

INNER PEACE 2011

Stress is one of the major contributors to illness in society today. Unfortunately because stress mostly affects us as individuals, we find it easy to deny; to buckle down and take on an extra load and wait for the weekend; to unwind with alcohol; or to just go into low gear and ignore steps towards a healthier life.

Because stress is cumulative, the impact of stress is often ignored - the long-term result of which is a slow breakdown in physical and emotional wellbeing. There are positive ways that each of us can combat stress though, without resorting to harmful habits.

Chiva-Som's Inner Peace retreat is centred on the simple mantra "Calm the Mind, Move the Body". The first step is to learn some simple meditation techniques. Just a few minutes of mindfulness is enough to start to turn off the harmful chemistry created by stress. Additionally, exercise at any level is one of the strongest stress-busters there is. Private sessions with our personal trainers can introduce you to a routine that suits you, and which ideally can become a sustainable habit - whether it's Thai boxing or a power walk.

Longer retreats include relaxing massages and therapies to help you learn what it's like to really unwind - including our famous Aquatic therapy! Finally from our 10 night retreat onwards a Naturopathic Consultation will give you insights from the world of Complementary Medicine on how to manage stress through diet therapy, herbal therapy etc.

Take charge of your stress now, learn to defuse it and spend more time enjoying life.



Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- 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)

Plus:

5-Nights Inner Peace:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Meditation*
- 2 Personal Training **
- 1 Back, Neck and Shoulder Massage

7-Nights Inner Peace:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Meditation*
- 2 Personal Training **
- 1 Back, Neck and Shoulder Massage
- 1 Aquatic Therapy (Watsu)
- 1 Oriental Scalp Massage

10-Nights Inner Peace:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 3 Meditation*
- 3 Personal Training **
- 2 Back, Neck and Shoulder Massage
- 1 Aquatic Therapy (Watsu)
- 1 Oriental Scalp Massage
- 1 Chi Nei Tsang***
- 1 Five Elements Therapy

14-Nights Inner Peace:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 4 Meditation*
- 4 Personal Training **
- 2 Back, Neck and Shoulder Massage
- 1 Aquatic Therapy (Watsu)
- 2 Oriental Scalp Massage
- 1 Chi Nei Tsang ***
- 1 Naturopathic Consultation
- 1 Five Elements Therapy
- 1 Hydrotherapy Bath

*** Meditation – may alternate with:**

Reiki, Pranayama Breathing or Heart Math

**** Personal Training – may alternate with:**

Tai Chi, Yoga, Thai Boxing or Pilates

***** Chi Nei Tsang – choose from:**

Acupressure Reflexology, Shiroyanga or Flower Essence Body Work

21-Nights or longer retreats also available upon request.

Please email reservation@chivasom.com or reserv@chivasom.com

PRICING 2011



TYPE OF ACCOMMODATION	All Retreats 3 Nights THB	All Retreats 5 Nights THB	All Retreats 7 Nights THB	All Retreats 10 Nights THB	All Retreats 14 Nights THB	All Retreats 21 Nights THB	All Retreats 28 Nights THB	All Retreats Extra Nights THB
	HIGH SEASON							
Ocean View Single	68,310	113,850	159,390	227,700	318,780	478,170	637,560	22,770
Ocean View Twin	49,995	83,325	116,655	166,650	233,310	349,965	466,620	16,665
Thai Pavilion Single	81,180	135,300	189,420	270,600	378,840	568,260	757,680	27,060
Thai Pavilion Twin	62,865	104,775	146,685	209,550	293,370	440,055	586,740	20,955
Herbal Suite Single	118,800	198,000	277,200	396,000	554,400	831,600	1,108,800	39,600
Herbal Suite Twin	99,000	165,000	231,000	330,000	462,000	693,000	924,000	33,000
Fragrance Suite Single	134,640	224,400	314,160	448,800	628,320	942,480	1,256,640	44,880
Fragrance Suite Twin	113,355	188,925	264,495	377,850	528,990	793,485	1,057,980	37,785
Rainforest Suite Single	149,490	249,150	348,810	498,300	697,620	1,046,430	1,395,240	49,830
Rainforest Suite Twin	127,710	212,850	297,990	425,700	595,980	893,970	1,191,960	42,570
Golden Bo Single	185,625	309,375	433,125	618,750	866,250	1,299,375	1,732,500	61,875
Golden Bo Double	164,835	274,725	384,615	549,450	769,230	1,153,845	1,538,460	54,945
Leelawadee Suite Single	228,690	381,150	533,610	762,300	1,067,220	1,600,830	2,134,440	76,230
Leelawadee Suite Double	203,445	339,075	474,705	678,150	949,410	1,424,115	1,898,820	67,815

