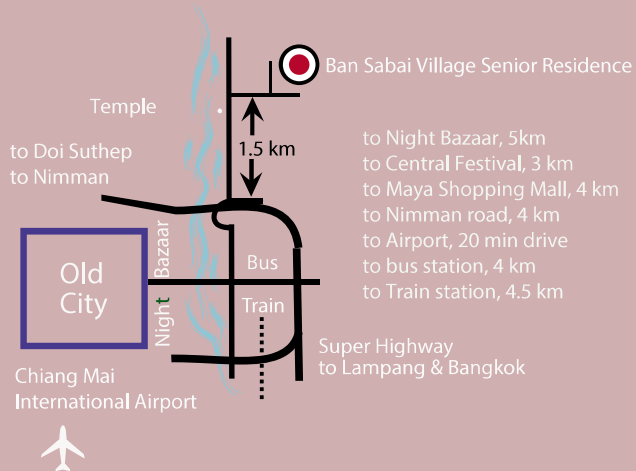




Ban Sabai

Village Senior Residence
Chiang Mai



Ban Sabai Village Senior Residence Chiang Mai

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Ban Sabai Village Senior Residence & Care

At our Chiang Mai care resort we offer care for senior people for short as well as long stay. You can stay our Chiang Mai care home with half or full board packages. They can be based on international and western meals if required. We take special care to offer a diet plan suitable for your health status. Basic packages includes accommodation, breakfast, pool and use of the gym.

There is a nurse on site and we offer individual care as well for 8, 16 as well 24h per day. Emergency medical services at the nearby hospital are just 5-10 minutes away.

We offer a large selection of Spa and wellness treatments
massages, physiotherapy,
occupational therapy and more to
enhance your well-being



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Welcome to Ban Sabai

We opened Ban Sabai Village Resort & Spa in 2003 and transformed it to a Senior Residence in 2021. It is owned and managed by Thai and a long time Swiss residents in Thailand, Chitra Klanprayoon-Froelich and Matthais Froelich.

Ban Sabai means Home of well-being and good health. Our standard rooms, Junior Suites, Villas and Villa Superior are decorated in the traditional Lanna style of Northern Thailand. All Rooms have their own bathrooms, air conditioning, TV. There is free WiFi throughout the entire property as well each room has LAN access for your convenience and for easy access to the internet.

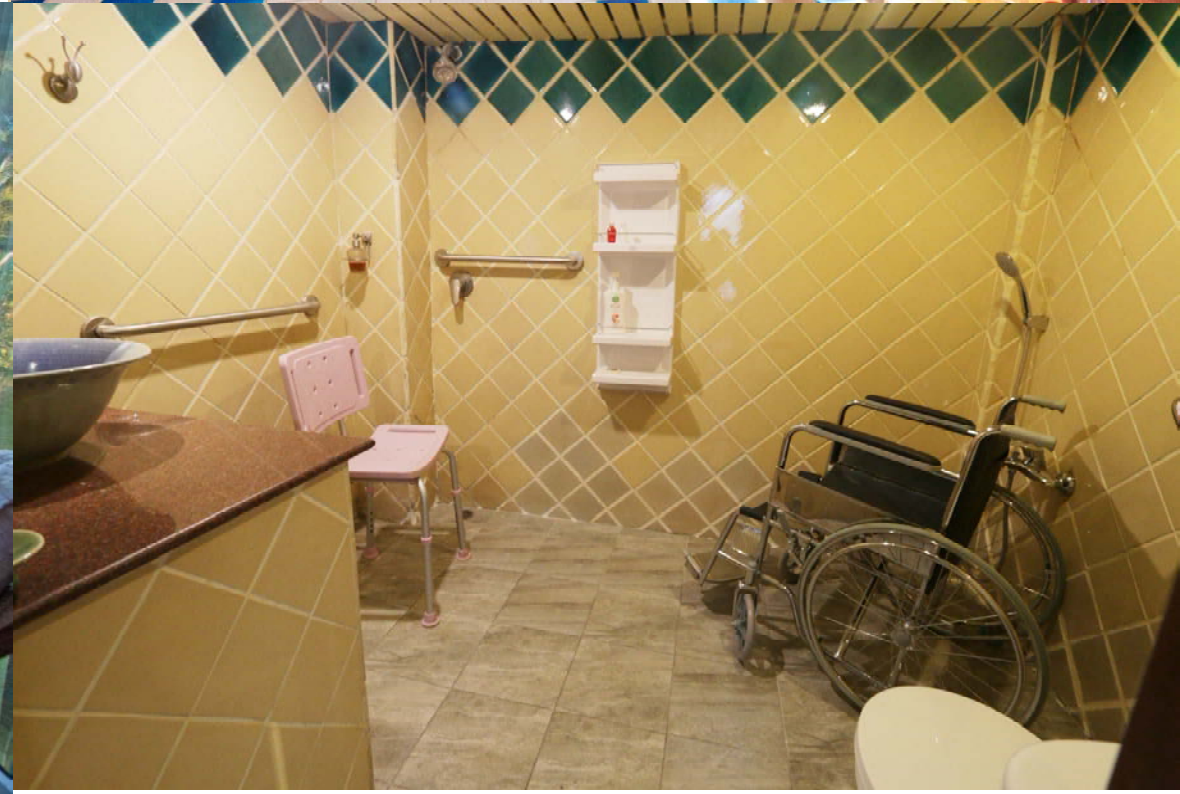
At 'Ban Sabai Village Senior Residences', Chiang Mai we understand that every person is an individual, with individual needs. We therefore offer a wide range of care services. Our Chiang Mai nursing home packages offer great flexibility of accommodation, care and support. We can easily adapt to your changing needs. This can be a big advantage if you need to upgrade or downgrade the levels of nursing, care and support required.



