



RETREATS

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YOUR HAVEN OF LIFE. WHERE HEALING BEGINS.

Located on the beautiful Gulf of Thailand, Chiva-Som is your secluded Haven of Life for health and well-being. Embark upon a unique journey of self-discovery with a holistic approach to wellness, incorporating mind, body and spirit, to bring a healing balance to your lifestyle.

For over 23 years, Chiva-Som has provided a Haven of Life for guests seeking health and wellness. Our programmes are founded upon our six wellness modalities: Spa, Fitness, Physiotherapy, Holistic Health, Nutrition and Aesthetic Beauty, offering you the empowerment to fulfil your goals.

Nurture your senses in our new Thai Pavilions and Thai Pavilion Suites. Experience an uninterrupted sense of serenity with an expanded layout designed to bring you closer to nature. Tranquillity and harmony abound as you rest in the garden by the lake, from the comfort of your room.

Your stay with Chiva-Som begins with the retreat you decide to embark upon, guiding you towards personal goals and a path that leads to the holistic healing you're searching for. Choose a retreat with Chiva-Som today and join us in attaining your health and well-being targets.





RESORT ACTIVITIES AND FACILITIES

ACTIVITIES

At Chiva-Som, we provide a wide range of resort activities. Each week, we organise various group activities to offer you a new experience every day of your stay. Just some of our activities include: 3-in-1 Aerobics, Aqua-Aerobics, Inner Core Exercise, Gyrokinesis, Hatha Yoga, Tabata Class, Thai Boxing and more. For more information, you can refer to our daily activities class timetable.

FACILITIES

The resort recently completed renovation of some of its main facilities. The Fitness Centre has increased in size and now with a separate stretching space with an array of new equipment as well as a private training room and two fully renovated Dance and Pilates Studio's. The Re-functional Studio is now home to a private Neurac Room, Functional Assessment room and boasting brand new equipment. The Orchid Lounge has become an inviting and sociable spot for relaxation, where guests can enjoy afternoon tea and an open juice bar. Finally, the Niranlada Medi-Spa has evolved from its original clinical design to become warm and tranquil.

Other than the renovated facilities, the resort also features separate male and female water therapy suites, Watsu pool, floatation pool, large outdoor swimming pool, bathing pavilion with Kneipp bath, sauna, steam, Jacuzzi, and indoor swimming pool.

RESTAURANTS

Newly renovated, The Emerald Room offers a generous selection of wellness dishes in a fine dining environment for breakfast, lunch and dinner. The Taste of Siam also offer options for breakfast, lunch and dinner. You will find an extensive range of healthy dishes while enjoying panoramic views of the Gulf of Thailand. Cold-pressed juices and herbal teas, as well as a delightful afternoon tea set are served every day in the Orchid Lounge.

WELLNESS CUISINE

At Chiva-Som, we are blessed with the ability to cultivate the freshest natural produce. Every item on the menu is meticulously designed to create cuisine that is delicious, well-presented and healthy. We offer three distinct dining options, along with in-room dining, which shares the same philosophy. All dishes promise to deliver harmonious flavours, nutritional excellence and proportional balance to help you reach the goal you on your wellness journey.





Bathing Pavilion



Orchid Lounge



The Emerald Room

Library

Water Therapy Suite

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EACH RETREAT INCLUDES THE FOLLOWING:

- Individual health and wellness consultation
- 3 wellness cuisine meals per night of stay, beginning with dinner
- Complimentary physical analysis (optional)
- Complimentary skin consultation (optional)
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of the Water Therapy Suites (steam, sauna and Jacuzzi)
- A complimentary daily treatment per night of stay, options include: Thai Massage, Chiva-Som Signature Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage or Chiva-Som Skin Haven Body Polish

A TASTE OF CHIVA-SOM

Discover the essence of what it means to embark upon a journey of self-discovery at Chiva-Som. Upon arrival, your Health and Wellness Advisor will guide you through our wide range of therapies, fitness programmes and nutritional options to help you decide on a path that best suits you. Whether it's a stay of pure relaxation or a lifestyle transformation, we will assist you in making the entire experience truly fulfilling.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals and a choice of the following:

3 Nights

- 1 Spa Classic
- 2 Spa Deluxe
- 1 Physio Classic
- 1 Physio Deluxe
- 1 Fitness Classic

5 Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Physio Classic
- 1 Physio Deluxe
- 3 Fitness Classic
- 1 Fitness Deluxe

7 Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Physio Classic
- 2 Physio Deluxe
- 3 Fitness Classic
- 2 Fitness Deluxe
- 1 Holistic Deluxe

10 Nights

- 2 Spa Classic
- 3 Spa Deluxe
- 1 Spa Premium
- 2 Physio Classic
- 2 Physio Deluxe
- 2 Physio Premium
- 3 Fitness Classic
- 2 Fitness Deluxe
- 1 Holistic Deluxe

