

A TASTE OF CHIVA-SOM RETREAT 2010

New to Chiva-Som? Looking for flexible choice and variety? A Taste of Chiva-Som is the retreat for you. Giving you multiple choices from a variety of areas, this retreat allows you to choose which services and therapies suit you best. The first person you meet is your health and wellness advisor who will guide you to create your ideal programme. Then you can decide from the generous allocation of treatment minutes if you want more time in the spa, with our physiotherapists, improving your fitness or sampling the diverse holistic therapies. The choice is yours.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Choice of daily massage per night of stay (Thai, Chiva-Som, Invigorating or Relaxing Foot Massage - 50 mins)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)



- 3-Night stay: 125 mins spa, 25 mins fitness, 50 mins physiotherapy, total 200 mins
 5-Night stay: 150 mins spa, 75 mins fitness, 50 mins physiotherapy, total 275 mins
 7-Night stay: 150 mins spa, 125 mins fitness, 100 mins physiotherapy, 50 mins holistic health, total 425 mins
 10-Night stay: 150 mins spa, 70 mins spa deluxe, 125 mins fitness, 125 mins physiotherapy, 50 mins physiotherapy plus, 50 mins holistic, 50 mins holistic plus, total 620 mins
 14-Night stay: 225 mins spa, 140 mins spa deluxe, 125 mins fitness, 50 mins fitness plus, 125 mins physiotherapy, 50 mins physiotherapy plus, 100 mins holistic, 50 mins holistic plus, total 865 mins



Spa 25 mins:

- Chiva-Som Spa Haven Body Polish or Body Scrub
- Hydrotherapy Bath
- Oriental Scalp Massage
- Manicure
- Nail Reshape and Polish (Hand and Feet)
- Eye Revitalising

Spa 50 mins:

- Deep Hand Massage
- Accelerated Subdermal Therapy
- Aloe Body Mask
- Accelerated Body Shaping Therapy
- Papaya Body Wrap
- Oriental Foot Ritual
- Deep Cleansing Back Treatment

Spa Deluxe 70 mins:

- Chiva-Som Body Cocoon
- Chiva-Som Skin Haven Facial
- Luxury Hand and Pedicure
- Abhyanga
- Manual Lymphatic Drainage
- Marine Mud Wrap
- Chiva-Som Signature Herbal Massage

Fitness 25 mins:

- Super Stretch

Fitness 50 mins:

- Pilates Body Conditioning
- Personal Training
- Thai Boxing
- Kinesis
- Health and Fitness Assessment
- Super Stretch
- Travel Training
- Outdoor Training
- Yoga

Fitness Plus 50 mins:

- Aquatic Therapy (Watsu)
- Adventure Training
- 3 P's of Training
- Functional Insight Training

Physiotherapy 25 mins:

- Soft Tissue Mobilisation
- Rolling Release Therapy
- Refunctional Exercise
- Physiotherapy
- Back, Neck and Shoulder Massage

Physiotherapy 50 mins:

- H2O Body Complex
- Gyrokinesis or Gyrotonic
- Kineshetic Assessment
- Refunctional Exercise
- Rolling Release Therapy
- Metabolic Breathing Exercise
- Ai Chi

Physiotherapy Plus 50 mins:

- Physiotherapy
- Stress Release Therapy
- Deep Tissue Massage
- Soft Tissue Mobilisation

Holistic 50 mins:

- Flower Essence Body Work
- Flower Remedies
- Accupoint Facial Therapy
- Meditation
- Quantum Emotional/Physical Release
- Chi Nei Tsang
- Acupressure Reflexology
- Shirobhyanga
- Heart Math

Holistic Plus 50 mins:

- Iridology
- Naturopathy
- Nutrition Counselling

21-Night or longer retreats also available on request.
 Please email reservation@chivasom.com or reserv@chivasom.com

