



RETREATS 2016

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YOUR HAVEN OF LIFE. WHERE HEALING BEGINS.

Located on the beautiful Gulf of Thailand, Chiva-Som is your secluded Haven of Life for health and wellbeing. Embark upon a unique journey of self-discovery with a holistic approach to wellness, incorporating mind, body and spirit, to bring a healing balance to your lifestyle.

For over 20 years, Chiva-Som has provided a Haven of Life for guests seeking health and wellness. Our programmes are founded upon our six wellness modalities: Spa, Fitness, Physiotherapy, Holistic Health, Nutrition and Aesthetic Beauty, offering you the empowerment to fulfill your goals.

Your stay with Chiva-Som begins with the retreat you decide to embark upon, guiding you towards personal goals and a path that leads to the holistic healing you're searching for. Choose a retreat with Chiva-Som today and join us in attaining your health and wellbeing targets.



A TASTE OF CHIVA-SOM	Discover the essence of what it means to stay at Chiva-Som (Minimum Length of Stay: 3 Nights)	5-6
OPTIMAL PERFORMANCE	Replenish, rejuvenate and revitalise your physical and mental state (Minimum Length of Stay: 3 Nights)	7
SPA WELLBEING	Restore a fresh sense of health and wellness with a choice of rejuvenating treatments (Minimum Length of Stay: 3 Nights)	8
YOGA FOR LIFE	Rejuvenate the body, calm the mind and heal the spirit with a dedicated Yoga programme (Minimum Length of Stay: 3 Nights)	9
ART OF DETOX	Embark upon a fully personalised dietary focused programme for a complete detox of the body (Minimum Length of Stay: 5 Nights)	10
FITNESS	Achieve your goals and maintain a healthier lifestyle with personalised fitness programmes (Minimum Length of Stay: 5 Nights)	11
NATURAL RENEWAL	Recover your sense of self-awareness and inner peace (Minimum Length of Stay: 5 Nights)	12
WEIGHT MANAGEMENT	Balance physical exercise with a supportive diet for effective weight loss (Minimum Length of Stay: 5 Nights)	13
CELL VITALITY	Regain vitality and wellbeing for those who have recovered or are in remission from cancer (Minimum Length of Stay: 10 Nights)	14
CRANIAL RELIEF	Discover a relief to migraines as well as a new lifestyle of improved health and wellness (Minimum Length of Stay: 10 Nights)	15
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TENSION RELEASE	Enhance your energy and release your mind to discover true inner peace (Minimum Length of Stay: 10 Nights)	17
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EACH RETREAT INCLUDES THE FOLLOWING:

- Individual health and wellness consultation
- 3 wellness cuisine meals per night of stay, beginning with dinner
- Complimentary physical analysis (optional)
- Complimentary skin consultation (optional)
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of the Water Therapy Suites (Steam, Sauna and Jacuzzi)
- A complimentary daily treatment per night of stay, select from: Thai Massage, Chiva-Som Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage or Chiva-Som Skin Haven Body Polish

A TASTE OF CHIVA-SOM

Discover the essence of what it means to embark upon a journey of self-discovery at Chiva-Som. Upon arrival, your Health and Wellness Advisor will guide you through our wide range of therapies, fitness programmes and nutritional options to help you decide on a path that best suites you. Whether it's a stay of pure relaxation or a lifestyle transformation, we will assist you in making the entire experience truly fulfilling.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals and a choice of the following:

3-Nights

- 1 Spa Classic
- 2 Spa Deluxe
- 1 Physio Classic
- 1 Physio Deluxe
- 1 Fitness Classic

5-Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Physio Classic
- 1 Physio Deluxe
- 3 Fitness Classic
- 1 Fitness Deluxe

7-Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Physio Classic
- 2 Physio Deluxe
- 3 Fitness Classic
- 2 Fitness Deluxe
- 1 Holistic Deluxe

10-Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Spa Premium
- 2 Physio Classic
- 2 Physio Deluxe
- 2 Physio Premium
- 3 Fitness Classic
- 2 Fitness Deluxe
- 1 Holistic Deluxe

14-Nights

- 4 Spa Classic
- 3 Spa Deluxe
- 2 Spa Premium
- 2 Physio Classic
- 2 Physio Deluxe
- 2 Physio Premium
- 3 Fitness Classic
- 2 Fitness Deluxe
- 2 Fitness Premium
- 2 Holistic Deluxe
- 1 Holistic Premium



Depending on the number of nights you choose to stay with us at Chiva-Som, select the treatments you'd like to receive from the following list:

Spa Classic:

- Aloe Vera Hair Intensive
- Chiva-Som Signature Deep Hand Massage
- Oriental Foot Ritual
- Chiva-Som Signature Milk Bath
- Soothing Eye Treatment
- Choice of Hydrotherapy ¹
- Pedicure
- Manicure

