



DISCOVERING
thai
CUISINE
in qatar

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Preface

In the past few decades, Thai food has established itself as one of the world's greatest cuisines. Its uniqueness, due to the variety of ingredients and rich flavours, has paved the way for the Thai menu to become very popular among international gourmets.

Qatar's uniqueness as a multi-cultural, open and diverse society is among the reasons for increasing popularity of Thai food among the local residents. Less than 20 years the first Thai restaurant was opened in Qatar, now Doha is the home of about 10 authentic Thai restaurants. People can enjoy the Thai tastes, as well as, the exotic atmosphere from almost every corner in Doha, from the luxurious five-star hotel to the city's downtown. In this regard, the Royal Thai Embassy to the State of Qatar wishes to take this opportunity to officially introduce the Thai cuisine to Qatari public by publishing this "Discovering Thai Cuisine in Qatar". The book serves as a primary source to introduce the Thai restaurants managed by the Thai entrepreneurs/crews in Qatar. In addition to the information on the authentic restaurants, the book also shares interesting facts and tips of the Thai cuisines, including a few secret recipes. The Embassy hopes that this book will encourage the people in Qatar to fulfill their dining experiences of Thai cuisine while they are living in Qatar.

The Royal Thai Embassy would like to express its sincere thanks to the Embassy's officials and staffs, as well as the Thai community in Qatar, for their commitments and efforts in bringing this book to the public.

Piroon Laismit
Ambassador of Thailand

Amazing TASTES of Thailand

Discover the amazing tastes of Thai cuisine

Thailand is considered a 'paradise' not only for its breathtaking beauty and inspiring culture but also for its culinary brilliance. From the dynamic lifestyle of Bangkok to the serene seaside towns in the South and tranquil villages along the Mekong River, Thai cuisine is as rich and diverse as its culture. Uniquely crafted to appeal to all tastes, Thai food combines the best of flavours, textures, colours, and presentation. Add this to the country's wealth of ancient cooking secrets and Thai hospitality and you find a culinary treasure trove that offers an enriching and memorable dining experience.

Exquisite culinary heritage

Thai food is known for its flavours and use of herbs, spices, and market-fresh ingredients. An exciting combination of five fundamental tastes – hot, sweet, sour, salty, and bitter – brings contrasting yet complementary flavours and textures to each dish. Coconut milk, seafood, and fruit also play a key part in Thai cuisine. The essence of authentic Thai cuisine lies in its herbs and spices and they have contributed to the making of time-honoured dishes that reflect the true spirit of Thailand.

The art of Thai cooking consists of a unique local wisdom that has been passed down from generation to generation and culinary skills by which Thai chefs meticulously transform local ingredients into beautifully presented and delicious dishes. Thai dishes are a sight to behold, decorated with graceful fruit and vegetable carvings, each with its own history and meaning.



Having a Thai meal...the Thai way

For Thais, meals are informal affairs involving a circle of family and/or friends sitting around the table sharing a variety of dishes. A fork and a spoon are usually used throughout the meal but there are some exceptions. Chopsticks are ideal when eating noodles, while fingers are perfect for eating sticky rice or dipping raw vegetables in Nam Phrik (spicy dips).

A typical Thai meal consists of rice with many complementary dishes served concurrently. Dishes; such as, stir-fried vegetables, soup (Tom Yam Kung or Tom Kha Kai, for instance), and curry, spicy salads; such as, spicy vermicelli salad (yam wunsen), and one or more basic sauces usually appear in a full Thai meal. Rice, either ordinary or glutinous, is served on individual plates. The rest of the dishes are put in the middle of the table for everyone to share. Desserts may consist of fresh fruit or one of the many traditional Thai sweets.

Explore the exotic flavours of Thai cuisine

Although usually considered as a single cuisine, Thai food is better described according to the country's four main regions: Central, Northern, Northeastern, and Southern. With cultural and ethnic infusions over centuries, regional cuisines have absorbed some Eastern and Western influences while maintaining their own unique flavours and characteristics.

© Tourism Authority of Thailand



THAI RESTAURANTS IN QATAR

BAAN THAI Restaurant



Address

Al Furosiya Street, Muaither, Doha, Qatar

Contact Details

Telephone : +974 3351 5591

E-mail : bumbanthai@yahoo.com

Facebook : www.facebook.com/baanthaidoha

Opening Hours

Monday – Wednesday and Sunday : 15.00 – 23.00 hrs.

Thursday and Saturday : 12.00 – 23.00 hrs.

Friday : 12.30 – 23.00 hrs.

Recommended Dishes

- **Pla Nung Manow** (Steamed Fish with Lime and Garlic Sauce)
- **Por Pia Tod** (Spring Rolls)
- **Som Tum** (Papaya Salad)



CHANG THAI Restaurant



Address

Al-Mirqab Suites Compound

Contact Details

Telephone : +974 3339 9879

Opening Hours

Sunday – Saturday : 11.00 – 23.00 hrs.

Recommended Dishes

- **Tom Yum Seafood** (Hot and Spicy Seafood Soup)
- **Larb Ped** (Duck Spicy Salad)
- **Pad Thai** (Thai Stir-Fried Noodles with Meat)

FAR EAST Restaurant



Address

Al Markhiya Street, Doha.

Contact Details

Telephone : +974 4487 1313

Facebook : www.facebook.com/pages/fareastrestaurantthaino1

Opening Hours

Sunday – Saturday : 11.30 – 15.30 hrs. and 17.00 – midnight

Recommended Dishes

- **Mixed Seafood BBQ with Thai Curry Sauce**
- **Suki Yaki** (Thai Hot Pot)
- **Pad Kra-Pao** (Stir-Fried Meat with Basil Leaves and Chili)



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ISAAN Restaurant



Address

Grand Hyatt Doha, West Bay Lagoon, Doha.

Contact Details

Telephone : +974 4448 1250

Website : www.restaurants.doha.grand.hyatt.com

Opening Hours

Sunday – Saturday : 18.30 – 23.30 hrs.

Friday Brunch : 12.30 – 16.30 hrs.

Recommended Dishes

- **Thod mun goong** (Shrimp cakes, sweet chili sauce)
- **Larb ped** (Spicy minced duck salad)
- **Nuea phad prik kratiem**
(Stir-fried beef, chili garlic, sweet basil)



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Discovering Thai Cuisine in Qatar

JASMINE THAI Restaurant



Address

2nd floor of the ladies' mosque, Souq Waqif, Doha.

