



กรมสนับสนุนบริการสุขภาพ
Department of Health Service Support

Guideline for the Operation of Health Establishments Abroad serves as an invaluable resource



Office for Comprehensive Medical Industry Promotion
Department of Health Service Support
Ministry of Public Health

Book Title : **Healthcare Business Establishments Abroad**

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Preface

Thailand possesses globally for its distinctive soft power, embodied in its world-renowned medical services, Thai massage, Thai spas, and Thai cuisine. These unique attributes, deeply rooted in Thai heritage and identity, have become a cornerstone of Thailand's health service businesses abroad. Thai massage and spa services, in particular, stand out for their unparalleled efficiency and effectiveness, blending traditional Thai wisdom with modern wellness practices to leave a profound and lasting impression on clients seeking health and vitality. Despite their international popularity, health service businesses operating overseas often face significant challenges. These include inadequate facilities that fail to inspire trust, a shortage of skilled professionals, misconceptions among clients, and services that risk deviating from ethical standards. The quality of massages, along with the professionalism of therapists and the overall service experience, plays a pivotal role in determining client satisfaction and loyalty, ultimately influencing the success of Thai massage and spa services in the global market.

To uphold the integrity and excellence of Thai health services, the Bureau of Medical Hub Industrial Promotions, Department of Health Service Support, Ministry of Public Health, has developed comprehensive criteria for health establishments operating abroad. These guidelines focus on three core pillars: facility standards, safety measures, and service excellence. By adhering to these standards, Thai massage and spa establishments can achieve international recognition, instill confidence in their clients, and promote repeated patronage. This initiative not only strengthens the reputation of Thai health establishments on the global stage but also serves as a powerful vehicle for showcasing the richness of Thai culture, wisdom, and identity. It is our aspiration that this effort will continue to elevate Thailand's image as a global leader in wellness, captivating the hearts and minds of people worldwide.

The Bureau of Medical Hub Industrial Promotions (MIP)
Department of Health Service Support
Ministry of Public Health

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Chapter 1

Definition of Health
Establishments Abroad





Chapter 1

Definition of Health Establishments Abroad

1.1 Background

Thai massage and spa services are deeply rooted in Thai traditional wisdom and have become a hallmark of the country's health service industry. These services are widely recognized for their exceptional benefits and have contributed positively to Thailand's global image. To further promote Thai identity and disseminate Thai traditional wisdom, it is essential to enhance global recognition, trust, and acceptance of Thai health establishments operating abroad. By implementing standardized guidelines and ensuring the quality of health establishments abroad, these facilities can inspire confidence in clients, encourage repeat usage, and further disseminate the charm and distinctiveness of Thai culture. This process not only solidifies the reputation of Thai health establishments on an international scale but also fosters a positive image of Thai wellness services globally.

1.2 Objectives

The objectives of establishing criteria for health establishments abroad are as follows:

- 1.2.1 To define specific criteria for health establishments operating abroad.
- 1.2.2 To provide guidelines for operating health service businesses abroad to meet international standards.
- 1.2.3 To enhance the global image of health establishments operating abroad.
- 1.2.4 To promote Thai identity and disseminate traditional wisdom internationally.
- 1.2.5 To serve as a mechanism for marketing promotion and to build trust among clients of health establishments abroad.

1.3 Thai Spas for Health Abroad

Thai spas abroad refer to facilities offering services aimed at promoting and enhancing health through water-based treatments and body massage as primary services. In addition, at least three of the following supplementary services must be provided in compliance with established criteria:

- | | | |
|-------------------------------------|------------------------------|----------------------------|
| 1. Body Exfoliation | 11. Cold Compress Therapy | 20. Steam or Sauna Therapy |
| 2. Facial Exfoliation | 12. Hot Stone Therapy | 21. Sand Baths |
| 3. Hot Towel Therapy | 13. Facial Skin Conditioning | 22. Sibol |
| 4. Body Cleansing treatments | Treatments | 23. Qigong |
| 5. Facial Cleansing treatments | 14. Skin Brushing | 24. Tai Chi |
| 6. Meditation | 15. Body Wraps | 25. Pilates |
| 7. Facial Massage | 16. Facial Wraps | 27. Yoga |
| 8. Health Food or Beverage Services | 17. Body Wrapping | 28. Ruesi Dat Ton |
| 9. Body Nourishment | 18. Hot Wrapping | 29. Aerobic Exercise |
| 10. Facial Nourishment | 19. Sauna Therapy | |
| | 20. Fitball Exercises | |

Additional Services Details

• Pilates

Pilates is a low-impact exercise method aimed at improving muscle flexibility, strength, and tone. By combining physical conditioning with mental relaxation, Pilates creates lean, toned muscles while fostering elegance and improved posture. This method, popular among celebrities like Madonna and Sarah Jessica Parker, also supports cardiovascular, respiratory, and spinal health when practiced regularly for at least 30 minutes.

• Meditation

Meditation is a mental practice involving techniques such as focused breathing, walking meditation, or clearing the mind. It reduces stress, alleviates fatigue, and promotes overall health.

• Yoga

Yoga is a traditional Hindu discipline that integrates controlled breathing, stretching, and postural exercises. It enhances circulation, flexibility, and strength while fostering balance between the body and mind.

• Sauna Therapy

Saunas typically feature insulated pinewood structures that trap heat for dry heat therapy. The temperature in a sauna ranges between 50-80°C. Heated stones can be sprinkled with water to create steam.

1) Steam Therapy

Steam therapy offers a wet heat environment with a maximum temperature of 45°C and relative humidity of 92-97%. It is available in two forms:

Steam Cabinets : Individual units where clients sit with their heads outside the steam enclosure.

Steam Rooms : Larger spaces accommodating multiple clients simultaneously, with sizes ranging from single-user to group capacities of 10 or more.



- **Skin Brushing**

Dry brushing involves using a brush with firm bristles to exfoliate the skin while it is dry. This technique, practiced in Scandinavia and Russia for centuries, was popularized by Finnish physician Paavo Airola. Skin brushing promotes blood circulation, removes dead skin cells, and helps detoxify the body through pores. It also supports the skin's role as the largest organ of the body, which serves as a barrier against pathogens, regulates temperature, and sends sensory signals to the brain.

Benefits of Dry Brushing

- Exfoliates dead skin cells.
- Stimulates blood circulation.
- Reduces the accumulation of cellulite.
- Minimizes pore blockages.
- Promotes relaxation.

Steps for Dry Skin Brushing

- Prepare a natural-bristle brush, avoiding synthetic or excessively stiff bristles.
- Ensure the skin is completely dry; do not bathe or wet the body prior to brushing.
- Begin at the feet and brush upward in a single direction toward the heart. Use circular motions resembling a gentle sweep.
- After brushing, take a cool shower to help close the pores.
- Pat the body dry and apply natural oils, such as coconut or olive oil, to moisturize the skin.
- Perform dry brushing daily before bathing, dedicating about 5 minutes. Focus more on areas requiring special attention.

Hot Stone Massage

Hot stone massage utilizes heat-retaining stones to relax muscles. The stones, which can be sourced from spa suppliers or collected from coastal areas, should be smooth, round, and free of rough edges. The ideal size is approximately the width of one palm.

Steps for Hot Stone Therapy:

- Boil water in a kettle or small pot.
- Add herbs such as rosemary, clove, and peppermint to the hot water.
- Place the stones into the hot water, allowing them to absorb the heat.
- Remove the stones, dry them, and let them cool to a comfortable temperature.

Test the temperature on the inner arm to ensure it is not excessively hot.

- Once the stones are warm, place them on a comfortable surface, such as a bed. Position a stone at the center of the chest, allowing the heat to radiate outward, promoting relaxation and improved circulation.

Hot Sand Bath Therapy

Hot sand baths involve submerging the body, from the neck down, in heated sand for 10-20 minutes. This method provides benefits similar to onsen bathing, enhancing skin health, relieving fatigue, and promoting relaxation. The heat induces sweating, making it ideal for detoxification, even for individuals who rarely perspire. The therapy gradually warms the body, improving blood circulation and offering physical and mental relaxation.

1.4 Thai Massage for Health Abroad

Refers to the operation of health massage establishments with the primary objective of alleviating muscle tension, fatigue, and stress through techniques such as pressing, kneading, tapping, pulling, stretching, compressing, steaming, or other methods grounded in the traditional principles and artistry of Thai therapeutic massage. It is essential that these establishments do not include bathing facilities where attendants provide bathing services.







Chapter 2

Guidelines for Issuance of Health
Establishment Certification Abroad

Chapter 2

Guidelines for Issuance of Health Establishment Certification Abroad

2.1 Criteria for Health Establishments Abroad

Health establishments seeking certification as health establishments abroad must submit their application to the relevant Thai Embassy, Consulate, or the Thai Trade and Economic Office in each respective country. The specific details are as follows:

2.1.1 Scope

Health establishments abroad are classified into two categories:

- Thai Spas for Health Abroad
- Thai Massage for Health Abroad

2.1.2 Eligibility Criteria for Applicants Seeking Certification as Health Establishments Abroad Applicants must meet the following qualifications:

- The establishment must be duly registered and legally authorized, with the necessary business license issued by the appropriate local authorities before submitting an application for certification as a health establishment abroad.

2.1.3 Evaluation Criteria

The evaluation of health establishments abroad is divided into three stages: processes

2.1.3.1 Stage 1 (Basic Level) encompasses three criteria:

- Criteria pertaining to the establishment's premises
- Safety-related criteria
- Criteria for service provision

2.1.3.2 Stage 2 (Quality Level) involves two awards:

- Spa Thai Premium Award
- Nuad Thai Premium Award

The evaluation for the quality level awards includes five areas:

- Quality of premises and environment
- Quality of personnel
- Quality of services rendered
- Quality of products, tools, and equipment
- Quality of organizational management, monitoring, and evaluation

processes

2.1.3.3 Stage 3 (Honorary Level): The Thailand Wellness Award (TIWA) is composed of four key components and 33 performance indicators, in alignment with the National Wellness Quality Award criteria:

- Component 1: Management of Wellness Organizations
- Component 2: Wellness Services and Operations
- Component 3: Clientele and Stakeholder Engagement
- Component 4: Excellence in Wellness Outcomes

2.1.4 Certification of Health Establishments Abroad

In order to maintain certification in accordance with the prescribed standards for each stage, health establishments abroad must consistently meet the established criteria throughout the entire duration of the certification validity period, as detailed below:

- Stage 1 (Basic Level): Certification is valid for a period of three years from the date of issuance.
- Stage 2 (Quality Level): Certification is valid for a period of three years from the date of issuance.
- Stage 3 (Honorary Level): Certification is valid for a period of three years from the date of issuance.

