

Eternal Youth

At Niranolada, Chiva-Som's medi-spa, you can benefit from enhanced aesthetic virtue within the comfort and nurturing environment of our holistic resort. Treatments require minimal recovery time and deliver maximum results.

Our US-qualified cosmetic doctors are facial plastic surgeons who specialise in the art of aesthetic medicine, especially cosmetic laser surgery and anti-aging practices.

During your pre-skin analysis consultation, computerised facial imaging and colour photography evaluates your skin condition. The information is used as a basis to discuss your personal requirements and to evaluate which treatments best suit you. The photos become part of the before and after comparison so you can evaluate your improvements, during your post skin analysis consultation.

Chiva-Som uses only US-FDA approved laser technology provided by the world's leading brands including Fraxel, Titan Cutera, and D-Actor 200.

This is the first time that Niranolada treatments are offered within a retreat.

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 Eternal Youth:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments

7-Night Eternal Youth:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments

- 2 Accelerated Body Shaping Therapies
- 1 Anti-Cellulite with Acoustic Wave Therapy

10-Night Eternal Youth:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments
- 2 Accelerated Body Shaping Therapies
- 1 Anti-Cellulite with Acoustic Wave Therapy
- 1 Titan Cutera 120 Shots or 1 Skin Refine by Fraxel

14-Night Eternal Youth:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments
- 3 Accelerated Body Shaping Therapies
- 2 Anti-Cellulite with Acoustic Wave Therapies
- 1 Titan Cutera 120 Shots and 1 Skin Refine by Fraxel Or 1 Titan Cutera 240 shots

*Please note that prices for 10 and 14-night Eternal Youth retreats vary from all other retreats.

21-Night or longer retreats also available on request