Contact Details

Telephone : +974 5586 0011, +974 4443 1601

Facebook : www.facebook.com/pages/Jasmine-Thai-Restaurant

Opening Hours

Sunday – Saturday : 15.00 – 23.00 hrs.

Recommended Dishes

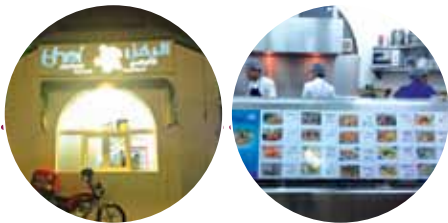
- **Tom Yum Kung** (Hot and Spicy Prawn Soup)
- **Pad Thai** (Thai Stir-Fried Noodles with Meat)
- **Pa Kra-Pong Rad Prik**
(Deep-Fried Seabass with Sweet and Sour Chili Sauce)



015

Discovering Thai Cuisine in Qatar

THAI CORNER Restaurant



Address

In front of The Centre Shopping Mall, Salwa Road, Doha.

Contact Details

Telephone : +974 66407858

Facebook : www.facebook.com/thaicorneratdoha

Opening Hours

Sunday – Thursday : 09.30 – 22.30 hrs.

Friday : 12.30 – 22.30 hrs.

Delivery Service

Recommended Dishes

- **Som Tum** (Papaya Salad)
- **Pad Thai** (Thai Stir-Fried Noodles with Meat)
- **Pad Med Ma-Muang**
(Stir-Fried Meat with Cashew Nuts and Chili)



016

Discovering Thai Cuisine in Qatar

THAI CUISINE Restaurant



Address

Al Jazeera Street, Bin Mahmoud Area, Doha.

Contact Details

Telephone : +974 77306738

Website : www.royalthaidelivery.com

Facebook : www.facebook.com/royalthaiexpress

Opening Hours

Sunday – Saturday : 10.00 – 22.00 hrs.

Friday : 12.30 – 22.30 hrs.

Recommended dishes

- **Pad Kra-Pao** (Stir-fried meat with basil leaves and chili)
- **Guay Tiew Look Chin** (Thai Noodles Soup with Meatball)
- **Por Pia Tod** (Spring Roll)



017

Discovering Thai Cuisine in Qatar

THAI SMILE Restaurant



Address

Airport Branch : Airport Road (Behind HSBC Bank Headquarter),
Umm Ghuwailina, Doha.

Barwa City Branch : LuLu Hypermarket, Barwa City, Doha

Contact Details

Telephone : +974 44415222 (Airport Branch)

+974 40061717 (Barwa City Branch)

Facebook : www.facebook.com/pages/thai-smile-doha

Opening Hours

Airport Branch – Sunday – Saturday : 11.00 – midnight

Barwa City Branch – Saturday – Thursday : 08.00 - 22.00 hrs.

– Friday : 12.30 - 22.00 hrs.

Recommended Dishes

- **Tom Yum Kung** (Hot and Spicy Prawn Soup)
- **Pad Thai** (Thai Stir-Fried Noodles with Meat)
- **Yum Pla Fu** (Deep Fried Fish Salad)



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THAI SNACK House



Address

Al Fitr Al Nasser Street, Doha.

Contact Details

Telephone : +974 44329704

Fax : +974 44369704

Website : www.thaisnackdoha.com

Opening Hours

Sunday – Saturday : 10.00 – 14.30 hrs. and 17.00 – 22.30 hrs.

Friday : 12.30 – 22.30 hrs.

Recommended dishes

- **Dumpling**
- **Kaeng Kiew Wan** (Thai Green Curry)
- **Tom Yum Kung** (Hot and Spicy Prawn Soup)



019



THAI CATERING by Kanya



Contact Details

Telephone : +974 6698 5989, +974 3373 6447

Opening Hours

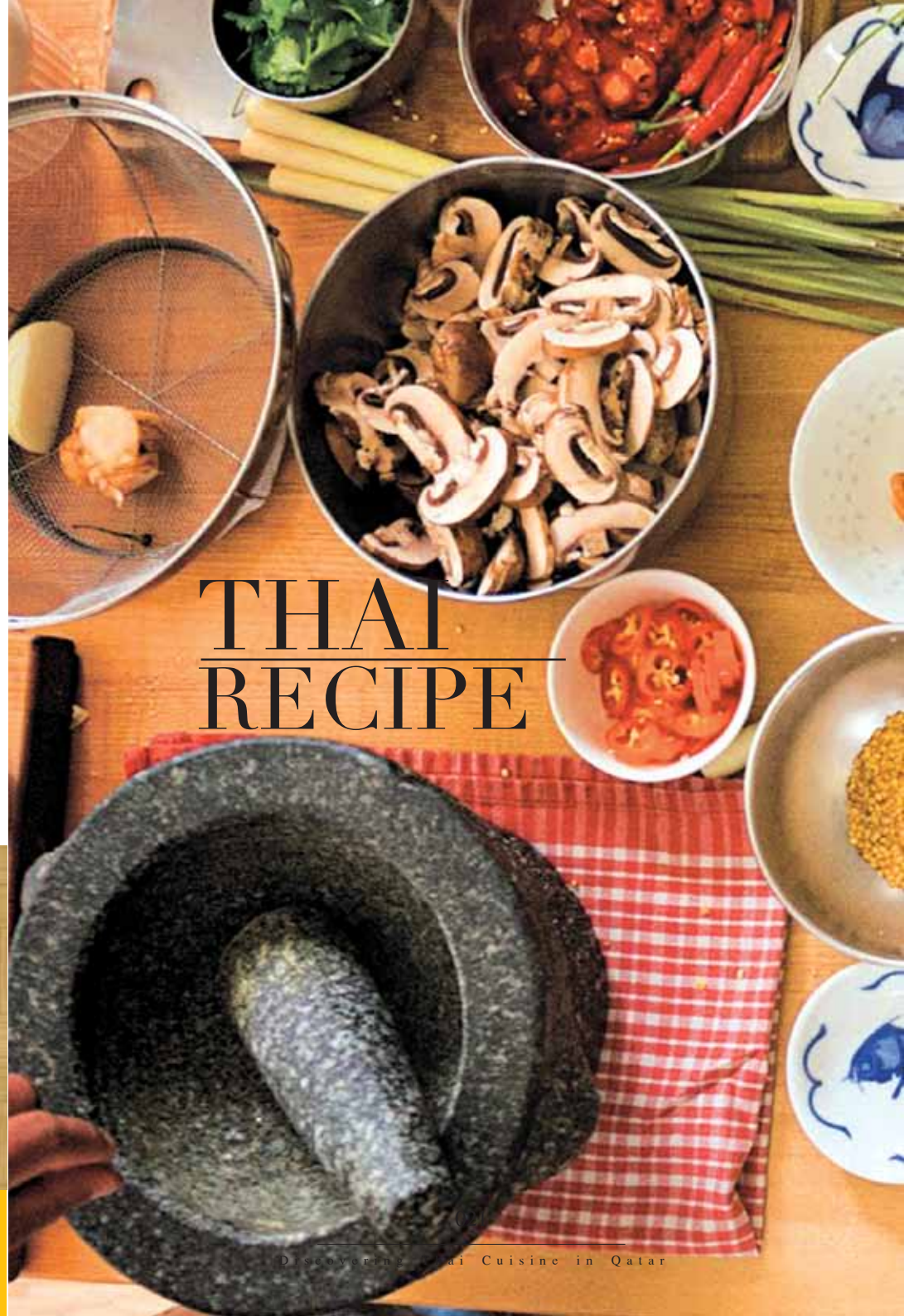
Sunday - Saturday : 08.00 - 17.00 hrs.

