

HealthOasis
resort

THE PHOTOSYNTHESIS DETOX

SINCE 1997

HOLISTIC DETOX RESORT ON BANG PO PEACEFUL BEACH
AFFORDABLE FASTING DETOX, COLON CLEANSING
WEIGHT LOSS & NOW PIONEERING LIGHT THERAPIES

SOPHISTICATED PROGRAMS

FASTING
DETOX

WEIGHT
LOSS

WWW.HEALTHOASISRESORT.COM

26/4 Moo 6, Maenam, Koh Samui, Surat Thani, Thailand 84330
contactus@healthoasisresort.com

THE OLD HOUSE
RESTAURANT & BAR

SPECIAL LIVE MUSIC PARTY

EVERY
SUNDAY
AT CHAWENG

START
20.00

LIVE CONCERT
RHYTHM & BLUES

STEAKHOUSE
WESTERN FOOD
&
THAI FOOD

INFO
0950 615 202
SOI BEHIND
CHAWENG LAKE

VR CLUB

ANOTHER WORLD
VIRTUAL REALITY

CENTRAL SAMUI
2nd Floor

MISKAWAAN
HEALTH GROUP

SET IN A PEACEFUL, REJUVENATING
ENVIRONMENT, OFFERS
PERSONALIZED CARE
FOR LASTING HEALTH AND WELL-BEING.

MISKAWAAN

MISKAWAAN HEALTH GROUP ON KOH SAMUI,
A PREMIER DESTINATION FOR FUNCTIONAL MEDICINE, SPECIALIZING
IN OFFERING TAILORED PROGRAMS THAT ADDRESS ROOT CAUSE
OF HEALTH CONCERNS.

IV THERAPY HORMONE BALANCING PREVENTIVE HEALTH

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SIAM
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Property Management & Villa Rentals
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Unlock Paradise with
THE ULTIMATE ISLAND COMPANION

GET IN TOUCH

115/63 MOO 6, BOPHUT, KOH SAMUI - IN FRONT OF THE WINEPRO

PIZZA
(Del Sol)
Les voiles blanches

Homemade Pizzas, Pastas, Grill, Fish & Salads

LAMAI CENTER ☎️ 📍 0971 016 791 📱 Pizza Del Sol Lamai Center 📷 pizzadelosol_samui

PlayStation
Gaming Zone

Kid-friendly

PS5 / PS5 VR
Sleeting Wheel
Wide selection
of Top Games!

The Cow
RESTAURANT
HOMEMADE MILK PRODUCTION
ICE-CREAM

THE BEST HOME MADE ICE CREAM & EATERY IN KOH SAMUI

EL GAUCHO
ARGENTINIAN STEAKHOUSE
THE PLACE FOR STEAK

205, 206/1-206/2 CENTRAL SAMUI MOOS,
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EL GAUCHO
FISHERMAN'S VILLAGE, BOPHUT,
KOH SAMUI, SURAT THANI 84320
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TO BOOK A TABLE

LUUMA
SAUNA

Discover our Oasis
LUUMA Sauna Samui
IN LAMAI

- Sauna & Steam Room
- Scrub Shower
- Hot & Cold Baths
- Ice Bath
- Therapeutic & Relaxing Massages
- Swimming Pool & Lounges Area
- Restaurant & Bar

Google Maps

Information

+66 (0) 655 386 193
www.luuma-sauna-samui.com
Open from 10am until 10pm - Closed Monday

MARALEINA
SPORTS RESORT • KOH SAMUI

STAY FIT WHILE ENJOYING YOUR HOLIDAY
WELCOME TO MARALEINA, YOUR ULTIMATE
SPORTS DESTINATION ON KOH SAMUI

Experience world-class sports facilities where elite athletes push their
limits — and find the inspiration to reach your own. Enjoy squash courts,
an **800m² fitness center**, and professional football pitches, then unwind
in the **sauna, cold plunge pool**, or at **The Clubhouse Restaurant & Bar**.

Whether for a quick workout, a meal, on a full day, our resort has
everything you need for an active and memorable time on Koh Samui.

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info@maraleina.com
www.maraleina.com



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SAMUI
MAP

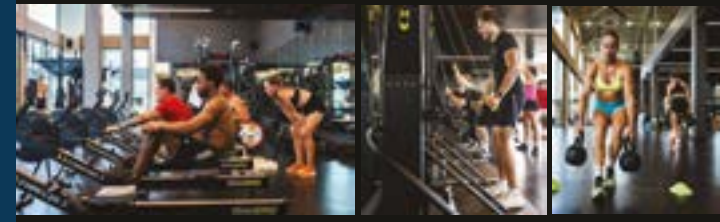
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MARALEINA
SPORTS RESORT • KOH SAMUI

STAY FIT WHILE ENJOYING YOUR HOLIDAY
TRAIN FOR A DAY, A WEEK, OR A FULL MONTH AT KOH SAMUI'S MOST COMPLETE FITNESS CENTER.



