



RETREATS 2011



A TASTE OF CHIVA-SOM 2011

New to Chiva-Som? Looking for flexible choice and variety? A Taste of Chiva-Som is the retreat for you. Giving you multiple choices from a variety of areas, this retreat allows you to choose which services and therapies suit you best. The first person you meet is your health and wellness advisor who will guide in creating your ideal programme and to decide from the generous variety of treatments. Take the chance to try something from areas you may never had experienced before, whether it is time in the spa, working with our physiotherapists, improving your fitness or sampling the diverse holistic therapies. The choice is yours.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Choice of daily massage per night of stay (Thai, Chiva-Som, Invigorating or Relaxing Foot Massage - 50 mins)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

3-Night stay: 1 Spa Classic, 2 Spa Deluxe, 1 Physio Deluxe, 1 Fitness Classic

5-Night stay: 2 Spa Classic, 3 Spa Deluxe, 1 Physio Deluxe, 1 Fitness Classic, 1 Fitness Deluxe

7-Night stay: 2 Spa Classic, 3 Spa Deluxe, 2 Physio Deluxe, 1 Fitness Classic, 2 Fitness Deluxe, 1 Holistic Deluxe

10-Night stay: 2 Spa Classic, 3 Spa Deluxe, 1 Spa Premium, 1 Physio Classic, 2 Physio Deluxe, 1 Physio Premium, 1 Fitness Classic, 2 Fitness Deluxe, 1 Holistic Deluxe,

14-Night stay: 3 Spa Classic, 3 Spa Deluxe, 2 Spa Premium, 1 Physio Classic, 2 Physio Deluxe, 1 Physio Premium, 2 Fitness Classic, 3 Fitness Deluxe, 1 Holistic Deluxe, 1 Holistic Premium



Spa Classic:

- Chiva-Som Spa Haven Body Polish or Body Scrub
- Hydrotherapy Bath
- Oriental Scalp Massage
- Manicure
- Nail Reshape and Polish (Hand and Feet)
- Pedicure

Spa Deluxe:

- Deep Hand Massage
- Accelerated Subdermal Therapy
- Aloe Body Mask
- Accelerated Body Shaping Therapy
- Papaya Body Wrap
- Oriental Foot Ritual
- Eye Revitalising

Spa Premium:

- Chiva-Som Spa Haven Cocoon
- Chiva-Som Skin Haven Facial
- Abhyanga
- Manual Lymphatic Drainage
- Marine Mud Wrap
- Chiva-Som Signature Herbal Massage
- Five Elements

Fitness Classic:

- Super Stretch

Fitness Deluxe:

- Pilates Body Conditioning
- Personal Training
- Thai Boxing
- Kinesis
- Health and Fitness Assessment
- Super Stretch
- Travel Training
- Outdoor Training
- Yoga

Fitness Premium:

- Aquatic Therapy (Watsu)
- Adventure Training
- 3 P's of Training
- Functional Insight Training

Physiotherapy Classic:

- Physiotherapy
- Back, Neck and Shoulder Massage

Physiotherapy Deluxe:

- H2O Body Complex
- Gyrokinesis or Gyrotonic
- Kinesthetic Assessment
- Functional Exercise
- Rolling Release Therapy
- Fascial Release

Physiotherapy Premium:

- Physiotherapy
- Stress Release Therapy
- Body Balancing
- Deep Tissue Massage
- Soft Tissue Mobilisation

Holistic Deluxe:

- Chi Nei Tsang
- Reflexology
- Shirobhyanga

Holistic Premium:

- Iridology
- Naturopathy
- Nutrition Counselling

21-Night or longer retreats also available on request.



NATURAL HEALING 2011

We all wish to have more control over our health. Illness dis-empowers us, leaving us dependant on medications, the care of others, and unable to function as we would like. If you have a chronic health problem, or just never feel 100% healthy, this retreat is your key to education and exploration of how to regain ownership of your health.

Your retreat will centre on a Naturopathic consultation during which you can explore your health concerns. Nutritional and herbal therapies can be prescribed, along with lifestyle and dietary changes. In all traditional healing models, the digestion is the core of health. This retreat features Chi Nei Tsang, a traditional abdominal massage to strengthen the digestive organs. Meditation will give you the tools to minimise stress.

In our longer retreats additional services and therapies ensure a rounded approach to managing health. These include restorative physical activity such as Yoga or Tai Chi and education sessions such as Lunch & Learn or therapies such as TCM consultations with acupuncture to balance the 'Qi' or energy of the body.