14 Nights

- 4 Spa Classic
- 3 Spa Deluxe
- 2 Spa Premium
- 2 Physio Classic
- 2 Physio Deluxe
- 2 Physio Premium
- 3 Fitness Classic
- 2 Fitness Deluxe
- 2 Fitness Premium
- 2 Holistic Deluxe
- 1 Holistic Premium



Depending on the number of nights you choose to stay with us at Chiva-Som, select the treatments you'd like to receive from the following list:

Spa Classic:

- Aloe Vera Hair Intensive
- Chiva-Som Signature Deep Hand Massage
- Oriental Foot Ritual
- Soothing Eye Treatment
- Choice of Hydrotherapy¹
- Pedicure
- Manicure
- Back Scratch Therapy (40 min)

Physio Classic (25 min):

- Cranio-Myofascial Release
- Physiotherapy
- Soft Tissue Mobilisation
- Inter X Therapy
- Sense Balance Therapy

Fitness Classic (25 min):

- Super Stretch
- Body Composition Analysis
- Personal Training
- Pilates

Spa Deluxe:

- CACI Eye Treatment
- Deep Cleansing Back Treatment
- Aloe Body Mask
- Luxury Foot Therapy
- Luxury Hand Therapy
- Papaya Body Wrap
- The Deep Blue Cleanse
- Stimulating Hip & Thigh Treatment

Physio Deluxe (50 min):

- Fascia Release Therapy
- Neurac Method®
- Dynamic Core Exercise
- Gyrokinesis or Gyrotonic®
- H2O Body Complex or H2O Therapy
- Inner Core Exercise
- Re-functional Exercise
- Foot Exercise Session
- Corrective Posture Exercise
- Dynamic Hip Functional Exercise

Fitness Deluxe:

- Boot Camp
- Metabolic Booster
- Kinesis
- Personal Training
- Pilates
- Mini Band
- TRX
- Yoga

Holistic Deluxe:

- Acupressure Reflexology
- Chi Nei Tsang or Ear-Ab Reflex
- Dry Skin Brushing
- Mien-Acupressure
- Shiobhyanga
- Crystal Massage and Quantum Healing

Spa Premium:

- Chiva-Som Signature Herbal Massage
- CACI Acne and Blemish
- Chiva-Som Signature Total Body Care
- Manual Lymphatic Drainage (80 min)
- CACI Deep Wrinkle Treatment
- Chiva-Som Skin Haven Facial
- Chiva-Som Spa Haven Body Cocoon
- Marine Mud Wrap

Physio Premium:

- Back, Neck and Shoulder Massage (50 min)
- Body Balancing (80 min)
- Deep Tissue Massage (50 min)
- Fast Track Back Release (50 min)
- Physiotherapy (50 min)
- Soft Tissue Mobilisation (50 min)
- Stress Release Therapy (80 min)
- TECAR Massage Therapy (50 min)

Fitness Premium:

- Adventure Training (90 min)
- Aquatic Therapy
- 3'Ps of Perfect Fitness
- Yoga Private Session (80 min)
- Vision Body (EMS)

Holistic Premium:

- Naturopathic Consultation
- Nutrition Consultation

¹ Hydrotherapy - may choose from Detoxifying Balneotherapy, Rebalancing Balneotherapy, Floatation Therapy or Body Jet Blitz
Longer retreats are also available on request, please email reservation@chivasom.com for further details.

OPTIMAL PERFORMANCE

Replenish, rejuvenate and revitalise your physical and mental state with the Optimal Performance retreat. Designed to help you return to physical fitness or to optimise your current level of performance, you'll be guided towards a programme that matches your needs. Alleviate pain, improve posture or achieve a new personal best in fitness, the Optimal Performance retreat will combine treatments from the Fitness and Physiotherapy departments to compliment each other and help you reach your goal.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3 Nights

- 2 Re-functional Exercise (50 min) ¹
- 2 Physiotherapy (25 min) ²
- 1 Deep Tissue Massage (50 min) ³

5 Nights

- 1 Kinesthetic Assessment
- 2 Re-functional Exercise (50 min) ¹
- 3 Physiotherapy (25 min) ²
- 1 Deep Tissue Massage (50 min) ³
- 1 Super Stretch (25 min)
- 1 Personal Training ⁴

7 Nights

- 1 Kinesthetic Assessment
- 2 Re-functional Exercise (50 min) ¹
- 3 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 1 Super Stretch (25 min)
- 2 Personal Training ⁴
- 1 Detoxifying Balneotherapy (25 min)
- 1 Neurac Method® (25 min)

10 Nights

- 1 Kinesthetic Assessment
- 2 Re-functional Exercise (50 min) ¹
- 4 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 2 Super Stretch (25 min)
- 2 Personal Training ⁴
- 1 Detoxifying Balneotherapy (25 min)
- 3 Neurac Method® (25 min)
- 1 TECAR Massage Therapy ⁵
- 1 Acupressure Reflexology ⁶