A stunning, **800m² fitness center**, equipped with top-tier machines, daily classes, and recovery facilities including sauna and cold plunge pool. We offer flexible **day passes** and **memberships** tailored to **your needs**.

Maraleina is also an official **Hyrox Training Destination**, featuring all the equipment and daily classes to help you prepare for competitions on simply push your limits.

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www.maraleina.com

Discover our Oasis

LUUMA Sauna Samui
IN LAMAI

- Sauna & Steam Room
- Scrub Shower
- Hot & Cold Baths
- Ice Bath
- Therapeutic & Relaxing Massages
- Swimming Pool & Lounges Area
- Restaurant & Bar

Google Maps



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IV THERAPY HORMONE BALANCING PREVENTIVE HEALTH



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ks@miskawaanhealth.com
miskawaanhealth.com

ANGTHONG NATIONAL MARINE PARK

TOUR INCLUDES FULL DAY TRIP (7-8h)

- Light breakfast and drinks
- Lunch
- Hotel pick up and drop off
- Snorkeling mask
- Kayaking
- English, Chinese and Italian tour guide

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Golden Moon Travel
Book Now!
www.golden-moon-travel.com

KOH TAO & KOH NANG YUAN

TOUR INCLUDES FULL DAY TRIP (7-8h)

- Light breakfast and drinks
- Lunch
- Hotel pick up and drop off
- Snorkeling mask
- Kayaking
- English, Chinese and Italian tour guide

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KOH TAN & KOH MADSUM

TOUR INCLUDES HALF DAY TRIP (4-5h)

- Light breakfast and drinks
- Lunch
- Hotel pick up and drop off
- Snorkeling mask
- Kayaking
- English, Chinese and Italian tour guide

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PRIVATE BOAT TRIPS

TOURS INCLUDE

- Hotel transfer
- Tour guide
- Soft drinks and fruits
- Snorkeling mask
- Kayaking (Angthong)
- Insurance

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EasyKart.net

DO YOU THINK YOU ARE FAST ?

#1
Go-Karting Track for all ages

CHAWENG LAKE
KIDS / BEGINNERS / ADVANCED

OPEN DAILY
22:00 - 00:00

VNOTHER WORLD
VR CLUB VIRTUAL REALITY

CENTRAL SAMUI
2nd Floor

AVANI+ CHILL
Your Day Pass
to Seaside Sip & Sunny Savings

Adult
(12 years and above)
THB 1,000

Children
(4-11 years old)
THB 500

What's included?
2 Beach towels, beach bag, drink & drink
2 Beach towels, beach bag, drink & drink
2 Beach towels, beach bag, drink & drink

What's included?
2 Beach towels, beach bag, drink & drink
2 Beach towels, beach bag, drink & drink
2 Beach towels, beach bag, drink & drink

THE OLD HOUSE
RESTAURANT & BAR

LIVE MUSIC PARTY

EVERY SUNDAY AT CHAWENG

STEAKHOUSE WESTERN FOOD & THAI FOOD

LIVE CONCERT
RHYTHM & BLUES

START 20:00

INFO
0950 615 202
501 BEHIND CHAWENG LAKE

FROM KOH SAMUI

SEATRAN FERRY

Nathon

Donsak 05:00 - 06:30
Donsak 06:00 - 07:30
Donsak 07:00 - 08:30
Donsak 08:00 - 09:30
Donsak 09:00 - 10:30
Donsak 10:00 - 11:30
Donsak 11:00 - 12:30
Donsak 12:00 - 13:30
Donsak 13:00 - 14:30
Donsak 14:00 - 15:30
Donsak 15:00 - 16:30
Donsak 16:00 - 17:30
Donsak 17:00 - 18:30

RAJA FERRY

Nathon

Donsak 05:00 - 06:30
Donsak 06:00 - 07:30
Donsak 07:00 - 08:30
Donsak 08:00 - 09:30
Donsak 09:00 - 10:30
Donsak 10:00 - 11:30
Donsak 11:00 - 12:30
Donsak 12:00 - 13:30
Donsak 13:00 - 14:30
Donsak 14:00 - 15:30
Donsak 15:00 - 16:30
Donsak 16:00 - 17:30
Donsak 17:00 - 18:30