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Ban Sabai Village
Spa Resort
Senior Residence

Standard Rooms

This has around 35 square meters of living space. There is an additional terrace that is around 10 square meters. Airconditioned, small fridge, coffee tea making set available for convenience. This offers comfortable living and also a lovely private outdoor space. The bath room is easily accessible for handicapped person.





Junior Suites

45 Square meters of comfortable living space and additionally a 12 square meter balcony. Perfect for sitting out. Bath room with shower/bathtub, two wash basin, air conditioner, ventilator, small fridge, coffee / tea making set.



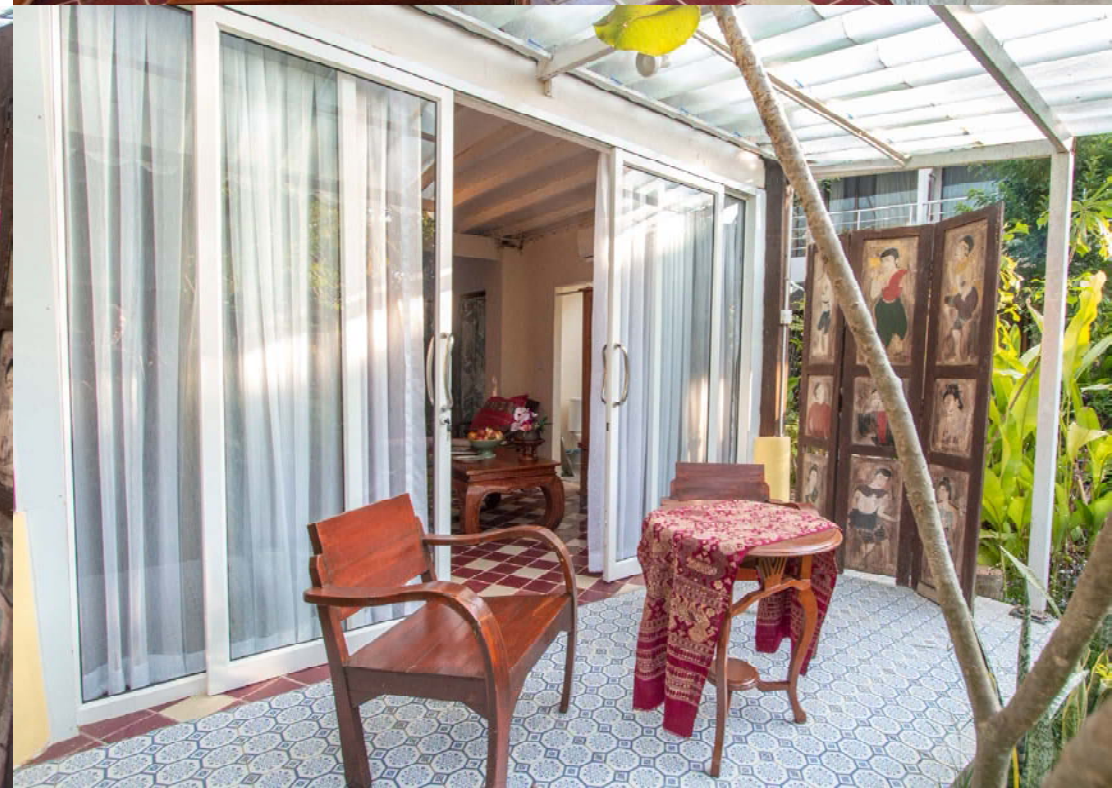






Lanna Villas

These villas are detached. Firstly they have a ground floor living space with a small kitchen, toilet and shower. And in addition they have an upper floor that has a bedroom and bathroom. Total space 70 square meters. The villas are therefore suitable for those people requiring a Chiang Mai care home with higher levels of care and support.







Superior Lanna Villas

These spacious detached villas have 110 square meters of living space over 2 floors. On the ground floor is a generous living space as well as a small kitchen, toilet and a shower. Additionally the upper floor has a bedroom and a bathroom.

These Chiang Mai care home rooms and suites are ideal for every level of care. They will suit elderly people that require minimal assisted living. The larger accommodations can provide for every level of care up to full time 24hour support.











Basic Care

Some people arriving at Ban Sabai Senior Residences require very little physical assistance. They are glad to have other essential issues taken care of for them but can manage most of their daily lives.

