



Spa Pampering

New to Chiva-Som? Looking for flexibility and a wide variety of healthy options? A Taste of Chiva-Som is the ideal retreat for you. It allows you to choose from Chivasom best treatments and wellness advisor will guide you in creating your ideal programme from our ever-evolving menu.

Try something new perhaps it is time to relax with spa pampering, improve your body with our physiotherapists, boost your fitness or sample the diverse holistic therapies to rejuvenate mind and body. For those who cannot decide on a specialist retreat, A Taste of Chiva-Som lets you pick and mix therapies Included:

- ❖ Individual health and wellness consultation (60 min)
- ❖ 3 spa cuisine meals per night (beginning with dinner)
- ❖ Complimentary physical analysis (30 min) and skin consultation are available if required
- ❖ A Daily Treatment per night stay choose from Thai Massage (50 min), Chiva-Som Massage (50 min), Invigorating Massage (50 min),
- ❖ Relaxing Foot Massage (50 min), Oriental Scalp Massage (25 min) or Chiva-Som Skin Haven Body Polish (25 min)
- ❖ Daily fitness and leisure activities (8 classes daily)
- ❖ Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

ETERNAL YOUTH 2015

In the salubrious environment of Chiva-Som, the Eternal Youth Retreat is designed to enhance your aesthetic virtue and confidence with specialized treatments at the Niranlada Medi-Spa. On offer are retreats to help you regain younger-looking skin and a more youthful appearance with minimal recovery time and long-lasting results.

INNER PEACE 2015

Stress is one of the major contributors to illness in society today. Unfortunately, when we suffer stress personally, we often find ways to deny it; we buckle down, take on the extra load and wait for the weekend; unwind with alcohol; or just go into low gear and ignore steps towards a healthier life.

Regardless of age, everyone values the ability to function independently in everyday life. Unfortunately, whether you have a sedentary, active or athletic lifestyle, injuries, aches and pains commonly occur as we accumulate wear and tear over our lifetime.

In the Movement for Life Retreat, we provide you with assistance in healing for most physical conditions. Chivaspecific areas that impact greatly on daily life:



- Pain Management a programme that features therapeutic massage therapy to help loosen and relax the painful points in muscles.
- Posture Alignment to help the body re-position itself to natural posture through therapeutic massages and muscle retraining.

If you feel the need for time out to pamper yourself in a supportive and caring environment with an emphasis on beauty and grooming, this retreat is perfect for you. Starting with a foundation of daily massage, Chiva-Som has added in treatment after treatment to work from your head to your toes. This retreat is heaven for spa lovers!