Physio Classic (25 min):

- Cranio-Myofacial Release
- Physiotherapy
- Soft Tissue Mobilisation
- Inter X Therapy

Fitness Classic (25 min):

- Super Stretch
- Body Composition Analysis
- Personal Training

Spa Deluxe:

- CACI Eye Treatment
- Accelerated Body Shaping Therapy
- Deep Cleansing Back Treatment
- Aloe Body Mask
- Luxury Foot Therapy
- Luxury Hand Therapy
- Papaya Body Wrap
- PediPlus

Physio Deluxe (50 min):

- Fascia Release Therapy
- Neurac Method®
- Bone Density Exercise
- Dynamic Core Exercise
- Gyrokinesis or Gyrotonic®
- H2O Body Complex or H2O Therapy
- Inner Core Exercise
- Kinesthetic Assessment
- Re-functional Exercise

Fitness Deluxe:

- Core Coaching
- Gravity 500
- Kinesis
- Personal Training
- Pilates
- Travel Training
- TRX
- Yoga

Holistic Deluxe:

- Acupressure Reflexology
- Chi Nei Tsang or Ear-Ab Reflex
- Crystal and Quantum Massage
- Dry Skin Brushing
- Mien-Acupressure
- Shirobhyanga

Spa Premium:

- Chiva-Som Signature Herbal Massage
- CACI Acne and Blemish
- Chiva-Som Signature Total Body Care
- Manual Lymphatic Drainage (80 min)
- CACI Deep Wrinkle Treatment
- Chiva-Som Skin Haven Facial
- Chiva-Som Spa Haven Body Cocoon
- Marine Mud Wrap

Physio Premium:

- Back, Neck and Shoulder Massage (50 min)
- Body Balancing (80 min)
- Deep Tissue Massage (50 min)
- Fast Track Back Release (50 min)
- Physiotherapy (50 min)
- Soft Tissue Massage (50 min)
- Stress Release Therapy (80 min)

Fitness Premium:

- Adventure Training (90 min)
- Aquatic Therapy (Watsu)
- EMS Fitness
- 3'Ps of Perfect Fitness

Holistic Premium:

- Naturopathic Consultation
- Nutrition Consultation

¹ Hydrotherapy - may choose from Detoxifying Balneotherapy, Rebalancing Balneotherapy, Floatation Therapy or Body Jet Blitz
Longer retreats are also available on request, please email reservation@chivasom.com for further details

OPTIMAL PERFORMANCE

Replenish, rejuvenate and revitalise your physical and mental state with the Optimal Performance retreat. Designed to help you return to physical fitness or to optimise your current level of performance, you'll be guided towards a programme that matches your needs. Alleviate pain, improve posture or achieve a new personal best in fitness, the Optimal Performance retreat will combine treatments from the Fitness and Physiotherapy departments to compliment each other and help you reach your goal.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3-Nights

- 2 Re-functional Exercise (50 min) ¹
- 1 Physiotherapy (25 min) ²
- 1 Deep Tissue Massage (50 min) ³
- 1 Super Stretch (25 min)

5-Nights

- 2 Re-functional Exercise (50 min) ¹
- 2 Physiotherapy (25 min) ²
- 1 Deep Tissue Massage (50 min) ³
- 2 Super Stretch (25 min)
- 1 Kinesthetic Assessment
- 1 Personal Training ⁴

7-Nights

- 2 Re-functional Exercise (50 min) ¹
- 2 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 2 Super Stretch (25 min)
- 1 Kinesthetic Assessment
- 2 Personal Training ⁴
- 1 Detoxifying Balneotherapy (25 min)
- 1 Neurac Method® (25 min)

10-Nights

- 2 Re-functional Exercise (50 min) ¹
- 3 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 3 Super Stretch (25 min)
- 1 Kinesthetic Assessment
- 2 Personal Training ⁴
- 1 Detoxifying Balneotherapy (25 min)
- 3 Neurac Method® (25 min)
- 1 Radial Shockwave Therapy (25 min)
- 1 Acupressure Reflexology ⁵

14-Nights

- 4 Re-functional Exercise (50 min) ¹
- 4 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 4 Super Stretch (25 min)
- 1 Kinesthetic Assessment
- 2 Personal Training ⁴
- 2 Detoxifying Balneotherapy (25 min)
- 4 Neurac Method® (25 min)
- 2 Radial Shockwave Therapy (25 min)
- 1 Stress Release Therapy
- 1 Acupressure Reflexology ⁵



¹ Re-functional Exercise (50 min) - may choose from H2O Body Complex, Dynamic Core Stability,

Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise, Inner Core Exercise, Bone Density or Toning Ball