14 Nights

- 1 Kinesthetic Assessment
- 4 Re-functional Exercise (50 min) ¹
- 5 Physiotherapy (25 min) ²
- 2 Deep Tissue Massage (50 min) ³
- 3 Super Stretch (25 min)
- 2 Personal Training ⁴
- 2 Detoxifying Balneotherapy (25 min)
- 4 Neurac Method® (25 min)
- 2 TECAR Massage Therapy ⁵
- 1 Stress Release Therapy
- 1 Acupressure Reflexology ⁶



¹ Re-functional Exercise (50 min) - may choose from H2O Body Complex, Dynamic Core Stability, Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise, Inner Core Exercise, Dynamic Hip Functional Exercise, Toning Ball or Corrective Posture Exercise

² Physiotherapy (25 min) - may choose from Soft Tissue Mobilisation, Inter X therapy or Cranio-Myofascial Release

³ Deep Tissue Massage (50 min) - may be alternated with Back, Neck and Shoulder Massage or Fast Track Back Release

⁴ Personal Training - may be alternated with Pilates, Mini Band or MOTR

⁵ TECAR Massage Therapy (25min) - Choose from Radial Shock Wave Therapy

⁶ Acupressure Reflexology (50 min) - may be alternated with Chi Nei Tsang, Ear-Ab Reflex or Cranio-Sacral Therapy

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

SPA WELL-BEING

Restore a fresh sense of health with the Spa Well-being retreat. Escape the daily stresses of work and life with a range of rejuvenating treatments, aimed at giving you younger looking skin and an overall healthier appearance. At Chiva-Som, we believe aesthetic beauty can help promote balance, we therefore cater to all of your needs with our experienced medical team and the most advanced technology, providing you with a retreat that revives and rebalances mind, body and spirit.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3 Nights

- 1 Five Elements Massage
- 1 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Bioplasma
- 1 Clean Hydrate

5 Nights

- 1 Five Elements Massage
- 1 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Chiva-Som Signature Herbal Massage
- 1 Bioplasma
- 1 Revlite Face
- 1 Clean Hydrate

7 Nights

- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Chiva-Som Signature Herbal Massage
- 1 Spa Facial Therapy (70 min) ²
- 1 Soothing Eye treatment
- 1 Bioplasma
- 1 Revlite Face
- 1 Clean Hydrate



10 Nights

- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Chiva-Som Signature Herbal Massage
- 1 Spa Facial Therapy (70 min) ²
- 1 Soothing Eye treatment
- 1 Maya Massage
- 1 Bioplasma
- 1 Revlite Face
- 1 Venus Legacy Face or Body
- 1 Clean Hydrate

14 Nights

- 1 Five Elements Massage
- 2 Chiva-Som Spa Haven Body Cocoon ¹
- 1 Chiva-Som Signature Herbal Massage
- 2 Spa Facial Therapy (70 min) ²
- 1 Soothing Eye treatment
- 1 Maya Massage
- 1 South Indian Pampering
- 1 Papaya Body Wrap
- 1 Oriental Foot Ritual
- 1 Chiva-Som Signature Deep Hand Massage
- 1 Hair Intensive Ritual
- 1 Bioplasma
- 1 Revlite Face
- 1 Venus Legacy Face or Body
- 2 Clean Hydrate

¹ Chiva-Som Spa Haven Body Cocoon - may choose from Cleansing Cocoon, Revitalising Cocoon or Siam Ritual Cocoon

² Spa Facial Therapy - may choose from Chiva-Som Skin Haven Facial, Rebalancing Facial or Rejuvenating Facial
Longer retreats are also available on request, please email reservation@chivasom.com for further details.

YOGA FOR LIFE

The practice and philosophy of Yoga can rejuvenate the body, calm the mind and help heal the spirit through a greater sense of awareness. Partake in group Yoga classes or one-on-one sessions and refine your Yoga knowledge and skill with the less common aspects of Yoga, including meditation, Pranayama and Ayurvedic cleansing techniques. The Yoga for Life retreat will guide you towards self-discovery, wellness and peace of mind.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

3 Nights

- 2 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Mood Mist
- 1 Yoga Strap

5 Nights

- 3 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Mood Mist
- 1 Yoga Strap

7 Nights

- 4 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Jala Neti
- 1 Abhyanga
- 1 Mood Mist
- 1 Yoga Strap

10 Nights

- 6 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Jala Neti
- 1 Abhyanga
- 1 Shirodhara
- 1 Mood Mist
- 1 Yoga Strap

14 Nights

- 10 Yoga (80 min) ¹
- 1 Pranayama (50 min)
- 1 Meditation (50 min)
- 1 Jala Neti
- 2 Abhyanga
- 1 Shirodhara
- 1 Mood Mist
- 1 Yoga Strap



