

# 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 21 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 fulfil 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.





# 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 your goals. 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 flavourful and high nutrient food. Our Emerald Room offers international dishes while the Taste of Siam restaurant by the ocean serves a vegetarian lunch menu and a Thai wellness cuisine menu for dinner. The Orchid Lounge provides an extensive choice of mocktails, teas and refreshments.

## FACILITIES

The resort features separate male and female water therapy suites, a modern kinesiology studio, gym, Watsu pool, floatation pool, large outdoor swimming pool, bathing pavilion with Kneipp bath, sauna, steam, Jacuzzi, and indoor swimming pool.

## WELLNESS CUISINE

Chiva-Som's wellness cuisine is created around the view that one's diet is inextricably connected to one's long-term health. Chiva-Som believes that food should be viewed as the foundation of health through the nutrition it provides. It is equally important that food should taste good, for without that eating holds no pleasure.







Taste of Siam BBQ



Water Therapy Suite



Bathing Pavilion



Golden Bo Suite Terrace



Champaka Suite Terrace



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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, options include: 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 suits 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	5 Nights	7 Nights
1 Spa Classic	2 Spa Classic	2 Spa Classic
2 Spa Deluxe	3 Spa Deluxe	3 Spa Deluxe
1 Physio Classic	1 Physio Classic	1 Physio Classic
1 Physio Deluxe	1 Physio Deluxe	2 Physio Deluxe
1 Fitness Classic	3 Fitness Classic	3 Fitness Classic
	1 Fitness Deluxe	2 Fitness Deluxe
		1 Holistic Deluxe

10 Nights	14 Nights
2 Spa Classic	4 Spa Classic
3 Spa Deluxe	3 Spa Deluxe
1 Spa Premium	2 Spa Premium
2 Physio Classic	2 Physio Classic
2 Physio Deluxe	2 Physio Deluxe
2 Physio Premium	2 Physio Premium
3 Fitness Classic	3 Fitness Classic
2 Fitness Deluxe	2 Fitness Deluxe
1 Holistic 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:	Physio Classic (25 min):	Fitness Classic (25 min):	
<ul style="list-style-type: none"><li>Aloe Vera Hair Intensive</li><li>Chiva-Som Signature Deep Hand Massage</li><li>Oriental Foot Ritual</li><li>Chiva-Som Signature Milk Bath</li><li>Soothing Eye Treatment</li><li>Choice of Hydrotherapy <sup>1</sup></li><li>Pedicure</li><li>Manicure</li></ul>	<ul style="list-style-type: none"><li>Cranio-Myofascial Release</li><li>Physiotherapy</li><li>Soft Tissue Mobilisation</li><li>Inter X Therapy</li></ul>	<ul style="list-style-type: none"><li>Super Stretch</li><li>Body Composition Analysis</li><li>Personal Training</li></ul>	
Spa Deluxe:	Physio Deluxe (50 min):	Fitness Deluxe:	Holistic Deluxe:
<ul style="list-style-type: none"><li>CACI Eye Treatment</li><li>Accelerated Body Shaping Therapy</li><li>Deep Cleansing Back Treatment</li><li>Aloe Body Mask</li><li>Luxury Foot Therapy</li><li>Luxury Hand Therapy</li><li>Papaya Body Wrap</li><li>PediPlus</li></ul>	<ul style="list-style-type: none"><li>Fascia Release Therapy</li><li>Neurac Method®</li><li>Bone Density Exercise</li><li>Dynamic Core Exercise</li><li>Gyrokinesis or Gyrotonic®</li><li>H2O Body Complex or H2O Therapy</li><li>Inner Core Exercise</li><li>Kinesthetic Assessment</li><li>Re-functional Exercise</li></ul>	<ul style="list-style-type: none"><li>Core Coaching</li><li>Gravity 500</li><li>Kinesis</li><li>Personal Training</li><li>Pilates</li><li>Travel Training</li><li>TRX</li><li>Yoga</li></ul>	<ul style="list-style-type: none"><li>Acupressure Reflexology</li><li>Chi Nei Tsang or Ear-Ab Reflex</li><li>Dry Skin Brushing</li><li>Mien-Acupressure</li><li>Shirobhyanga</li><li>Crystal and Quantum Massage</li></ul>
Spa Premium:	Physio Premium:	Fitness Premium:	Holistic Premium:
<ul style="list-style-type: none"><li>Chiva-Som Signature Herbal Massage</li><li>CACI Acne and Blemish</li><li>Chiva-Som Signature Total Body Care</li><li>Manual Lymphatic Drainage (80 min)</li><li>CACI Deep Wrinkle Treatment</li><li>Chiva-Som Skin Haven Facial</li><li>Chiva-Som Spa Haven Body Cocoon</li><li>Marine Mud Wrap</li></ul>	<ul style="list-style-type: none"><li>Back, Neck and Shoulder Massage (50 min)</li><li>Body Balancing (80 min)</li><li>Deep Tissue Massage (50 min)</li><li>Fast Track Back Release (50 min)</li><li>Physiotherapy (50 min)</li><li>Soft Tissue Massage (50 min)</li><li>Stress Release Therapy (80 min)</li></ul>	<ul style="list-style-type: none"><li>Adventure Training (90 min)</li><li>Aquatic Therapy (Watsu)</li><li>One-on-One Boot Camp</li><li>3'Ps of Perfect Fitness</li></ul>	<ul style="list-style-type: none"><li>Naturopathic Consultation</li><li>Nutrition Consultation</li></ul>

