

ISO 9001:2008



CHIVA-SOM INTERNATIONAL HEALTH RESORT HUA HIN

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- 2 INNER PEACE
- 3 WEIGHT MANAGEMENT
- 4 YOGA FOR LIFE



ETERNAL YOUTH (5-, 7-, 10- and 14-day packages available)

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 Niranalada 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. All doctors are US-trained dermatologists and plastic surgeons certified by the American Board of Laser Surgery, and specialise in state-of-the-art aesthetic medicine, specifically non-invasive laser treatment, micro-invasive cosmetic surgery and anti-aging medicine. During your facial analysis and skin consultation, complexion analysis program is utilised to diagnose the current condition of your skin. The information is used as a basis to discuss your personal requirements and to prescribe the most suitable treatments to achieve the desired results. The digital photos remain on file and become part of the “before and after” comparison so you can continually evaluate your improvements.

The package includes:

5 Day Program:

- Accommodation (5 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage (50 min)
- Complimentary skin consultation and medical check-up are available if required (30 min)
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 1 Skin Cleaning & Rejuvenation by Bioplasma® (for face)
- 1 Skin Cleaning & Rejuvenation by Jetpeel® (for clean & hydrate)
- 1 Subsurface Laser Skin Rejuvenation by Revlite® (for face & neck)
- 1 Health and Wellness Treatment

7 Day Program:

- Accommodation (7 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage (50 min)
- Complimentary skin consultation and medical check-up are available if required (30 min)

- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 1 Skin Cleaning & Rejuvenation by Bioplasma® (for face)
- 1 Skin Cleaning & Rejuvenation by Jetpeel® (for clean & hydrate)
- 1 Subsurface Laser Skin Rejuvenation by Revlite® (for face & neck)
- 1 Health and Wellness treatment
- Nutrition consultation

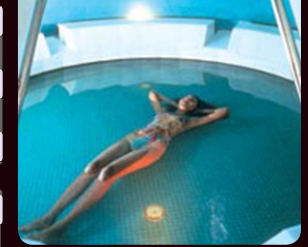
10 Day Program:

- Accommodation (10 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage (50 min)
- Complimentary skin consultation and medical check-up are available if required (30 min)
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 1 Skin Cleaning & Rejuvenation by Bioplasma® (for face)
- 1 Skin Cleaning & Rejuvenation by Jetpeel® (for clean & hydrate)
- 1 Subsurface Laser Skin Rejuvenation by Revlite® (for face & neck)
- 2 Health and Wellness treatments
- Nutrition consultation

14 Day Program:

- Accommodation (14 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage (50 min)
- Complimentary skin consultation and medical check-up are available if required (30 min)
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 1 Skin Cleaning & Rejuvenation by Bioplasma® (for face)
- 1 Skin Cleaning & Rejuvenation by Jetpeel® (for clean & hydrate)
- 1 Subsurface Laser Skin Rejuvenation by Revlite® (for face & neck)
- 2 Health and Wellness treatments
- Nutrition consultation.

The package does not include: treatments not listed above, additionally recommended remedies



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INNER PEACE (5-, 7-, 10- and 14-night packages available)

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 an extra load and wait for the weekend or just go into low gear and ignore steps towards a healthier life.

Stressors are cumulative and the impact of stress over the long term is a slow breakdown in physical and emotional health. Individual programs will help you relieve stress and adopt a healthy lifestyle.

The package includes:

5 Night Program:

- Accommodation (5 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- Meditation (2 sessions)
- Individual training
- Holistic Health treatments to choose from: Chi Net Sang, Reiki, Shiroyhyaga, Acupressure Reflexology
- Deep tissue massage (50 min)

7 Night Program:

- Accommodation (7 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- Meditation (2 sessions)

- 2 individual trainings
- 2 Holistic Health treatments to choose from: Chi Net Sang, Reiki, Shiroyhyaga, Acupressure Reflexology
- Deep tissue massage (50 min)
- Aquatic Therapy (Watsu)

10 Night Program:

- Accommodation (10 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- Mediations (3 sessions)
- 2 individual trainings
- 2 Holistic Health treatments to choose from: Chi Net Sang, Reiki, Shiroyhyaga, Acupressure Reflexology
- Deep tissue massage (2 x 50 min)
- Aquatic therapy (Watsu)
- Oriental head massage
- Five Elements massage

14 Night Program:

- Accommodation (14 nights)
- Individual health and wellness consultation on arrival (60 min)

- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- Mediations (3 sessions)
- 3 individual trainings
- 3 Holistic Health treatments to choose from: Chi Net Sang, Reiki, Shiroyhyaga, Acupressure Reflexology
- Deep tissue massage (2 x 50 min)
- Aquatic therapy (Watsu)
- Oriental head massage (2 sessions)
- Five Element massage
- Naturopathic consultation
- Flotation therapy
- Sacred Crystal Healing

The package does not include: accommodation, treatments not specified above, additionally recommended remedies.