² Physiotherapy (25 min) - may choose from Soft Tissue Mobilisation, Inter X therapy or Cranio-Myofascial Release

³ Deep Tissue Massage (50 min) - may alternate with Back, Neck and Shoulder Massage or Fast Track Back Release

⁴ Personal Training - may choose from Pilates or Yoga

⁵ Acupressure Reflexology (50 min) - may alternate with Chi Nei Tsang, Ear-Ab Reflex or Cranio - Sacral Therapy

Longer retreats are also available on request, please email reservation@chivasom.com for further details

SPA WELLBEING

Restore a fresh sense of health with the Spa Wellbeing retreat. Escape the daily stresses of work and life with a range of rejuvenating treatments, aimed at giving you younger looking skin and an overall healthier appearance. At Chiva-Som, we believe aesthetic beauty can help promote balance, we therefore cater to all of your needs with our experienced medical team and the most advanced technology, providing you with a retreat that revives and rebalances mind, body and spirit.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3-Nights

- 1 Skin Facial Analysis
- 1 Five Elements Massage
- 1 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 1 Jet Peel

5-Nights

- 1 Skin Facial Analysis
- 1 Five Elements Massage
- 1 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 1 Jet Peel
- 1 Revlite Face or Laser Genesis
- 1 Chiva-Som Signature Herbal Massage

7-Nights

- 1 Skin Facial Analysis
- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 1 Jet Peel
- 1 Revlite Face or Laser Genesis
- 1 Chiva-Som Signature Herbal Massage
- 1 Accelerated Body Shaping Therapy
- 1 Spa Facial Therapy (70 min) ²



10-Nights

- 1 Skin Facial Analysis
- 1 Spa Facial Consultation
- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 1 Jet Peel
- 1 Revlite Face or Laser Genesis
- 1 Chiva-Som Signature Herbal Massage
- 1 Spa Facial Therapy (70 min) ²
- 1 Venus Legacy Body
- 1 Accelerated Body Shaping Therapy
- 1 Maya Massage

14-Nights

- 1 Skin Facial Analysis
- 1 Spa Facial Consultation
- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 2 Jet Peel
- 1 Revlite Face or Laser Genesis
- 1 Chiva-Som Signature Herbal Massage
- 2 Spa Facial Therapy (70 min) ²
- 1 Venus Legacy Body
- 2 Accelerated Body Shaping Therapy
- 1 Maya Massage
- 1 South Indian Pampering
- 1 Papaya Body Wrap
- 1 Oriental Foot Ritual
- 1 Hair Intensive Ritual

¹ Chiva-Som Spa Haven Body Cocoon - may choose from Cleansing Cocoon, Revitalising Cocoon or Siam Ritual Cocoon

² Spa Facial Therapy - may choose from Chiva-Som Skin Haven Facial, Rebalancing Facial or Rejuvenating Facial
Longer retreats are also available on request, please email reservation@chivasom.com for further details

YOGA FOR LIFE

The practice and philosophy of Yoga can rejuvenate the body, calm the mind and help heal the spirit through a greater sense of awareness. Partake in group Yoga classes or one-on-one tutorials and refine your Yoga knowledge and skill with the less common aspects of Yoga, including meditation, Pranayama and Ayurvedic cleansing techniques. The Yoga for Life retreat will guide you towards self-discovery, wellness and peace of mind.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3-Nights

- 2 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Mood Mist
- 1 Yoga Strap

5-Nights

- 3 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Mood Mist
- 1 Yoga Strap

7-Nights

- 4 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Mood Mist
- 1 Jala Neti
- 1 Abhyanga
- 1 Yoga Strap

10-Nights

- 6 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Mood Mist
- 1 Jala Neti
- 1 Abhyanga
- 1 Shirodhara
- 1 Yoga Strap

14-Nights

- 10 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Mood Mist
- 1 Jala Neti
- 2 Abhyanga
- 1 Shirodhara
- 1 Yoga Strap



¹Yoga - may choose from Hatha Yoga, Vinyasa or Ashtanga

Longer retreats are also available on request, please email reservation@chivasom.com for further details

ART OF DETOX

The Art of Detox retreat is a fully personalized dietary focused programme. Start a beneficial dietary transformation or a more subtle change to achieve the goals you wish to fulfill. Your personal advisor will aid you in discovering the ideal diet, balancing macro- and micronutrients while herbal and nutritional supplements ensure your detoxification process works optimally to cleanse your body of toxins. Through our retreat you will discover a new path towards more nourishing foods that will bring your digestive and metabolic systems back to their optimal function for sustaining health.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice as well as the following:



5-Nights

3-5 Days Cleansing Diet

- 1 Detox Supplement Set
- 2 Maya Massage or Manual Lymphatic Drainage (45 min)
- 2 Colonic Hydrotherapy ¹
- 1 Pranayama
- 1 Super Stretch (25 min)
- 1 Mood Mist