¹ Yoga - may choose from Hatha Yoga, Vinyasa or Ashtanga

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

ART OF DETOX

The Art of Detox retreat is a fully personalised dietary focused programme. Start a beneficial dietary transformation or a more subtle change to achieve the goals you wish to fulfil. Your personal advisor will aid you in discovering the ideal diet, balancing macro and micronutrients while herbal and nutritional supplements ensure your detoxification processes are working optimally to cleanse your body of toxins. Through our retreat you will discover a new path towards more nourishing foods that will bring your digestive and metabolic systems back to their optimal function for sustaining health.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice as well as the following:



5 Nights

- 3-5 Days Cleansing Diet
- 1 Detox Supplement Set
- 1 Mood Mist
- 2 Maya Massage or Manual Lymphatic Drainage (45 min)
- 2 Colonic Hydrotherapy³
- 1 Pranayama
- 1 Super Stretch (25 min)

7 Nights

- 3-7 Days Cleansing Diet
- 1 Detox Supplement Set
- 1 Mood Mist
- 2 Maya Massage or Manual Lymphatic Drainage (45 min)
- 3 Colonic Hydrotherapy³
- 1 Pranayama
- 1 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy

10 Nights

- 3-7 Days Cleansing Diet
- 1 Detox Supplement Set
- 1 Mood Mist
- 3 Maya Massage or Manual Lymphatic Drainage (45 min)
- 4 Colonic Hydrotherapy³
- 1 Pranayama
- 1 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy
- 1 Naturopathic Consultation
- 1 Art of Detox Cooking Class¹
- 1 Body Jet Blitz

14 Nights

- 3-7 Days Cleansing Diet
- 2 Detox Supplement Set
- 1 Mood Mist
- 4 Maya Massage or Manual Lymphatic Drainage (45 min)
- 4 Colonic Hydrotherapy³
- 1 Pranayama
- 2 Super Stretch (25 min)
- 1 Chiva-Som Spa Haven Body Cocoon
- 2 Detoxifying Balneotherapy
- 1 Naturopathic Consultation
- 1 Art of Detox Cooking Class¹
- 1 Body Jet Blitz
- 1 Acupressure Reflexology
- 1 Dry Skin Brushing
- 1 Acupuncture²

¹ Art of Detox Cooking Class - may be alternated with Natural Food

² Acupuncture - may choose from Shiatsu or Seiketsu Shiraku Acupuncture

³ Colonic Hydrotherapy - may be alternated with Chi Nei Tsang or Ear-Ab Reflex

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

FITNESS

The Fitness retreat at Chiva-Som is aimed at nurturing your body so you may achieve your wellness goals. Not only will you gain more confidence in yourself, you will also gain the tools necessary for maintaining a healthier, more complete lifestyle. A wide range of daily classes with our experienced trainers and physiotherapists will guide you through various training programmes, including a personalised dietary plan to assist in maintaining optimal state of fitness and better health.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

5 Nights

- 1 Fitness Assessment
- 3 Personal Training ¹
- 2 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 1 H2O Body Complex ³

7 Nights

- 1 Fitness Assessment
- 5 Personal Training ¹
- 3 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 1 H2O Body Complex ³
- 1 Nutrition Consultation

10 Nights

- 1 Fitness Assessment
- 8 Personal Training ¹
- 5 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 2 H2O Body Complex ³
- 1 Nutrition Consultation

14 Nights

- 2 Fitness Assessment
- 11 Personal Training ¹
- 10 Super Stretch (25 min)
- 1 Deep Tissue Massage (50 min) ²
- 2 H2O Body Complex ³
- 1 Nutrition Consultation
- 1 Aquatic Therapy



¹ Personal Training - may be alternated with Pilates, Kinesis, Boot Camp, TRX, Freeform, Kettlebell, Metabolic Booster or FTM

² Deep Tissue Massage - may be alternated with Back, Neck and Shoulder Massage or Fast Track Back Release

³ H2O Body Complex - may be alternated with Oxygen Power Fitness or Metabolic Breathing Exercise

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

NATURAL RENEWAL

Our Natural Renewal retreat is a specially designed programme for guests suffering from chronic health conditions or those who never feel at their best. Our experts will explore the roots of your health concerns to create a retreat programme that renews your mind, body and spirit through our unique integrated approach. With the Natural Renewal retreat, you'll be able to recover your sense of awareness and inner peace.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



5 Nights

- 1 Meditation (50 min) ¹
- 1 Personal Training ²
- 1 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Acupuncture ⁴
- 1 Mood Mist

7 Nights

- 1 Meditation (50 min) ¹
- 1 Personal Training ²
- 2 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Acupuncture ⁴
- 1 Chiva-Som Spa Haven Body Cocoon
- 1 Choice of Hydrotherapy ⁵
- 1 Mood Mist

10 Nights

- 1 Meditation (50 min) ¹
- 2 Personal Training ²
- 3 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Aquatic Therapy
- 1 Chiva-Som Spa Haven Body Cocoon
- 1 Choice of Hydrotherapy ⁵
- 1 Super Stretch (25 min)
- 1 Acupuncture ⁴
- 1 Deep Tissue Massage (50 min)
- 1 Mood Mist