2.1.5 Certification Committees for Health Establishments Abroad

The evaluation and certification of health establishments abroad must be conducted by the following committees:

1.) Certification Evaluation Committee for Health Establishments Abroad

1. Qualifications:

- (1) Must possess extensive knowledge and a thorough understanding of the criteria for health establishments abroad.
- (2) Must have no conflicts of interest, nor any direct or indirect stake in the health establishment applying for certification.

2. Responsibility:

- (1) To evaluate and approve the certification of health establishments abroad, as proposed by the Screening Committee.

2.) Screening Committee for Health Establishments Abroad

1. Qualifications:

- (1) Must possess in-depth knowledge and a comprehensive understanding of the criteria for health establishments abroad seeking certification.
- (2) Must have no conflicts of interest, nor any direct or indirect stake in the health establishment seeking certification.

2. Responsibilities:

- (1) To thoroughly review and filter health establishments abroad based on recommendations provided by evaluators.
- (2) To offer constructive recommendations aimed at improving, enhancing, and further developing the health establishments abroad.

3) Evaluation Committee for Health Establishments Abroad

1. Qualifications

(1) Must possess comprehensive knowledge and understanding of the criteria health establishments abroad.

(2) Must not have any conflicts of interest, nor possess any direct or indirect stake in the health establishment seeking certification.

2. Responsibilities

(1) To receive applications and related documentation from health establishments abroad requesting certification.

(2) To provide professional consultation and recommendations to operators seeking certification, assisting in the enhancement, development, and alignment of the establishment with the prescribed criteria.

(3) To conduct thorough evaluations of the health establishments abroad and present findings to the Certification Committee for further deliberation.

(4) To prepare detailed reports summarizing evaluation results for submission to the Certification Committee for Health Establishments Abroad, to be acknowledged and/or considered for corrective actions in cases of non-compliance.

(5) To offer additional recommendations aimed at the continuous improvement, promotion, and development of health establishments abroad.

2.1.6 Certifying Authorities

Certification for health establishments abroad will be granted by the Ambassador, Consul General, or the Director-General of the Thai Trade and Economic Office in the respective country, in collaboration with the Director-General of the Department of Health Service Support, Ministry of Public Health.

2.2 Guidelines for the Application for Certification of Health Establishments Abroad

2.2.1 Process for Applying for Certification of Health Establishments Abroad

Health establishment operators who wish to apply for certification must prepare the required documentation and ensure their establishment conforms to the stipulated criteria. The application process is as follows:

2.2.1.1 Documentation Required for Application for Certification of Health Establishments Abroad

1. Complete the application form to indicate the intent to apply for certification as a health establishment abroad (Form TPA.1).

2. Submit supporting documents, including:

2.1 Proof of legal operation, including a valid business license issued by the relevant local authority.

2.2 A map indicating the location of the health establishment.

2.3 The establishment is required to submit a comprehensive and detailed floor plan, which must specify the number of beds, the number of rooms, and provide the dimensions of the service areas, calculated by multiplying the width by the length. The service areas should be reported in square meters.

2.4 List of Service Providers (Therapists), along with verified documentation, such as certificates or diplomas, confirming the successful completion of a 150-hour Thai health massage training program, in accordance with the requirements specified in Form TPA.3.

2.2.1.2 Establishments applying for certification as health establishments abroad must fulfill the criteria outlined in Step 1 (Basic Level) across all three categories and conduct a self-assessment to ensure compliance with the required standards, as detailed in Form TPA.4. The criteria are as follows:

1. The establishment must fully comply with the criteria for Stage 1 (Basic Level), which are divided into the following categories:

- 1.1 Location Criteria – 9 distinct requirements
- 1.2 Safety Criteria – 6 distinct requirements
- 1.3 Service Provision Criteria – 6 distinct requirements

2. In the case of establishments offering water-based therapies (such as Thai spas abroad), steam rooms, saunas, or services involving heat or cold therapy, the establishment must meet all 25 criteria for Stage 1 (Basic Level), which include the following:

- 2.1 Location Criteria – 9 distinct requirements Abroad
- 2.2 Safety Criteria – 10 distinct requirements
- 2.3 Service Provision Criteria – 6 distinct requirements

2.2.1.3 Evaluation for Certification as a Thai Health Establishment

1. Upon submission of an intent to apply for certification as a health establishment abroad to the Thai Embassy, Consulate, or the Thai Trade and Economic Office.

- The staff will proceed to verify the completeness and accuracy of all submitted documents, in accordance with the checklist specified in Form 1.

- Upon confirmation that the documents are complete and in order, an acknowledgment receipt for the application for certification as a health establishment abroad (Form TPA.2) will be issued.

- Should the submitted documents be incomplete, the applicant will be informed and advised to provide the required supplementary documentation before resubmitting. Certification will only proceed once all documentation is complete and in compliance.

2. The staff will then schedule a site evaluation visit to the establishment requesting certification.

3. On the designated evaluation day, the staff will assess the establishment based on the criteria for health establishments abroad namely, location, safety, and service provision



using the guidelines detailed in Form TPA.5. Photographs will be captured for each criterion. In cases where the establishment fails to meet the required standards, the staff will offer corrective recommendations and notify the applicant of the necessary adjustments to achieve compliance with the specified criteria.

4. The evaluation results will be compiled and presented to the Committee for further review. The Committee will provide their findings and recommendations to the certifying authority for final approval of the certification.

- In situations where the Committee determines that certification cannot be granted, the establishment will be instructed to implement the required improvements in order to meet the prescribed standards. Proof of the improvements must be submitted in the form of photographs or videos. No further site inspections will be conducted; instead, the submitted evidence will be reviewed to ensure compliance.

2.3 Guidelines for Issuing Certificate Numbers for Health Establishments Abroad

The process for issuing certificate numbers for health establishments abroad is as follows:

2.3.1 The abbreviation “TP” will be used to represent health establishments abroad.

2.3.2 Meaning of the Code:

(1.) The first three digits (1-3) represent the country’s telephone code.

(2.) The fourth and fifth digits (4-5) represent the city’s telephone code within that country.

(3.) The sixth to ninth digits (6-9) represent the sequential registration number of the health establishment that has been certified.

(4.) The tenth and eleventh digits (10-11) represent the last two digits of the year in which the registration was made.

Example For a health establishment located in Dubai, United Arab Emirates, the certificate number would be formatted as : TP 971040001-25

Digit Positions:	1 2 3 4 5 6 7 8 9 - 10 11
Health Establishment Registration Number (TP) :	9 7 1 0 4 0 0 0 1 - 2 5

Explanation of the Code:

“TP” signifies a health establishment abroad.

The first three digits 123 is 971

The fourth and fifth digits 45 is 04

The sixth to ninth digits 6789 is 0001

The tenth and eleventh digits 10 11 is 25

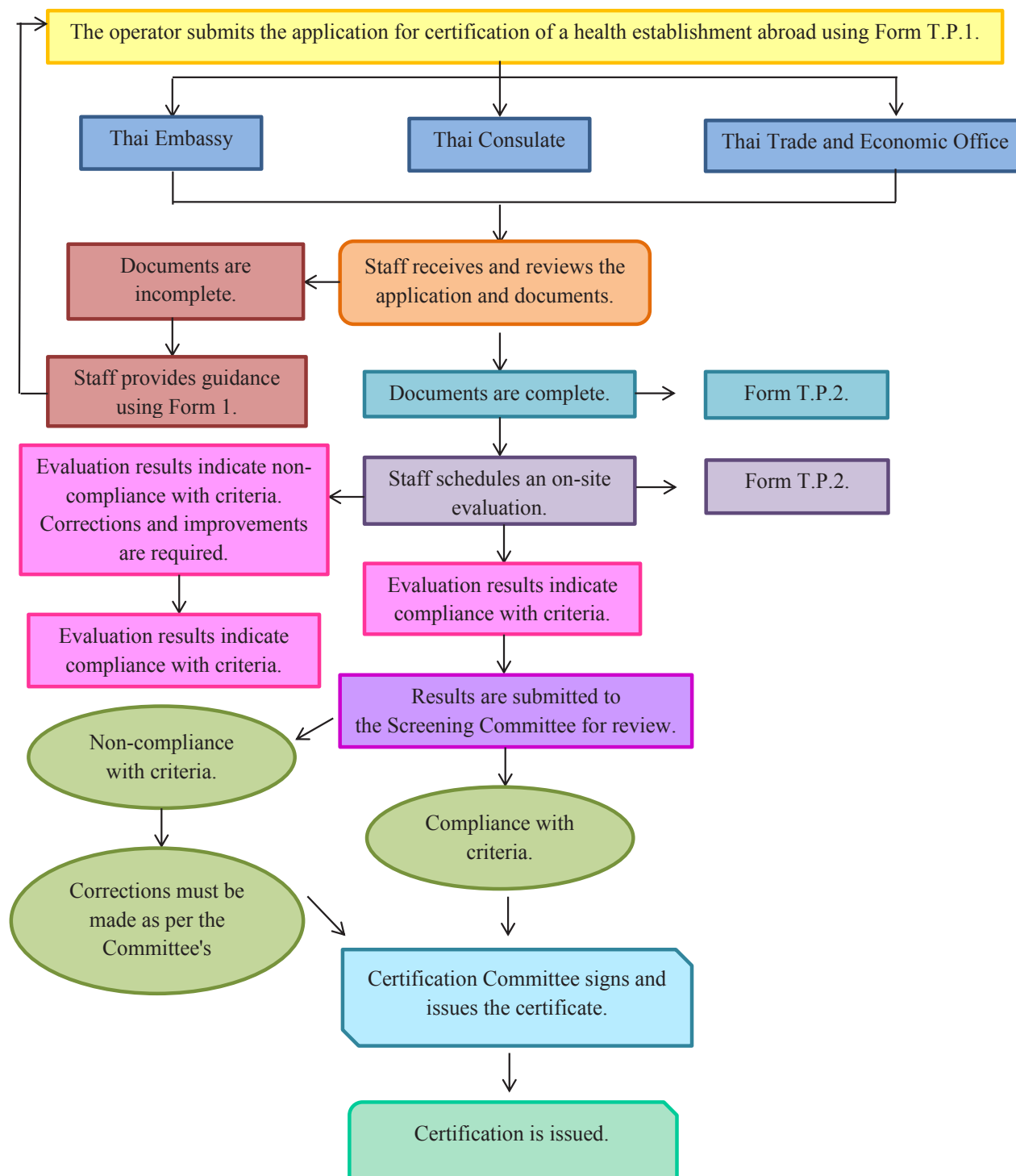
correspond to the telephone code for the United Arab Emirates.

correspond to the telephone code for Dubai. represent the first certified health establishment in the UAE.

denote the certification year, which refers to the year 2025.