<sup>1</sup> 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	5 Nights	7 Nights
2 Re-functional Exercise (50 min) <sup>1</sup>	2 Re-functional Exercise (50 min) <sup>1</sup>	2 Re-functional Exercise (50 min) <sup>1</sup>
1 Physiotherapy (25 min) <sup>2</sup>	2 Physiotherapy (25 min) <sup>2</sup>	2 Physiotherapy (25 min) <sup>2</sup>
1 Deep Tissue Massage (50 min) <sup>3</sup>	1 Deep Tissue Massage (50 min) <sup>3</sup>	2 Deep Tissue Massage (50 min) <sup>3</sup>
1 Super Stretch (25 min)	2 Super Stretch (25 min)	2 Super Stretch (25 min)
	1 Kinesthetic Assessment	1 Kinesthetic Assessment
	1 Personal Training <sup>4</sup>	2 Personal Training <sup>4</sup>

10 Nights	14 Nights
2 Re-functional Exercise (50 min) <sup>1</sup>	4 Re-functional Exercise (50 min) <sup>1</sup>
3 Physiotherapy (25 min) <sup>2</sup>	4 Physiotherapy (25 min) <sup>2</sup>
2 Deep Tissue Massage (50 min) <sup>3</sup>	2 Deep Tissue Massage (50 min) <sup>3</sup>
3 Super Stretch (25 min)	4 Super Stretch (25 min)
1 Kinesthetic Assessment	1 Kinesthetic Assessment
2 Personal Training <sup>4</sup>	2 Personal Training <sup>4</sup>
1 Detoxifying Balneotherapy (25 min)	2 Detoxifying Balneotherapy (25 min)
3 Neurac Method® (25 min) <sup>6</sup>	4 Neurac Method® (25 min) <sup>6</sup>
1 Radial Shockwave Therapy (25 min)	2 Radial Shockwave Therapy (25 min)
1 Acupressure Reflexology <sup>5</sup>	1 Stress Release Therapy
	1 Acupressure Reflexology <sup>5</sup>



<sup>1</sup> Re-functional Exercise (50 min) - may choose from H2O Body Complex, Dynamic Core Stability, Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise, Inner Core Exercise, Bone Density, Toning Ball or Metamorphosis