14 Nights

- 2 Meditation (50 min) ¹
- 2 Personal Training ²
- 1 Yoga (50 min)
- 4 Holistic Health ³
- 1 Stress Release Therapy (80 min)
- 1 Aquatic Therapy
- 1 Chiva-Som Spa Haven Body Cocoon
- 1 Choice of Hydrotherapy ⁵
- 2 Super Stretch (25 min)
- 1 Acupuncture ⁴
- 1 Deep Tissue Massage (50 min)
- 1 Naturopathic Consultation
- 1 Traditional Thai Therapeutic
- 1 Mood Mist

¹ Meditation - may be alternated with Pranayama, Tai Chi or Yoga

² Personal Training - may be alternated with Pilates or Mini Band

³ Holistic Health - may choose from Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shiobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing

⁴ Acupuncture - may be alternated with Shiatsu, Facial Acupuncture or Seiketsu Shiraku Acupuncture

⁵ Hydrotherapy - may choose from Body Jet Blitz, Detoxifying Balneotherapy, Floatation Therapy or Rebalancing Balneotherapy

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

SUSTAINABLE WEIGHT MANAGEMENT

When it comes to weight loss, we recommend a healthy approach to nurturing of the body, rather than extreme changes or restrictions to your lifestyle. A personal trainer will work one-on-one with you to help balance physical activity in conjunction with a supportive diet. Each programme is tailored to your needs to promote an end result that not only achieves weight loss, but also provides you with valuable knowledge and understanding for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

5 Nights

- 1 Fitness Assessment
- 3 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 2 Super Stretch (25 min)
- 1 H2O Body Complex ²

7 Nights

- 1 Fitness Assessment
- 4 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 3 Super Stretch (25 min)
- 1 H2O Body Complex ²
- 1 Detox Supplement Set
- 1 Vision Body (EMS)

10 Nights

- 1 Fitness Assessment
- 7 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 6 Super Stretch (25 min)
- 1 H2O Body Complex ²
- 1 Mindfulness Based Stress Release (30 min)
- 1 Detox Supplement Set
- 1 Vision Body (EMS)

14 Nights

- 2 Fitness Assessment
- 8 Personal Training ¹
- 1 Nutrition Consultation for Optimal Weight
- 6 Super Stretch (25 min)
- 2 H2O Body Complex ²
- 1 Mindfulness Based Stress Release (30 min)
- 1 Cooking Class ³
- 1 Maya Massage
- 1 Acuslim ⁴
- 2 Detox Supplement Set
- 1 Vision Body (EMS)



¹ Personal Training - may be alternated with Pilates, Kinesis, Boot Camp, TRX, Freeform, Kettlebell or Metabolic Booster

² H2O Body Complex - may be alternated with Oxygen Power Fitness or Metabolic Breathing Exercise

³ Cooking Class - may be alternated with Natural Food

⁴ Acuslim - may be alternated with Acupuncture, Shiatsu or Seiketsu Shiraku Acupuncture

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

CELL VITALITY

The Cell Vitality retreat has been carefully created to support guests who have recovered or are in remission from cancer. This comprehensive retreat has been developed by wellness experts to assist in the recovery of vitality and well-being. Daily programmes are crafted for each guest to help you regain appetite through dedicated dietary plans, stimulate physical and mental wellness with the aid of experienced therapists and promote cellular health with our naturopathic doctors.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



10 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 3 Holistic Health ²
- 2 Pranayama
- 2 Re-functional Exercise (50 min) ³
- 1 Chiva-Som Skin Haven Facial
- 1 Jet Lag Therapy
- 1 Mood Mist

14 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 4 Holistic Health ²
- 3 Pranayama
- 4 Re-functional Exercise (50 min) ³
- 1 Chiva-Som Skin Haven Facial
- 1 Jet Lag Therapy
- 2 Super Stretch (25 min)
- 1 Traditional Thai Therapeutic
- 1 Mood Mist

¹ Acupuncture - may choose from Shiatsu or Seiketsu Shiraku Acupuncture

² Holistic Health - may choose from Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

³ Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Corrective Posture Exercise
Longer retreats are also available on request, please email reservation@chivasom.com for further details.

CRANIAL RELIEF

The Cranial Relief retreat is crafted for guests who suffer from migraines and life disrupting headaches. Combining holistic and physiotherapy treatments, you'll discover how to regain stability through meditation, specific exercises that promote cranio-facial muscle relaxation and a special dietary plan of fresh, organic and nutrient-rich foods. With the harmony of treatments, you'll experience relief from headaches and a new lifestyle of improved health and wellness.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

10 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 2 Holistic Health ²
- 1 Stress Release Therapy ³
- 1 Shirodhara
- 1 Back, Neck, Shoulder Massage
- 2 Cranio-Myofascial Release
- 2 Yoga (50 min)

14 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 3 Holistic Health ²
- 2 Stress Release Therapy ³
- 1 Shirodhara
- 2 Back, Neck, Shoulder Massage
- 2 Cranio-Myofascial Release
- 3 Yoga (50 min)
- 1 Traditional Thai Therapeutic



¹ Acupuncture - may choose from Shiatsu or Seiketsu Shiraku Acupuncture

² Holistic Health - may choose from Shirobhyanga, Mien-Acupressure, Cranio-Sacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

³ Stress Release Therapy - may be alternate with Body Balancing

Longer retreats are also available on request, please email reservation@chivasom.com for further details.