WEIGHT MANAGEMENT (5-, 7-, 10- and a 14-night packages available)

This program was designed to help you lose weight in a healthy and sustainable way and to educate you how to maintain and enhance the results. Efficient weight management starts with changing your eating habits and daily routine. In this retreat, you will work closely with your personal trainers and nutritionists to correct your lifestyle, helping you to increase your activity to the optimal level and monitor your dietary patterns. Achieving your ideal weight may take longer than your stay at Chiva Som, but you will leave with a clear idea of the road ahead.

The package includes:

5 Night Program:

- Accommodation (5 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Fitness assessment with body composition
- Nutrition consultation
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 3 personal trainings
- Resting metabolic rate test

7 Night Program:

- Accommodation (7 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Fitness assessment with body composition
- Nutrition consultation
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 5 personal trainings

- Resting metabolic rate test
- Super stretch (3 x 25 min)
- Follow-up fitness assessment with body composition

10 Night Program:

- Accommodation (10 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Fitness assessment with body composition
- Nutrition consultation
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 7 personal trainings
- Resting metabolic rate test
- Super stretch (4 x 25 min)
- H2O Body Complex
- Follow-up nutrition consultation
- Follow-up fitness assessment with body composition

14 Night Program:

- Accommodation (14 nights)
- Individual health and wellness consultation on arrival (60 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)

- Complimentary skin consultation is available if required
- Fitness assessment with body composition
- Nutrition consultation
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 9 personal trainings
- Resting metabolic rate test
- Super stretch (5 x 25 min)
- H2O Body Complex (2 sessions)
- Follow-up nutrition consultation
- LPG Keymodule Endermology (advanced technology for cellulite reduction)
- Cooking class

The package does not include: treatments not specified above, additionally recommended remedies.



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YOGA FOR LIFE (3, 5, 7, 10 and 14 night programs available)

Yoga is getting increasingly popular nowadays. Good yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness and self-discovery.

Well-appointed and properly arranged facilities suggest entire relaxation and concentration on your feelings and sensations. Professional instructors will help yoga neophytes master the techniques.

The package includes:

3 Night Program:

- Accommodation (3 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 2 yoga classes to choose from
- Meditation or Pranayama
- Flower Remedies & White Light Essences***

5 Night Program:

- Accommodation (5 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 4 yoga classes to choose from
- Meditation or Pranayama
- Flower Remedies & White Light Essences***
- Jala Neti nasal irrigation

7 Night Program:

- Accommodation (7 ночей)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 6 yoga classes to choose from
- Meditation or Pranayama (2 sessions)
- Flower Remedies & White Light Essences**
- Jala Neti nasal irrigation

10 Night Program:

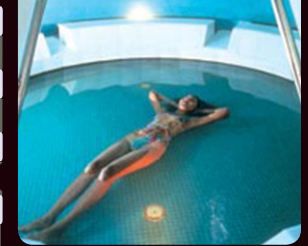
- Accommodation (10 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 8 yoga classes to choose from
- Meditation or Pranayama (3 sessions)
- Flower Remedies & White Light Essences***
- Jala Neti nasal irrigation

- Abhyanga Ayurvedic massage

14 Night Program:

- Accommodation (14 nights)
- Individual health and wellness consultation on arrival (45 min)
- 3 Chiva-Som Spa Cuisine meals per night of stay (arrival day will begin with dinner)
- Complimentary skin consultation is available if required
- Daily massage to choose from: Chiva-Som massage, invigorating massage, relaxing foot massage
- Participation in daily fitness program
- Unlimited use of sauna, steam suite and jacuzzi
- 11 yoga classes to choose from
- Meditation or Pranayama (4 sessions)
- Flower Remedies & White Light Essences***
- Jala Neti nasal irrigation
- Abhyanga Ayurvedic massage
- Deep tissue massage (50 min)

The package does not include: accommodation, treatments not specified above, additionally recommended remedies.



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