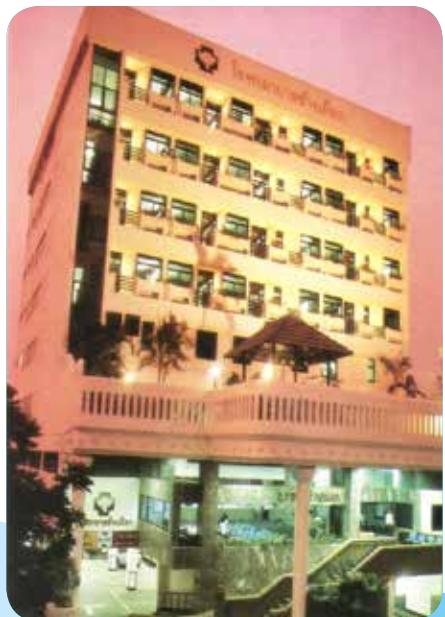
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McCORMICK HOSPITAL

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THAI TRADITIONAL MEDICINE : ACUPUNCTURE,
GUASHA, HERBAL MEDICINE, CHIROPRACTIC
84/3 Chiangmai-LampanG Rd.,
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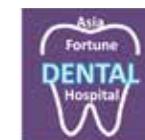


Dental Services



CHIANG MAI DENTIST CLUB

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FORTUNE DENTAL CLINIC

Mahidol Branch: 233/ 12 Mahidol Rd., Changkhan,
Muang, Chiang Mai 50100
Tel: 053-281881 Fax: 053-281881
Huay Kaew Branch: 3 Cholprathan Rd., Suthep,
Muang, Chiang Mai 50200
Tel: 053-401100 Fax: 053-400088
E-mail: info@fortunedentalclinic-thailand.com
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SMILE PLUS DENTAL CLINIC

114/ 28 Green Plus Mall 2, Chiang Mai
Business Park, Super Highway Rd.,
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Tel: 053-851686 Fax: 053-851687
E-mail: smileplusdentalcliniccm@gmail.com
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Chiang Mai Dentist Club

ARUNOTHAI DENTAL CLINIC

100 Changpuak Rd., Sri Phum, Muang,
Chiang Mai 50300
Tel: 053-218756

BAAN FOR FUN DENTAL CLINIC (CHIANG MAI)

31/ 3 Bamrungburi Rd., Phrasingha,
Muang, Chiang Mai 50200
Tel: 053-814163

BAAN TA DENTAL CLINIC

622 Moo 2, Chotana Rd., Pongtam,
Chaiprakarn, Chiang Mai 50320

CHAVEEWAN DENTAL CLINIC

33 Changmai Rd., Changmai, Muang,
Chiang Mai 50300
Tel: 053-233133

CHIANGMAI DENTAL CLINIC

159/ 5 Changpuak Rd., Sri Phum,
Muang, Chiang Mai 50200
Tel: 053-217557

DARET DENTAL CLINIC (PARTICULAR)

10 Nantaram Rd., Haiya, Muang,
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Tel: 053-271832

DENTAL AND CLINIC

7 Nimmanhemin Rd., Soi 17, Suthep,
Muang, Chiang Mai 50200
Tel: 053-224578 Fax: 053-215374
E-mail: dentaland17@yahoo.com
www.dentallandclinic.com

DENTAL ART CLINIC

191/ 5 Chiangmai-Hod Rd., Padad,
Muang, Chiang Mai 50100
Tel: 053-203955

DENTAL CLINIC

Faculty of Dentistry,
Chiang Mai University, Suthep,
Muang, Chiang Mai 50200
Tel: 053-944491

DENTAL CLINIC (PARTICULAR)

202 Thaphra Rd., Changmai, Muang,
Chiang Mai 50300
Tel: 053-235429

DENTAL CLINIC (PARTICULAR)

84/ 3 Chiangmai-Lampang Rd.,
Changpuak, Muang, Chiang Mai 50300
Tel: 053-213586

DR.MAITREE DENTAL CLINIC
79/ 3 Samlan Rd., Phrasingha, Muang,
Chiang Mai 50200
Tel: 053-278330

DR.SUKIT DENTAL CLINIC
169 Changpuak Rd., Sri Phum, Muang,
Chiang Mai 50200
Tel: 053-214768

DR.SURAJIT DENTAL CLINIC
133/ 3 Chotana Rd., Vieng, Fang,
Chiang Mai 50110
Tel: 053-453058

DR.THAVORN BUILDING DENTAL CLINIC
156 Changmoi Rd., Changmoi, Muang,
Chiang Mai 50300
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DR.THONGNARD - PARICHAT DENTAL CLINIC
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Mae Rim, Chiang Mai 50180

FUN DEE DENTAL CLINIC
164/ 101 Changklan Rd., Changklan,
Muang, Chiang Mai 50100
Tel: 053-818666

FUN SABAI DENTAL CLINIC
205/ 7 Moonmuang Rd., Sri Phum,
Muang, Chiang Mai 50200
Tel: 053-275353

FUN SUAY DENTAL CLINIC
194/ 3 Kongsai Rd., Watkate, Muang,
Chiang Mai 50000
Tel: 053-302578

