

Weight Management

Being overweight is one of the most significant health risks. Even though there is no magic solution for weight loss, being overweight is completely reversible. At Chiva-Som, our practitioners understand the importance of maintaining a correct weight, and how hard it can be to achieve that goal. This is why education plays such a large role in achieving your ideal weight.

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. These services are tailored to your level of ability, and can be complemented with our extensive facilities and activity calendar.

Achieving your ideal weight will take longer than your stay with us but, you should leave with a clear idea of the road ahead. You can expect increased energy, better resistance to disease, and improvements in many symptoms of ill health. Additional services available include hormonal blood testing, physiotherapy, holistic therapy and non-invasive treatments. Chiva-Som provides an integrative approach to health conditions that maximises 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
- 3 Private Fitness Sessions*
- 1 Nutrition Counselling

7-Night Weight Management:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Body Composition Analysis

- 5 Private Fitness Sessions*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)

10-Night Weight Management:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Body Composition Analysis
- 7 Private Fitness Sessions*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)
- 1 H2O Body Complex
- 1 Follow-up with Nutrition Counselling

14-Night Weight Management:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Body Composition Analyses
- 9 Private Fitness Sessions*
- 1 Nutrition Counselling
- 3 Super Stretch (25 mins)
- 2 H2O Body Complex
- 1 Follow-up with Nutrition Counselling
- 1 Accelerated Body Shaping Therapy
- 1 Cooking Class

* Private Fitness Session - choose from:

Personal Training, Kinesis, Thai Boxing, Pilates Body Conditioning, Vibrational Assisted Training, Private Boot Camp, Power Yoga

21-Night or longer retreats also available on request