2.4 Process Flow for Obtaining a Certificate for Operating a Health Establishment Abroad

Process Flow for Obtaining a Certificate for Operating a Health Establishment Abroad







Chapter 3

Guidelines for Establishing
Health Service Establishments
Abroad to Meet Standards

Chapter 3

Guidelines for Establishing Health Service Establishments Abroad to Meet Standards



3.1 Approaches to Arranging Health Service Establishments Abroad According to Standards Entrepreneurs

who wish to apply for certification as a health service establishment abroad must organize their facilities to meet the criteria outlined in three primary areas:

1. Location Standards
2. Safety Standards
3. Service Standards

Applicants must perform a self-assessment to ensure compliance with all criteria (using Form TP.4).

Detailed inquiries regarding arranging facilities according to standards can be directed to Thai embassies, consulates, or trade and economic offices in each country.



3.2 Required The required for certification application include:

Code	เอกสาร
Form TP.1	Application form for certification of a health service establishment abroad
Form TP.2	Receipt of application for certification.
Form TP.3	List of service providers (therapists) employed by the establishment.
Form TP.4	Self-assessment form for compliance with standards.
Form TP.5	Inspection checklist for certification of health service establishments abroad.





Category: Thai Spa
 Thai Massage

Receipt Number.....
Date.....

ตป 1

Application for Certificate of Operation of Health Establishments Abroad

Write at

Date

1. I

1.1 Full nameAge.....years old

1.2 Legal Entity.....

By (name-surname)Age years old

2. I would like to apply for certification for operating a health establishment abroad. as follows

Thai Spa Business Abroad The service is mainly provided by water therapy and body massage, consisting of 3 other services:

1.....2.....3.....

Thai massage business abroad with the following services:

1.....2.....3.....

3. Use the name of a health establishment in a foreign country:

.....

Location of the establishment.....

.....

Telephone (convenient contact)

The day/time of the open and closed

4. I have attached various documents and evidence to apply for certification as a health establishment in a foreign country. **(All copies must be certified as correct)** as follows

4.1 Copy of business license from the local authority

4.2 Map showing the location of the establishment with a brief description of the location

4.3 Layout or interior Layout of the establishment

4.4 List of service providers including.....people with the qualification certificate of all service providers attached.

4.5 Other evidence (if any) such as the certificate of change of name - surname

5. I certify that I meet the required criteria for being an applicant for a certificate of operation of a health establishment abroad.

Sign.....

(.....) Applicant

Receipt number.....	Date of receipt.....
---------------------	----------------------

**Application Form for Receiving Certificate of Operation of Health Establishments
Abroad**

1. Applicant for Business License

Name of the certificate applicant.....

Name of establishment.....

Establishment Location.....

Phone(Contactable).....

2. Types of businesses applying for business licenses

2.1 Type of business to be applied for Thai Spas Abroad
 Thai Massage Abroad

2.2 Types of applications Request a Certificate (New)
 Request a certificate renewal
 Request a certificate transfer
 Request a certificate instead of a certificate
 Request for change to certificate list
 Notification of Cancellation of Overseas Health Establishments
 Others (please specify).....

Results of Document / Evidence Inspection

Documents are complete and accurate.

If the documentary evidence is incomplete, it shall be added completely as follows:

.....
.....
.....

Sign the requesting officer.
(.....)

Date month



List of service providers

Part 1. General Information

Name of establishment.....

Business Type: Thai Spa for Health Thai Massage for Health

Establishment Location.....

.....

Phone (Contactable).....

Part 2. Service Provider Information including people as follows:

No.	Name	age (years)	Institution of Graduation Thai Healthy Massage 150 Hours	note

(Continued) List of Service Providers

No.	Name	age (years)	Institution of Graduation Thai Healthy Massage 150 Hours	note



For Certification Applicants

Self-Assessment Form for Certification as a Health Establishment Abroad

Business Type: Thai Spa for Health Thai Massage for Health

establishment Name of.....

Location(No./Building/Street/District).....

Characteristics of the establishment

- 1. Design/ Dedicated construction
- 2. Commercial Buildings
- 3. Located in a building or shopping mall.
- 4. Other (Please specify).....

The total service area is..... square meters

Name of the entrepreneur.....phone.....

Highlights/Identity of Establishments.....

Obtained a business license No. eon th..... expiration date.....

Issued by..... countries

) Service HoursOpen-Close (..... Number of Service Providers

1. Indication of Thainess(check the box of more than1 available service)

- 1. Appearance
 - 1.1 There is a decoration of the place to create a Thai atmosphere.
 - 1.2 Receptionist dressed in Thai style
 - 1.3 Thai hospitality
- 2. Taste
 - 2.1 Snacks using Thai products are available.
 - 2.2 Healthy drinks using Thai products are available.
- 3. Smell
 - 3.1 Use Thai essential oils to create a Thai atmosphere.
 - 3.2 Use Thai herbs to create a Thai atmosphere.
- 4. Sound
 - Thai music is used to create a Thai atmosphere.
- 5. Touch
 - 5.1 Thai massage menu available
 - 5.2 Providing services using Thai products

2. List of services in overseas health establishments (C heck✓ in if the services are available)

2.1 The main services of Thai massage abroad / Thai spa abroad are as follows:

- Foot massage: including.....chairs.
- Thai massage: including
 - Thai massage.....room
 -bed /cushion
- Oil massage.....room.....bed
- Facial massage.....room.....bed

2.2 Supplementary services for Thai massage abroad are as follows

- Exfoliating/Facial Scrub Mask/Face Mask
- Facial skin care, body care
- Hair styling manicure, pedicure, etc.
- Healthy snacks healthy drinks
- Body Bath/Sauna Thai products distribution
- Others specify

2. 3Water using service (only for Thai spas abroad)as follows :

- Whirlpoolroom tub Bathtubroom
- Jet shower.....bed Vichy shower.....bed
- Steam cabinet.....cabinet Steam room.....room

2. The other 43 services are:

- (1) Body scrub (11) Cold compress. (20) Steam
- (2) Facial exfoliation (12) Thermal compress. (21) Hot sand bathing
- (3) Using a hot blanket (13) Facial Conditioning (22) Shibol
- (4) Body cleansing (14) Skin Brushing (23) Tai Chi
- (5) Facial cleansing (15) Body Wrap (24) Tai Chi
- (6) Meditation (16) Facial Mask (25) Pilates
- (7) Facial Massage (17) Wrapping (26) Fitball
- (8) Providing healthy food or beverages; (27) Yoga
- (9) Body care (18) Hot Wrapping (28) Ruesi Dat Ton
- (10) Facial skin care (19) Sauna (29) Aerobics

Self-Certification as a Health Establishment Abroad Assessment Form for

Please check in if it meets the criteria

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
(1) 9 Criteria for Locations			
<p>1) Labels, text, and images in the signs of the establishment. It has the following characteristics:</p> <p><input type="checkbox"/> 1. 1At least 1sign with local characters must be placed in front of the building or the building in a clearly visible manner. T he size and characteristics are required by local law.</p> <p><input type="checkbox"/> 1. 2The text or image on the sign is not exaggerated</p> <p><input type="checkbox"/> 1. 3It does not convey obscene or contrary to public order ,customs ,morals ,culture ,or local beliefs.</p>	<p>- Install thebusiness nameplates in the area where the name of the establishment and the location number can be clearly seen.</p> <p>-Establishment nameplate must be kept stable, times clear and safe at all.</p>		
<p>2) General characteristics of the establishment.</p> <p><input type="checkbox"/> 2. 1If there are other businesses in the same building, tdemarcated and he area must be clearly there must be no channels or gates that can contact or link activities with other businesses.</p>	<p>-Establishment building is stable and located in a suitable location. It is convenient, safe, and not harmful to health.</p> <p>-Utilization of the premises must be in accordance with local laws.</p>		
<p><input type="checkbox"/> 2. 2Within the establishment ,the service area is clearly divided into proportions and in accordance with the standards of each service.</p>	<p>-There is a clear division of zones or areas of various services .</p> <p>-Service rooms and service equipment listed must be kept clean ,well ventilated ,ready to use , and should comply with the standards of each type of service ,such as bed spacing ,bed/cushion size ,etc .Height of the oil massage bed Upholstery/pillow material, etc. (if possible)</p> <p>-If it is necessary to divide the service area to suit the size of the establishment .Consider the convenience and safety of service recipients .</p>		
<p><input type="checkbox"/> 2. 3The service area must be well lit and ventilated .There is no musty smell which disturb client while receiving the service.</p>	<p>-The service room is well lit .If there is a musty smell ,there must be a window that can be opened for ventilation or an exhaust fan that is kept clean and safe .</p> <p>-The room temperature is adjusted to suit the service arrangement and contribute to the comfort of the service recipients.</p> <p>-It is recommended that this health establishment is a non-smoking place.</p>		
<p><input type="checkbox"/> 2. 4The personal service room must not be too closed or closed .</p>	<p>-The door of the service room must not be locked.</p>		



Criteria for Health Establishments Abroad	Observations/Evidence	have	without
	-Oil massage rooms or services that require body uncover, the service room usage symbol must be clearly displayed. -There should be privacy .It is not disturbed by the external environment that disturbs the peace of the service recipients.		
<input type="checkbox"/> 2.5 Decoration of the place must not be degrading or contrary to the good culture and traditions of Thailand.	-Decoration of premises both inside and outside the building It must not be obscene or decorated respected in inappropriate with idols that are areas. -Not contrary to religious principles and beliefs and local culture. -Respect for differences in taste .Gender and appropriate behavior of service recipients		
<input type="checkbox"/> 2.6 There is a toilet, a sink. Changing rooms and that are clean lockers, hygienic, safe, adequate, and must be separated for men and women.	-Toilets are labeled as male or female or unisex. - Hand wash basin and liquid soap are provided . Single-use or per-person handkerchiefs or paper towels ,supported by a trashbin. -There are changing rooms or areas ,including floors or wardrobes ,and separate lockers for men and women. -For the services that require bathing or soaking, the shower or bathtub must always be maintained in a safe and secure manner.		
(2) 10safety criteria			
<input type="checkbox"/> 1). First aid equipment is available.	-Check the quality and expiration time of medical supplies and first Aid Equipment		
<input type="checkbox"/> 2). There is a sign or message warning of danger that may occur to the service recipient before receiving the service.	-There are signs/messages warning of prohibitions and precautions when entering the establishment. -There are warning signs in risky areas, such as be careful of your head, beware of uneven floors, or be careful of slippery floors, etc.		
<input type="checkbox"/> 3). All equipments and tools are cleaned hygienically after using.	- Change bed linen and pillowcases every time after the service is completed. Towel, Blanket are provided to all service recipients individually. -In case of manicure ,pedicure ,etc .The equipment must be cleaned before after and every use, such as nail clippers, nail accessories, etc.		
<input type="checkbox"/> 4). be close If there is a service that needs to to the client's face. Providers must wear a face mask.	-Face masks or other protective equipment are provided at the service point in health establishments.		