7-Nights

3-7 Days Cleansing Diet

- 1 Detox Supplement Set
- 2 Maya Massage or Manual Lymphatic Drainage (45 min)
- 3 Colonic Hydrotherapy ¹
- 1 Pranayama
- 1 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy
- 1 Mood Mist

10-Nights

3-7 Days Cleansing Diet

- 1 Detox Supplement Set
- 3 Maya Massage or Manual Lymphatic Drainage (45 min)
- 4 Colonic Hydrotherapy ¹
- 1 Pranayama
- 1 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy
- 1 Naturopathic Consultation
- 1 Art of Detox Cooking Class ²
- 1 Body Jet Blitz
- 1 Mood Mist

14-Nights

3-7 Days Cleansing Diet

- 2 Detox Supplement Set
- 4 Maya Massage or Manual Lymphatic Drainage (45 min)
- 4 Colonic Hydrotherapy ¹
- 1 Pranayama
- 2 Super Stretch (25 min)
- 1 Body Jet Blitz
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy
- 1 Naturopathic Consultation
- 1 Art of Detox Cooking Class ²
- 1 Acupressure Reflexology
- 1 Dry Skin Brushing
- 1 Acupuncture ³
- 1 Mood Mist

¹ Colonic Hydrotherapy - may alternate with Chi Nei Tsang or Ear-Ab Reflex

² Art of Detox Cooking Class - may alternate with Natural Food

³ Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

Longer retreats are also available on request, please email reservation@chivasom.com for further details

FITNESS

The Fitness retreat at Chiva-Som is aimed at nurturing your body so you may achieve your wellness goals. Not only will you gain more confidence in yourself, you will also gain the tools necessary for maintaining a healthier, more complete lifestyle. A wide-range of daily classes with our experienced trainers and physiotherapists will guide you through various training programmes, including a personalized dietary plan to assist in maintaining optimal state of fitness and better health.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

5-Nights

- 1 Fitness Assessment
- 2 Personal Training ¹
- 2 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 1 H2O Body Complex ³
- 1 EMS Fitness ⁴

7-Nights

- 1 Fitness Assessment
- 2 Personal Training ¹
- 2 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 1 H2O Body Complex ³
- 1 Nutrition Consultation
- 1 EMS Fitness ⁴
- 1 Hypoxic Training ⁵

10-Nights

- 1 Fitness Assessment
- 5 Personal Training ¹
- 3 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 1 H2O Body Complex ³
- 1 Nutrition Consultation
- 1 EMS Fitness ⁴
- 2 Hypoxic Training ⁵

14-Nights

- 2 Fitness Assessment
- 8 Personal Training ¹
- 8 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 2 H2O Body Complex ³
- 1 Nutrition Consultation
- 1 EMS Fitness ⁴
- 2 Hypoxic Training ⁵



¹ Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500

² Deep Tissue Massage - may alternate with Back, Neck and Shoulder Massage or Fast Track Back Release

³ H2O Body Complex - may alternate with Oxygen Power Fitness or Metabolic Breathing Exercise

⁴ EMS Fitness - if this treatment is not suitable for your health condition, we will substitute with Personal Training

⁵ Hypoxic Training - if this treatment is not suitable for your health condition, we will substitute with Adventure Training or Aquatic Therapy

Longer retreats are also available on request, please email reservation@chivasom.com for further details

NATURAL RENEWAL

Our Natural Renewal retreat is a specially designed programme for guests suffering from chronic health conditions or those who never feel at their best. Our experts will explore the roots of your health concerns to create a retreat programme that renews your mind, body and spirit through nutritional and herbal therapies. With the Natural Renewal retreat, you'll be able to recover your sense of awareness and inner peace.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



5-Nights

- 1 Meditation (50 min) ¹
- 1 Personal Training ²
- 1 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Mood Mist
- 1 Acupuncture ⁴

7-Nights

- 1 Meditation (50 min) ¹
- 1 Personal Training ²
- 2 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Mood Mist
- 1 Acupuncture ⁴
- 1 Chiva-Som Spa Haven
Body Cocoon
- 1 Hydrotherapy ⁵

10-Nights

- 1 Meditation (50 min) ¹
- 2 Personal Training ²
- 3 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Mood Mist
- 1 Aquatic Therapy (Watsu)
- 1 Chiva-Som Spa Haven
Body Cocoon
- 1 Super Stretch (25 min)
- 1 Acupuncture ⁴
- 1 Hydrotherapy ⁵
- 1 Deep Tissue Massage (50 min)