SEATRAN FERRY

Bangrak

Koh Phangan 09:30 - 10:15
Koh Phangan 14:30 - 15:15

RAJA FERRY

Bangrak

Koh Phangan 07:00 - 08:30
Koh Phangan 16:30 - 18:00

LOMPRAYAH FERRY

Maenam

Chumphon 08:00 - 11:45
Chumphon 12:30 - 16:30

Koh Phangan 08:00 - 08:30
Koh Phangan 12:30 - 13:00
Koh Phangan 16:30 - 17:00
Koh Tao 12:30 - 14:15

LOMPRAYAH FERRY

Nathon

Donsak 08:30 - 09:30
Donsak 11:45 - 12:45

BANGKOK AIRWAYS

Bangkok, Chiang Mai, Hat Yai, Krabi, Pattaya, Phuket, Hong Kong & Singapore

TO KOH SAMUI

SEATRAN FERRY

Nathon

Donsak 05:00 - 06:30
Donsak 06:00 - 07:30
Donsak 07:00 - 08:30
Donsak 08:00 - 09:30
Donsak 09:00 - 10:30
Donsak 10:00 - 11:30
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Donsak 14:00 - 15:30
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Donsak 17:00 - 18:30

RAJA FERRY

Nathon

Donsak 05:00 - 06:30
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LOMPRAYAH FERRY

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Koh Phangan 12:30 - 13:00
Koh Phangan 16:30 - 17:00
Koh Tao 09:30 - 11:30
Koh Tao 15:00 - 16:30

LOMPRAYAH FERRY

Nathon

Donsak 11:00 - 11:45
Donsak 14:30 - 15:15

BANGKOK AIRWAYS

Bangkok, Chiang Mai, Hat Yai, Krabi, Pattaya, Phuket, Hong Kong & Singapore

PHONE NUMBERS

Samui Airport - 077 428 500
Seatran Ferry - 1381
Lompriya Ferry - 077 950 700
Raja Ferry - 077 423 190

Tourism Authority of Thailand - 077 420 504
Samui Rescue - 077 421 444
Tourist Police - 077 430 018

Samui International Hospital - 098 013 5479
Nathon Hospital - 077 913 200
Thai International Hospital - 077 332 654
Bardien International Hospital - 077 332 706
Bangkok Hospital Samui - 077 429 500
Diving Recrepression - 081 081 9555

Police station Nathon - 077 421 097
Police station Lamai - 062 079 9357
Police station Chaweng - 077 422 067
Police station Bophut - 077 414 567
Police station Maenam - 077 901 336
Immigration Office - 077 423 440

THAI BASICS

End your sentences with «Krap» for male and «Ka» for female to be polite and respectful.

Sawatdee - Hello / Goodbye
Sabai dee ru - How are you?
Sabidee - Fine
Khob khun - Thank you
Chai / Mai chai - Correct / Incorrect
Mai pen rai - Never mind
Pood Thai mai dai - I can not speak Thai
Kow jai mai - Do you understand?
Mai kow jai - I do not understand

Tao Rai - How much?
Pang / look - Expensive / Cheap
Lat noi dai mai - Can you give a discount?
Arroy - Delicious
Naam / Bia - Water / Beer
Noi / Yai - Small / Large
Chok dee - Good luck
Ron / Naor - Hot / Cold
Naam keng - Ice
Hong naam - Toilet

soon - 0, neung - 1, song - 2, sam - 3, see - 4, haa - 5, hok - 6, jet - 7, paed - 8, gow - 9, sip - 10, roi - 100, paan - 1000

CABANAS
BEACH CLUB

NEW! DAY-TO-NIGHT BEACH CLUB ON CHAWENG

- Social Dining with Culinary Twist
- Beachfront Swimming Pools
- Curated Music & Events