The key to lasting health is taking positive steps. Each change and beneficial lifestyle habit is an investment in your future health.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Natural Healing:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 2 Chi Nei Tsang
- 1 Meditation*

7-Night Natural Healing:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 2 Chi Nei Tsang
- 2 Meditation*
- 1 Traditional Chinese Medicine

* Meditation – may alternate with:

Reiki, Pranayama Breathing

10-Night Natural Healing:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 3 Chi Nei Tsang
- 2 Meditation*
- 1 Traditional Chinese Medicine
- 1 Live Blood Analysis
- 1 Yoga (alternate with Tai Chi)

14-Night Natural Healing:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Naturopathic Consultation
- 3 Chi Nei Tsang
- 2 Meditation*
- 1 Traditional Chinese Medicine
- 1 Live Blood Analysis
- 1 Yoga (alternate with Tai Chi)
- 1 Traditional Chinese Medicine follow up session
- 1 Naturopathic follow up session
- 1 Lunch and Learn
- 1 Aquatic Therapy

21-Night or longer retreats also available on request.

YOGA FOR LIFE 2011

A good Yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness and self-discovery.

Immerse yourself in Yoga; enjoy daily group class sessions, as well as private one-on-one yoga tuition. Our instructors also teach less common aspects of Yoga including Meditation, Pranayama, and some Ayurvedic cleansing techniques for a complete experience.

They can guide you through a mix of various styles, incorporating Hatha, Vinyasa, Yin, Ashtanga, or Iyengar Yoga as appropriate to further improve your own practice. You will work together to design a personalized Yoga programme to strengthen your weaker areas and achieve overall improvement. More importantly, we help you stay inspired for a consistent, fulfilling practice that lasts a lifetime.

Regardless of your age, background, medical history, lifestyle, our experienced teachers will assist you in discovering Yoga as a complete, holistic approach to general health and wellbeing. Your Yoga practice becomes a tool of self-empowerment and healing in every aspect of your daily life - a lasting, powerful transformation.



Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

3-Night Yoga for Life:

3 Nights accommodation

3 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
2 Yoga Private Session*
1 Meditation

5-Night Yoga for Life:

5 Nights accommodation

5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
3 Yoga Private Sessions
1 Meditation
1 Pranayama

7-Night Yoga for Life:

7 Nights accommodation

7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
5 Yoga Private Sessions*
1 Meditation
2 Pranayama

10-Night Yoga for Life:

10 Nights accommodation

10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
7 Yoga Private Sessions*
2 Meditation
2 Pranayama
1 Abyanga

14-Night Yoga for Life:

14 Nights accommodation

14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
10 Yoga Private Sessions*
3 Meditation
2 Pranayama
1 Abyanga
1 Back Neck Shoulder massage

*** Yoga Private Session – may alternate with:**

Hatha Yoga, Iyengar Yoga, Vinyasa Flow Yoga, Ashtanga Yoga (60 mins)

21-Night or longer retreats also available on request.

ART OF DETOX 2011

Often we ask our digestion and metabolism to do much more than it can handle. When you know that you've asked too much of your body; then it's time to guide your body through Chiva-Som's Art of Detox retreat.

At Chiva-Som we have been guiding our guests through detoxification for years, and we know how to adjust the process to suit your needs. Our program allows you to decide whether to go through a radical or gentle dietary change and to vary the length according to your needs. You also have the option to incorporate colonic hydrotherapy into your program. A set of herbal and nutritional supplements will ensure that your detox pathways will work optimally. Your Health and Wellness Advisor will assist you in making the right choices to personalize your program, and will monitor your progress throughout your stay.

Longer retreats include additional therapies to assist the process such as yoga and pranayama breathing, body scrubs and cocoons, and even meditation to help you do a 'mind detox' at the same time. In addition our complimentary facilities such as steam and sauna will help hasten the removal of toxins.

After your detox, Chiva-Som's award winning Spa Cuisine is the ideal transition back onto nourishing foods that will hopefully influence your 'toxin free' way of eating for the future.



Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Art of Detox:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Day Cleansing Diet
- 1 Nutritional Supplements
- 2 Maya Massages (alternate is Manual Lymphatic Therapy)
- 1 Colonic Hydrotherapy (alternate is Chi Nei Tsang)
- 1 Pranayama Yoga

7-Night Art of Detox:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Day Cleansing Diet
- 1 Nutritional Supplements
- 2 Maya Massages (alternate is Manual Lymphatic Therapy)
- 2 Colonic Hydrotherapies (alternate is Chi Nei Tsang)
- 1 Pranayama Yoga
- 1 Chiva-Som Skin Haven Body Cocoon
- 1 Detox Balneotherapy

10-Night Art of Detox:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Day Cleansing Diet
- 1 Nutritional Supplements
- 3 Maya Massages (alternate is Manual Lymphatic Therapy)
- 3 Colonic Hydrotherapies (alternate is Chi Nei Tsang)
- 1 Pranayama Yoga
- 1 Chiva-Som Skin Haven Body Cocoon
- 1 Detox Balneotherapy
- 1 Naturopathic Consult
- 1 Oriental Scalp Massage

14-Night Art of Detox:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Day Cleansing Diet
- 1 Nutritional Supplements
- 4 Maya Massages (alternate is Manual Lymphatic Therapy)
- 4 Colonic Hydrotherapies (alternate is Chi Nei Tsang)
- 1 Pranayama Yoga
- 1 Chiva-Som Skin Haven Body Cocoon
- 1 Detox Balneotherapy
- 1 Naturopathic Consult
- 1 Oriental Scalp Massage
- 1 Meditation
- 1 Reflexology

21-Night or longer retreats also available on request.



WEIGHT MANAGEMENT 2011

Being overweight is one of the most significant health risks we face. Even though there is no magic solution for easy weight loss, being overweight is completely reversible. At Chiva-Som, our practitioners understand the importance of maintaining a correct weight, and they also understand how hard the process can be to achieve that goal. It's for this reason that education plays such a large role in our approach to achieving your ideal weight range.

On this retreat you will work closely with personal trainers and nutritionists to correct your lifestyle; increasing your activity to the right level, and your dietary patterns to include foods that help you lose weight, rather than gain it. Each of these services is tailored to your particular level of ability, and can be complemented with our extensive facilities and activity calendar. Achieving your ideal weight may take longer than your stay with us, but you should leave with a clearer idea of the road ahead. Along the way you will realise the benefits that include noticeable increases in energy, better resistance to diseases, and improvements in many symptoms of ill health.

This retreat is focused on two key elements of nutrition and activity; however our team is also able to recommend additional services from hormonal blood testing to treatments from our physiotherapists on fixing aches and pains. Chiva-Som provides an integrative approach to health conditions that maximizes the benefits of the time you spend with us.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Weight Management:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Body Composition Analysis (include body measurements)
- 3 Personal Training*
- 1 Nutrition Counselling

7-Night Weight Management:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Body Composition Analysis (include body measurements)
- 5 Personal Training*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)
- 1 Body Measurement follow up

10-Night Weight Management:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Body Composition Analysis (include body measurements)
- 7 Personal Training*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)
- 1 H2O Body Complex
- 1 Follow-up with Nutrition Counselling (30 mins)
- 1 Body Measurement follow up

14-Night Weight Management:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Body Composition Analysis (include body measurements)
- 9 Personal Training*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)
- 2 H2O Body Complex
- 1 Follow-up with Nutrition Counselling (30 mins)
- 1 Body Measurement follow up
- 1 Accelerated Body Shaping Therapy
- 1 Cooking Class

*** Personal Training – may alternate with:**

Kinesis, Thai Boxing, TRX, Private Boot Camp

21-Night or longer retreats also available on request.



FITNESS 2011

What does being fit and healthy mean to you? Apart from looking good, one should also feel good emotionally and spiritually. Our primary objective here at Chiva-Som is to help you to achieve this complete state of health - from the inside out.

Whether you are experienced or you are starting out with a fitness and exercise regime, the Chiva-Som Fitness Retreat will help inspire, motivate, educate and work with you to achieve all of your desired goals.

Our professional and experienced trainers will take into account your goals, health history and lifestyle, and develop a personalized all-round fitness program which can include muscle toning, core stability, endurance training, joint mobilization, and stretching. It's not just about the gym; get re-inspired to build your fitness with different techniques such as Pilates, Thai boxing, boot camp, as well as our daily classes. Combine these with the latest concepts, research and technology, to drive you towards optimal physical performance.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Fitness:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 3 Personal Training *
- 1 Private Super Stretch (25 mins)
- 1 Body Measurement Follow up

7-Night Fitness:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 5 Personal Training *
- 1 Private Super Stretch (25 mins)
- 1 Nutrition Consultation
- 1 Body Measurement Follow up

10-Night Fitness:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessment
- 6 Personal Training *
- 2 Private Super Stretch (25 mins)
- 1 Nutrition Consultation
- 1 Body Measurement Follow up
- 1 Outdoor Fitness Training**
- 1 Deep Tissue Massage

14-Night Fitness:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessment
- 10 Personal Training *
- 3 Private Super Stretch (25 mins)
- 1 Nutrition Consultation
- 1 Body Measurement Follow up
- 1 Outdoor Fitness Training**
- 1 Deep Tissue Massage

* Personal Training – may alternate with:

Pilates, Kinesis, Boot camp, TRX, Thai Boxing and Travel Training

** Outdoor Fitness Training – choose from:

Bike Ride or Kayaking

21-Night or longer retreats also available on request.