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

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

<sup>4</sup> Personal Training - may choose from Pilates or Yoga

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

<sup>6</sup> Neurac Method (25 min) - may alternate with Sense Balance 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	5 Nights	7 Nights
1 Skin Facial Analysis	1 Skin Facial Analysis	1 Skin Facial Analysis
1 Five Elements Massage	1 Five Elements Massage	1 Five Elements Massage
1 Chiva-Som Spa Haven Body Cocoon <sup>1</sup>	1 Chiva-Som Spa Haven Body Cocoon <sup>1</sup>	2 Chiva-Som Spa Haven Body Cocoon <sup>1</sup>
1 Bioplasma	1 Chiva-Som Signature Herbal Massage	1 Chiva-Som Signature Herbal Massage
1 Jet Peel	1 Bioplasma	1 Accelerated Body Shaping Therapy
	1 Jet Peel	1 Spa Facial Therapy (70 min) <sup>2</sup>
	1 Revlite Face or Laser Genesis	1 Bioplasma
		1 Jet Peel
		1 Revlite Face or Laser Genesis

10 Nights	14 Nights
1 Skin Facial Analysis	1 Skin Facial Analysis
1 Spa Facial Consultation	1 Spa Facial Consultation
1 Five Elements Massage	1 Five Elements Massage
2 Chiva-Som Spa Haven Body Cocoon <sup>1</sup>	2 Chiva-Som Spa Haven Body Cocoon <sup>1</sup>
1 Chiva-Som Signature Herbal Massage	1 Chiva-Som Signature Herbal Massage
1 Spa Facial Therapy (70 min) <sup>2</sup>	2 Spa Facial Therapy (70 min) <sup>2</sup>
1 Accelerated Body Shaping Therapy	2 Accelerated Body Shaping Therapy
1 Maya Massage	1 Maya Massage
1 Bioplasma	1 South Indian Pampering
1 Jet Peel	1 Papaya Body Wrap
1 Revlite Face or Laser Genesis	1 Oriental Foot Ritual
1 Venus Legacy Body	1 Hair Intensive Ritual
	1 Bioplasma
	2 Jet Peel
	1 Revlite Face or Laser Genesis
	1 Venus Legacy Body



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

<sup>2</sup> 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 sessions 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	5 Nights
2 Yoga (80 min) <sup>1</sup>	3 Yoga (80 min) <sup>1</sup>
1 Pranayama (50 min)	1 Pranayama (50 min)
1 Mood Mist*	1 Meditation (50 min)
1 Yoga Strap	1 Mood Mist*
	1 Yoga Strap
7 Nights	10 Nights
4 Yoga (80 min) <sup>1</sup>	6 Yoga (80 min) <sup>1</sup>
1 Pranayama (50 min)	1 Pranayama (50 min)
1 Meditation (50 min)	1 Meditation (50 min)
1 Jala Neti	1 Jala Neti
1 Abhyanga	1 Abhyanga
1 Mood Mist*	1 Shirodhara
1 Yoga Strap	1 Mood Mist*
	1 Yoga Strap
14 Nights	
10 Yoga (80 min) <sup>1</sup>	
1 Pranayama (50 min)	
1 Meditation (50 min)	
1 Jala Neti	
2 Abhyanga	
1 Shirodhara	
1 Mood Mist*	
1 Yoga Strap	