EMOTIONAL WELL-BEING

Master the ability to control your stress, mood and overall well-being with the Emotional Well-being retreat. Created for guests who feel over-stressed or a lack of energy, this retreat is designed to rejuvenate the mind, body and spirit. A holistic approach will guide you on a journey including: acupuncture, mind and body therapy, healthy eating, regular fitness and a stable sleeping pattern.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:



10 Nights

- 1 Naturopathic Consultation
- 2 Yoga (50 min) ¹
- 1 Acupuncture ²
- 3 Holistic Health ³
- 2 Pranayama
- 3 Re-functional Exercise (50 min) ⁴
- 1 Cooking Class ⁵
- 1 Mood Mist

14 Nights

- 1 Naturopathic Consultation
- 2 Yoga (50 min) ¹
- 1 Acupuncture ²
- 3 Holistic Health ³
- 3 Pranayama
- 4 Re-functional Exercise (50 min) ⁴
- 2 Cooking Class ⁵
- 1 Aquatic Therapy
- 1 Traditional Thai Therapeutic
- 1 Mindfulness Based Stress Release (50min)
- 1 Mood Mist

¹ Yoga (50 min) - may choose from Hatha Yoga, Vinyasa or Ashtanga
² Acupuncture - may choose from Shiatsu or Seiketsu Shiraku Acupuncture
³ Holistic Health - may choose from Chi Nei Tsang or Ear-Ab Reflex, Reiki Gemstones Therapy, Shiobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing.
⁴ Re-functional Exercise (50 min) - may choose from Gyrotonic®, Gyrokinesis, Metabolic Breathing Exercise or Corrective Posture Exercise
⁵ Cooking Class - may be alternated with Natural Food
Longer retreats are also available on request, please email reservation@chivasom.com for further details.

TENSION RELEASE

Escape tension-causing routines and release your mind and body to discover your true inner peace. Our Tension Release retreat is carefully designed to help guests who suffer from high blood pressure to regain a restorative balance in life. Through nutritional consultation, you will discover the simple steps to controlling salt intake, maintaining a healthy weight and the appropriate use of dietary supplements that can help support cardiovascular health. Furthermore, our personalised fitness activities can enhance your energy and reduce weakness and fatigue, providing you with a complete path towards tension release.

For each day of your retreat at Chiva-Som, you'll receive a daily treatment of your choice, three Wellness Cuisine meals as well as the following:

10 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 1 Body Awakening Exercise ²
- 2 Holistic Health ³
- 3 Super Stretch (25 min)
- 1 Meditation
- 1 Pilates ⁴
- 1 Cooking Class ⁵
- 1 Chiva-Som Signature Deep Hand Massage
- 1 Oriental Foot Ritual
- 1 Traditional Thai Therapeutic
- 2 Mood Mist

14 Nights

- 1 Naturopathic Consultation
- 1 Bio-feedback Stress Management
- 1 Acupuncture ¹
- 2 Body Awakening Exercise ²
- 3 Holistic Health ³
- 4 Super Stretch (25 min)
- 2 Meditation
- 2 Pilates ⁴
- 1 Cooking Class ⁵
- 1 Chiva-Som Signature Deep Hand Massage
- 2 Oriental Foot Ritual
- 1 Traditional Thai Therapeutic
- 1 Mindfulness Based Stress Release (50min)
- 2 Mood Mist



¹ Acupuncture - may choose from Shiatsu or Seiketsu Shiraku Acupuncture

² Body Awakening Exercise - may be alternated with Gyrotonic® or Gyrokinesis

³ Holistic Health - may choose from Chi Nei Tsang or Ear-Ab Reflex, Reiki Gemstones Therapy, Shiobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing.

⁴ Pilates - may be alternated with Tai Chi or Yoga

⁵ Cooking Class - may be alternated with Natural Food

Longer retreats are also available on request, please email reservation@chivasom.com for further details.



ACCOMMODATION

Chiva-Som offers a selection of 54 exquisite rooms to choose from, including Ocean Rooms, Suites and our newly renovated Thai Pavilions and Thai Pavilion Suites for a truly authentic experience. Our rooms feature warm, natural colours and materials, along with a terrace or balcony. Each Suite includes a dining area, dressing room, mini pantry and toilet. Chiva-Som also allows for personalisation; the scent of oil burners, the amenities in the bathroom and the linen and pillows used within the bedroom can all be changed depending on your preference.