PRICING 2010



| HIGH SEASON Prices from 6 January to 30 April 2010 and 1 October to 19 December 2010 | TYPE OF ACCOMMODATION | 3 Nights US\$ | 5 Nights US \$ | 7 Nights US\$ | 10 Nights US\$ | 14 Nights US\$ | 21 Nights US\$ | 28 Nights US\$ | Extra Nights US\$ |
|--|-------------------------|---------------|----------------|---------------|----------------|----------------|----------------|----------------|-------------------|
| | Ocean View Single | 2,070 | 3,450 | 4,830 | 6,900 | 9,660 | 14,490 | 19,320 | 690 |
| | Ocean View Twin | 1,545 | 2,575 | 3,605 | 5,150 | 7,210 | 10,815 | 14,420 | 515 |
| | Thai Pavilion Single | 2,460 | 4,100 | 5,740 | 8,200 | 11,480 | 17,220 | 22,960 | 820 |
| | Thai Pavilion Twin | 1,950 | 3,250 | 4,550 | 6,500 | 9,100 | 13,650 | 18,200 | 650 |
| | Herbal Suite Single | 3,600 | 6,000 | 8,400 | 12,000 | 16,800 | 25,200 | 33,600 | 1,200 |
| | Herbal Suite Twin | 3,075 | 5,125 | 7,175 | 10,250 | 14,350 | 21,525 | 28,700 | 1,025 |
| | Fragrance Suite Single | 4,080 | 6,800 | 9,520 | 13,600 | 19,040 | 28,560 | 38,080 | 1,360 |
| | Fragrance Suite Twin | 3,510 | 5,850 | 8,190 | 11,700 | 16,380 | 24,570 | 32,760 | 1,170 |
| | Rainforest Suite Single | 4,530 | 7,550 | 10,570 | 15,100 | 21,140 | 31,710 | 42,280 | 1,510 |
| Rainforest Suite Twin | 3,960 | 6,600 | 9,240 | 13,200 | 18,480 | 27,720 | 36,960 | 1,320 | |
| Golden Bo Single | 5,625 | 9,375 | 13,125 | 18,750 | 26,250 | 39,375 | 52,500 | 1,875 | |
| Golden Bo Double | 5,100 | 8,500 | 11,900 | 17,000 | 23,800 | 35,700 | 47,600 | 1,700 | |
| Leelawadee Suite Single | 6,930 | 11,550 | 16,170 | 23,100 | 32,340 | 48,510 | 64,680 | 2,310 | |
| Leelawadee Suite Double | 6,300 | 10,500 | 14,700 | 21,000 | 29,400 | 44,100 | 58,800 | 2,100 | |

Rates are quoted per person and require minimum stay of 3 nights.

All rates are subject to 17.7% service charge and V.A.T.

| | TYPE OF ACCOMMODATION | 3 Nights | 5 Nights | 7 Nights | 10 | 14 | 21 | 28 | Extra |
|---|-------------------------|----------|----------|----------|--------|--------|--------|--------|--------|
| | | US\$ | US \$ | US\$ | Nights | Nights | Nights | Nights | Nights |
| LEAN SEASON Prices from 1 May to 30 September 2010 | Ocean View Single | 1,860 | 3,100 | 4,340 | 6,200 | 8,680 | 13,020 | 17,360 | 620 |
| | Ocean View Twin | 1,380 | 2,300 | 3,220 | 4,600 | 6,440 | 9,660 | 12,880 | 460 |
| | Thai Pavilion Single | 2,205 | 3,675 | 5,145 | 7,350 | 10,290 | 15,435 | 20,580 | 735 |
| | Thai Pavilion Twin | 1,755 | 2,925 | 4,095 | 5,850 | 8,190 | 12,285 | 16,380 | 585 |
| | Herbal Suite Single | 3,255 | 5,425 | 7,595 | 10,850 | 15,190 | 22,785 | 30,380 | 1,085 |
| | Herbal Suite Twin | 2,760 | 4,600 | 6,440 | 9,200 | 12,880 | 19,320 | 25,760 | 920 |
| | Fragrance Suite Single | 3,645 | 6,075 | 8,505 | 12,150 | 17,010 | 25,515 | 34,020 | 1,215 |
| | Fragrance Suite Twin | 3,150 | 5,250 | 7,350 | 10,500 | 14,700 | 22,050 | 29,400 | 1,050 |
| | Rainforest Suite Single | 4,065 | 6,775 | 9,485 | 13,550 | 18,970 | 28,455 | 37,940 | 1,355 |
| | Rainforest Suite Twin | 3,570 | 5,950 | 8,330 | 11,900 | 16,660 | 24,990 | 33,320 | 1,190 |
| | Golden Bo Single | 5,055 | 8,425 | 11,795 | 16,850 | 23,590 | 35,385 | 47,180 | 1,685 |
| | Golden Bo Double | 4,575 | 7,625 | 10,675 | 15,250 | 21,350 | 32,025 | 42,700 | 1,525 |
| | Leelawadee Suite Single | 6,240 | 10,400 | 14,560 | 20,800 | 29,120 | 43,680 | 58,240 | 2080 |
| Leelawadee Suite Double | 5,670 | 9,450 | 13,230 | 18,900 | 26,460 | 39,690 | 52,920 | 1890 | |