14-Nights

- 2 Meditation (50 min) ¹
- 2 Personal Training ²
- 1 Yoga (50 min)
- 4 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Mood Mist
- 1 Aquatic Therapy (Watsu)
- 1 Chiva-Som Spa Haven
Body Cocoon
- 2 Super Stretch (25 min)
- 2 Acupuncture ⁴
- 1 Hydrotherapy ⁵
- 1 Deep Tissue Massage (50 min)
- 1 Naturopathic Consultation

¹ Meditation - may alternate with Pranayama, Tai Chi or Yoga

² Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500

³ Holistic Health - may choose from Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shiroyhyaga, Acupressure Reflexology, Dry Skin Brushing or Crystal and Quantum Massage

⁴ Acupuncture - may alternate with Shiatsu Acupressure, Facial Acupuncture or Seiketsu Shiraku Acupuncture

⁵ Hydrotherapy - may choose from Body Jet Blitz, Detoxifying Balneotherapy, Floatation Therapy or Rebalancing Balneotherapy

Longer retreats are also available on request, please email reservation@chivasom.com for further details

WEIGHT MANAGEMENT

When it comes to weight loss, we recommend a healthy approach to nurturing of the body, rather than extreme changes or restrictions to your lifestyle. A personal trainer will work one-on-one with you to help balance physical activity in conjunction with a supportive diet. Each programme is tailored to your needs to promote an end result that not only achieves weight loss, but also provides you with valuable knowledge and understanding for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

5-Nights

- 1 Fitness Assessment
- 2 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 2 Super Stretch (25 min)
- 1 Hypoxic Training ²

7-Nights

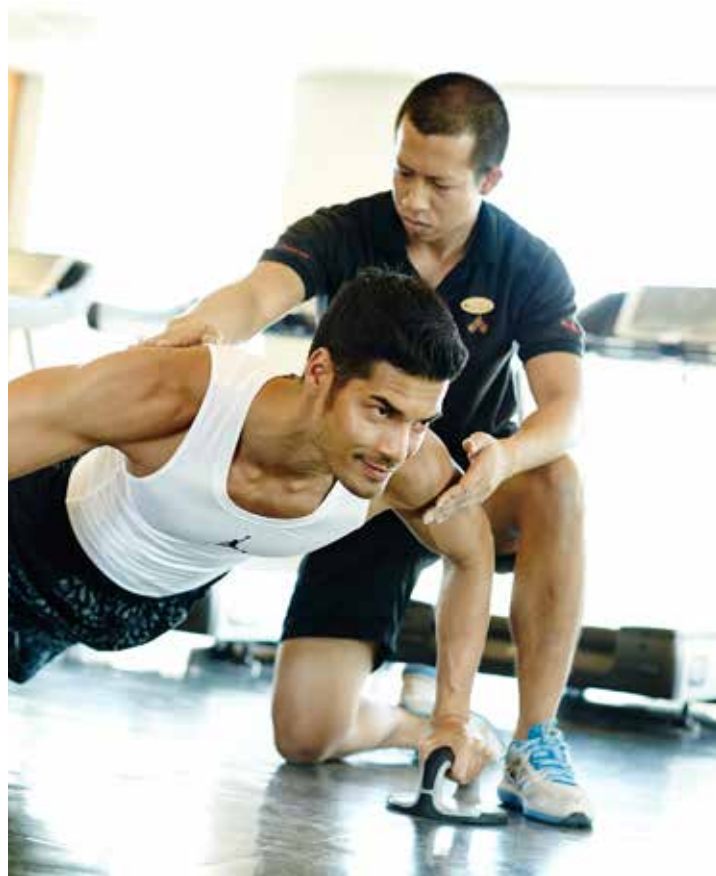
- 1 Fitness Assessment
- 3 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 3 Super Stretch (25 min)
- 2 Hypoxic Training ²

10-Nights

- 1 Fitness Assessment
- 6 Personal Training ¹
- 2 Hypoxic Training ²
- 1 Nutrition Consultation for Optimal Weight
- 4 Super Stretch (25 min)
- 1 H2O Body Complex ³
- 1 Mindfulness Based Stress Release

14-Nights

- 2 Fitness Assessment
- 9 Personal Training ¹
- 2 Hypoxic Training ²
- 1 Nutrition Consultation for Optimal Weight
- 6 Super Stretch (25 min)
- 3 H2O Body Complex ³
- 1 Mindfulness Based Stress Release
- 1 Cooking Class ⁴



¹ Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500

² Hypoxic Training - if this treatment is not suitable for your health condition, we will substitute with Adventure Training or Aquatic Therapy

³ H2O Body Complex - may alternate with Oxygen Power Fitness or Metabolic Breathing Exercise

⁴ Cooking Class - may alternative with Natural Food

Longer retreats are also available on request, please email reservation@chivasom.com for further details