<sup>1</sup> Yoga - may choose from Hatha Yoga, Vinyasa or Ashtanga  
\*Mood Mist is for take away  
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 personalised dietary focused programme. Start a beneficial dietary transformation or a more subtle change to achieve the goals you wish to fulfil. Your personal advisor will aid you in discovering the ideal diet, balancing macro and micronutrients while herbal and nutritional supplements ensure your detoxification processes are working 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	7 Nights
3-5 Days Cleansing Diet	3-7 Days Cleansing Diet
1 Detox Supplement Set	1 Detox Supplement Set
1 Mood Mist*	1 Mood Mist*
2 Maya Massage or Manual Lymphatic Drainage (45 min)	2 Maya Massage or Manual Lymphatic Drainage (45 min)
2 Colonic Hydrotherapy <sup>1</sup>	3 Colonic Hydrotherapy <sup>1</sup>
1 Pranayama	1 Pranayama
1 Super Stretch (25 min)	1 Super Stretch (25 min)
	1 Chiva-Som Spa Haven Body Cocoon
	2 Detoxifying Balneotherapy
10 Nights	14 Nights
3-7 Days Cleansing Diet	3-7 Days Cleansing Diet
1 Detox Supplement Set	2 Detox Supplement Set
1 Mood Mist*	1 Mood Mist*
3 Maya Massage or Manual Lymphatic Drainage (45 min)	4 Maya Massage or Manual Lymphatic Drainage (45 min)
4 Colonic Hydrotherapy <sup>1</sup>	4 Colonic Hydrotherapy <sup>1</sup>
1 Pranayama	1 Pranayama
1 Super Stretch (25 min)	2 Super Stretch (25 min)
1 Chiva-Som Spa Haven Body Cocoon	1 Body Jet Blitz
2 Detoxifying Balneotherapy	1 Chiva-Som Spa Haven Body Cocoon
1 Naturopathic Consultation	2 Detoxifying Balneotherapy
1 Art of Detox Cooking Class <sup>2</sup>	1 Naturopathic Consultation
1 Body Jet Blitz	1 Art of Detox Cooking Class <sup>2</sup>
	1 Acupressure Reflexology
	1 Dry Skin Brushing
	1 Acupuncture <sup>3</sup>

<sup>1</sup> Colonic Hydrotherapy - may alternate with Chi Nei Tsang or Ear-Ab Reflex  
<sup>2</sup> Art of Detox Cooking Class - may alternate with Natural Food  
<sup>3</sup> Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture  
\*Mood Mist is for take away  
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 personalised 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	7 Nights
1 Fitness Assessment	1 Fitness Assessment
3 Personal Training <sup>1</sup>	4 Personal Training <sup>1</sup>
2 Super Stretch (25 min)	3 Super Stretch (25 min)
1 Deep Tissue Massage (50 min) <sup>2</sup>	1 Deep Tissue Massage (50 min) <sup>2</sup>
1 H2O Body Complex <sup>3</sup>	1 H2O Body Complex <sup>3</sup>
	1 Nutrition Consultation

10 Nights	14 Nights
1 Fitness Assessment	2 Fitness Assessment
8 Personal Training <sup>1</sup>	11 Personal Training <sup>1</sup>
5 Super Stretch (25 min)	10 Super Stretch (25 min)
1 Deep Tissue Massage (50 min) <sup>2</sup>	1 Deep Tissue Massage (50 min) <sup>2</sup>
1 H2O Body Complex <sup>3</sup>	2 H2O Body Complex <sup>3</sup>
1 Nutrition Consultation	1 Nutrition Consultation



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 our unique integrated approach. 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	7 Nights
1 Mood Mist*	1 Mood Mist*
1 Meditation (50 min) <sup>1</sup>	1 Meditation (50 min) <sup>1</sup>
1 Personal Training <sup>2</sup>	1 Personal Training <sup>2</sup>
1 Holistic Health <sup>3</sup>	2 Holistic Health <sup>3</sup>
1 Stress Release Therapy (80 min)	1 Stress Release Therapy (80 min)
1 Acupuncture <sup>4</sup>	1 Acupuncture <sup>4</sup>
	1 Chiva-Som Spa Haven Body Cocoon
	1 Hydrotherapy <sup>5</sup>