GRACE DENTAL CARE
45 Soi 11, Nimmanhemin Rd., Suthep,
Muang, Chiang Mai 50200
Tel: 053-894568-9 Fax: 053-894570
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Tel: 053-251353

KAROON DENTAL CLINIC
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Muang, Chiang Mai 50200
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KITJA DENTAL CLINIC
7/ 2 Changlor Rd., Haiya, Muang,
Chiang Mai 50100
Tel: 053-271950

KONGKIAT DENTAL CLINIC
277-281 Changmoi Rd., Muang,
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Tel: 053-235479

LAMBERTON DENTAL CLINIC
228/ 4-5 Moo 2,
Chiangmai-Doi Saket Rd., Sanpranet,
Sansai, Chiang Mai 50210
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MAEJO DENTAL CLINIC
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Muang, Chiang Mai 50300
Tel: 053-498445

MONTRI DENTAL CLINIC
268 Thapae Rd., Changmoi, Muang,
Chiang Mai 50300
Tel: 053-235615

MUANG FAH DENTAL CLINIC
109/ 1 Muangsamat Rd., Changmoi,
Muang, Chiang Mai 50300
Tel: 053-251493

MUK MAI DENTAL CLINIC
11/ 3-4 Jabaan Rd., Sri Phum, Muang,
Chiang Mai 50200
Tel: 053-416328

NARONG DENTAL CLINIC
129 Moo 9, Chiangmai-Phrao Rd.,
Nonghan, Sansai, Chiang Mai 50290
Tel: 053-451045

NAVAPOOM DENTAL CLINIC
13 Moo 1, Chiangmai-Sankampaeng Rd.,
Thasala, Muang, Chiang Mai 50000
Tel: 053-300138

ORANUCH DENTAL CLINIC
576/ 4 Moo 10, Chiangmai-Hod Rd.,
Yuwa, Sanpatong, Chiang Mai 50120
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PARITANT DENTAL CLINIC - ORTHODONTICS
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Muang, Chiang Mai 50300

PEERAYODH DENTAL CLINIC
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PHANTHIP DENTAL CLINIC
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164/ 41 Changkhan Rd., Changkhan,
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PRAPAI DENTAL CLINIC
70/ 1 Chaipoom Rd., Changmoi, Muang,
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RAK FUN DENTAL CLINIC
187 Suthep Rd., Suthep, Muang,
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RAK FUN DENTAL CLINIC
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RAK SAK DENTAL CLINIC
529/ 5 Chiangmai-Lamphun Rd.,
Nonghoi, Muang, Chiang Mai 50000

RAK SAKUL DENTAL CLINIC
177/ 2 Moo 5, Chiangmai-Hod Rd.,
Klaungpao, Jomtong, Chiang Mai 50160
Tel: 053-362307

RAK YIM DENTAL CLINIC
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Chiang Mai 50300
Tel: 053-222543

SAKDA DENTAL CLINIC
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**SAMPHAN - THANAPEN DENTAL
CLINIC**
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**SONGTHAM - AUTCHARA DENTAL
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SORRAPON DENTAL CLINIC
176/ 4 Changpuak Rd., Sri Phum,
Muang, Chiang Mai 50300
Tel: 053-213737

SOR WO TOR DENTAL CLINIC
200/ 3 Bamrungraj Rd., Watkate,
Muang, Chiang Mai 50000
Tel: 053-249406

SIRAYUB DENTAL CLINIC
27/ 15 Arak Rd., Sri Phum, Muang,
Chiang Mai 50200
Tel: 053-212651

**SUANDOK AKKARAPON DENTAL
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14/ 9 Soi 4, Changpuak Rd., Sri Phum,
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**SUAN SUKKAPAP FUN DENTAL
CLINIC**
42/ 1 Nimmanhemin Rd., Suthep,
Muang, Chiang Mai 50200
Tel: 053-226078

SUKAPAP DENTAL CLINIC
56/ 3 Rajvithee Rd., Sri Phum, Muang,
Chiang Mai 50200
Tel: 053-213292

SUPACHAI DENTAL CLINIC
64 Rajchiangsaen Rd., Haiya, Muang,
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Tel: 053-273169

SURAT DENTAL CLINIC

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**SUWIT SUAN DOK DENTAL
CLINIC**

177 Suthep Rd., Suthep, Muang,
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TANONG DENTAL CLINIC

236/ 2 Maneenopparat Rd., Sri Phum,
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TEWIN DENTAL CLINIC

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THANIN DENTAL CLINIC

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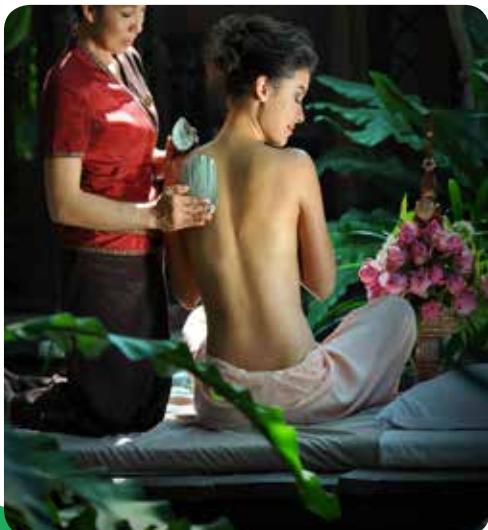
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