CELL VITALITY

The Cell Vitality retreat has been carefully created to support guests who have recovered or are in remission from cancer. This comprehensive retreat has been developed by wellness experts to assist in the recovery of vitality and wellbeing. Daily programmes are crafted for each guest to help you regain appetite through dedicated dietary plans, stimulate physical and mental wellness with the aid of experienced therapists and promote cellular health with our naturopathic doctors.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



10-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 1 Acupuncture ¹
- 3 Holistic Health ²
- 2 Pranayama
- 2 Re-functional Exercise (50 min) ³
- 1 Chiva-Som Skin Haven Facial
- 1 Jet Lag Therapy
- 1 Mood Mist

14-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 2 Acupuncture ¹
- 4 Holistic Health ²
- 3 Pranayama
- 4 Re-functional Exercise (50 min) ³
- 1 Chiva-Som Skin Haven Facial
- 1 Jet Lag Therapy
- 1 Mood Mist
- 2 Super Stretch (25 min)

¹ Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

² Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

³ Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Body Awakening Exercise

Longer retreats are also available on request, please email reservation@chivasom.com for further details

CRANIAL RELIEF

The Cranial Relief retreat is crafted for guests who suffer from migraines and life disrupting headaches. Combining holistic and physiotherapy treatments, you'll discover how to regain stability through meditation, specific exercises that promote cranio-facial muscle relaxation and a special dietary plan of fresh, organic and nutrient-rich foods. With the harmony of treatments, you'll experience a relief to migraines and a new lifestyle of improved health and wellness.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

10-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 1 Acupuncture ¹
- 2 Holistic Health ²
- 1 Stress Release Therapy ³
- 1 Shirodhara
- 2 Back, Neck, Shoulder Massage
- 2 Cranio-Myofascial Release
- 2 Yoga (50 min)

14-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 2 Acupuncture ¹
- 3 Holistic Health ²
- 2 Stress Release Therapy ³
- 1 Shirodhara
- 3 Back, Neck, Shoulder Massage
- 2 Cranio-Myofascial Release
- 3 Yoga (50 min)



¹ Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

² Holistic Health - may choose from Shirobhyanga, Mien-Acupressure, Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

³ Stress Release Therapy - may alternate with Body Balancing

Longer retreats are also available on request, please email reservation@chivasom.com for further details

EMOTIONAL WELLBEING

Master the ability to control your stress, mood and overall wellbeing with the Emotional Wellbeing retreat. Created for guests who feel over-stressed or a lack of energy, this retreat is designed to rejuvenate the mind, body and spirit. A holistic approach will guide you on a journey including: acupuncture, mind and body therapy, healthy eating, regular fitness and a stable sleeping pattern.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



10-Nights

- 1 Naturopathic Consultation
- 2 Yoga (50min) ¹
- 1 Acupuncture ²
- 3 Holistic Health ³
- 2 Pranayama
- 3 Re-functional Exercise (50 min) ⁴
- 1 Mood Mist
- 1 Cooking Class ⁵

14-Nights

- 2 Naturopathic Consultation
- 2 Yoga (50min) ¹
- 2 Acupuncture ²
- 3 Holistic Health ³
- 3 Pranayama
- 4 Re-functional Exercise (50 min) ⁴
- 1 Mood Mist
- 2 Cooking Class ⁵
- 1 Aquatic Therapy (Watsu)

¹Yoga - may choose from Hatha Yoga, Vinyasa or Ashtanga

²Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

³Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

⁴Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Body Awakening Exercise

⁵Cooking Class - may alternative with Natural Food

Longer retreats are also available on request, please email reservation@chivasom.com for further details

TENSION RELEASE

Escape tension-causing routines and release your mind and body to discover your true inner peace. Our Tension Release retreat is carefully designed to help guests who suffer from high blood pressure to regain a restorative balance in life. Through nutritional consultation, you will discover the simple steps to controlling salt intake, maintaining a healthy weight and the appropriate use of dietary supplements that can help support cardiovascular health. Furthermore, our personalized fitness activities can enhance your energy and reduce weakness and fatigue, providing you with a complete path towards tension release.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

10-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 2 Acupuncture ¹
- 1 Body Awakening Exercise ²
- 2 Holistic Health ³
- 3 Super Stretch (25 min)
- 1 Mood Mist
- 1 Meditation
- 1 Pilates ⁴
- 1 Cooking Class ⁵
- 1 Chiva-Som Signature Deep Hand Massage
- 1 Oriental Foot Ritual

14-Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Re-balance
- 3 Acupuncture ¹
- 2 Body Awakening Exercise ²
- 3 Holistic Health ³
- 4 Super Stretch (25 min)
- 1 Mood Mist
- 2 Meditation
- 2 Pilates ⁴
- 1 Cooking Class ⁵
- 1 Chiva-Som Signature Deep Hand Massage
- 2 Oriental Foot Ritual