Recommended dishes

Thai Catering by Kanya is more than pleased to serve you with premium catering service of authentic Thai food and traditional Thai dessert. Available menu are based on both our recommended dishes as well as special request by the customers.



020



THAI RECIPE

Chicken MUSSAMAN Curry



Ingredients

Chicken	300 g
Mussman Curry Paste	60 g
Coconut milk	400 g
Stock	250 ml
Peanuts	50 g
Potatoes	150 g
Onion	100 g
Palm Sugar	100 g
Tamarind Juice	40 g
Fish sauce	2 tsp
Salt	1 tsp
Cooking Oil	2 tbs
Cardamom leaves	2-4 pods 1-2 Bay

Preparation

1. Put 100 ml of coconut milk in a pan, the rest mix with stock
2. Cook the coconut milk until oil separated and fragrance, stir in the curry paste, then gradually mix in the rest of the coconut milk and stock, add cardamom pods and bay leaves
3. Add the chicken and potatoes, simmer until the potatoes are cooked, add peanuts and onion.
4. Season with fish sauce, palm sugar, tamarind juice and salt
5. Simmer until the onions are cooked



GREEN Chicken Curry



Ingredients

Chicken Breast	150 g
Green Curry Paste	40 g
Coconut Milk	500 ml
Kaffir Lime Leaf	1
Sweet Basil Leaves	6 g
Fish Sauce	1-2 tbsp
Palm Sugar	1 tbsp
Eggplants	100 g
Red Chillies for garnish	

Preparation

1. Cut chicken into pieces.
2. Heat the coconut cream, stir fry together with curry paste until fragrant.
3. Add the meat, and cook until almost done, season with fish sauce and sugar
4. Add coconut milk and bring it to the boil. Add eggplants and let it simmer for a while.
5. Bring back to simmering point.
6. Add Kaffir lime leaves, sweet basil, and chillies. Remove from heat.
7. Serve with steamed jasmine rice



PAD THAI Gung Sod

(Thai Stir-Fried Noodles with Prawn)



Ingredients

Rice noodles (dry)	130 g
Bean sprouts	60 g
Prawns	250 g
Tofu	80 g
Egg	2
Chopped roasted peanuts	30 g
Pickled white radish	30 g
Garlic chives	20 g
Fried Garlic	½ tsp
Dried shrimps	20
Shallots	2
Cooking oil	60 ml
Water or stock	

Ingredients for the Sauce

Palm sugar	60 g
Tamarind sauce	40 ml
Fish sauce	40 ml
Chilli powder	½ tsp

Preparation

1. Soak rice noodles in water for 15 minutes
2. Start making sauce by heating up all ingredients together in a sauce pan, keep stirring until sugar dissolved and well combined, set aside
3. Fry the prawns, add a bit of the sauce set aside
4. Fry the tofu in a wok with hot oil, add shallots, pickled radish, and then noodle.
5. Add the prepared sauce and small amount of water just enough to soften it up.
6. Follow by ground roasted peanuts and dried shrimps, stir fry until well combined and push them to one side of the wok
7. Add unbeaten eggs and stir them bit flip the noodles over add bean sprouts and Chinese chives and give it a quick stir.
8. Put on a plate, garnish with fresh bean sprouts, Chinese chives, a wedge of banana blossom and a piece of lime.



SOM TUM

(Thai Papaya Salad)



Ingredients

Grated raw green papaya	150 g
Small garlic cloves	2-3
Bird's eye chillies	2-3
Cherry tomatoes	5
Long beans	30 g
Roasted peanuts	1-2 tbsp
Dried shrimp	1 tbsp
Fish sauce	1 tbsp
Palm sugar	1 tbsp
Lemon juice	1 ½ tbsp

Preparation

1. In a mortar, pound chillies and garlic together, add long beans, peanuts, dried shrimps, and then tomatoes
2. Season with fish sauce, palm sugar and lime juice
3. Add shredded Papaya, fold it in
4. served with fresh vegetable such as Chinese cabbage and long beans



TOM YUM Kung

(Spicy Prawn Soup)



Ingredients

Fresh-water Prawns	4
Straw mushrooms	100 g
stick Chopped lemongrass	1
slices Galangal	2-4
Coriander root	1
Kaffir lime leaves	3
Water or Stock	625 ml
Crushed chillies	10-15
Fish sauce	5 tbsp
Lemon juice	5 tbsp

