

Spa Pampering Retreat

If you need to spend quality time pampering yourself in a supportive, caring environment, and emerge beautiful and groomed at the end, this retreat is designed for you. Building on a daily massage, and adding in layers of treatments, working from head to toe, this retreat is a spa lover's heaven.

If you stay 10 nights or more retreat onwards, we include a holistic therapy choice, and a service from Nirarlada (non-invasive cosmetic beauty). These therapies will help you learn to nourish from the inside, as well as enhance your natural beauty through modern cosmetic treatments.

Our Chiva-Som signature treatments all use our custom-designed spa products, formulated in Thailand since 2004. These products are 100% natural and aromatherapy and are available in the boutique. If you love a treatment, you can now take it home to continue your Chiva-Som experience! 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)
- 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
- 3 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Spa Facial Consultation
- 1 Facial Therapy or 1 Chiva-Som Body Cocoon*
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Foot Ritual
- 1 Manicure
- 1 Pedicure

5-Night Spa Pampering:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Spa Facial Consultation
- 2 Facial Therapies or 2 Chiva-Som Body Cocoons*

- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Foot Ritual
- 1 Manicure
- 1 Pedicure
- 1 Oriental Scalp Massage
- 1 Hair Intensive Ritual

7-Night Spa Pampering:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Spa Facial Consultation
- 2 Facial Therapies or 2 Chiva-Som Body Cocoons*
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Foot Ritual
- 1 Manicure
- 1 Pedicure
- 2 Oriental Scalp Massages
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 1 Hydrotherapy Treatment**

10-Night Spa Pampering:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Spa Facial Consultation
- 2 Facial Therapies or 2 Chiva-Som Body Cocoons*
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Foot Ritual
- 1 Manicure
- 1 Pedicure
- 2 Oriental Scalp Massages
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 2 Hydrotherapy Treatments**
- 1 Holistic Treatment***
- 1 Niranolada Treatment****
- 1 Chiva-Som Spa Haven Body Polish*****
- 1 Revitalising Eye Treatment

14-Night Spa Pampering:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Spa Facial Consultation
- 3 Facial Therapies or 3 Chiva-Som Body Cocoons*
- 1 Chiva-Som Signature Milk Bath
- 1 Oriental Foot Ritual
- 1 Manicure
- 1 Pedicure
- 2 Oriental Scalp Massages
- 1 Hair Intensive Ritual
- 1 Deep Cleansing Back Treatment
- 1 Jet Lag Therapy
- 2 Hydrotherapy Treatments**
- 2 Holistic Treatments***
- 1 Niranolada Treatment****
- 1 Chiva-Som Spa Haven Body Polish*****
- 1 Revitalising Eye Treatment
- 1 South Indian Body Pampering

* 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:

Floation, Body Jet Blitz, Detoxifying Balneotherapy, Rebalancing Balneotherapy

*** Holistic Therapy – choose from:

Shirobhyanga, Facial Accupoint Therapy, Flower Essence Body Work

**** Niranolada Treatment – choose from:

Anti-Cellulite with Acoustic Wave Therapy, Ultrapeel Microdermabrasion

***** Chiva-Som Spa Haven Body Polish – choose from:

Zesty Lemongrass or Spiced Coffee

21-Night or longer retreats also available on request