



Press Release;
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'Spa cuisine; cooking for life'

Do you want to maintain the good habits you started on holiday?

Chiva-Som, Asia's original health resort, is well placed to teach you practical techniques for healthy eating long after the holiday is over. Winner of 4 awards for its spa cuisine, you can learn innovative practices from the expert pioneers.



Food at Chiva-Som in Thailand is low in fat, promotes local, seasonal produce and contains no oil or salt. As part of its holistic approach to wellness, the resort teaches guests to focus on their balance of mind, body and spirit. Healthy eating is a key factor in achieving this, as wellness starts within.

Chiva-Som cooking classes were developed 10 years ago. The easy to learn techniques on how to replicate spa cuisine recipes in your home have been so popular with guests that there are now 4 classes per week. Additionally, the spa cuisine cookbook has been so popular it's on

second print run.

New activities

As part of the **hands-on cooking class** with the head chef, you now benefit from a trip to Chiva-Som's organic garden. The aim is to learn good farming techniques, how to recognize vegetables and herbs in their best condition and select seasonal produce to cook in your class at the resort.

New for 2009 is a **private lunch and learn** activity. In the one hour class you will decide your menu with the chef, watch her prepare three courses using different spa cuisine techniques and have lunch at the chef's table. This private session gives you more recipes to take home and the chance to question the chef one-on-one.

Also new is the **private beach barbeque**. Consider this your reward! Select your favourite ingredients, chose a beach-side table, then your chef will barbeque to your taste.

Enjoy all 3 for THB 5,000++ per person*;

- A hands-on cooking class and an organic garden tour (Choose between Monday or Wednesday, starting at 9:30am)
- 'Lunch and Learn' cooking demo with nutritional education from Health and Wellness consultant (Every Thursday, at 12.00-13.00)
- Beach-side dinner at Taste of Siam with individual barbecue

Chiva-Som offers fully inclusive retreats. The three spa cuisine activities above can be purchased for an additional fee. Please contact our reservations team at +66 (0) 32 536 536-47 or fax: +66 (0) 32 511 154 or e-mail to reservation@chivasom.com or visit www.chivasom.com

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Notes to Editors:

A secluded world of beauty and serenity, Chiva-Som is the "Haven of Life" – a luxury health resort dedicated to revitalising the mind, body and spirit. The beachfront resort represents tranquility at its best with luxurious accommodation, nestled within lush tropical gardens.

Focusing on greater well-being and vitality, Chiva-Som offers extensive fitness, spa and holistic health facilities to help you relax, restore, rejuvenate and redirect. Personalised programmes and treatments are designed for everyone, blending Eastern philosophies with Western diagnostic skills. Widely regarded as the Best Destination Spa in the World, Chiva-Som welcomes you with unique Thai hospitality. Located in the Royal city of Hua Hin, the resort is less than three hours by car south of Bangkok.

Chiva-Som is the proud recipient of 4 accolades for its spa cuisine, most recently 'Spa Cuisine of the Year' AsiaSpa Awards 2008; 'Best Spa Cuisine' Spa Finder's Readers' Choice Awards 2007 (USA); 'Best Spa Cuisine' SpaFinder Magazine Reader's choice Award 2005; 'Best Spa Cuisine' SpaAsia Crystal Awards 2004.

*Conditions: Minimum stay 5 nights. Prices are subject to tax and service charge, currently at 17.7%. Chiva-Som reserves the right to make any changes. Offer may be withdrawn at any time. Other conditions may apply.

For more information on this release, please contact:

narumol.k@chivasom.com

Narumol Keadpukdee

PR & Communications Manager

Chiva-Som International Health Resorts Co., Ltd.

11th Floor, Modern Town Building

87 Sukhumvit 63, Bangkok 10110, Thailand

Tel: +66 (0) 2711 6900-12

Fax: +66 (0) 2381 5852