

53rd THAI ANNIVERSARY

SAWASDEE

Welcome to a world of discoveries

YOUR PERSONAL COPY | MAY 2013



Copenhagen
Cool happenings in THAI's
first European destination

A STAR ALLIANCE MEMBER 



JET SET FEEL THE ENERGY

/ words
Jacqueline
Danam

To open in August, Pancha Kosha Himalayan Spa will have its own ayurvedic doctors and naturopathic and spiritual healers, who draw on ayurvedic knowledge and Buddhist medicine to address the key energy centres of the human body. The spa is situated in Dwarika's Resort Dhulikhel in Nepal's Himalayan foothills, which will also open in August. The resort's three restaurants and in-suite dining options will offer healthy meals cooked with ingredients from Dwarika's farms or sourced from local plantations. dwarikas-dhulikhel.com

WELL DESERVED

It's always good to take a break, and even better if your body benefits from it. Here are some wellness highlights around the world



HOT IN TOKYO

Located in Tokyo's popular Odaiba area, Oedo-Onsen-Monogatari is the city's first and only *onsen* (hot springs) theme park. Its baths are filled with mineral-rich water pumped from 1,400 metres underground that leaves a thin film on the skin, which is slowly absorbed by the body. The park also has dining and shopping options. oedoonsen.jp



AMAZING GRACE

Cruise the Baltic Sea on Viking Line's newest ferry, *Viking Grace*, and discover an entire deck devoted to wellness. Situated at the top of the vessel on Deck 11, the Spa & Wellness department – as it's called – offers different kinds of saunas and jacuzzis, and even a snow cave to cool down in. All with gorgeous sea views, of course. vikinggrace.com



PATH OF BLISS

Ananda Marga means path of bliss, and this international organisation aims to do just that: help people find the way to happiness. Ananda Marga believes a mix of meditation, asanas (yoga postures) and kirtan (singing of mantras) allows individuals to find their spiritual and social nirvanas. Find your nearest Ananda Marga centre at anandamarga.org/centers