

## Physical Renewal

Everyone, regardless of age, values physical independence. Whether you have a sedentary lifestyle or are a competitive athlete, aches and pains are a common experience. Injury, poor posture and inflexibility can easily and effectively be remedied on this retreat. Chiva-Som physiotherapists begin with a thorough assessment of your current state, and will prescribe a series of therapeutic (structural) sessions and exercise based (renewal) sessions in order to treat your conditions. The team will aim to reduce pain, stabilise the condition, and improve your range of motion and strength so that you can resume a full range of activities during your visit and in years to come.

### **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 Renewal Session\*
- 2 Structural Therapies\*\*

#### 5-Night Physical Renewal:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 3 Renewal Sessions\*
- 2 Structural Therapies\*\*

#### 7-Night Physical Renewal:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 3 Renewal Sessions\*

- 4 Structural Therapies\*\*
- 1 Stress Therapy Release
- 1 Private Super Stretch (25 mins)

10-Night Physical Renewal:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 4 Renewal Sessions\*
- 4 Structural Therapies\*\*
- 1 Stress Therapy Release
- 2 Private Super Stretch (25 mins)
- 1 Deep Tissue Massage
- 1 Oriental Scalp Massage
- 1 Maya Massage

14-Night Physical Renewal:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 6 Renewal Sessions\*
- 4 Structural Therapies\*\*
- 1 Stress Release Therapy
- 3 Private Super Stretch (25 mins)
- 2 Deep Tissue Massage
- 1 Oriental Scalp Massage
- 1 Maya Massage
- 1 Aquatic Therapy (Watsu)

\* Renewal Session 50 mins - choose from:

H2O Therapy, H2O Body Complex, Gyrokinesis, Ai Chi, Foot & Hand Waker, Metabolic Breathing, Rolling Release Therapy, Refunctional Exercise, Gyrotonic

\*\* Structural Therapy 25 mins – choose from:

Physiotherapy, Soft Tissue Mobilization, Cranio-Myofascial Therapy, Back Neck and Shoulder Massage, Fascia Release Therapy

21-Night or longer retreats also available on request