Preparation

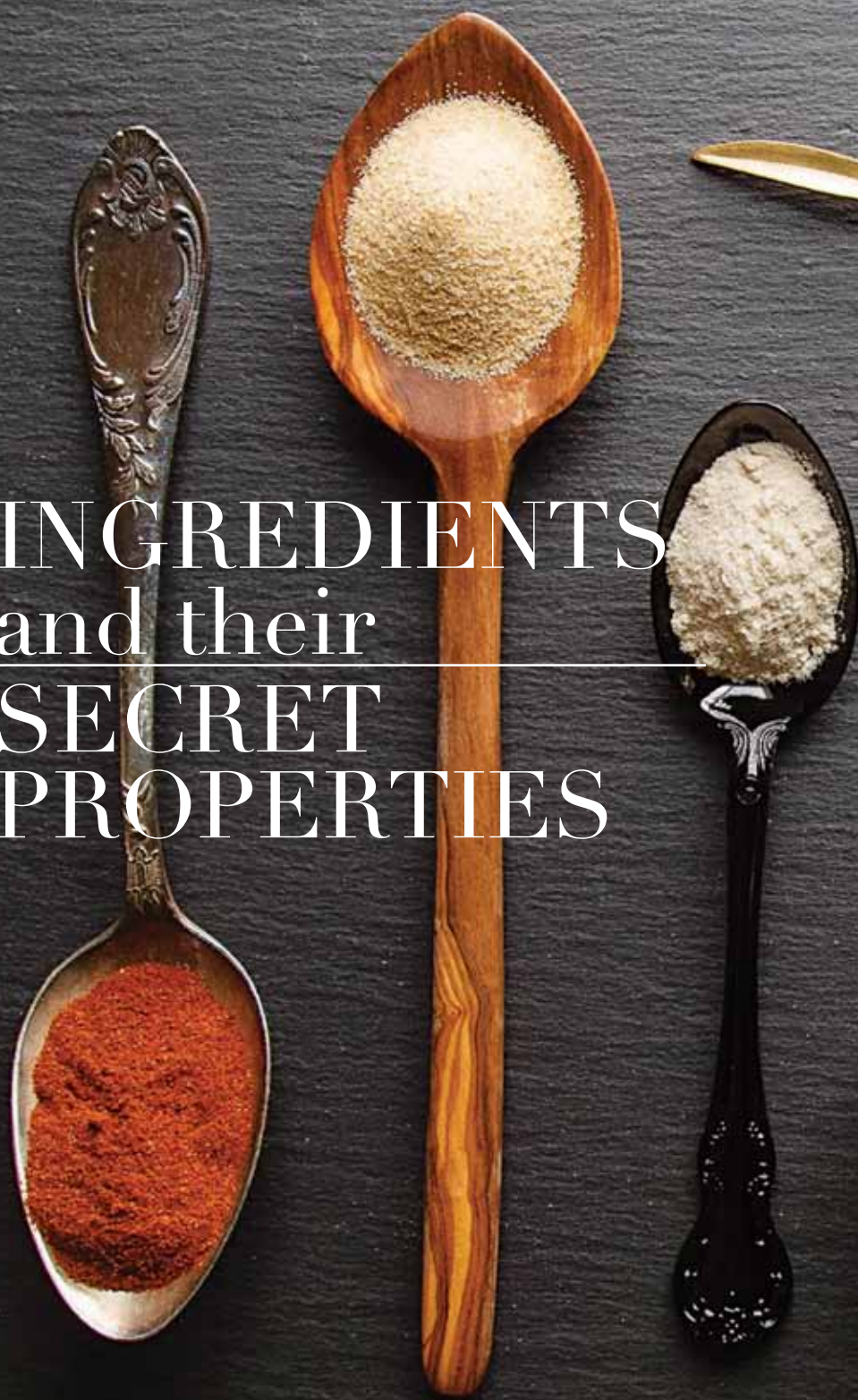
1. Heat up water with lemongrass, galangal, and a coriander root
2. Bring to a boil, add straw-mushrooms and then prawns. Bring back to the boil and add Kaffir lime leaves and chillies.
3. Remove from heat, season with fish sauce, lime juice.
4. Arrange on a serving dish and garnish with coriander leaves.

Note

For modified version, 2 tbsp of roasted chili paste, 100 ml of condensed (or coconut) milk and 1 tbsp of sugar can be added.



INGREDIENTS and their SECRET PROPERTIES



Galanga

A relative of the gingerroot, galangal (Kha) imparts a delicate, unique flavor. It is used fresh, dried or powdered. It can be used to treat excessive wind, indigestion, diarrhea and nausea. Extracts of galangal can be used to treat multiple conditions, such as wounds and aching joints.



Cardamon

The dried fruit is used as a spice and has a very pungent smell with a strong, spicy taste. The entire fruit is often used in curries. Otherwise, its seeds are often ground to counteract strong, meaty smells in certain dishes. The spice can also help in balancing the bodily humours and counteracting wind sputum.



Lemongrass

This tall, grass-like plant, known as “Takhrai”, has small bulbous roots and a lemony flavor and aroma. The bud and base leaves are chopped and pounded for many dishes, as well as, for a refreshing herbal tea. The plant can be used to treat asthma, stomach pains, or can be processed into massage oil.



Peppercorns

Peppercorn (Prik Thai) is often used in fresh green, dried black or ground form, to add pepperly flavor to dishes. It has preservative qualities, while having multiple medicinal qualities. It can alleviate the inflammation of blood vessels, asthma, weakening senses, some skin diseases and weak digestion in children.



Kaffir Lime

Both its fruit and leaves lend a distinctive taste to many Thai food especially curry pastes. It can be used to counter the build-up of gas in the digestive system, cure indigestion, prevent scurvy and relieve period pains.



Basil

Three varieties with different fragrance are used. The most common is Bai Horapha (sweet basil), which has a slight aniseed flavor and a reddish purple colour at the leafstalk, often sprinkled on curries. Others are Bai Kra-Pao (holy basil), which has hotter flavor and is often used to stir-fry with meat, and slightly hairy Bai Maenglak (hoary basil), often sprinkled over soups and salads. Basil is also used to treat stress, asthma and diabetes. It has the potential to cure cancer.



Chilli

Several types of chilli are used in Thai cooking. Generally speaking, the smaller the chilli, the hotter it is. It is used to enhance flavor. Thai chilli is also effective in stimulating the appetite and can be used externally as an ointment to alleviate joint infections and nausea.



Coriander

Coriander is essential to many Thai dishes. Not only are the leaves usable, but the stems, roots, and seeds can also give unique flavours. It can be used to treat excessive sputum, measles, and rashes. It can also encourage sweating and counteract wind and digestion. Some people use it to relieve the symptoms of toothache. Its seed is often used to counteract fishy or meaty smells.



Mint

Fresh leaves of mint, which have a spicy flavor, are used for flavouring and for garnishing a number of dishes. Due to its cooling property, it is often used to alleviate fevers, build-up of gas, sweatiness, and cold symptoms.



Ginger

Ginger is a versatile spice, where all parts can be used in food preparation. Ginger is considered to be a "warm" ingredient. Therefore, it is useful for increasing sweat, expelling the cold sensations, and dealing with indigestion.