Intensive Care

On the other hand some people need a Chiang Mai nursing home that delivers much more care in order that they can live full and fulfilling lives. This is where our various other care packages come in. One of the great strengths of Ban Sabai is our flexibility. Everything is provided in the same place. This means that you could stay with us and change your accommodation and support packages as and when necessary.

Please note that we have dedicated specialist services for people suffering from Alzheimer's disease and other forms of dementia.

Rehab & Recuperation

Have you recently had an illness or an operation? Perhaps you are recovering from a stroke. Ban Sabai is the prefect Chiang Mai nursing home for rehab and recuperation. Maybe you will benefit from some of our group classes. Post-Operative Exercises and physical therapy can really help with recovery. Please note that along with professional medical care we also offer an extensive range of spa treatments. Just having a relaxing and rejuvenating massage with essential oils or a steam bath can help as well.





SPA & Massages

Massages and healthy spa treatments are tradition in Thailand since hundreds of Years to keep you healthy and flexible. the massages are based on meridian pressure points which helps you to gain new energy for your body.

A pampering aroma oil massage just makes you to feel on top of the world again.

Beauty such as manicure / pedicure hair cut and make up can be done just a short walk or the beauty saloon staff can as well visit our guest here at the Ban sAbai Village Senior Residence.







Activities & Exploring

Doing some exercises in the morning and afternoon around the pool, or exploring the surroundings of Chinag Mai , there are so many places to visit and explore.

Chinag Mai has many handy crafts as well, interesting landscape, parks, flower and Botanical gardens.



Chiang Mai Activities for Seniors – Ban Sabai Village Care Resort

At Ban Sabai Village Senior Residence we want you to make the most of every day during your stay. We therefore organize a wide range of activities for seniors. Physical therapy and occupational therapy are included. There is plenty to see and do. Chiang Mai activities include sightseeing trips, elephant experiences and guided tours.

Tours and Trips

Many guests will enjoy our tours and trips. As long as you are able to manage it there are so many exciting and interesting places to visit and things to do in and around Chiang Mai. Visit the old city with its golden temples. Wander around colorful markets and craft workshops. Experience sensational mountain views and diverse and wonderful nature. It can be fun to visit the elephant camps and sanctuaries. Many of these outings require only limited mobility. Most of these Chiang Mai activities are arranged on a half day basis.

However there is even more to see and do if you venture further afield. On full day trips you can head north to the White temple of Chiang Rai, Travel up to the Golden Triangle or visit the wetlands and lake at Phayao or the beautiful scenery at Chiang Dao. Travel south and you find Doi Inthorn, the highest mountain in Thailand and the southernmost mountain of the Himalayan mountain range.

Group Classes for Seniors

You can gain a lot from our healthy spa treatments during your stay at Ban Sabai. However we also offer group classes. They are designed to keep you fit and flexible. This is so important as we get older and our bodies slow down. By the way they are also great fun.

Classes include Thi Chi, Chi Gung, Yoga, Pilates, Water gymnastics and meditation. All classes are run with elderly bodies in mind. Don't worry, we always go at a steady pace with an emphasis on fun and enjoyment?

Other Activities for Seniors

We arrange various other forms of entertainment during your stay. These include movie and games evenings. Try your hand at Thai cooking or have a go at various handicrafts. We are constantly adding new activities and events.

So you can see that there is always plenty going on at Ban Sabai Village Senior Residence. Some people prefer to keep their own company but there is always a vibrant community life here. If our guests have any ideas for new activities we always do our best to arrange them.



Thai food is popular throughout the world. Naturally we provide a full menu of local and national Thai dishes as well.

Local markets provide a range of delicious fruits and vegetables. Some of these we use to create our own juices. Very tasty and full of goodness.



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Chiang Mai





Chiang Mai Assisted Living Visa, Immigration, Banking, Administration Services

Even when you live in your home country there are administrative details to take care of. When you live as an expat there are other forms to fill. Thailand is no exception. There are many forms to fill and requirements to fulfill. *'Ban Sabai Village Senior Residence'* offers the best in Chiang Mai assisted living and include taking care of the necessary admin. We also help with all the day to day matters such as travel and getting to and from appointments.

Thailand Immigration

In order to settle in Chiang Mai we have to comply with the Thai immigration requirements. It might sometimes seem too much to manage. That is where we come in. We are happy to help with all aspects of getting here and living here. We are expats and have lived here for many years and therefore already understand most of what is required. For specialist services we also know exactly where to go to for the best advice. In short we are here to help with all aspects of administration.

All you will need to do is answer our questions and go through our checklists and we can take care of the rest. Along with our nursing and care bundles we are determined to offer the best in Chiang Mai assisted living.

On top of government requirements we can also help with day to day necessities. What to do about banking? How to arrange a dentist appointment? How to arrange pension funds and money transfers. Don't worry – we are here to help with all these things.

Our wish is to make your stay here as trouble free as possible. We want you to make the most of every day that you are here.

Travel

We can also advise about travel. We are used to arranging flights to Chiang Mai. Chiang Mai International Airport is well connected. There are direct flights from several places around the world as well as regular flights throughout the day to and from Bangkok.



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“ where you feel
like home ”

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