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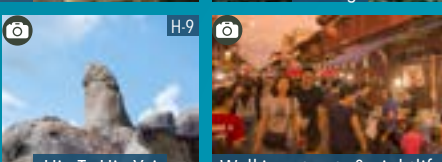
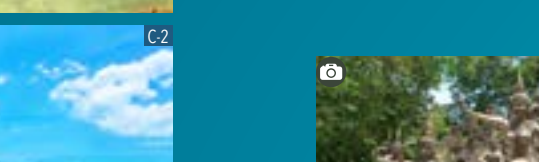
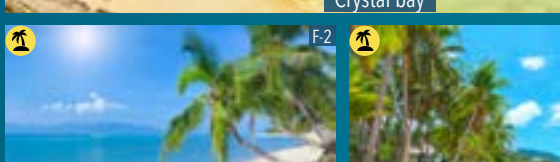
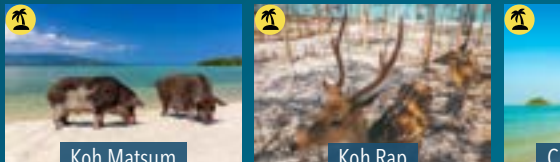
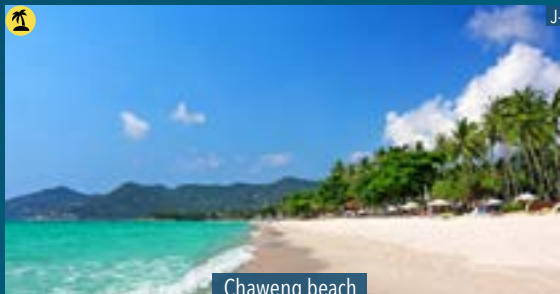
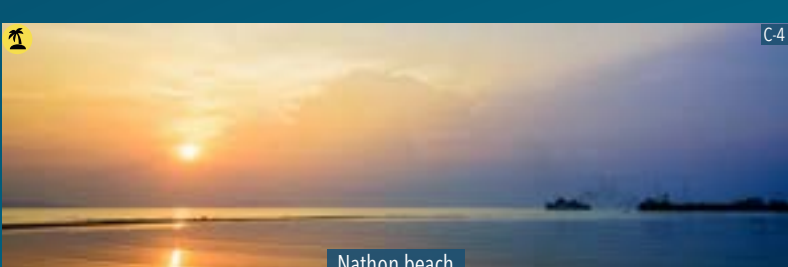
ADD YOUR MARKER & ADVERTISING ON THE NEXT MAP EDITION !

CONTACT US NOW

0 805 320 169
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est une île tropicale située au large de la côte sud-est de la Thaïlande, dans le golfe de Thaïlande, au sein de la province de Surat Thani. Elle est réputée pour être l'une des stations balnéaires les plus luxueuses et les plus recherchées de Thaïlande, tout en conservant son charme authentique. L'île est ombrée d'une jungle dense de palmiers et de cocotiers, et offre un paysage pittoresque de plages de sable blanc et de collines verdoyantes. Découvrez son charme séduisant et ses traditions uniques en explorant à la fois les zones touristiques très populaires et les quartiers pittoresques situés à quelques pâtés de maisons.

L'île a probablement été habitée pour la première fois il y a environ 15 siècles par des pêcheurs de la péninsule malaise et du sud de la Chine.



ANG THONG - MARINE NATIONAL PARK

Koh Samui est située dans le golfe de Thaïlande, à environ 35 km au nord-est de la ville de Surat Thani. À l'extrême ouest se trouve le parc national d'Ang Thong, qui comprend 44 autres îles, auxquelles on peut accéder par une excursion d'une journée en bateau à partir de Koh Samui.

La partie centrale de Koh Samui est principalement recouverte de jungle tropicale, avec diverses zones côtières et de plaine reliées par la route principale qui fait le tour de l'île. De nombreuses routes en béton partent de la route principale pour desservir d'autres zones.

Située sur la côte ouest de l'île, Nathon est la capitale d'origine et abrite de nombreux bureaux gouvernementaux. C'est également un port important pour la pêche et le transport de véhicules et de marchandises depuis le continent. La proximité de Nathon avec le continent et son rôle de port principal en ont fait le centre commercial des habitants de Samui.

- Depuis / vers Donsak (35 km) : 1 h 30 min en ferry
- Depuis / vers Koh Phangan (20 km) : 30 min en ferry
- Depuis / vers Koh Tao (70 km) : 2 h 30 min en ferry
- Superficie : 228,7 km², Population : 70,059 (2019)
- 90% de bouddhistes
- Point culminant : 635 m (Khao Pomads)
- 25 km en ses points les plus larges
- Longueur de la route principale : 50,1 km / 1 h 15 min
- Premières routes et premier tourisme dans les années 1970
- 2,7 millions de touristes (2018)
- 2 millions de noix de coco exportées par an
- Fuseau horaire : UTC+7 (ICT)
- Indicatif téléphonique : +66
- Monnaie : Baht (THB ou ฿)

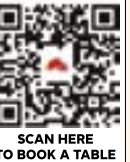


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EL GAUCHO
ARGENTINIAN STEAKHOUSE
THE PLACE FOR STEAK

EL GAUCHO
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THE PLACE FOR STEAK
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AU BOUT DU MONDE
BEACH BAR & RESTAURANT

ABDM EXPERIENCE, THE PRIVACY AT IT'S FINEST ONLY 20 PERSONS PER DAY

- A UNIQUE 5-COURSE MENU WITH WINE PAIRING
- MIXOLOGIST AND CRAFTED COCKTAILS
- INCLUDES ROUND-TRIP BOAT TRANSFER FROM THONG KRUT PIER

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