PHYSICAL RENEWAL 2011

Everyone, regardless of age, values the ability to function as independently as possible during everyday life or exercise. Whether you are have a sedentary lifestyle, or are a competitive athlete, injuries and aches and pains are a common experience as we accumulate wear and tear over the years.

Physical Renewal retreat is able to help with most physical conditions, however our team excels in 3 specific areas where many clients need assistance.

- A Pain Management program featuring therapeutic massages to help loosen and relax painful points in muscles.
- Posture Alignment programs helps the body to position itself in a healthy and natural posture. These feature both therapeutic massages and muscle retraining.
- Performance Enhancement programs helps with recovery from illness, accident, sports injury or repetitive training by ensuring the body returns to its optimal exercise state after any kind of setback.

In this retreat, your physiotherapist will perform a thorough assessment and guide you onto the right program of treatments and services ensuring that your goals are met.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

3-Night Physical Renewal:

3 Nights accommodation

- 3 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 1 Refunctional Exercise (50 min session)
- 2 Physiotherapy session 25 minute*

5-Night Physical Renewal:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 3 Refunctional Exercise (50 min session)
- 2 Physiotherapy session 25 minute*

7-Night Physical Renewal:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 4 Refunctional Exercise (50 min session)
- 3 Physiotherapy session 25 minute *
- 1 Stress Therapy Release

10-Night Physical Renewal:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 5 Refunctional Exercise (50 min session)
- 4 Physiotherapy session 25 minute *
- 1 Stress Therapy Release
- 1 Body Balancing
- 2 Private Super Stretch (25 mins)
- 1 Oriental Scalp Massage

14-Night Physical Renewal:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 6 Refunctional Exercise (50 min session)
- 5 Physiotherapy session 25 minute*
- 1 Stress Therapy Release
- 1 Body Balancing
- 1 Deep Tissue Massage
- 2 Private Super Stretch (25 mins)
- 1 Rebalancing Balneotherapy
- 1 Oriental Scalp Massage
- 1 Aquatic Therapy

* Physiotherapy Session – can clarify in:

Back Neck Shoulder Massage, Soft Tissue Mobilization, Cranio Myofascial Release

21-Night or longer retreats also available on request.



SPA PAMPERING 2011

If you need to spend time pampering yourself in a supportive, caring environment, and emerge beautiful and groomed at the end, this retreat is designed for you.

Building on our tradition of a daily massage by adding in treatment after treatment, working from the head to toe, this retreat is a spa lover's heaven.

If you stay 10 nights or more we also feature a Holistic Therapy choice, and a service from our Nirarlada Cosmetic Beauty department (non-invasive cosmetic beauty). These therapies will nourish you from the inside, while enhancing your natural beauty through modern cosmetic treatments.

Our Chiva-Som therapies all use our custom designed spa products. These products are 100% natural, safe and effective, and are the same products that we sell as our retail range in the resort boutique. If you love a treatment, you can continue your Chiva-Som experience at home.

An opportunity to restore, revive and rebalance, this retreat is your gift to yourself.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

3-Night Spa Pampering:

3 Nights accommodation

- 1 Spa Facial Consultation
- 1 Facial Therapy *
- 1 Chiva-Som Body Cocoon**
- 1 Manicure
- 1 Pedicure

5-Night Spa Pampering:

5 Nights accommodation

- 1 Spa Facial Consultation
- 1 Facial Therapy *
- 1 Chiva-Som Body Cocoon**
- 1 Manicure
- 1 Pedicure
- 1 Oriental Foot Ritual
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Scalp Massage
- 1 Hair Intensive Ritual

7-Night Spa Pampering:

7 Nights accommodation

- 1 Spa Facial Consultation
- 1 Facial Therapy *
- 1 Chiva-Som Body Cocoon**
- 1 Manicure
- 1 Pedicure
- 1 Oriental Foot Ritual
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Scalp Massage
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 1 Accelerated Body Shaping