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 5). Proper management of solid waste, sewage carriers in and wastewater and control of disease accordance with sanitation principles and local health regulations.	-There is a trash binwith a lid in the bathroom , kitchen, preparation room,and general service area - Collect, sort and dispose of wastewater according to the rules of regulations local.		
<input type="checkbox"/> 6). Have fire alarms and install fire protection systems in the premises in accordance with local regulations or requirements.	-Audible fire alarm devices such as bells ,bells , and sirens are audible throughout the service area. - Fire protection systems such as smoke extractors may be in place(if possible). -Have at least one fire extinguisher that is securely installed and strong in an area that can be accessed and used conveniently and quickly , and provide evidence of regular inspection of the readiness of the fire extinguisher. -Fire escape signs -Emergency lighting system available		
<p>**In case of water usingservices , steam, sauna or service with the use of heat or cold***</p> <p><input type="checkbox"/> provided, continuethe self - assessment form in items7 - 10 <input type="checkbox"/> not provided , (skip to section 3: service criteria)</p>			
<input type="checkbox"/> 7). Have a safety control system , maintenance, supervision and monitoring of the use of equipment and technology.	-A person with knowledge and understanding of the use of equipment and technology has been assigned to be in charge of the operating system of the equipment and technology. -Documentation of quality and availability of equipment and technology -Have an emergency system or operating system that can automatically stop the operation of the device in the event of an incident.		
<input type="checkbox"/> 8). Thermometer and thermostat that can manually adjust heat or cooling areavailable .	-Thermometer and temperature controller are in normal operation. - There is a clock that shows the time clearly, so the service recipientscan control the service time appropriately bythemselve.		
<input type="checkbox"/> 9).There is a system to screen the health risks of service recipients and provide advice on how to receive services with appropriate heat or cooling.	-An assessment form is available to provide important information about the health risks of service recipients. - Signage posted at the establishment or the online information channel of the establishment to provide important information about health risks, which may be prohibited or precautions for entering services that use heat or cold.		



Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 10). There is a system to advise about how to get service with proper heating or cooling.	- Signage posted at the establishment or the online information channel of the establishment to provide important information about health risks, or precautions for which may be prohibited or entering services that use heat or cold.		
(3) 6 service criteria			
<input type="checkbox"/> 1). Establishments must not provide services that refer to treatment, or any procedure that involves the use of medical equipment. In case of the establishment has a menu for therapy or any treatment or procedure that involves the use of medical instruments. Therapist must have completed the Thai Traditional Medicine Assistant Course(372 hours) ***	-Check from the service menu, must not include the list of treatments as follows: -Massage for symptoms -Kasai Massage -Deep Tissue Massage -Reflexology -Lymphatic massage - Cupping Therapy -Acupuncture -Skin tattoos -Acne absorption ,fat absorption ,etc. ***If there is a menu for therapy or treatment, diploma or certificate of the Thai Traditional Medicine Assistant Course(372 hours) is required to show from a trained masseur or therapist.		
<input type="checkbox"/> 2). The list of services and service rates is showed openly which can be checked easily.	-Service rates Package rates - -Course rates		
<input type="checkbox"/> 3).The service provider is dressed in the uniform of the health establishment and has a name tag on the chest.	-The service provider wears a uniform that is appropriate for the operation and is Thai and /or neat. - The provider has good personal hygiene. There is a name tag to show up.		
<input type="checkbox"/> 4).Personnel are employed in accordance with local labor laws.	- Have an employment registration document according to the local labor law		
<input type="checkbox"/> 5). providers are trained from courses Service that are certified by government agencies.	- There is documentary evidence that the service provider has been trained from a course that is accredited by a government agency. - us has the ability to provide various services(Treatment) and provide impressive services. -The service is provided with a polite and attentive manner.		

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 6). Determine the opening and closing hours of the establishments in accordance with local conditions and permits.	-There is a message showing the opening and closing hours of the establishment at the establishment and online channels.		

note

1. Passing criteria for the self- assessment

1. 1 Establishments to apply for certification as health establishments abroad The establishment must be organized according to the specified criteria , a total of 21 items including:

- (1) 9 location criteria
- (2) 6 safety criteria
- (3) 6 service criteria

1. 2 Cases with water treatment services Steam ,sauna ,or services that use heat or cold The establishment must be organized following the specified criteria , 25 items must be met , including:

- (1) 9 location criteria
- (2) 10 safety criteria
- (3) 6 service criteria

2. The audit for the certification of Naud Thai or Spa Thai abroad

The audit committee will make an appointment for an audit at the health establishment after receiving the results of the establishment's self-assessment.



For Certification Auditor

Self-Assessment Form for Certification as a Health Establishment Abroad

Business Type: Thai Spa for Health Thai Massage for Health

establishment Name of.....

Location(No./Building/Street/District).....

Characteristics of the establishment

- 1. Design/ Dedicated construction
- 2. Commercial Buildings
- 3. Located in a building or shopping mall.
- 4. Other (Please specify).....

The total service area is..... square meters

Name of the entrepreneur.....phone.....

Highlights/Identity of Establishments.....

Obtained a business license No. eon th..... expiration date.....

Issued by..... countries

) Hours ServiceOpen-Close (..... Number of Service Providers

1. Indication of Thainess(check the box of more than1 available service)

- 1. Appearance
 - 1.1 There is a decoration of the place to create a Thai atmosphere.
 - 1.2 Receptionist dressed in Thai style
 - 1.3 Thai hospitality
- 2. Taste
 - 2.1 Snacks using Thai products are available.
 - 2.2 Healthy drinks using Thai products are available.
- 3. Smell
 - 3.1 Use Thai essential oils to create a Thai atmosphere.
 - 3.2 Use Thai herbs to create a Thai atmosphere.
- 4. Sound
 - Thai music is used to create a Thai atmosphere.
- 5. Touch
 - 5.1 Thai massage menu available
 - 5.2 Providing services using Thai products

2. List of services in overseas health establishments (C heck✓ in if the services are available)

2.1 The main services of Thai massage abroad /

Thai spa abroad are as follows:

- Foot massage: including.....chairs.
- Thai massage: including
Thai massage.....room
.....bed /cushion
- Oil massage.....room.....bed
- Facial massage.....room.....bed

2.2 Supplementary services for Thai massage abroad are as follows

- Exfoliating/Facial
- Facial skin
- Hair styling
- Healthy snacks
- Body Bath/Sauna
- Others specify
- Scrub Mask/Face Mask
- care, body care
- manicure, pedicure, etc.
- healthy drinks
- Thai products distribution

2. 3Water using service (only for Thai spas abroad)as follows :

- Whirlpoolroom tub
- Jet shower.....bed
- Steam cabinet.....cabinet
- Bathtubroom
- Vichy shower.....bed
- Steam room.....room

2. The other 43 services are:

- (1) Body scrub
- (2) Facial exfoliation
- (3) Using a hot blanket
- (4) Body cleansing
- (5) Facial cleansing
- (6) Meditation
- (7) Facial Massage
- (8) Providing healthy food or beverages;
- (9) Body care
- (10) Facial skin care
- (11) Cold compress.
- (12) Thermal compress.
- (13) Facial Conditioning
- (14) Skin Brushing
- (15) Body Wrap
- (16) Facial Mask
- (17) Wrapping
- (18) Hot Wrapping
- (19) Sauna
- (20) Steam
- (21) Hot sand bathing
- (22) Shibol
- (23) Tai Chi
- (24) Tai Chi
- (25) Pilates
- (26) Fitball
- (27) Yoga
- (28) Ruesi dat ton
- (29) Aerobics

Self-Assessment Form for Certification as a Health Establishment Abroad

Please check in if it meets the criteria

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
(1) 9 Criteria for Locations			
1) Labels, text, and images in the signs of the establishment. It has the following characteristics: <input type="checkbox"/> 1.1 At least 1 sign with local characters must be placed in front of the building or the building in a clearly visible manner. The size and characteristics are required by local law. <input type="checkbox"/> 1.2 The text or image on the sign is not exaggerated <input type="checkbox"/> 1.3 It does not convey obscene or contrary to public order, customs, morals, culture, or local beliefs.	<ul style="list-style-type: none"> - Install the business nameplates in the area where the name of the establishment and the location number can be clearly seen. - Establishment nameplate must be kept stable, clear and safe at all times. 		
2) General characteristics of the establishment. <input type="checkbox"/> 2.1 If there are other businesses in the same building, the area must be clearly demarcated and there must be no channels or gates that can contact or link activities with other businesses.	<ul style="list-style-type: none"> - Establishment building is stable and located in a suitable location. It is convenient, safe, and not harmful to health. - Utilization of the premises must be in accordance with local laws. 		
<input type="checkbox"/> 2.2 Within the establishment, the service area is clearly divided into proportions and in accordance with the standards of each service.	<ul style="list-style-type: none"> - There is a clear division of zones or areas of various services. - Service rooms and service equipment listed must be kept clean, well ventilated, ready to use, and should comply with the standards of each type of service, such as bed spacing, bed/cushion size, etc. Height of the oil massage bed Upholstery/pillow material, etc. (if possible) - If it is necessary to divide the service area to suit the size of the establishment. Consider the convenience and safety of service recipients. 		
<input type="checkbox"/> 2.3 The service area must be well lit and ventilated. There is no musty smell which disturb client while receiving the service.	<ul style="list-style-type: none"> - The service room is well lit. If there is a musty smell, there must be a window that can be opened for ventilation or an exhaust fan that is kept clean and safe. - The room temperature is adjusted to suit the service arrangement and contribute to the comfort of the service recipients. - It is recommended that this health establishment is a non-smoking place. 		
<input type="checkbox"/> 2.4 The personal service room must not be too closed or closed.	<ul style="list-style-type: none"> - The door of the service room must not be locked. 		



