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Chiva-Som launches brand new golf clinic

This month, Asia's original and best destination spa, Chiva-Som launches its brand new golf clinic. The new Chiva-Som Golf Clinic incorporates a thoughtfully designed series of all-in-one packages to suit all levels of golfer, from beginner to advanced players. Tailored to individual golfers' skills and requirements, the packages will be offered in conjunction with nutritional consultation and analysis.



Chiva-Som's resident professional golf coach will analyse the player's game and technique, helping to fine-tune their swing and eliminate any slice or pull, in addition to giving expert tips on how to manage the game as players move around the course. Integral to the golf clinic packages are sessions on golf biomechanics, providing advice for guests on increasing their strength and flexibility, and opportunities to vastly improve handicaps through vital targeted fitness.

Guests returning from the fairway will experience a soothing Deep Tissue Massage delivered by one of Chiva-Som's world-class specialist physiotherapists, designed to ease the common golfing ailment of tight, overworked muscles. During the second half of the course, players' legs can feel heavy and tired which can result in more bogeys than pars. Chiva-Som's renowned nutritionists will help put this right, giving expert advice on food intake to ensure optimum energy levels right until the 18th green. Balanced nutrition will provide core muscles with the requisite energy to perform and recover, bringing a positive effect to guests' ongoing health and lifestyle, during and beyond their visit to Chiva-Som.

All Chiva-Som golf clinic packages include one 55-minute professional golf lesson at one of Hua Hin's leading courses, including Royal Hua Hin, Banyan Golf, Black Mountain, Spring Field Golf and Palm Hill; one 55-minute biomechanics session; and one 55-minute Deep Tissue Massage.

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Elegant Resorts (01244 897 538; www.elegantresorts.co.uk) offer seven nights at Chiva-Som from £3,110 per person, based on two sharing an Ocean View double room. Price includes three Chiva-Som spa cuisine meals per night of stay; daily massage; individual health and wellness consultation; use of the water therapy suites; and participation in the daily fitness and leisure activities. Price also includes return flights with Thai Airways from London Heathrow and onward private car transfers. Based on 9 July 2010 departure.

Golf Clinic packages are priced from THB11,887.70 (approximately £228) per person.

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Chiva-Som

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 numerous accolades, most recently 'Best for Mind, Body and Spirit' and 'Best for Medical' SpaFinder's Readers' Choice 2009; 'Top 5 Overseas Retreat' Condé Nast Traveller Readers' Spa Awards 2009 (and every year since 1999); '2nd Favourite Destination Spa' Conde Nast Traveller 2009 Readers' Travel Awards; 'Best Overseas Spa' Luxury Travel&Style Magazine 2009 Gold List; 'Spa Cuisine of the Year' AsiaSpa 2008; 'Favorite Spa in Thailand' and 'Top 10 Medi-Spas' Spa Finder 2008; 'Best Spa in the world' The ULTRAs-The Ultimate Luxury Travel Related Awards 2008; 'Best Overseas Spa' Luxury Travel&Style Magazine 2008 Gold List;

Chiva-Som has achieved the prestigious Green Globe certification recognising our commitment to operating at the world's highest environmental standard on all levels of operation. The resort has several initiatives, policies and practices in place for energy efficiency and conservation, waste water treatment and reuse, fresh water conservation, waste minimisation and recycling, air quality management and environmentally friendly product-usage.

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