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.

LEASING PERIOD	TYPE OF ACCOMMODATION	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats
		3 Nights THB	5 Nights THB	7 Nights THB	10 Nights THB	14 Nights THB	21 Nights THB	28 Nights THB	Extra Nights THB
LEAN SEASON Prices from 1 May to 30 September 2011	Ocean View Single	61,380	102,300	143,220	204,600	286,440	429,660	572,880	20,460
	Ocean View Twin	44,550	74,250	103,950	148,500	207,900	311,850	415,800	14,850
	Thai Pavilion Single	72,765	121,275	169,785	242,550	339,570	509,355	679,140	24,255
	Thai Pavilion Twin	56,430	94,050	131,670	188,100	263,340	395,010	526,680	18,810
	Herbal Suite Single	107,415	179,025	250,635	358,050	501,270	751,905	1,002,540	35,805
	Herbal Suite Twin	89,100	148,500	207,900	297,000	415,800	623,700	831,600	29,700
	Fragrance Suite Single	120,285	200,475	280,665	400,950	561,330	841,995	1,122,660	40,095
	Fragrance Suite Twin	101,475	169,125	236,775	338,250	473,550	710,325	947,100	33,825
	Rainforest Suite Single	134,145	223,575	313,005	447,150	626,010	939,015	1,252,020	44,715
	Rainforest Suite Twin	115,335	192,225	269,115	384,450	538,230	807,345	1,076,460	38,445
	Golden Bo Single	166,815	278,025	389,235	556,050	778,470	1,167,705	1,556,940	55,605
	Golden Bo Double	147,510	245,850	344,190	491,700	688,380	1,032,570	1,376,760	49,170
	Leelawadee Suite Single	205,920	343,200	480,480	686,400	960,960	1,441,440	1,921,920	68,640
	Leelawadee Suite Double	183,150	305,250	427,350	610,500	854,700	1,282,050	1,709,400	61,050

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.

LEASING PERIOD	TYPE OF ACCOMMODATION	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats	All Retreats
		7 Nights THB	10 Nights THB	14 Nights THB	21 Nights THB	28 Nights THB	Extra Nights THB
PEAK SEASON Prices from 20 December 2011 to 5 January 2012	Ocean View Twin	128,205	183,150	256,410	384,615	512,820	18,315
	Thai Pavilion Twin	161,700	231,000	323,400	485,100	646,800	23,100
	Herbal Suite Twin	254,100	363,000	508,200	762,300	1,016,400	36,300
	Fragrance Suite Twin	289,905	414,150	579,810	869,715	1,159,620	41,415
	Rainforest Suite Twin	328,020	468,600	656,040	984,060	1,312,080	46,860
	Golden Bo Double	421,575	602,250	843,150	1,264,725	1,686,300	60,225
	Leelawadee Suite Double	548,625	783,750	1,097,250	1,645,875	2,194,500	78,375

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 2011 to 5 January 2012 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, iPhone, Blackberry, iPad, PDA, cameras and personal computers may be used in guest rooms but not in public areas. 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 THB 13,200 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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