

A Taste of Chiva-Som

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 you to create your ideal programme. Then you can decide from the generous allocation of treatment minutes if you want more time in the spa, with our physiotherapists, improving your fitness or sampling the diverse holistic therapies. The choice is yours.

3-Night stay: 3 spa classic, 1 spa deluxe, 1 fitness classic, 1 physiotherapy deluxe, approx 200 mins

5-Night stay: 4 spa classic, 1 spa deluxe, 1 fitness classic, 1 fitness deluxe,
1 physiotherapy deluxe, approx 275 mins

7-Night stay: 4 spa classic, 1 spa deluxe, 1 fitness classic, 2 fitness deluxe,
2 physiotherapy deluxe, 1 holistic deluxe, approx 425 mins

10-Night stay: 4 spa classic, 1 spa deluxe, 1 spa premium, 1 fitness classic,
2 fitness deluxe, 1 physiotherapy classic, 2 physiotherapy deluxe,
1 physiotherapy premium, 1 holistic deluxe, 1 holistic premium,
approx 620 mins

14-Night stay: 3 spa classic, 4 spa deluxe, 2 spa premium, 1 fitness classic,
2 fitness deluxe, 1 fitness premium, 1 physiotherapy classic,
2 physiotherapy deluxe, 1 physiotherapy premium, 2 holistic deluxe,
1 holistic premium, approx 865 mins

Spa classic:

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

Spa deluxe:

- Deep Hand Massage
- Accelerated Subdermal Therapy
- Aloe Body Mask
- Accelerated Body Shaping Therapy
- Papaya Body Wrap

- Oriental Foot Ritual
- Deep Cleansing Back Treatment

Spa premium:

- Chiva-Som Body Cocoon
- Chiva-Som Skin Haven Facial
- Luxury Hand and Pedicure
- Abhyanga
- Manual Lymphatic Drainage
- Marine Mud Wrap
- Chiva-Som Signature Herbal Massage

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:

- Soft Tissue Mobilisation
- Rolling Release Therapy
- Refunctional Exercise
- Physiotherapy
- Back, Neck and Shoulder Massage

Physiotherapy deluxe:

- H2O Body Complex
- Gyrokinesis or Gyrotonic
- Kinesthetic Assessment
- Refunctional Exercise
- Rolling Release Therapy
- Metabolic Breathing Exercise

- Ai Chi

Physiotherapy premium:

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

Holistic deluxe:

- Flower Essence Body Work
- Flower Remedies
- Accupoint Facial Therapy
- Meditation
- Quantum Emotional/Physical Release
- Chi Nei Tsang
- Acupressure Reflexology
- Shiobhyanga
- Heart Math

Holistic premium:

- Iridology
- Naturopathy
- Nutrition Counselling

21-Night or longer retreats also available on request