Lime

Used principally as a garnish for fish and main dishes. It can be squeezed and mixed with water and sugar syrup as a beverage. Its peel can be used to alleviate dizziness and indigestion. The juice can be used in counteracting build-up of sputum and coughing.



Tumeric

Known as “Khamin” in Thai, is another member of the ginger family and provides a bright yellow colour to some Thai curries and Satay. It can be used for digestion.



Garlic

Popularly used in food preparation as a whole bulb or individual cloves for its pungency, garlic can also be used for increasing the appetite, alleviating stomach aches and indigestion. It is also effective for culling bacteria in the throat and for treating tonsillitis, as well as halitosis. Garlic is also effective in reducing the level of cholesterol in the blood and in improving blood circulation.



THAI FRUITS

Dragonfruit

With hot pink skin and green “scales” peeling back, this is one of the most striking fruits around the world. The white juicy flesh is riddled with small edible black seeds about the size of sesame seeds. High in fibre, it has a mild sweet and slightly sour tastes similar to kiwi fruit.

Usage

- Eaten
- Added in fruit salad
- Make juice

Nutrition

Rich of Vitamin C and fiber. The red flesh variety contains lycopene which is a natural antioxidant known to fight cancer, heart disease, and lower blood pressure.

Preparation and eating

- Cut the fruit in half lengthwise.
- Cut each half into two pieces.
- Slice lengthwise into four pieces.



040

Durian

“King of fruits”, Durian polarizes opinions on its taste more than any other fruit. Chances are you either won’t be able to get enough of it, or you will cross the street to avoid the wafts drifting from the stall of the vendor. It has been described as “tasting like heaven and smelling like hell”. The pale yellow flesh is rich and creamy with a taste redolent of cream cheese and onions. Durian is high in minerals, proteins and fats.

Usage

- Eaten fresh or frozen
- Make cakes, ice cream

Nutrition

High in energy, protein and various minerals

Preparation and eating

- Slit the fruit with a knife from end to end, along two of the grooves in the skin in the center of the sections, and on opposite side of the fruit.
- Prise apart the slits to open the fruit.
- Separate the sections
- Take out the segment and remove the seed.



041

Guava

Thai only eat guava when it is green and crisp. It has a pleasant and mildly acidic flavor, and is generally served in slices with a mixture of salt, sugar and chilli or a sweet chilli and lime dipping sauce.

Usage

- Eaten fresh
- Make juice
- Added in fruit salad, green salad

Nutrition

Rich in vitamin C, dietary fiber and vitamin B2

Preparation and eating

- Use a knife to slice the fruit lengthwise into 4-6 pieces.
- Slice off the part containing the seed



042

Jackfruit

Jackfruit is bigger than Durian. The aroma is quite musky with a hint of over-ripe bananas, and can be quite overpowering in confined places. The flesh is removed in small, bright yellow sections about 3 inches long and is very sweet and juicy, tasting of banana bubblegum.

Usage

- Eaten fresh or frozen.
- Added in fruit salad, ice cream and desserts.

Nutrition

High in protein, calcium, phosphorus, vitamins A and C.

Preparation and eating

- Cut the fruit in half lengthwise.
- Remove the core.
- Place each the half fruit on a table or a flat surface; press the skin along the edge down with your hands to separate fruit sections.
- Cut open the flesh and remove the seed.



043

Longan

Longan is slightly smaller than a lychee and has a smooth, dull brown shell. The translucent pulp tastes similar to that of a lychee but a little sweeter and not as juicy. There is a small hard inedible seed in the middle

Usage

- Eaten fresh or frozen.
- Added in fruit salad and desserts.

Nutrition

High in sugar and Vitamin C.

Preparation and eating

- Slit the skin with a knife or using a strong thumbnail around the fruit from end to end.
- Remove the skin and the seed.



Lychee

Beneath the brittle shell of these pinkish-red orbs, the size of golf balls, is the translucent white pulp with a strong sweet musky flavor.

Usage

- Eaten fresh or frozen.
- Make juice and jam.
- Added in desserts.

Nutrition

Very good source of Vitamin C.

Preparation and eating

- Slit the skin with a knife or using a strong thumbnail around the fruit from end to end.
- Remove the skin and the seed.



Mango

Thai mangoes are among the world's sweetest. Oblong in shape, the Nang Klang Swan is golden yellow with a light yellow flesh that is sweet and scented. Khiesawoei is also oblong and green in colour with a sweet whitish flesh. Thongdam is oval but has a rounded tip and greenish orange skin. Mangoes are often eaten raw and mixed with a tangy texture mixed in Som Tam sauce with chilli, peanuts and tomato. Ripe mango with sticky rice and coconut milk is regarded as a taste delight.

Usage

- Eaten fresh or frozen.
- Make juice, jam and sauce.
- Added in fruit salad and desserts.

Nutrition

Rich of Vitamin A, C, dietary fiber and various minerals.

Preparation and eating

- Carve the flesh lengthwise on both sides, keeping the knife as close as possible to seed.
- Chop into squares.
- Eat with a fork.



046

Mangosteen

“Queen of fruits”, technically a berry, about the size of a mandarin with a tough, leathery, reddish-purple rind and stark white, fleshy mesocarp. Mangosteen appeals to almost everyone immediately with its extremely sweet and mildly acidic taste. To open, cut through the skin around the middle and lightly pull and twist apart. The bigger segments contain a seed.

Usage

- Eaten fresh or frozen.
- Added in fruit salad and desserts.

Nutrition

Good source of Vitamins B1, B2, C, various minerals and dietary fiber.
Preparation and eating

Cut the rind around the middle.

- Open the fruit, the segment inside will stick to the basal part.
- Use a fork to lift the segments out.



047

Rambutan

Rambutan is a particular favourite of the Thai people. It has an egg-shaped, about 2 inches long, and covered in soft greenish-yellow spines. The flesh is sweet with a touch of acidity and very refreshing. To open, partially cut through the skin or break open with a thumbnail and pull apart.

Usage

- Eaten fresh or frozen.
- Added in fruit salad and desserts.
- Make jam.

Nutrition

High in Vitamin C and potassium, various minerals and dietary fiber.

Preparation and eating

- Cut the fruit in lengthwise.
- Remove the seed.



048

Rose Apple

Rose Apple is extremely refreshing with a mild taste of rosewater. The bell-shaped fruit is either red or green about 3-4 inches long, and has a thin edible waxy skin.