10 Nights	14 Nights
1 Mood Mist*	1 Mood Mist*
1 Meditation (50 min) <sup>1</sup>	2 Meditation (50 min) <sup>1</sup>
2 Personal Training <sup>2</sup>	2 Personal Training <sup>2</sup>
3 Holistic Health <sup>3</sup>	1 Yoga (50 min)
1 Stress Release Therapy (80 min)	4 Holistic Health <sup>3</sup>
1 Aquatic Therapy (Watsu)	1 Stress Release Therapy (80 min)
1 Chiva-Som Spa Haven Body Cocoon	1 Aquatic Therapy (Watsu)
1 Super Stretch (25 min)	1 Chiva-Som Spa Haven Body Cocoon
1 Acupuncture <sup>4</sup>	2 Super Stretch (25 min)
1 Hydrotherapy <sup>5</sup>	2 Acupuncture <sup>4</sup>
1 Deep Tissue Massage (50 min)	1 Hydrotherapy <sup>5</sup>
	1 Deep Tissue Massage (50 min)
	1 Naturopathic Consultation



<sup>1</sup> Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500  
<sup>2</sup> Deep Tissue Massage - may alternate with Back, Neck and Shoulder Massage or Fast Track Back Release  
<sup>3</sup> H2O Body Complex - may alternate with Oxygen Power Fitness or Metabolic Breathing Exercise  
Longer retreats are also available on request, please email reservation@chivasom.com for further details

<sup>1</sup> Meditation - may alternate with Pranayama, Tai Chi or Yoga  
<sup>2</sup> Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500  
<sup>3</sup> Holistic Health - may choose from Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shirobhyaga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing  
<sup>4</sup> Acupuncture - may alternate with Shiatsu, Facial Acupuncture, Seiketsu Shiraku Acupuncture, Naturopathic Consultation  
<sup>5</sup> Hydrotherapy - may choose from Body Jet Blitz, Detoxifying Balneotherapy, Floatation Therapy or Rebalancing Balneotherapy  
\* Mood Mist is for take away  
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
- 3 Personal Training <sup>1</sup>
- 1 Nutrition Consultation for Optimal Weight
- 3 Super Stretch (25 min)

### 7 Nights

- 1 Fitness Assessment
- 5 Personal Training <sup>1</sup>
- 1 Nutrition Consultation for Optimal Weight
- 5 Super Stretch (25 min)

### 10 Nights

- 1 Fitness Assessment
- 8 Personal Training <sup>1</sup>
- 1 Nutrition Consultation for Optimal Weight
- 6 Super Stretch (25 min)
- 1 H2O Body Complex <sup>2</sup>
- 1 Mindfulness Based Stress Release (30 min)

### 14 Nights

- 2 Fitness Assessment
- 11 Personal Training <sup>1</sup>
- 1 Nutrition Consultation for Optimal Weight
- 8 Super Stretch (25 min)
- 3 H2O Body Complex <sup>2</sup>
- 1 Mindfulness Based Stress Release (30 min)
- 1 Cooking Class <sup>3</sup>



# 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 <sup>1</sup>
- 3 Holistic Health <sup>2</sup>
- 2 Pranayama
- 2 Re-functional Exercise (50 min) <sup>3</sup>
- 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 <sup>1</sup>
- 4 Holistic Health <sup>2</sup>
- 3 Pranayama
- 4 Re-functional Exercise (50 min) <sup>3</sup>
- 1 Chiva-Som Skin Haven Facial
- 1 Jet Lag Therapy
- 2 Super Stretch (25 min)
- 1 Mood Mist\*



<sup>1</sup> Personal Training - may choose from Pilates, Kinesis, Boot Camp, TRX, Freeform, Core Coaching or Gravity 500  
<sup>2</sup> H2O Body Complex - may alternate with Oxygen Power Fitness or Metabolic Breathing Exercise  
<sup>3</sup> Cooking Class - may alternate with Natural Food  
Longer retreats are also available on request, please email reservation@chivasom.com for further details