Criteria for Health Establishments Abroad	Observations/Evidence	have	without
	<ul style="list-style-type: none"> - Oil massage rooms or services that require body uncover, the service room usage symbol must be clearly displayed. - There should be privacy. It is not disturbed by the external environment that disturbs the peace of the service recipients. 		
<input type="checkbox"/> 2.5 Decoration of the place must not be degrading or contrary to the good culture and traditions of Thailand.	<ul style="list-style-type: none"> - Decoration of premises both inside and outside the building It must not be obscene or decorated with idols that are respected in inappropriate areas. - Not contrary to religious principles and beliefs and local culture. - Respect for differences in taste. Gender and appropriate behavior of service recipients 		
<input type="checkbox"/> 2.6 There is a toilet, a sink. Changing rooms and lockers that are clean, hygienic, safe, adequate, and must be separated for men and women.	<ul style="list-style-type: none"> - Toilets are labeled as male or female or unisex. - Hand wash basin and liquid soap are provided. Single-use or per-person handkerchiefs or paper towels, supported by a trash bin. - There are changing rooms or areas, including floors or wardrobes, and separate lockers for men and women. - For the services that require bathing or soaking, the shower or bathtub must always be maintained in a safe and secure manner. 		
(2) 10 safety criteria			
<input type="checkbox"/> 1). First aid equipment is available.	<ul style="list-style-type: none"> - Check the quality and expiration time of medical supplies and first Aid Equipment 		
<input type="checkbox"/> 2). There is a sign or message warning of danger that may occur to the service recipient before receiving the service.	<ul style="list-style-type: none"> - There are signs/messages warning of prohibitions and precautions when entering the establishment. - There are warning signs in risky areas, such as be careful of your head, beware of uneven floors, or be careful of slippery floors, etc. 		
<input type="checkbox"/> 3). All equipments and tools are cleaned hygienically after using.	<ul style="list-style-type: none"> - Change bed linen and pillowcases every time after the service is completed. Towel, Blanket are provided to all service recipients individually. - In case of manicure, pedicure, etc. The equipment must be cleaned before and after every use, such as nail clippers, nail accessories, etc. 		
<input type="checkbox"/> 4). If there is a service that needs to be close to the client's face. Providers must wear a face mask.	<ul style="list-style-type: none"> - Face masks or other protective equipment are provided at the service point in health establishments. 		

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 5). Proper management of solid waste, sewage and wastewater and control of disease carriers in accordance with sanitation principles and local health regulations.	<ul style="list-style-type: none"> - There is a trash bin with a lid in the bathroom, kitchen, preparation room, and general service area - Collect, sort and dispose of wastewater according to the rules of local regulations. 		
<input type="checkbox"/> 6). Have fire alarms and install fire protection systems in the premises in accordance with local regulations or requirements.	<ul style="list-style-type: none"> - Audible fire alarm devices such as bells, bells, and sirens are audible throughout the service area. - Fire protection systems such as smoke extractors may be in place (if possible). - Have at least one fire extinguisher that is securely installed and strong in an area that can be accessed and used conveniently and quickly, and provide evidence of regular inspection of the readiness of the fire extinguisher. - Fire escape signs - Emergency lighting system available 		
<p>**In case of water using services, steam, sauna or service with the use of heat or cold ***</p> <p><input type="checkbox"/> provided, continue the self-assessment form in items 7 - 10 <input type="checkbox"/> not provided, (skip to section 3: service criteria)</p>			
<input type="checkbox"/> 7). Have a safety control system, maintenance, supervision and monitoring of the use of equipment and technology.	<ul style="list-style-type: none"> - A person with knowledge and understanding of the use of equipment and technology has been assigned to be in charge of the operating system of the equipment and technology. - Documentation of quality and availability of equipment and technology - Have an emergency system or operating system that can automatically stop the operation of the device in the event of an incident. 		
<input type="checkbox"/> 8). Thermometer and thermostat that can manually adjust heat or cooling are available.	<ul style="list-style-type: none"> - Thermometer and temperature controller are in normal operation. - There is a clock that shows the time clearly, so the service recipients can control the service time appropriately by themselves. 		
<input type="checkbox"/> 9). There is a system to screen the health risks of service recipients and provide advice on how to receive services with appropriate heat or cooling.	<ul style="list-style-type: none"> - An assessment form is available to provide important information about the health risks of service recipients. - Signage posted at the establishment or the online information channel of the establishment to provide important information about health risks, which may be prohibited or precautions for entering services that use heat or cold. 		



Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 10). There is a system to advise about how to get service with proper heating or cooling.	- Signage posted at the establishment or the online information channel of the establishment to provide important information about health risks, which may be prohibited or precautions for entering services that use heat or cold.		
(3) 6 service criteria			
<input type="checkbox"/> 1). Establishments must not provide services that refer to treatment, or any procedure that involves the use of medical equipment. In case of the establishment has a menu for therapy or any treatment or procedure that involves the use of medical instruments involves the use of medical. Therapist must have completed the Thai Traditional Medicine Assistant Course(372 hours) ***	-Check from the service menu, must not include the list of treatments as follows: -Massage for symptoms -Kasai Massage - Deep tissue massage -Reflexology -Lymphatic massage - Cupping Therapy -Acupuncture -Skin tattoos -Acne absorption ,fat absorption ,etc. ***If there is a menu for therapy or treatment, diploma or certificate of the Thai Traditional Medicine Assistant Course(372 hours) is <u>required to show</u> from a trained masseur or therapist.		
<input type="checkbox"/> 2). The list of services and service rates is showed openly which can be checked easily.	-Service rates -Package rates -Course rates		
<input type="checkbox"/> 3).The service provider is dressed in the uniform of the health establishment and has a name tag on the chest.	-The service provider wears a uniform that is appropriate for the operation and is Thai and/or neat. - The provider has good personal hygiene. re is The a name tag to show up.		
<input type="checkbox"/> 4).Personnel are employed in accordance with local labor laws.	- Have an employment registration document according to the local labor law		
<input type="checkbox"/> 5). Service providers are trained from courses government agencies that are certified by.	- There is documentary evidence that the service provider has been trained from a course that is accredited by a government agency. - has the ability to provide various The carrier services(Treatment) and provide impressive services. -The service is provided with a polite and attentive manner.		

Criteria for Health Establishments Abroad	Observations/Evidence	have	without
<input type="checkbox"/> 6). Determine the opening and closing hours of the establishments in accordance with local conditions and permits.	- There is a message showing the opening and closing hours of the establishment at the establishment and online channels.		

Auditor's Opinion

The establishment named.....Date.....

It meets the specified criteria and is considered to be proposed to the Screening Committee.

It is deemed appropriate to amend and improve it to meet the specified criteria and propose it to the Screening Committee.

The document must be amended, updated, and delivered within (DD/MM/YYYY).....

Auditor

Sign..... Sign.....

1 (.....) **2** (.....)

Position..... Position.....

Sign..... Sign.....

3 (.....) **4** (.....)

Position..... Position.....

Auditee

Sign.....

(.....)

Position.....

Date.....

I have acknowledged the results of the standard audit and would like to certify that the audit team has not damaged the assets of the establishments that have been audited. Damage, loss or depreciation in any way.

Sign..... Sign.....

(.....) (.....)

Position..... Position.....

Certificate Applicant / or Authorized Person

witness



3.2 Supporting Documents for Certification of Health Establishments Abroad Criteria for Health Establishments Abroad

(1) Criteria for Establishment Premises (9 Items)

1. Name signs, text, and images on the establishment's signage shall possess the following characteristics:

- 1.1 A minimum of one sign in the local language must be prominently displayed at the front of the building or on the building itself, with size and specifications in compliance with applicable local laws.
- 1.2 The content or images displayed on the sign must not be exaggerated or misleading.
- 1.3 The content or images must not convey obscene or indecent messages, nor should they violate public order, customs, traditions, morals, culture, or local beliefs.

2. General Characteristics of the Establishment

- 2.1 If other businesses operate within the same building, the establishment must have clearly delineated areas and must not share pathways or connecting doors with other businesses.
- 2.2 The establishment must have clearly demarcated and distinct service areas, in accordance with the standards set for the respective services.
- 2.3 The service areas must be sufficiently illuminated and well-ventilated, free from any unpleasant odors, ensuring a comfortable and pleasant atmosphere during the provision of services.
- 2.4 Individual service rooms must not be overly secluded or excessively concealed from public view.
- 2.5 The design and decor of the establishment must adhere to ethical standards and must not violate the cultural values, traditions, or esteemed customs of Thailand.
- 2.6 The establishment shall provide clean, hygienic, safe, and sufficient facilities, including restrooms, handwashing stations, changing rooms, and secure lockers for clothing. These facilities must be distinctly segregated by gender for male and female users.

(2) Safety Standards – 10 Requirements

1. The establishment shall ensure the availability of fully functional first aid equipment at all times.
2. Clear and visible warning signs or notices must be displayed to inform service recipients of potential hazards prior to service commencement.
3. All equipment and tools must be meticulously cleaned and sanitized after each use, in strict adherence to hygiene standards.
4. For services necessitating close proximity to the recipient's face, service providers are required to wear face masks at all times.
5. The establishment must implement an appropriate system for the management of solid waste, sewage, and wastewater, along with effective measures for controlling vectors of disease, in full compliance with established sanitation standards and local health regulations.
6. Fire alarm systems and comprehensive fire prevention measures must be installed within the premises, ensuring strict adherence to all applicable local laws and regulatory requirements.

ตป.5

เมือง.....ประเทศ.....

วัน เดือน ปี ที่ตรวจประเมิน.....

ความเห็นของผู้ตรวจประเมิน

สถานประกอบการชื่อ.....ในวันที่.....

- เป็นไปตามเกณฑ์ที่กำหนด และเห็นควรเสนอต่อคณะกรรมการกั่นกรอง ต่อไป
- เห็นควรให้มีการแก้ไขปรับปรุง เพื่อให้เป็นไปตามเกณฑ์ที่กำหนด และเสนอต่อคณะกรรมการกั่นกรอง ต่อไป โดยกำหนด ให้แก้ไข ปรับปรุง จัดส่งเอกสาร/หลักฐาน ภายในวันที่.....

ผู้ตรวจประเมิน

ลงชื่อ..... ลงชื่อ.....

① (.....) ② (.....)