¹ Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

² Body Awakening Exercise - may alternate with Gyrotonic® or Gyrokinesis

³ Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

⁴ Pilates - may alternate with Tai Chi or Yoga

⁵ Cooking Class - may alternative with Natural Food

Longer retreats are also available on request, please email reservation@chivasom.com for further details

SUSTAINABLE SLIMMING

Effectively lose weight and begin a journey towards a healthier lifestyle with Chiva-Som's Sustainable Slimming retreat. You'll begin a comprehensive programme of physical activities to help you lose weight in a controlled and healthy manner, our culinary team will support you with nutrient rich cuisine, and our physiotherapists will guide you towards correct posture and increased flexibility. Upon completion you'll be equipped with the necessary tools, knowledge and a sense of empowerment to sustain optimal weight going forward.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice as well as the following:



14-Nights

3-7 Days Cleansing Diet

- 1 Detox Supplement Set
- 1 Fitness Assessment
- 1 Nutrition Consultation
- 2 Maya Massage ¹
- 2 AcuSlim ²
- 2 H2O Therapy ³
- 2 Holistic Health ⁴
- 2 Metabolic Breathing Exercise
- 4 Personal Training
- 5 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven
Body Cocoon

¹ Maya Message - may alternate with Manual Lymphatic Drainage (45 min)

² AcuSlim - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture

³ H2O Therapy - may alternate with Oxygen Power Fitness

⁴ Holistic Health - may choose from Chi Nei Tsang, Ear-Ab Reflex, Cranio - Sacral Therapy or Acupresure Reflexology

Longer retreats are also available on request, please email reservation@chivasom.com for further details

RESORT ACTIVITIES AND FACILITIES

ACTIVITIES

At Chiva-Som, we provide a wide-range of resort activities. Each week, we organise various group activities to offer you a new experience every day of your stay. Just some of our activities include: 3-in-1 Aerobics, Ai Chi, Aqua-Aerobics, Body Awakening, Gyrokinesis, Hatha Yoga, Tabata Class, Thai Boxing, Zumba and more. For more information, you can refer to our daily activities class timetable.

RESTAURANTS

Your wellness cuisine meals are served depending on the dietary plans of your retreat. We believe a good diet is the foundation of life-long health, therefore all meals are served using the freshest ingredients, with an emphasis on low fat, lower calorie food. Our Taste of Siam restaurant also offers a delicious range of international and local Thai food and drink. The Orchid Lounge provides an extensive choice of mocktails, teas and refreshments.

FACILITIES

Library - Delve into a great read, catch up on the latest news and stay in contact with friends, family or even business in the Library.

Water Facilities and Pools - Refresh, relax and exercise in either our outdoor or indoor swimming pools. In our Spa, indulge with a choice of sauna, steam, Jacuzzi and cool plunge daily as a part of your retreat.

“YOUR HAVEN OF LIFE.
WHERE HEALING BEGINS.”



ACCOMMODATION

All guest rooms at Chiva-Som are designed with luxury and comfort in mind, creating seamless harmony with your retreat programme. Each room is fitted with satellite colour TV and a Blu-ray player. Air conditioning is available for maximum comfort, International Direct Dial telephones, bathrobes, hair dryers, refrigerators and room safes are standard in all rooms. Chiva-Som also allows for personalisation; the scent of oil burners, the amenities in the bathroom and the linen and pillows used within the bedroom can all be changed depending on your preference.



Ocean Room

11 Rooms (34 m²)

With each room having its own balcony overlooking the resort and the beautiful Gulf of Thailand, the Ocean Room offers peace and serenity both inside and out.



Ocean Deluxe Room

13 Rooms (48 m²)

The newly renovated Ocean Deluxe room offers spacious living with large walk-in closet, wooden floors and blissful comfort.



Ocean Premium Room

5 Rooms (54 m²)

Even more spacious, the Ocean Premium Room provides you with a haven of comfort. Renovated with light colours, wooden floors and a walk-in closet.



Anchan

1 Room (63 m²)

A large terrace offers breathtaking views from the Anchan room. The peaceful decor entices relaxation, while spacious luxury creates lasting comfort.



Thai Pavilion

17 Rooms (36 m²)

The Thai Pavilions feature traditional Thai architecture to provide a truly authentic experience. They also include a shared terrace and outdoor Sala sitting area.



Juniper

1 Room (68 m²)

The luxurious Juniper Suites offer a separate living room and bedroom, with an outdoor terrace providing stunning views of the Gulf of Thailand.



