

holistic haven



There are health retreats and then there's Chiva Som destination spa. A haven of holistic health on the Gulf of Thailand where the world's elite come to be pounded, pummeled and pampered in style

By Rachel-Oakes Ash

IT'S HERE THAT Macpherson, Moss, Hurley and Beckham mingle with the Fortune 500 and a handful of European royalty with a couple of Middle Eastern sultans thrown in for good measure.

Choose from a selection of retreats including weight loss, fitness, holistic, anti aging, detox and mega detox. Mix it up with some acupuncture, Chinese medicine and even colonic irrigations then add some serious spa pampering from hot stone massages and lush facials to oriental foot rituals.

Did we mention the steam rooms, saunas, plunge tubs and indoor and outdoor pool? The fresh fruit delivered daily to one's Thai pavilion, the abundance of fresh flowers throughout one's suite, the endless cold face towels while reclining by the pool, the famous Thai hospitality with a smile? It's enough to make one sigh with pleasure.

No chained gates here, no boot camp regiments either. Guests are free to leave the grounds and take in some nearby sights, though most choose to remain within the nurturing bubble of Chiva Som. Folks rise at a time suitable to them then choose to partake in daily activities or make up their own.

Dining is done in one of two restaurants, the breezy poolside Taste of Siam with it's fresh seafood or the rooftop Emerald Room for a la carte goodies served up with calorie, fat and protein count. Those doing the three to ten day detox can dine in their room to resist temptation.

Personal trainers, personal consultants, personal yoga teachers, personal meditation gurus, if you're not into groups then one on one is always an option. If they could do the exercise for you they would.

Truth is, the staff at Chiva Som are as dedicated to your health and well being as you are. If you want to lose weight they'll work you hard to get there, if you want to de stress they'll fill your room with stress free aroma oils.

If you want to turn back the clock they'll laser and jab you on the outside, and fill you with cleansing potions on the inside.





travelFEATURE

View from the balcony at Chiva Som

◀ There has to be a downside, right? Ok, there's no caffeine, sugar or fat but there is wine. The beach can get a bit hectic and lacks the azure blues and greens of Southern Thailand but the pool is mammoth and a sea breeze is a sea breeze regardless of water colour.

Oh, and detoxing is no walk in the park. There will be headaches, there may be nausea but there's always a scalp massage in the spa to help relieve any detox tension.

If you're going to go cold or even luke warm turkey then there is no better place to do it. This author lost a whopping 4.1kgs in seven nights. Now that's a boasting right.



WHERE

Hua Hin, Thailand

HOW MUCH?

Choose from 3, 5, 7, 10 or 14 day weight-loss, spa, fitness, holistic, detox, anti aging or Chiva Som experience retreat. A five night spa pampering retreat in an Ocean View room starts from US\$2,050 including all meals, daily massage, fitness and leisure activity programme and four spa pampering treatments.

Travel the World represent Chiva Som exclusively in Australia.

www.traveltheworld.com.au

1800 226 526

HOW TO GET THERE

QANTAS AIRLINES B747-400 and A330-300 aircrafts flying to Bangkok have been fitted with Skybed. Skybed is one of the longest and most comfortable business beds.

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