Usage

- Eaten fresh.
- Added in fruit salad, green salad.

Nutrition

Good source of vitamins C, B2 and phosphorus.

Preparation and eating

- Arrange the pieces on a plate.
- Slice each half lengthwise into two pieces.
- Arrange the pieces on a plate.



049

Tamarind

Sweet and sour flavoured tamarind is a common ingredient in Thai cooking and also a popular snack. The cinnamon-brown pods are 3-6 inches long. Cracking open the thin shell reveals a rich jam-like pulp containing shiny brown in edible seeds.

Usage

- Eaten fresh.

Nutrition

High in calcium, phosphorus, iron Vitamins B1, B2 and C.

Preparation and eating

- Crack the pod and remove the shell.
- Remove lateral vein fiber from the flesh.
- Arrange all sweet tamarind flesh on a tray.



SUPPLIES FOR THAI PRODUCTS

These are the places and stores where you can find Thai products and ingredients:

Carrefour

Locations: City Centre, Villagio, Landmark.

Open

Sat-Thu 8am-midnight;

Fri 8am-11.30am, 12.30pm-midnight

Family Food Center

Locations: Airport Road, Al Nasar, Al Rayyan.

Open

Sat-Thu 7.30am-midnight;

Fri 7.30am-11.30am, 12.30pm-midnight



LuLu Hypermarket

Locations: 1. D Ring near the Airport, and Gharrafa, opposite Landmark.
2. LuLu Hypermarket, Barwa City

Open

Sat-Thu 8am-11.45pm;

Fri 9am-10.30am, 12.30pm-11.45pm

Mega Mart

Locations: The Centre, and Megamart Express in Al Rayyan.

Open

Sun-Thu 8am-11pm;

Fri 8am-11.30am, 12.30pm-11pm



052



053

Special Annex

Beside Thai cuisine, other aspects of Thainess waiting for you to discover are as follows:-

- Thai Tourism
- Thai Spa
- Thai Traditional Massage and Spa in Qatar

Discovering THAILAND

Thailand has long been known for the rich diversity of its attractions; nevertheless, the continuing development of the kingdom's tourist products means that there are still more waiting discovery: from dazzling temples and palaces to awe-inspiring World Heritage Sites; from timeless rural settlements to vibrant resort towns; from idyllic beaches to national parks where wild nature rules, the choice of where to go and what to do is limitless.



Travel around Thailand

Central Region

Defined by the fertile plain of the Chao Phraya River, the Central Region is the agricultural heartland of the country with a network of rivers and canals where the lifestyle based on water activities occur. This is also where Bangkok, the capital of Thailand, is located as well as the ancient capital of Ayutthaya, the legendary Bridge over the River Kwae in Kanchanaburi and many other well-known cultural attractions like the Ancient City in Samut Prakan. This region of the country has had a dramatic history and is full of heritage of ancient temples, battlefields and ruins and the renowned floating markets of Damnoen Saduak and Amphawa that draw tourists of visit our country.

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East Coast

The East Coast with 400 kilometers of coastline extending from Chon Buri to Trat has some of the finest beaches in Asia. Pattaya with an enormous range of resorts, hotels and guest houses is its centre. For those seeking a more relaxing experience, travel further down the coast to Rayong or Ko Samet and the lovely islands of Ko Chang National Park and Ko Kut in Trat near the Cambodian border. All of this is within easy reach of Bangkok; thus, it is a popular region amongst local and foreign travelers. This region is also renowned for its fruit orchards and plantations.

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The North

Famous for its long history and exotic traditional culture of the Lanna Kingdom, and with Chiang Mai as its centre, the North also has unique nature full of forests, rivers, towering waterfalls and spectacular mountain ranges enveloped in mist that covers almost the entire region. This region is the birthplace of the earliest Thai civilization and has many sites of archeological and cultural interest; for example, Sukhothai and Si Satchanalai. It is also the home of many ethnic hill tribes who have settled in villages on the mountainsides in Mae Hong Son, Chiang Rai and Nan to name a few and are a great attraction for travelers to the North.



The Northeast

Also known as I-san and as the “Cradle Civilization”, the Northeast is famed for its most intriguing destinations with many Stone Age and Bronze Age dwellings and artifacts, especially at Ban Chiang in Udon Thani, dinosaur fossils in Kalasin and Khon Kaen, as well as several stone sanctuaries that are a legacy of the great Khmer Empire of the past at Phimai, Nakhon Ratchasima and Phanom Rung in Buri Ram. It also has very distinctive cuisine and a unique dialect. In recent years, the Northeast has risen to become a useful starting point for adventurous journeys to destinations along the mighty Mekong River; such as Laos and Vietnam in which there have been important developments in infrastructure to accommodate tourism.



The South

The South extends southward along a narrow peninsula lying between the Andaman Sea with its rugged and strange limestone rock formations and cliffs on the West and the Gulf of Thailand with its wide bays and calm seas on the East. It is a rich land in terms of the abundance of its natural resources, the fertility of its soil, the diversity of its people and its commercial viability. Phuket is the tourist capital of the South and other popular locales include Nakhon Si Thammarat, Trang, Phang-nga and Krabi. The region is also famous for its international beach resorts, and is full of sandy white beaches and exotic islands with rich underwater life. Thus, it is a big hit with people who love sun, sea and sand.

For information on individual provinces in each region, please visit: www.tourismthailand.org/where-to-go/





WELLNESS SPA TOURISM in THAILAND

Thailand has become a leading wellness spa destination, providing all these therapies and more, earning itself the unofficial title of Spa Capital of Asia because of the unique way in which the country is able to deliver a relaxing atmosphere, warm hospitality and service, and therapists with the soft touch and welcoming personalities necessary for a rejuvenating, health-renewing wellness-spa experience. This is why so many people are choosing Thailand for wellness-spa tourism.

Thai wellness specialties include an array of traditional treatments that make the spas there so special. Expert therapists have an innate understanding of the centuries-old techniques that they use, partly due to the overall connection to well-being that is part of Thai culture.