<sup>1</sup> Acupuncture - may alternate with Seiketsu Shiraku Acupuncture  
<sup>2</sup> Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology  
<sup>3</sup> Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Body Awakening Exercise  
\* Mood Mist is for take away  
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 relief from headaches 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	14 Nights
1 Naturopathic Consultation	1 Naturopathic Consultation
1 Bio-feedback Re-balance	1 Bio-feedback Re-balance
1 Acupuncture <sup>1</sup>	2 Acupuncture <sup>1</sup>
2 Holistic Health <sup>2</sup>	3 Holistic Health <sup>2</sup>
1 Stress Release Therapy <sup>3</sup>	2 Stress Release Therapy <sup>3</sup>
1 Shirodhara	1 Shirodhara
2 Back, Neck, Shoulder Massage	3 Back, Neck, Shoulder Massage
2 Cranio-Myofascial Release	2 Cranio-Myofascial Release
2 Yoga (50 min)	3 Yoga (50 min)



# 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	14 Nights
1 Naturopathic Consultation <sup>6</sup>	2 Naturopathic Consultation <sup>6</sup>
2 Yoga (50 min) <sup>1</sup>	2 Yoga (50 min) <sup>1</sup>
1 Acupuncture <sup>2</sup>	2 Acupuncture <sup>2</sup>
3 Holistic Health <sup>3</sup>	3 Holistic Health <sup>3</sup>
2 Pranayama	3 Pranayama
3 Re-functional Exercise (50 min) <sup>4</sup>	4 Re-functional Exercise (50 min) <sup>4</sup>
1 Cooking Class <sup>5</sup>	1 Aquatic Therapy (Watsu)
1 Mood Mist*	2 Cooking Class <sup>5</sup>
	1 Mood Mist*



<sup>1</sup> Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture  
<sup>2</sup> Holistic Health - may choose from Shirobhyanga, Mien-Acupressure, Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology  
<sup>3</sup> Stress Release Therapy - may alternate with Body Balancing  
Longer retreats are also available on request, please email reservation@chivasom.com for further details

<sup>1</sup> Yoga (50 min) - may choose from Hatha Yoga, Vinyasa or Ashtanga  
<sup>2</sup> Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture  
<sup>3</sup> Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology  
<sup>4</sup> Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Body Awakening Exercise  
<sup>5</sup> Cooking Class - may alternate with Natural Food  
<sup>6</sup> Naturopathic Consultation - may alternate with Mindfulness Based Stress Release (MBSR)  
\* Mood Mist is for take away  
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 personalised 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 <sup>6</sup>

1

Bio-feedback Re-balance

2

Acupuncture <sup>1</sup>

1

Body Awakening Exercise <sup>2</sup>

2

Holistic Health <sup>3</sup>

3

Super Stretch (25 min)

1

Mood Mist

1

Meditation

1

Pilates <sup>4</sup>

1

Cooking Class <sup>5</sup>

1

Chiva-Som Signature Deep Hand Massage

1

Oriental Foot Ritual
- 14 Nights

1

Naturopathic Consultation <sup>6</sup>

1

Bio-feedback Re-balance

3

Acupuncture <sup>1</sup>

2

Body Awakening Exercise <sup>2</sup>

3

Holistic Health <sup>3</sup>

4

Super Stretch (25 min)

1

Mood Mist

2

Meditation

2

Pilates <sup>4</sup>

1

Cooking Class <sup>5</sup>

1

Chiva-Som Signature Deep Hand Massage

2

Oriental Foot Ritual



<sup>1</sup> Acupuncture - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture  
<sup>2</sup> Body Awakening Exercise - may alternate with Gyrotonic® or Gyrokinesis  
<sup>3</sup> Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology  
<sup>4</sup> Pilates - may alternate with Tai Chi or Yoga  
<sup>5</sup> Cooking Class - may alternate with Natural Food  
<sup>6</sup> Naturopathic Consultation - may alternate with Mindfulness Based Stress Release (MBSR)  
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. 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 <sup>1</sup>

2

AcuSlim <sup>2</sup>

2

H2O Therapy <sup>3</sup>

2

Holistic Health <sup>4</sup>

2

Metabolic Breathing Exercise

4

Personal Training

5

Super Stretch (25 min)