ตำแหน่ง..... ตำแหน่ง.....

ลงชื่อ..... ลงชื่อ.....

③ (.....) ④ (.....)

ตำแหน่ง..... ตำแหน่ง.....

ผู้รับการตรวจประเมิน

ลงชื่อ.....

(.....)

ตำแหน่ง.....

วันที่.....

ข้าพเจ้าได้รับทราบผลการตรวจประเมินมาตรฐานแล้ว และขอรับรองว่าคณะผู้ตรวจประเมินมิได้ทำให้ทรัพย์สินของสถานประกอบการที่รับการตรวจประเมินครั้งนี้ เกิดความเสียหาย สูญเสีย หรือเสื่อมค่า แต่ประการใด

ลงชื่อ..... ลงชื่อ.....

(.....) (.....)

ตำแหน่ง..... ตำแหน่ง.....

ผู้ขอรับใบรับรอง / หรือผู้รับมอบอำนาจ

พยาน

3.3 Supporting Documents for Certification of Health Establishments Abroad Abroad Criteria for Health Establishments Abroad

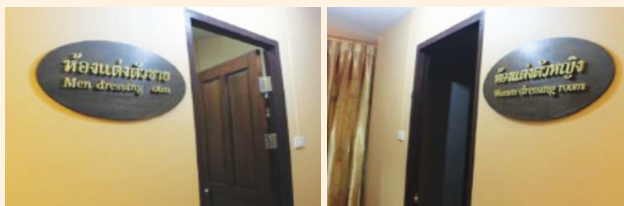
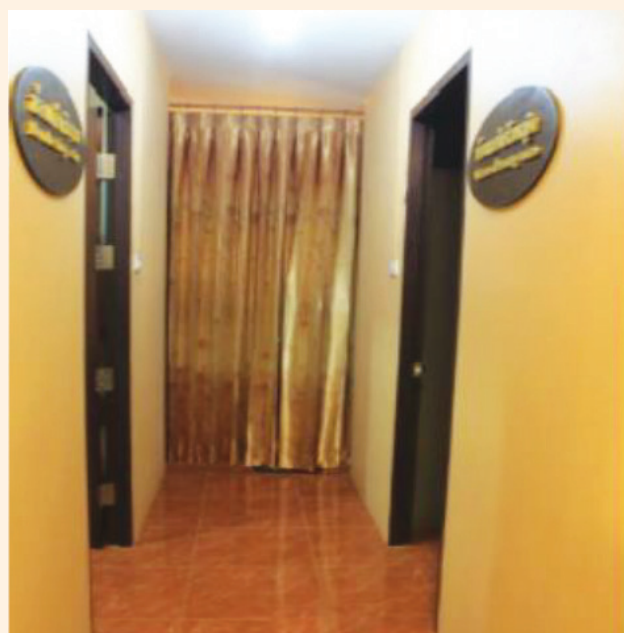
Health Service Standards for Oversea Establishment	Observations/evidence
(1) Criteria for Establishment Premises (9 Items)	
<p>1. Name signs, text, and images on the establishment's signage shall possess the following characteristics:</p> <p><input type="checkbox"/> 1.1 A minimum of one sign in the local language must be prominently displayed at the front of the building or on the building itself, with size and specifications in compliance with applicable local laws.</p> <p><input type="checkbox"/> 1.2 The content or images displayed on the sign must not be exaggerated or misleading.</p> <p><input type="checkbox"/> 1.3 The content or images must not convey obscene or indecent messages, nor should they violate public order, customs, traditions, morals, culture, or local beliefs.</p>	 
<p>2. General Characteristics of the Establishment</p> <p><input type="checkbox"/> 2.1 If other businesses operate within the same building, the establishment must have clearly delineated areas and must not share pathways or connecting doors with other businesses.</p>	

Health Service Standards for Oversea Establishment

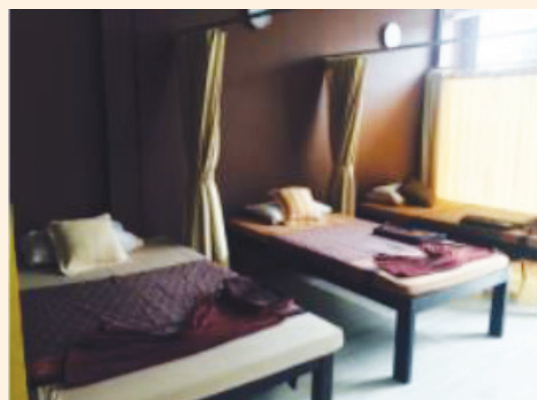
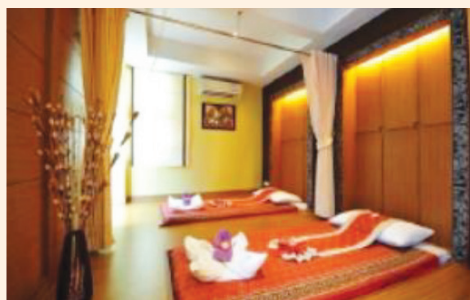
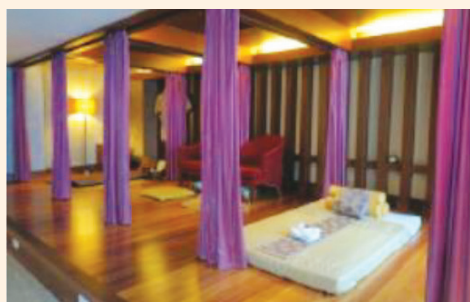
2.2 The establishment must have clearly demarcated and distinct service areas, in accordance with the standards set for the respective services.



Observations/evidence

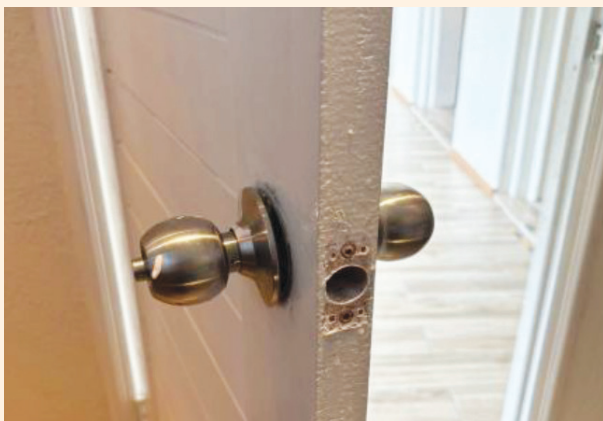


2.3 The service areas must be sufficiently illuminated and well-ventilated, free from any unpleasant odors, ensuring a comfortable and pleasant atmosphere during the provision of services.



Health Service Standards for Oversea Establishment

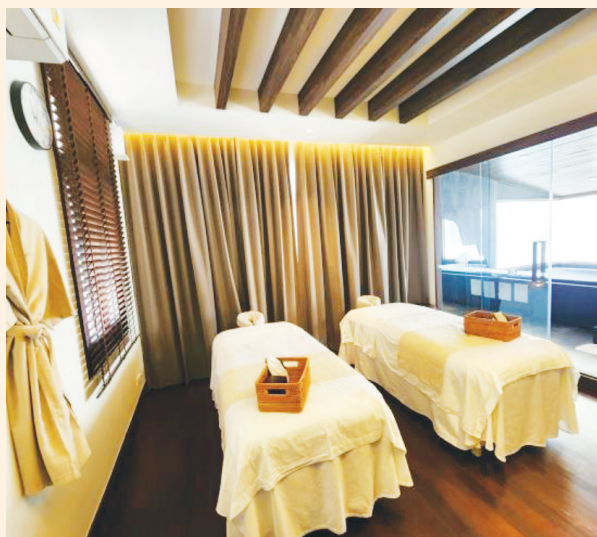
2.4 Individual service rooms must not be overly secluded or excessively concealed from public view.



Observations/evidence

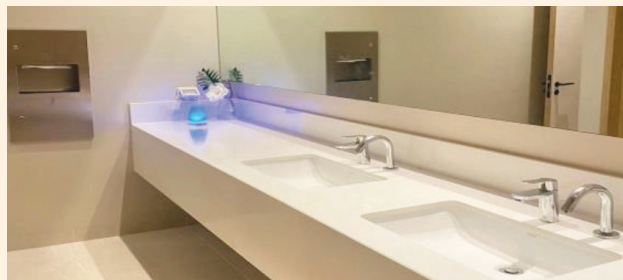


2.5 The design and decor of the establishment must adhere to ethical standards and must not violate the cultural values, traditions, or esteemed customs of Thailand.

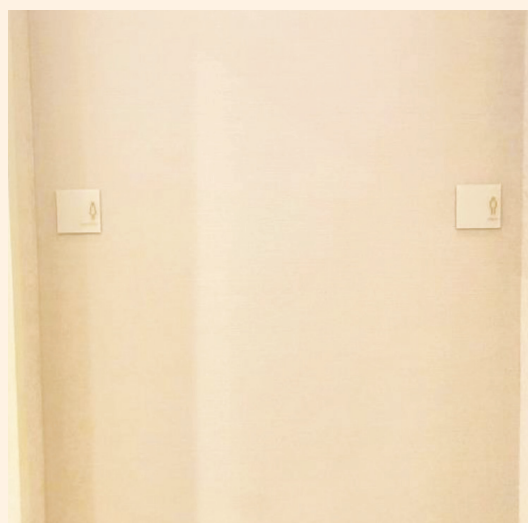


Health Service Standards for Oversea Establishment

2.6 The establishment shall provide clean, hygienic, safe, and sufficient facilities, including restrooms, handwashing stations, changing rooms, and secure lockers for clothing. These facilities must be distinctly segregated by gender for male and female users.

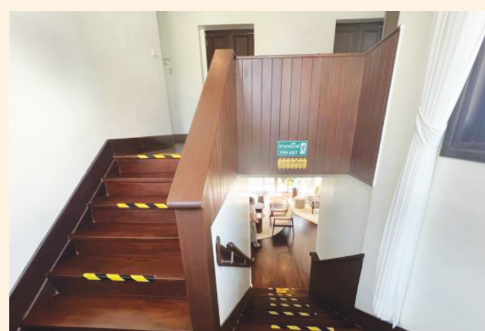


Observations/evidence



(2) Safety Standards – 10 Requirements

- 1. The establishment shall ensure the availability of fully functional first aid equipment at all times.
- 2. Clear and visible warning signs or notices must be displayed to inform service recipients of potential hazards prior to service commencement.
- 3. All equipment and tools must be meticulously cleaned and sanitized after each use, in strict adherence to hygiene standards.
- 4. For services necessitating close proximity to the recipient's face, service providers are required to wear face masks at all times.