Thai Pavilion - Terrace



Thai Pavilion Suite Sala



Patchouli Suite Bedroom

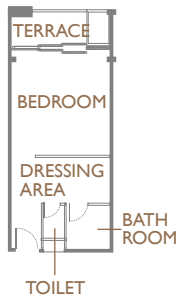


Juniper Suite Living Room



Ocean Deluxe Room

ROOM FLOOR PLANS



Ocean Room
11 Rooms (34 m²)

Stay close to the ocean with a terrace overlooking the beautiful Gulf of Thailand and the lush resort landscape. The Ocean Room indulges you with peace and serenity both inside and out.



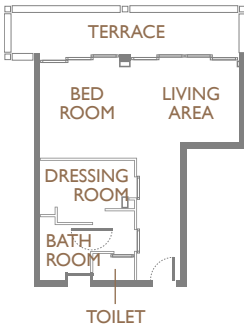
Ocean Deluxe Room
13 Rooms (48 m²)

The Ocean Deluxe Room is where you find blissful comfort in spacious living with a separate bathroom, a dressing room and a terrace.



Ocean Premium Room
5 Rooms (54 m²)

Relax against the backdrop of the turquoise sea in the most spacious of all Ocean Rooms. This haven of comfort has a separate bathroom, a living area and a dressing room.



Anchan
1 Room (63 m²)

The Anchan Room spans even more space and comes with a larger terrace offering breathtaking views. This spacious luxury instils a sense of lasting comfort while the peaceful decor entices deep relaxation.



Thai Pavilion
10 Rooms (66 m²)

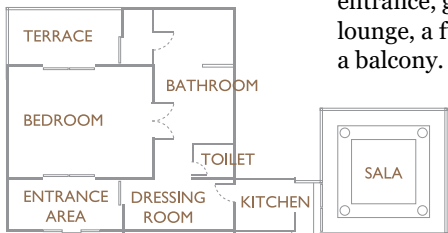
Thai Pavilion Suite
7 Rooms (96 m²)

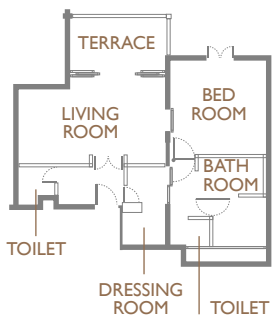
Our newly designed Thai Pavilion and Thai Pavilion Suite have been beautifully renovated with additional space to bring you closer to nature. Both room types offer an elegant entrance, generous closet area, lounge, a full size washroom and a balcony. A private multi-functional Sala and kitchen are offered in the Thai Pavilion Suite only.



Juniper Suite
1 Room (68 m²)

Nestled between the sea and the sky, this top floor suite lets you gaze across the expansive vista of the Gulf of Thailand. The elegant Juniper Suite also offers a separate living room.

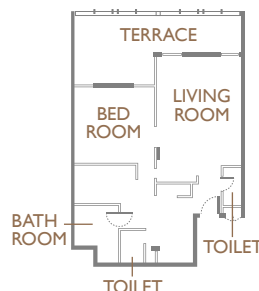




Patchouli Suite

1 Room (70 m²)

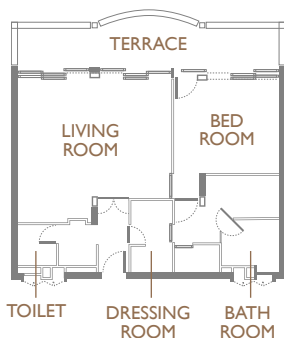
Live the luxury in the spacious Patchouli Suite with a separate living room and a large terrace overlooking the ocean.



Jasmine Suite

1 Room (89 m²)

Whether you are relaxing in your bedroom or having a pleasant time in your separate living room, access to the ocean view is always within your reach with a terrace that connects the two rooms.



Champaka Suite

2 Rooms (104 m²)

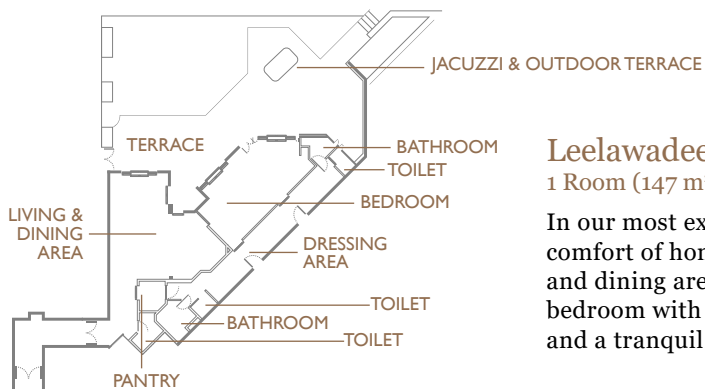
The Champaka Suite promises a truly exquisite retreat with its generous space in every room, from a separate bathroom and a living room to an extended terrace facing the vast sea.