1

Chiva-Som Spa Haven  
Cleansing Cocoon



<sup>1</sup> Maya Message - may alternate with Manual Lymphatic Drainage (45 min)  
<sup>2</sup> AcuSlim - may alternate with Shiatsu or Seiketsu Shiraku Acupuncture  
<sup>3</sup> H2O Therapy - may alternate with Oxygen Power Fitness  
<sup>4</sup> Holistic Health - may choose from Chi Nei Tsang, Ear-Ab Reflex, Cranio-Sacral Therapy or Acupressure Reflexology  
Longer retreats are also available on request, please email reservation@chivasom.com for further details



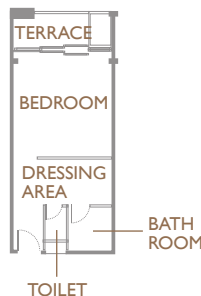
# ACCOMMODATION

Chiva-Som offers a selection of 54 exquisite rooms to choose from, including traditional Thai Pavilions for a truly authentic experience. The newly renovated Ocean Rooms and Suites feature warm, natural colours and materials, as well as a terrace or balcony. Each Suite includes a dining area, dressing room, mini pantry and two toilets. 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.





# ROOM FLOOR PLANS



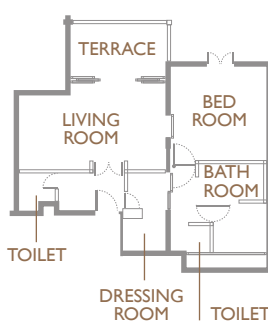
**Ocean Room**  
11 Rooms (34 m<sup>2</sup>)

Stay close to the ocean with a terrace overlooking the beautiful Gulf of Thailand and the lush resort landscape. The Ocean Room indulges you with peace and serenity both inside and out.



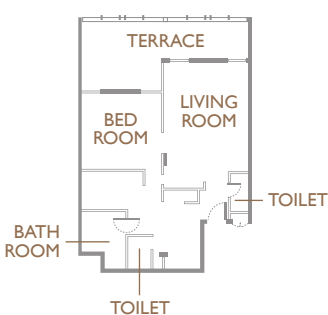
**Ocean Deluxe Room**  
13 Rooms (48 m<sup>2</sup>)

The Ocean Deluxe Room is where you find blissful comfort in spacious living with a separate bathroom, a dressing room and a terrace.



**Patchouli**  
1 Room (70 m<sup>2</sup>)

Live the luxury in the spacious Patchouli Suite with a separate living room and a large terrace overlooking the ocean.



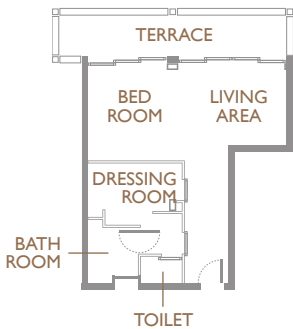
**Jasmine**  
1 Room (89 m<sup>2</sup>)

Whether you are relaxing in your bedroom or having a pleasant time in your separate living room, access to the ocean view is always within your reach with a terrace that connects the two rooms.



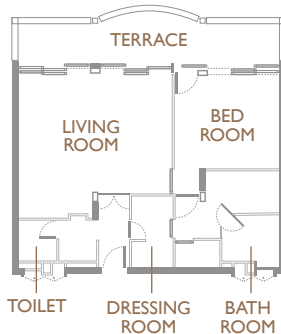
**Ocean Premium Room**  
5 Rooms (54 m<sup>2</sup>)

Relax against the backdrop of the turquoise sea in the most spacious of all Ocean Rooms. This haven of comfort has a separate bathroom, a living area and a dressing room.



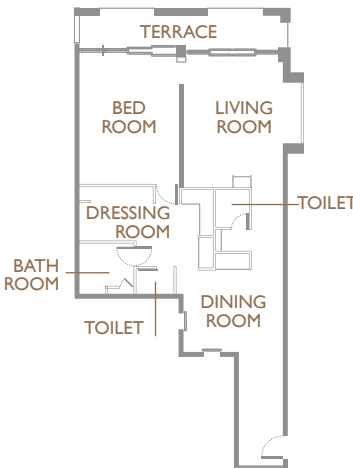
**Anchan**  
1 Room (63 m<sup>2</sup>)

The Anchan Room spans even more space and comes with a larger terrace offering breathtaking views. This spacious luxury instils a sense of lasting comfort while the peaceful decor entices deep relaxation.