Rates are quoted per person and require minimum stay of 3 nights.

All rates are subject to 17.7% service charge and V.A.T.

| | TYPE OF ACCOMMODATION | 7 Nights | 10 Nights | 14 Nights | 21 Nights | 28 Nights | Extra Nights |
|---|-------------------------|----------|-----------|-----------|-----------|-----------|--------------|
| | | US\$ | US\$ | US\$ | US\$ | US\$ | US\$ |
| PEAK SEASON Prices from 20 December 2010 to 5 January 2011 | Ocean View Twin | 3,955 | 5,650 | 7,910 | 11,865 | 15,820 | 565 |
| | Thai Pavilion Twin | 5,005 | 7,150 | 10,010 | 15,015 | 20,020 | 715 |
| | Herbal Suite Twin | 7,875 | 11,250 | 15,750 | 23,625 | 31,500 | 1,125 |
| | Fragrance Suite Twin | 8,995 | 12,850 | 17,990 | 26,985 | 35,980 | 1,285 |
| | Rainforest Suite Twin | 10,150 | 14,500 | 20,300 | 30,450 | 40,600 | 1,450 |
| | Golden Bo Double | 13,055 | 18,650 | 26,110 | 39,165 | 52,220 | 1,865 |
| | Leelawadee Suite Double | 17,010 | 24,300 | 34,020 | 51,030 | 68,040 | 2,430 |

Rates are quoted per person and require minimum stay of 7 nights.

All rates are subject to 17.7% service charge and V.A.T.

Terms and Conditions

Deposit and Cancellation:

Your booking is guaranteed with any major credit card. Cancellations received less than 14 days before arrival date will incur a charge of 50% of all estimated costs. Cancellations or reduced stays whilst at the resort will incur a charge of 100% of all estimated costs. Bookings for 20 December 2010 to 5 January 2011 require a minimum stay of 7 nights and cancellation notice 60 days prior to arrival date.

Check-In/Check-Out:

Check-In is from 2pm, Check-Out is 12 noon.

Restrictions:

It is important for us to maintain a restful and relaxing atmosphere for all our guests and in this regard we regret we cannot accept children less than 16 years of age. Mobile phones are also strictly prohibited. Chiva-Som's healthy environment has been created to give everyone the best possible benefits, this is why we limit alcoholic drinks to champagne and wine available in the evening only and restrict smoking to designated outdoor areas.

Gala Dinner:

A supplement of US\$ 400 per person will apply for the New Year's Eve Gala Dinner. Rate is subject to 17.7% service charge and V.A.T.

Special Requests:

Should you have any special preferences such as non-allergenic pillows, special dietary considerations, etc., please inform reservations when making your booking.

Peak Season:

Over the busy peak season, unfortunately we can only accept rooms booked on double occupancy as the demand is so high.

Conditions: Prices are subject to resort availability and are subject to change. All pricing is correct at the time of printing and offer may be withdrawn at anytime without notice. Subject to Chiva-Som's booking conditions. Other conditions may apply.



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