



Total Body Balancing



Most people's bodies are out of balance to some degree, because we tend to be right- or left-handed, favouring one side over the other for various daily activities. Consequently, some muscles become stronger, while others are weaker, yet perhaps looser and more flexible.

It's difficult to address this imbalance during everyday routines at work or even when exercising or at leisure, which is why Total Body Balancing is such a useful treatment. It involves a complete body evaluation using the Tuina Principle, which re-patterns muscle, ligament and joint structures. The spine becomes better aligned and tension is relaxed in the muscular structures that lie just below the surface of the skin.

After treatment, improvements are found in circulation, and nerve and energy flow, which in turn allow the body's various components to work together in harmony. Total Body Balancing uses techniques such as rhythmic pressure and gentle traction, applied along the energy channels, and also to manipulate and lubricate the joints. To find the most suitable solutions for arm and leg re-patterning, our therapists integrate the science of movement analysis, called kinesiology.

The 80-minute treatment benefits most areas of the body. As well as muscles, bones and joints, the spinal cord and the brain, the overall functions of organs, nerves, arteries, veins and lymphatics are improved.

Because Total Body Balancing helps organise the way muscles and the brain send messages to each other patients notice an upgrade in mobility and flexibility, and this results in a general feeling of greater wellbeing.

To indulge in an experience at Chiva-Som or for more information please call +66(0) 32 536 536, visit www.chivasom.com or email reservation@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 numerous accolades, most recently 'Top 5 Overseas Retreat' Conde Nast Traveller Readers' Spa Awards 2009; '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; 'Top 5 Overseas Spa Retreat' Conde Nast Traveller 2008 Readers' Awards (and every year since 1999).

For more information, please contact:

narumol.k@chivasom.com

Narumol Keadpukdee

PR & Communications Manager

Chiva-Som

11th Floor, Modern Town Building

87 Sukhumvit 63, Bangkok 10110, Thailand

Tel: +66 (0) 2711 6900-12 Fax: +66 (0) 2381 5852

www.chivasom.com