Health Service Standards for Oversea Establishment

5. The establishment must implement an appropriate system for the management of solid waste, sewage, and wastewater, along with effective measures for controlling vectors of disease, in full compliance with established sanitation standards and local health regulations.



Observations/evidence

6. Fire alarm systems and comprehensive fire prevention measures must be installed within the premises, ensuring strict adherence to all applicable local laws and regulatory requirements.



Health Service Standards for Oversea Establishment

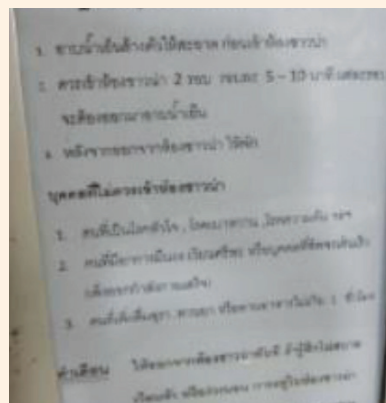
Observations/evidence

*** For services involving the use of water, steam rooms, saunas, or treatments involving heat or cold*** :

If such services are provided, the self-assessment questionnaire (items 7–10) must be completed.

If such services are not provided, proceed directly to the service provision assessment section.

7. A comprehensive safety control system must be implemented, ensuring the maintenance, supervision, and proper operation of all equipment and technologies.



8. Devices for measuring and regulating temperature, with capabilities for individual adjustments to heat or cold, must be provided.

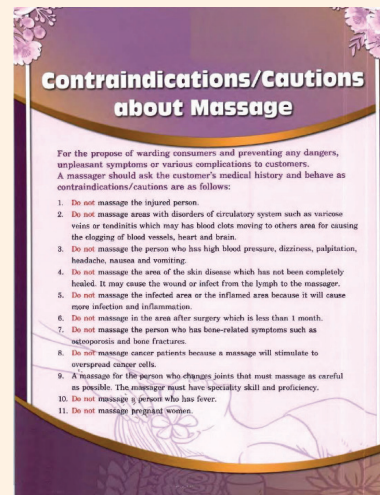
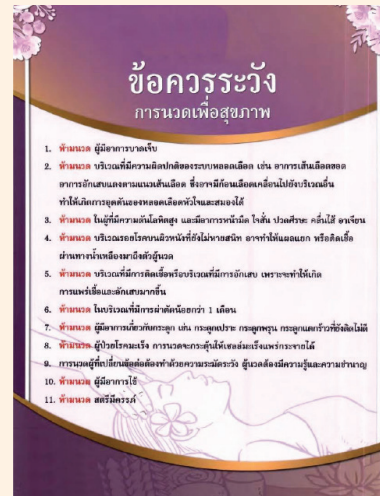


Health Service Standards for Oversea Establishment

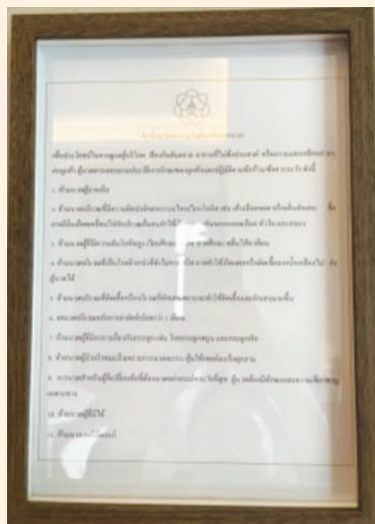
□ 9. The establishment must implement a health risk screening system to evaluate service recipients and provide appropriate guidance on treatments involving the application of heat or cold.



Observations/evidence



□ 10. The establishment must have a structured advisory system in place to offer detailed recommendations for treatments involving the application of heat or cold.



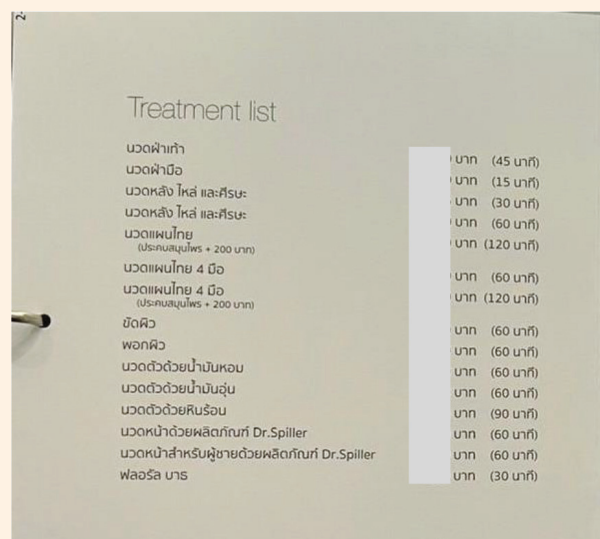
Health Service Standards for Oversea Establishment

Observations/evidence

(3) Service Provision Criteria – 6 Points

1. The establishment must not offer services that claim to diagnose, treat, or perform any procedures utilizing medical instruments.

In instances where the establishment provides treatments, therapies, or procedures involving medical instruments, the practitioners, including massage therapists or therapists, must have completed a certified training course for Thai medical assistants (372 hours).



Service Name (Thai)	Price (Thai Baht)
นวดฝ่าเท้า	บาท (45 บาท)
นวดฝ่ามือ	บาท (15 บาท)
นวดหลัง ไหล่ และศีรษะ	บาท (30 บาท)
นวดหลัง ไหล่ และศีรษะ	บาท (60 บาท)
นวดแผนไทย (ประคบสมุนไพร + 200 บาท)	บาท (120 บาท)
นวดแผนไทย 4 มือ	บาท (60 บาท)
นวดแผนไทย 4 มือ (ประคบสมุนไพร + 200 บาท)	บาท (120 บาท)
ยืดผิว	บาท (60 บาท)
พอกผิว	บาท (60 บาท)
นวดตัวด้วยน้ำมันหอม	บาท (60 บาท)
นวดตัวด้วยน้ำมันงู	บาท (60 บาท)
นวดตัวด้วยหินร้อน	บาท (90 บาท)
นวดหน้าด้วยผลิตภัณฑ์ Dr.Spiller	บาท (60 บาท)
นวดหน้าสำหรับผู้ชายด้วยผลิตภัณฑ์ Dr.Spiller	บาท (60 บาท)
ฟลอร่า บาร	บาท (30 บาท)

2. The establishment must prominently display a comprehensive list of services offered and their corresponding fees in a manner that is easily visible and accessible for verification.



Service Name (Thai/English)	Price (Thai Baht)
นวด สดชื่นสปา (สราวนอบ/กลิ่น/บาล์ม) Take a dip (aroma smell : Lavender / Lemongrass / Jasmine) 泡泡浴 (薰衣草/柠檬草/茉莉花香味选择)	60 บาท 120 บาท
นวด + สดชื่น + นวดสปา Take a dip and body Scrub and aromatherapy body massage. 全身磨砂护理香精油全身按摩	
นวด + นวดสปา + ประคบสมุนไพร Take a dip and aromatherapy body massage and hot herbal compress. 香薰油全身按摩 (附加草本温热按压)	
ทำความสะอาดผิวหน้า + ยืดผิวหน้า + นวดผิวหน้า Facial cleansing + facial scrub + facial care 面部清洁+面部清洁护理+洗脸+面部护理	
ทำความสะอาดตัว + ยืดตัว + นวดตัว body cleansing + body scrub + body care 皮肤清洁+皮肤磨砂+皮肤护理	

Health Service Standards for Oversea Establishment	Observations/evidence
<p><input type="checkbox"/> 3. Service providers shall wear the official uniform of the health establishment and display a name tag on the chest.</p>	
<p><input type="checkbox"/> 4. Personnel must be employed in strict accordance with the applicable local labor laws and regulations.</p>	
<p><input type="checkbox"/> 5. Service providers must have completed training from a program that is accredited by the relevant governmental authorities.</p>	

Health Service Standards for Oversea Establishment	Observations/evidence
<p><input type="checkbox"/> 6. The establishment shall establish operating hours that comply with local conditions and permits.</p>	 



Chapter 4

Forms Used in Health Service
Establishments Abroad



Chapter 4

Forms Used in Health Service Establishments Abroad

4.1 : Forms Used in Health Service Establishments Abroad Application Form (TP.1)

Category: Thai Spa
 Thai Massage

Receipt Number.....
Date.....

รูป 1

Application for Certificate of Operation of Health Establishments Abroad

Write at

Date Month

1. I

1.1 Full nameAge.....years old

1.2 Legal Entity.....

By (name-surname)Age years old

2. I would like to apply for certification for operating a health establishment abroad. as follows

Thai Spa Business Abroad The service is mainly provided by water therapy and body massage, consisting of 3 other services:

1.....2.....3.....

Thai massage business abroad with the following services:

1.....2.....3.....

3. Use the name of a health establishment in a foreign country:

Location of the establishment.....

Telephone (convenient contact)

The day/time of the open and closed

4. I have attached various documents and evidence to apply for certification as a health establishment in a foreign country. **(All copies must be certified as correct)** as follows

4.1 Copy of business license from the local authority

4.2 Map showing the location of the establishment with a brief description of the location

4.3 Layout or interior Layout of the establishment

4.4 List of service providers including.....people with the qualification certificate of all service providers attached.

4.5 Other evidence (if any) such as the certificate of change of name - surname

5. I certify that I meet the required criteria for being an applicant for a certificate of operation of a health establishment abroad.

Sign.....

(.....) Applicant

Explanation

Establishments wishing to apply for certification from the Embassy, Consulate, or Thai Trade and Economic Office as a health establishment abroad must apply by completing the details in the application form (TP.1) at the relevant Embassy, Consulate, or Thai Trade and Economic Office in the respective country as follows:

1. Fill in general information about the business owner.
2. Provide details of the service menu offered at the health establishment abroad:

2.1 For Thai spa for health, list three additional service options.

2.2 For Thai massage for health services, provide details related to Thai massage services (if the menu includes therapeutic treatments, attach a diploma or certificate from a massage therapist or a therapist trained in a 372-hour Thai traditional medicine assistant course).

3. To assist business owners, provide detailed information about the location of the establishment, including a contactable phone number.

4. Attach documents for consideration. If any documents are copies, certify all pages as true copies with the blue color pen.