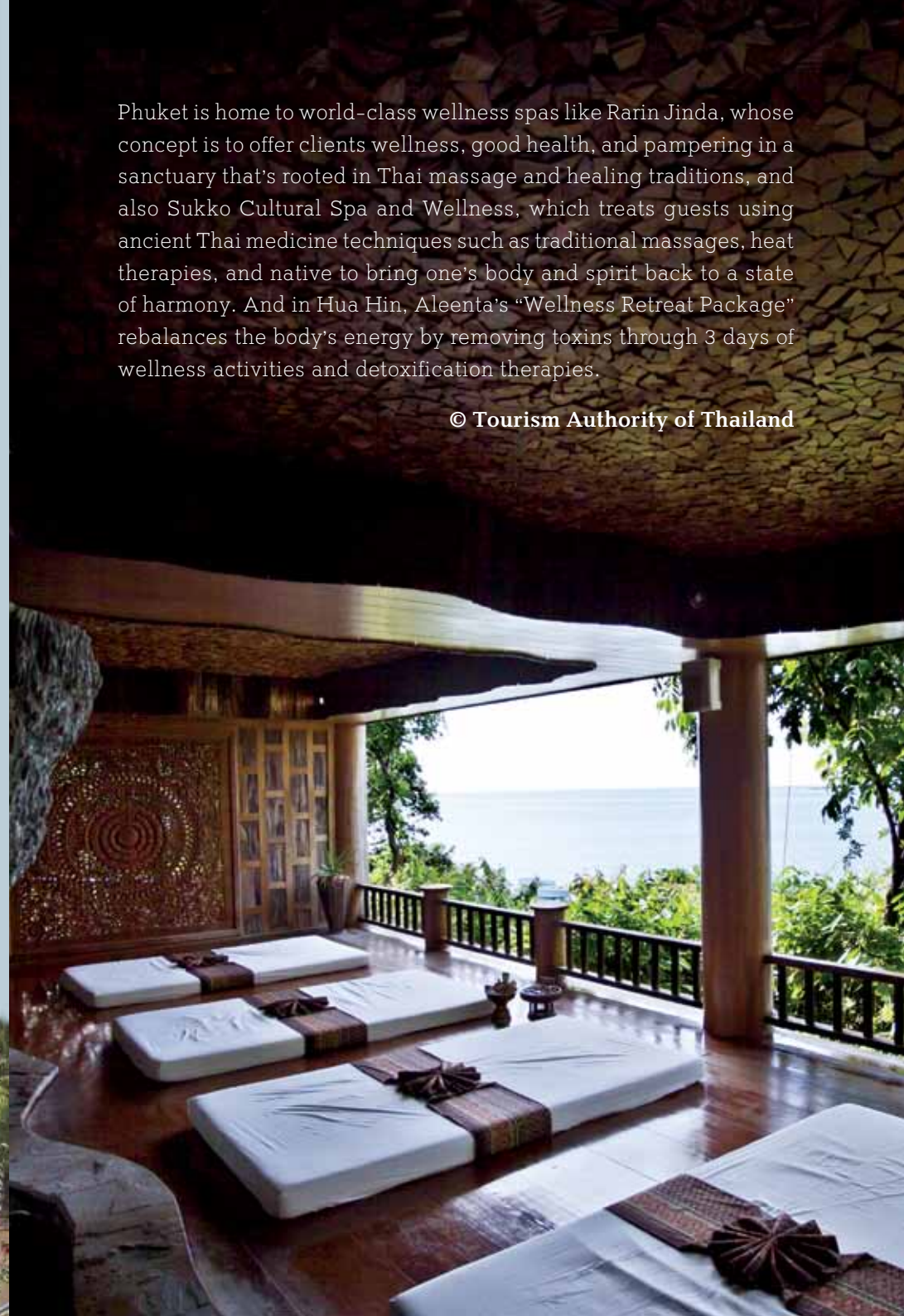


The most well-known wellness-spa treatment is Traditional Thai Massage, a healing art that is thousands of years old and was once associated to spirituality in Buddhist temples. Another famous therapy that is unique to Thailand involves the use of fragrant therapeutic herbs wrapped in soft cotton, steamed, and then gently pressed on the body. It is commonly referred to as Thai Herbal Compress which, when applied to the body, transfers essential oils and heat for healing. Another time-honored Thai wellness spa therapy is Thai Foot Massage through which a heightened state of relaxation is achieved as varying amounts of pressure are applied not only to the feet, but also calves, thighs, and sometimes even the head and shoulders.

Bangkok, Chiang Mai, Hua Hin, Koh Samui, and Phuket – major destinations for both health and leisure tourism – are all home to many wellness spas catering to Thais and travelers. One of the more famous in the capital is Samsara Wellness, an oasis in the city providing a calm & relaxed atmosphere aimed at total wellness. In Chiang Mai, The Ayurvedic Center has combined ancient Ayurvedic techniques with modern detoxification treatments in their pursuit of vitality for patients.

Phuket is home to world-class wellness spas like Rarin Jinda, whose concept is to offer clients wellness, good health, and pampering in a sanctuary that's rooted in Thai massage and healing traditions, and also Sukko Cultural Spa and Wellness, which treats guests using ancient Thai medicine techniques such as traditional massages, heat therapies, and native to bring one's body and spirit back to a state of harmony. And in Hua Hin, Aleenta's "Wellness Retreat Package" rebalances the body's energy by removing toxins through 3 days of wellness activities and detoxification therapies.

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Thai Traditional MASSAGE AND SPA in Qatar

These are the list of Thai traditional massage and spa in Qatar waiting for you to experience

For Both Gentlemen and Ladies

Angsana Spa Wyndham Grand Regency Doha

Address : Wyndham Grand Regency Hotel, Ibn Heyal Street, Sport Roundabout, Al Sadd, Doha.

Opening Hours : 10.00 – 22.00 hrs.