Golden Bo Suite

1 Room (102 m²)

Adorned with Thai silk, teakwood and bamboo, the Golden Bo is an ideal place to soak up the authentic Thai ambience. This exquisite and indulgent suite offers a large separate living room, a dressing room, dining room and a shaded terrace with stairs leading to the swimming pool, as well as an upstairs terrace where you can enjoy an afternoon repose on a daybed.



Leelawadee Suite

1 Room (147 m²)

In our most exclusive and largest suite, you will be surrounded by true comfort of home. This secluded haven offers not only a spacious living and dining area, two bathrooms with three toilets and a luxurious bedroom with a dressing area, but also an outdoor terrace with Jacuzzi and a tranquil private garden.

AWARDS



Chiva-Som has long been one of the world's leading health and wellness resorts. Our passion and dedication to improving the lifestyle of our guests has led to numerous awards and recognition over the years.

'Traveller's World Magazine 2019' (Germany)

#1 Best Spas

'Conde Nast Traveler' (UK)

'The Readers' Travel Awards 2018' - #6 of Top 20 Destination Spas

'Condé Nast Traveller Reader's Travel Awards 2018' (India)

#4 of Top 5 Favourite Destination Spas

'Conde Nast Traveler' (China)

#13 of Top 25 in Asia, Best 100 Spa List

'Luxury Lifestyle Magazine Awards' (UK)

#2 of 12 Best Hotel in Asia

'World Spa Awards' (UK)

'Thailand's Best Wellness Retreat 2018'

'Green Era for Sustainability Award' (France)

Otherways Association Management & Consulting Awards 2017

'Asia Spa Awards 2017'

Medi Spa of the year

'Condé Nast Traveler's 2017 Readers' Choice Award' (US)

#23 of Top 50 The Best Resorts in the World

TERMS AND CONDITIONS

Period of Booking	Cancellations	Reduction in Length of Stay	Date Changes
Peak Season: <ul style="list-style-type: none"> 6th January - 28th February 2019 1st November - 19th December 2019 	Cancellations to bookings made less than 45 days prior to arrival will incur a charge of 50% of the total booking or 100% if advised less than 30 days in advance	Requests to reduce length of stay made less than 45 days prior to arrival will incur a charge of 50% of the cancelled room nights or 100% if advised less than 30 days in advance	Date changes to bookings made less than 45 days prior to arrival will incur a charge of 50% of the unused nights in the original booked period or 100% if advised less than 30 days in advance
High Season: <ul style="list-style-type: none"> 1st March - 30th April 2019 			
Double Occupancy Peak Season: <ul style="list-style-type: none"> 20th December 2019 - 5th January 2020 			
Off Peak Season: <ul style="list-style-type: none"> Not applicable in 2019 due to closure 	N/A	N/A	N/A

Other Amendments to Booking:

'No-shows' will incur a cancellation charge of 100% of the total booking and there will be no refunds or credits given for bookings that are cut short after arrival.

Check-In/Check-Out:

Check-in is from 2 p.m., check-out is 12 p.m.

Restrictions:

It is important for us to maintain a restful and relaxing atmosphere for all our guests and in this regard we regret we cannot accept children less than 16 years of age. Mobile phones, iPhones, e-readers, Kindles, iPads, cameras and personal computers may be used in guest rooms and in the library but not in public areas. Chiva-Som's healthy environment has been created to give everyone the best possible benefits, this is why we limit alcoholic drinks to champagne and wine in the evening only and smoking is permitted in designated areas only.

Please be warned that as of 1st November 2017, the Thai Government has implemented a ban on smoking on public beaches. Doing so may result in a fine, imprisonment or both.

As more e-reader devices offer increased communication features, to help protect our guest privacy and the serene ambience of Chiva-Som, we regret e-readers will not be allowed in public areas. Should you wish to read outdoors, please approach our staff, who can set you a sun lounger on the beach when the tide is low. You may use silent devices like e-readers in the library or in your room. We encourage you to borrow books from our library whilst in the resort.

Gala Dinner:

A supplement of THB 14,500 per person will apply for the New Year's Eve Gala Dinner. Rate is subject to 17.7% service charge and V.A.T.

Special Requests:

Should you have any special preferences such as non-allergenic pillows, special dietary considerations, etc., please inform the Reservation team when making your booking.

Double Occupancy Peak Season (20th December - 5th January):

Over the Double Occupancy Peak Season, we can only accept rooms booked on double occupancy for a minimum of 7 nights.

Conditions:

Prices are subject to resort availability and are subject to change. All pricing is correct at the time of printing and offers may be withdrawn at anytime without notice. All bookings are subject to Chiva-Som's terms and conditions.

Treatment Cancellation:

For treatments included in your retreat, as well as for extra treatments, this requires facilities and staff to be reserved. We require a minimum of three hours' notice if you are unable to keep your appointment. Our staff will be happy to reschedule your treatment at your request.

No-shows or appointments cancelled less than three hours in advance will incur loss of that treatment (for treatments that are included in the retreat programme) or a 50% cancellation fee (for extra treatments booked).

Disclaimer

All information, terms and conditions specified herein are subject to change without notice.

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