4.1 Copy the business operation license from the local authority.

4.2 Draw a map on A4 paper starting from a well-known location (e.g., school, mall, government office, main road) to the establishment, including arrows showing the travel route. Alternatively, download a map from Google Maps and mark the establishment's location, name, owner, and contact phone number.

4.3 Draw an interior layout of the establishment on A4 paper. For establishments with more than one floor, draw one plan per floor, starting from the front door to the back of the establishment, including dimensions (width × length), area calculations in square meters, service menu details, and the number of beds and rooms.

4.4 Complete the therapist or service provider list (Form TP.3). Therapists must have a diploma or certificate in Thai health massage (minimum 150 hours) and attach certified copies of the credentials.



4.2 Service Provider List in Health Establishments Abroad

Provide details of service providers or therapists, including name, address, contact number, and the institution from which they obtained a diploma or certificate in Thai health massage (minimum 150 hours).

ตป. 3

List of service providers

Part 1. General Information

Name of establishment.....

Business Type: Thai Spa for Health Thai Massage for Health

Establishment Location.....

Phone (Contactable).....

Part 2. Service Provider Information including people as follows:

No.	Name	age (years)	Institution of Graduation Thai Healthy Massage 150 Hours	note



4.4 Prohibitions and Precautions

Establishments applying for certification health establishments abroad must provide warnings for customers and conduct screenings for all customers before services are provided.

Contraindications/Cautions about Massage

For the propose of warding consumers and preventing any dangers, unpleasant symptoms or various complications to customers. A massager should ask the customer's medical history and behave as contraindications/cautions are as follows:

1. **Do not** massage the injured person.
2. **Do not** massage areas with disorders of circulatory system such as varicose veins or tendinitis which may has blood clots moving to others area for causing the clogging of blood vessels, heart and brain.
3. **Do not** massage the person who has high blood pressure, dizziness, palpitation, headache, nausea and vomiting.
4. **Do not** massage the area of the skin disease which has not been completely healed. It may cause the wound or infect from the lymph to the massager.
5. **Do not** massage the infected area or the inflamed area because it will cause more infection and inflammation.
6. **Do not** massage in the area after surgery which is less than 1 month.
7. **Do not** massage the person who has bone-related symptoms such as osteoporosis and bone fractures.
8. **Do not** massage cancer patients because a massage will stimulate to overspread cancer cells.
9. A massage for the person who changes joints that must massage as careful as possible. The massager must have speciality skill and proficiency.
10. **Do not** massage a person who has fever.
11. **Do not** massage pregnant women.

ข้อควรระวัง

การนวดเพื่อสุขภาพ

1. **ห้ามนวด** ผู้มีอาการบาดเจ็บ
2. **ห้ามนวด** บริเวณที่มีความผิดปกติของระบบหลอดเลือด เช่น อาการเส้นเลือดขด อาการอักเสบแดงตามแนวเส้นเลือด ซึ่งอาจมีก้อนเลือดเคลื่อนไปยังบริเวณอื่น ทำให้เกิดการอุดตันของหลอดเลือดหัวใจและสมองได้
3. **ห้ามนวด** ในผู้ที่มีความดันโลหิตสูง และมีอาการหน้ามืด ใจสั่น ปวดศีรษะ คลื่นไส้ อาเจียน
4. **ห้ามนวด** บริเวณรอยโรคบนผิวหนังที่ยังไม่หายสนิท อาจทำให้แผลแยก หรือติดเชื้อผ่านทางน้ำเหลืองมาถึงตัวผู้นวด
5. **ห้ามนวด** บริเวณที่มีการติดเชื้อหรือบริเวณที่มีการอักเสบ เพราะจะทำให้เกิดการแพร่เชื้อและอักเสบมากขึ้น
6. **ห้ามนวด** ในบริเวณที่มีการผ่าตัดน้อยกว่า 1 เดือน
7. **ห้ามนวด** ผู้มีอาการเกี่ยวกับกระดูก เช่น กระดูกเปราะ กระดูกพรุน กระดูกแตกร้าวที่ยังติดไม่ดี
8. **ห้ามนวด** ผู้ป่วยโรคมะเร็ง การนวดจะกระตุ้นให้เซลล์มะเร็งแพร่กระจายได้
9. การนวดผู้ที่เปลี่ยนข้อต่อต้องทำด้วยความระมัดระวัง ผู้นวดต้องมีความรู้และความชำนาญ
10. **ห้ามนวด** ผู้มีอาการไข้
11. **ห้ามนวด** สตรีมีครรภ์



禁忌/注意按摩

保护消费者 并防止危险 不良反应 或服务接受者的
并发症 服务提供商应该洗历史 并遵守禁令

1. 不要按摩受伤的人。
2. 不要按摩血管系统紊乱的区域，如静脉曲张。静脉炎症性红肿可能有血凝块移动到其他区域阻塞心脏和脑动脉
3. 不要在高血压患者中进行按摩。并伴有头晕，心悸，头痛，恶心，呕吐
4. 不要按摩尚未完全愈合的皮肤病变区域。可能会导致疮或通过淋巴感染到男性按摩
5. 不要按照感染区域或有炎症的区域按摩。因为它会引起更多的感染和炎症
6. 不要在手术时间少于1个月的地方按摩。
7. 不要按摩有骨头症状的人，如脆骨，骨质疏松症，骨折仍然不好
8. 不要按摩癌症患者。按摩会刺激癌细胞扩散。
9. 按摩。改变关节的人必须小心。按摩治疗师必须具备知识和专业知识。
10. 不要按发烧的方式按摩。
11. 不要按摩孕妇。

4.5 Risk Screening Form for Customers at Health Establishments Abroad

CLIENT CONSULTATION บันทึกลูกค้า

Name ชื่อ.....Date วันที่

Address ที่อยู่.....

Have you been to massage before ? ท่านเคยใช้บริการนวดมาก่อนหรือไม่ Yes เคย No ไม่เคย

Please indicate if you have any of following condition? “กรุณาแจ้งเจ้าหน้าที่หากท่านมีปัญหาดังนี้”		
Allergies, or reaction to any skin care produces? แพ้ผลิตภัณฑ์ดูแลผิวมาก่อน	Yes เคย <input type="radio"/>	No ไม่เคย <input type="radio"/>
Have you had any operations in the last ๖ months? ได้รับการผ่าตัดภายใน ๖ เดือนที่ผ่านมา	Yes เคย <input type="radio"/>	No ไม่เคย <input type="radio"/>
Dermatitis,eczema or any other skin rash or irritation เป็นโรคผิวหนัง ผื่นอักเสบ แพ้ หรือระคายเคือง	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
Varicose veins? เส้นเลือดขอด	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
High or low blood pressure? ความดันสูงหรือต่ำ	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
Epilepsy, or other nervous condition? โรคลมบ้าหมู หรือ อาการทางประสาท	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
Arthritis, osteoporosis or other bone or joint condition? ข้ออักเสบ โรคกระดูก หรือ มีปัญหาที่ข้อกระดูก	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
Back pain? ปวดหลัง	Yes เป็น <input type="radio"/>	No ไม่เป็น <input type="radio"/>
Heart condition? มีปัญหาหัวใจ	Yes มี <input type="radio"/>	No ไม่มี <input type="radio"/>
Are you pregnant? กำลังตั้งครรภ์	Yes ใช่ <input type="radio"/>	No ไม่ใช่ <input type="radio"/>
Do you have any serious medical condition? If you have,please specify..... กำลังเข้ารับการรักษาทางการแพทย์ ถ้ามีระบุ.....	Yes ใช่ <input type="radio"/>	No ไม่ใช่ <input type="radio"/>

I'm certify that the above is true and correct /ข้าพเจ้าขอรับรองว่าข้อมูลข้างต้นเป็นความจริง

.....
(Guest Signature/ลายเซ็นลูกค้า) (Date/วันที่)

เมนูที่เลือก.....
ชื่อผู้ให้บริการ.....

4.6 Other Essential Documents for Health Establishments Abroad

4.6.1 Prohibitions and precautions regarding the use of bathtubs.

Prohibitions and Precautions for Soaking in a Hot Bath

Soaking in a hot bath is a traditional practice that involves immersing the body in warm water to relax different parts of the body. This process helps alleviate muscle pain, reduces joint tension, and provides relaxation. Adding aromatic salts or essential oils to the bathwater at a suitable temperature, typically between 30-40°C, can enhance the experience. Such additives help improve blood circulation and enhance relaxation.

Recommendations for Hot Bathing

1. If you have high blood pressure issues, consult a doctor before soaking in hot water.
2. Use water with a temperature of between 30-40°C.
3. Limit each session to 10-15 minutes, followed by rest before continuing with a new session.
4. Begin with warm water to allow the body to adjust before moving to hot water.
5. People with skin problems or allergies to bath additives must take special precautions.
6. For elderly individuals or those with knee and joint inflammation, assistance is required when getting in or out of the pool or tub to prevent slipping and the risk of falling.
7. Individuals with specific health conditions, such as pregnancy, heart disease or kidney disease, must consult a doctor beforehand.
8. Regularly check the water temperature before and during your time in the water bath. If your body feels too hot, open ambient water or get out of the bath for a while to rest.
9. Hot water should not be used after consuming alcohol, as it may cause high blood pressure, leading to shock or unconsciousness.



4.6.4 Measures to prevent and address sexual harassment or assault in health establishments.

Measures to prevent and address sexual harassment or assault in health establishments

Inappropriate actions or behavior, whether intentional or not, that could be perceived as offensive include verbal, non-verbal, or physical actions, such as inappropriate remarks, suggestive sounds, gestures, images, documents, personal information, or sexual advances. These actions can make the recipient feel uncomfortable or insecure and may lead to misunderstandings in providing services. The following measures must be taken to prevent and resolve any sexual harassment or assault incidents effectively:

1. **Treating coworkers** with respect
2. **To reduce the risk of sexual harassment or sexual assault**, therapists should dress appropriately, covering up, not wearing tight clothing, avoiding being in secluded places
3. **In the event of being molested by a service recipient**, immediately stop providing massage services and immediately report the problem to the manager
4. **If the service recipient does not stop and continues to molest**, the masseuse (Therapist) should ask for help from the manager to proceed
5. **Immediately express dissatisfaction with the service recipient's actions** and distance yourself from the sexual harassment or assault
6. **Therapists should make notice voices to stop the service recipient action** and call for others to help immediately





กรมสนับสนุนบริการสุขภาพ
Department of Health Service Support

Guideline for the Operation of Health Establishments Abroad serves as an invaluable resource