Telephone : +974 44343152-3

E-mail : spa-wyndhamgrandregencydoha@angsana.com

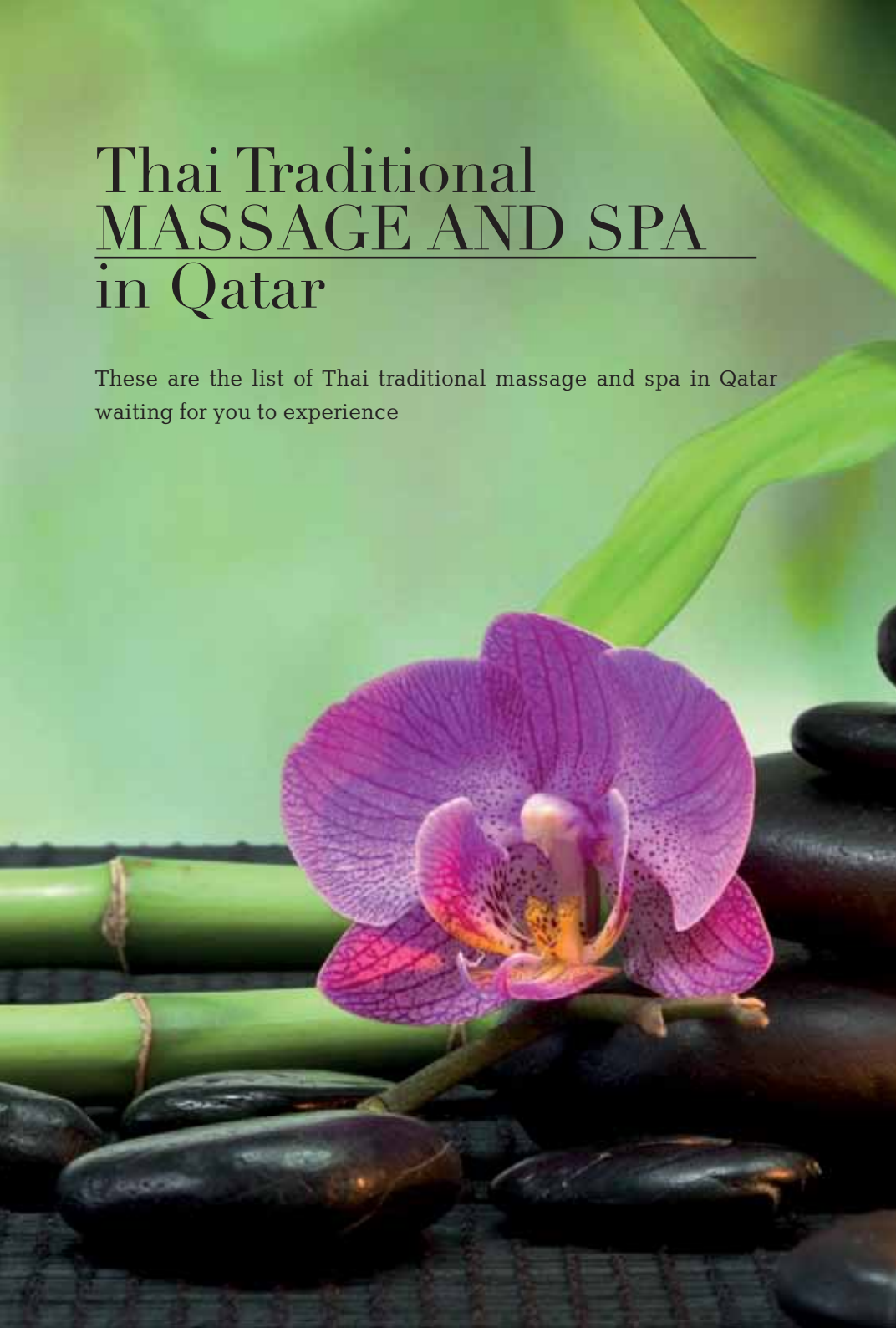
Breeze Spa Amari Doha

Address : Amari Doha Hotel, Al Diwan Street, Musheireb, Doha.

Opening Hours : 10.00 – 22.00 hrs.

Telephone : +974 44338888 ext. 881

E-mail : doha@breeze-spa.com



For Ladies

Lady Siam Massage and Beauty Salon

Address : Al Kinana Street (beside Toy R Us shop),
Al Mirqab, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 44354115

Pattaya Spa (Wakrah)

Address : Building No. 22, Street No. 958, Zone 91, Al Wakrah.

Opening Hours : Saturday – Thursday 10.00 – 21.00 hrs.
Friday 12.00 – 21.00 hrs.

Telephone : +974 44818544 , +974 66683295

E-mail : pattaya_spa@hotmail.com

Royal Thai Lady Spa

Address : Villa No. 1, Al Waab Street, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 44142400

For Ladies

Sawasdee Beauty & Thai Spa

Address : Villa No. 10, Haloul Street, Abu Hamour, Doha.

Opening Hours : Saturday – Thursday 08.30 – 22.00 hrs.
Friday 12.30 – 22.00 hrs.

Telephone : +974 33118299

Thai Lady Massage and Beauty Salon

Address : Al Kinana Street, Al Sadd, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 44350143

Anantara Spa

Address : Banana Island Resort Doha by Anantara, Doha

Opening Hours : Everyday 10.00 – 22.00 hrs.

Telephone : +974 40405050



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For Gentlemen

Chiang Mai Massage for Men

Address : Othman Bin Affan Street, Al Waab, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 55429722

Phuket Massage (Wakrah)

Address : Al Wakrah Road, Wakrah.

Opening Hours : Saturday – Thursday 10.00 – 22.30 hrs.
Friday 16.00 – 22.30 hrs.

Telephone : +974 44884410

Royal Thai Men Spa

Address : Villa No. 356, New Salata, D-Ring Road, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 44666145



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For Gentlemen

Sabaidee Massage (Meisaeed)

Address : First Floor, Shoprite Shopping Mall, Meisaeed.

Opening Hours : Saturday – Thursday 10.00 – 22.30 hrs.
Friday 16.00 – 22.30 hrs.

Telephone : +974 44884456

Samui Spa & Massage Center (Wakrah)

Address : Abdul Rahman Bin Jassim Street, Wakrah.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 33311387

E-mail : samuispa1@gmail.com

Thai Traditional Massage

Address : Thai Snack House Restaurant, Al Nasser Street, Doha.

Opening Hours : 10.00 – 14.30 hrs. and 17.00 – 22.30 hrs.

Telephone : +974 44329704

Thai Spa Center

Address : Villa No. 4, Al Waab Street, Doha.

Opening Hours : Saturday – Thursday 09.00 – 21.00 hrs.
Friday 16.00 – 21.00 hrs.

Telephone : +974 44357172



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Acknowledgements

Advisor

H.E. Mr. Piroon Laismit, Ambassador of Thailand
Mr. Thirapath Mongkolnavin, Minister Counsellor

Production Team

Mr. Ekaphat Premyodhin
Ms. Parichat Phanrakdecha
Mr. Sahoh Cheh-Wae
Mr. Sufyan Rohing
Mr. Nasr Samadee

Photographer

Mrs. Tubtim Premyodhin

Special Thanks

Ministry of Foreign Affairs of Thailand
Tourism Authority of Thailand, Dubai Office
Royal Thai Consulate - General to Shanghai
Thai Community in Qatar

Published by
the Royal Thai Embassy to the State of Qatar in 2015
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