Patchouli

1 Room (70 m²)

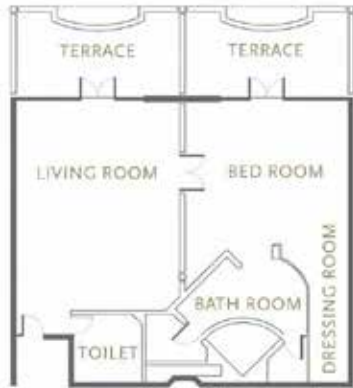
Elegant, spacious and recently renovated as your very own haven of life, the Patchouli Suite comes with a private butler, a large terrace overlooking the ocean as well as separate bedroom and living room.



Jasmine

1 Room (83 m²)

The Jasmine Suite offer a separate living and bedroom area, with a terrace connecting the two and overlooking the stunning Gulf of Thailand.



Champaka

2 Rooms (104 m²)

The luxury of the Champaka Suites offer separate living room and bedroom, including a guest bathroom and a separate shower to bathtub area. An extended terrace provides breathtaking views of the Gulf of Thailand.



Golden Bo

1 Room (102 m²)

Luxurious and indulgent, the Golden Bo Suite offers a large separate living room, dining area and day area which all lead to the swimming pool and a private terrace. Decorated with Thai silk and authentically furnished, this suite provides a true haven at Chiva-Som.



Leelawadee

1 Room (147 m²)

In a private and secluded haven, the Leelawadee Suite is our most exclusive suite, offering a private entrance, spacious living area, dining room and mini pantry, while a luxurious bedroom features a walk-in dressing room.

AWARDS

Chiva-Som has long been one of the world's leading health and wellness resorts. Our passion and dedication to improving the lifestyle of our guests has led to numerous awards and recognition over the years.

Best for Medical Services

Spafinder Wellness 365! Wellness Travel Awards 2015

Winner of Intel-AIM Corporate Responsibility Awards

Asian Forum on Corporate Social Responsibility 2015

**1st Place Sustainable Development in Tourism
for Urban Accommodation**

Skål International Awards 2015

1st Place Green Spa

Thailand Spa & Well-being Awards 2015

Highly Recommended in Hua Hin

The World Hotel Awards 2015

Top 3 Overseas Health & Wellness Property

for 7 consecutive years and 'Top 10 Best Overseas Resort'
Luxury Travel Magazine 2015 Gold List

Best Destination Spa

Conde Nast Traveller Spa Awards 2015



TERMS AND CONDITIONS

Deposit and Cancellation:

Your booking is guaranteed with any major credit card. Cancellations received less than 14 days before arrival date will incur a charge of 50% of all estimated costs. Cancellations or reduced stays whilst at the resort will incur a charge of 100% of all estimated costs. Bookings for 20th December 2016 to 5th January 2017 require a minimum stay of 7 nights and cancellation notice 60 days prior to arrival date.

Check-In/Check-Out:

Check-In is from 2pm, Check-Out is 12 noon.

Restrictions:

It is important for us to maintain a restful and relaxing atmosphere for all our guests and in this regard we regret we cannot accept children less than 16 years of age. Mobile phones, iPhone, E Readers, Kindle, Blackberry, iPad, PDA, cameras and personal computers may be used in guest rooms but not in public areas. Chiva-Som's healthy environment has been created to give everyone the best possible benefits, this is why we limit alcoholic drinks to champagne and wine available in the evening only and restrict smoking to designated outdoor areas.

As more e-reader devices offer increased communication features, to help protect our guest privacy and the serene ambience of Chiva-Som, we regret e-readers will not be allowed in the public areas. Should you wish to read outdoors, please approach our staff. They can set you a sun lounger on the beach when the tide is low. You may use silent devices like e-readers in the library or in your room. We encourage you to borrow books from our library whilst in the resort.

Gala Dinner:

A supplement of THB 14,500 per person will apply for the New Year's Eve Gala Dinner. Rate is subject to 17.7% service charge and V.A.T.

Special Requests:

Should you have any special preferences such as non-allergenic pillows, special dietary considerations, etc., please inform reservations when making your booking.

Peak Season (20th December 2016 - 5th January 2017):

Over the busy peak season, unfortunately we can only accept rooms booked on double occupancy as the demand is so high.

Conditions:

Prices are subject to resort availability and are subject to change. All pricing is correct at the time of printing and offer may be withdrawn at anytime without notice. Subject to Chiva-Som's booking conditions. Other conditions may apply.

Treatment Cancellation:

For treatments included in your retreat as well as for extra treatments, as your treatment requires facilities and staffs to be reserved, we require a minimum three hours notice if you are unable to keep your appointment. Please call our staff, who will be happy to reschedule your treatment. No-shows or appointments cancelled less than three hours will incur loss of that treatment (for treatments that are included in the retreat programme) or a 50% cancellation fee (for extra treatments booked).

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