* Facial Therapy - choose from:

Chiva-Som Skin Haven Facial, Desensitising Facial, Rejuvenating Facial, Rebalancing Facial

** Chiva-Som Body Cocoon – choose from:

Cleansing Cocoon, Revitalising Cocoon, Siam Cocoon

*** Hydrotherapy – choose from:

Floatation, Body Jet Blitz, Detoxifying Balneotherapy, Rebalancing Balneotherapy

*** Holistic Therapy – choose from:

Shirobhyanga, Facial Accupoint Therapy, Flower Essence Body Work

10-Night Spa Pampering:

10 Nights accommodation

- 1 Spa Facial Consultation
- 2 Facial Therapy *
- 1 Chiva-Som Body Cocoon**
- 1 Manicure
- 1 Pedicure
- 1 Oriental Foot Ritual
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Scalp Massage
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 1 Accelerated Body Shaping
- 1 Ultra Peel Microdermabrasion
- 1 A choice of Chiva-Som Spa Haven Body Polish
- 1 Revitalising Eye Treatment
- 1 Hydrotherapy***
- 1 Hand or Foot Nail Reshape and Polish

14-Night Spa Pampering:

14 Nights accommodation

- 1 Spa Facial Consultation
- 2 Facial Therapy *
- 1 Chiva-Som Body Cocoon**
- 1 Manicure
- 1 Pedicure
- 1 Oriental Foot Ritual
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Scalp Massage
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 1 Accelerated Body Shaping
- 1 Ultra Peel Microdermabrasion
- 1 A choice of Chiva-Som Spa Haven Body Polish
- 1 Revitalising Eye Treatment
- 1 Hydrotherapy***
- 1 Hand or Foot Nail Reshape and Polish
- 1 South Indian Body Pampering
- 1 LPG Therapy
- 1 Acoustic Wave Therapy

21-Night or longer retreats also available on request.

INNER PEACE 2011

Stress is one of the major contributors to illness in society today. Unfortunately because stress mostly affects us as individuals, we find it easy to deny; to buckle down and take on an extra load and wait for the weekend; to unwind with alcohol; or to just go into low gear and ignore steps towards a healthier life.

Because stress is cumulative, the impact of stress is often ignored - the long-term result of which is a slow breakdown in physical and emotional wellbeing. There are positive ways that each of us can combat stress though, without resorting to harmful habits.

Chiva-Som's Inner Peace retreat is centred on the simple mantra "Calm the Mind, Move the Body". The first step is to learn some simple meditation techniques. Just a few minutes of mindfulness is enough to start to turn off the harmful chemistry created by stress. Additionally, exercise at any level is one of the strongest stress-busters there is. Private sessions with our personal trainers can introduce you to a routine that suits you, and which ideally can become a sustainable habit - whether it's Thai boxing or a power walk.

Longer retreats include relaxing massages and therapies to help you learn what it's like to really unwind - including our famous Aquatic therapy! Finally from our 10 night retreat onwards a Naturopathic Consultation will give you insights from the world of Complementary Medicine on how to manage stress through diet therapy, herbal therapy etc.

Take charge of your stress now, learn to defuse it and spend more time enjoying life.



Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Inner Peace:

5 Nights accommodation

5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)

2 Meditation*

2 Personal Training **

1 Back, Neck and Shoulder Massage

7-Night Inner Peace:

7 Nights accommodation

7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)

3 Meditation*

2 Personal Training **

1 Back, Neck and Shoulder Massage

1 Aquatic Therapy (Watsu)

* Meditation – may alternate with:

Reiki, Pranayama Breathing, Heart Math

** Personal Training – may alternate with:

Tai Chi, Yoga, Thai Boxing, Pilates

*** Chi Nei Tsang – choose from:

Acupressure Reflexology or Shiroyanga or Flower Essence Body Work

10-Night Inner Peace:

10 Nights accommodation

10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)

3 Meditation*

3 Personal Training **

2 Back, Neck and Shoulder Massage

1 Aquatic Therapy (Watsu)

1 Oriental Scalp Massage

1 Chi Nei Tsang***

1 Five Elements Therapy

14-Night Inner Peace:

14 Nights accommodation

14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)

4 Meditation*

4 Personal Training **

2 Back, Neck and Shoulder Massage

1 Aquatic Therapy (Watsu)

2 Oriental Scalp Massage

1 Chi Nei Tsang ***

1 Naturopathic Consultation

1 Five Elements Therapy

1 Hydrotherapy Bath

21-Night or longer retreats also available on request.