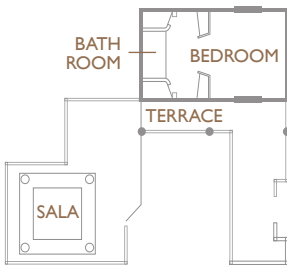
**Champaka**  
2 Rooms (104 m<sup>2</sup>)

The Champaka Suite promises a truly exquisite retreat with its generous space in every room, from a separate bathroom and a living room to an extended terrace facing the vast sea.



**Golden Bo**  
1 Room (102 m<sup>2</sup>)

Adorned with Thai silk, teakwood and bamboo, the Golden Bo is an ideal place to soak up the authentic Thai ambience. This exquisite and indulgent suite offers a large separate living room, a dressing room, dining room and a shaded terrace with stairs leading to the swimming pool, as well as an upstairs terrace where you can enjoy an afternoon repose on a daybed.



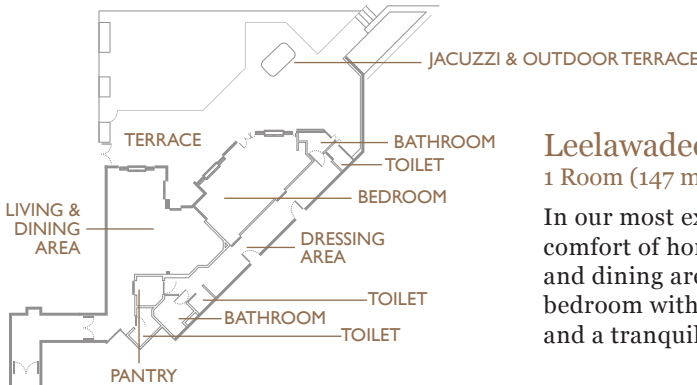
**Thai Pavilion**  
17 Rooms (36 m<sup>2</sup>)

Our Thai Pavilion beautifully captures the essence of Thai architecture with its authentic traditional design. Each Pavilion features a shared terrace and an outdoor Sala sitting area.



**Juniper**  
1 Room (68 m<sup>2</sup>)

Nestled between the sea and the sky, this top floor suite lets you gaze across the expansive vista of the Gulf of Thailand. The elegant Juniper Suite also offers a separate living room.



**Leelawadee**  
1 Room (147 m<sup>2</sup>)

In our most exclusive and largest suite, you will be surrounded by true comfort of home. This secluded haven offers not only a spacious living and dining area, two bathrooms with three toilets and a luxurious bedroom with a dressing area, but also an outdoor terrace with Jacuzzi and a tranquil private garden.



# 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.

**The World’s Best Destination Spa**  
Condé Nast Traveller magazine (UK edition) Readers’ Travel Awards 2016

**Green Era For Sustainability Award**  
Otherways Association Management & Consulting Awards 2016

**Asia’s Best Wellness Retreat 2016 and Thailand’s Best Wellness Retreat 2016**  
World Spa Awards 2016

**Best International Small Hotel and Best International Spa Hotel**  
International Hotel Awards 2016

**Best Wellness Spa + Health Management Resorts around the World**  
Condé Nast Traveller China Reader’s Choice Awards 2016

# TERMS AND CONDITIONS

**Deposit and Cancellation:**  
Your booking is guaranteed with any major credit card. Cancellations received less than 30 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 20<sup>th</sup> December to 5<sup>th</sup> January 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 do not permit smoking anywhere on property.

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 (20<sup>th</sup> December - 5<sup>th</sup> January):**  
Over the busy peak season, unfortunately we can only accept rooms booked on double occupancy as the demand is 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).