



# Integration knowledge in Destination Spa with Natural Products

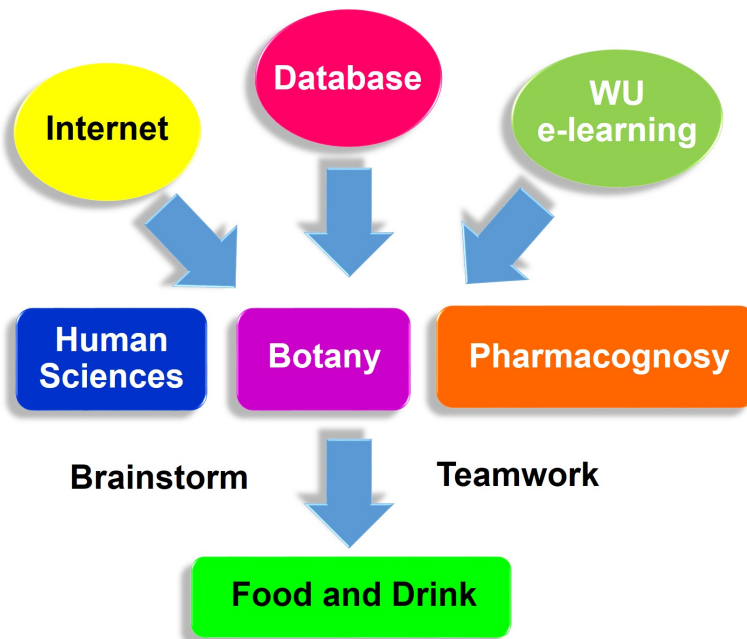
Boonsong WUNGSINTAWEEKUL  
 School of Pharmacy, Walailak University, Nakhon Si Thammarat, Thailand  
 e-mail: boonsong.wu@mail.wu.ac.th



## Introduction

Natural products from Thai herbal medicines are well known and used for treatment of diseases, restoration about the health, health promotion, and also protect our health from dangerous conditions. Destination Spa is a one place where as the natural products will be decided to use for treatments. Our Pharmacy students studied and learn about the Health sciences and also herbal medicines. In this activity, Pharmacy students could be integrated their knowledge about Health Sciences and herbal medicine to prepare the health food for individual customer in Health Spa. The topic was assigned to them and brainstorm activity of Pharmacy students was performed.

In the laboratory, Pharmacy students prepared health food which related to their own topic and presented their products. The committee evaluated the products and performance of student. The comments and feedback would be given. The comments and feedback form students will be used for improving activity in this course.



## Methods

### Pre-laboratory class

- Assign the topics to the group.
- Brainstorming activity and review literatures.
- All drafts were read and feedback by advisors on WU e-learning.



### Laboratory class

- All groups prepared health food follow by the recipe in each topic within 1 hr.
- The teamwork was observed by advisor.
- All recipes from each group were presented by the owner within 10 minutes and answer the questions from others.



### Post-laboratory class

- All students gave their opinions and comments about the class, All data will be used for improve the activity in next time.

## Results and Conclusion



- 47 students (85%) gave comments and feedback to the activity.
- 44 students (93.7%) know about this activity before. All students attended this activity.

