



INNER PEACE 2012

Stress is one of the major contributors to illness in society today. Unfortunately, when we suffer stress personally, we often find ways to deny it; we buckle down, take on the extra load and wait for the weekend; unwind with alcohol; or just go into low gear and ignore steps towards a healthier life.

Unfortunately, we can't hide from stress indefinitely. Stressors are cumulative and the impact of stress over the long term is a slow breakdown in physical and emotional health. At Chiva-Som, there are positive ways for you to combat stress 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 simple meditation techniques. After just a few minutes of mindfulness, you will find yourself ready to start turning off the harmful chemistry created by stress. Additionally, exercising at any level is one of the most powerful stress-busters there is. Private Sessions with our personal trainers can introduce you to a routine that works for you, so that it can become a sustainable habit – whether it is Thai boxing or a power walk.

Longer retreats include relaxing massages and therapies to help you really unwind (tip: try our famous Aquatic therapy!). For those enjoying retreats of 10 nights or more, a Naturopathic Consultation will give you insights from the world of Complementary Medicine as to how to manage stress through diet therapy, herbal therapy, and more.

Included:

- Individual health and wellness consultation (45 min)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 min) 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 Massage)
- 2 Meditation*
- 1 Personal Training**
- 1 Holistic Health***
- 1 Deep Tissue Massage (50 min)****

7-Nights Inner Peace:

- 7 Nights accommodation
- 7 Daily Massages
(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)
- 2 Meditation*
- 2 Personal Training**
- 2 Holistic Health***
- 1 Deep Tissue Massage (50 min)****
- 1 Aquatic Therapy (Watsu)

10-Nights Inner Peace:

- 10 Nights accommodation
- 10 Daily Massages
(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)
- 3 Meditation*
- 2 Personal Training**
- 2 Holistic Health***
- 2 Deep Tissue Massage (50 min)****
- 1 Aquatic Therapy (Watsu)
- 1 Oriental Scalp Massage
- 1 Five Elements Massage

14-Nights Inner Peace:

- 14 Nights accommodation
- 14 Daily Massages
(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)
- 3 Meditation*
- 3 Personal Training**
- 3 Holistic Health***
- 2 Deep Tissue Massage (50 min)****
- 1 Aquatic Therapy (Watsu)
- 2 Oriental Scalp Massage
- 1 Five Elements Massage
- 1 Naturopathic Consultation
- 1 Hydrotherapy*****
- 1 Sacred Crystal Healing

* **Meditation** – may alternate with Pranayama, Tai Chi or Yoga
 ** **Personal Training** – may alternate with Pilates Body Conditioning, Kinesis, Private Boot Camp, TRX, Thai Boxing (Muay Thai) or Travel Training
 *** **Holistic Health** – may choose from Chi Nei Tsang, Reiki, Shiroyhyaga or Acupressure Reflexology
 **** **Deep Tissue Massage** – may alternate with Back, Neck and Shoulder Massage
 ***** **Hydrotherapy** – may choose from Detoxifying Balneotherapy or Rebalancing Balneotherapy

Longer retreats are also available upon request.
 Please contact us for further details: reservation@chivasom.com or reserv@chivasom.com

PRICING 2012



	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
HIGH SEASON Prices from 6 January to 30 April 2012 and 1 October to 19 December 2012	Ocean View Single	72,000	120,000	168,000	240,000	336,000	504,000	672,000	24,000
	Ocean View Twin	54,000	90,000	126,000	180,000	252,000	378,000	504,000	18,000
	Thai Pavilion Single	87,000	145,000	203,000	290,000	406,000	609,000	812,000	29,000
	Thai Pavilion Twin	69,000	115,000	161,000	230,000	322,000	483,000	644,000	23,000
	Herbal Suite Single	126,000	210,000	294,000	420,000	588,000	882,000	1,176,000	42,000
	Herbal Suite Twin	105,000	175,000	245,000	350,000	490,000	735,000	980,000	35,000
	Fragrance Suite Single	144,000	240,000	336,000	480,000	672,000	1,008,000	1,344,000	48,000
	Fragrance Suite Twin	120,000	200,000	280,000	400,000	560,000	840,000	1,120,000	40,000
	Rainforest Suite Single	159,000	265,000	371,000	530,000	742,000	1,113,000	1,484,000	53,000
	Rainforest Suite Twin	135,000	225,000	315,000	450,000	630,000	945,000	1,260,000	45,000
	Golden Bo Single	195,000	325,000	455,000	650,000	910,000	1,365,000	1,820,000	65,000
	Golden Bo Double	174,000	290,000	406,000	580,000	812,000	1,218,000	1,624,000	58,000
	Leelawadee Suite Single	243,000	405,000	567,000	810,000	1,134,000	1,701,000	2,268,000	81,000
	Leelawadee Suite Double	216,000	360,000	504,000	720,000	1,008,000	1,512,000	2,016,000	72,000

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.

LEAN SEASON	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
Prices from 1 May to 30 September 2012	Ocean View Single	66,000	110,000	154,000	220,000	308,000	462,000	616,000	22,000
	Ocean View Twin	48,000	80,000	112,000	160,000	224,000	336,000	448,000	16,000
	Thai Pavilion Single	78,000	130,000	182,000	260,000	364,000	546,000	728,000	26,000
	Thai Pavilion Twin	60,000	100,000	140,000	200,000	280,000	420,000	560,000	20,000
	Herbal Suite Single	114,000	190,000	266,000	380,000	532,000	798,000	1,064,000	38,000
	Herbal Suite Twin	96,000	160,000	224,000	320,000	448,000	672,000	896,000	32,000
	Fragrance Suite Single	129,000	215,000	301,000	430,000	602,000	903,000	1,204,000	43,000
	Fragrance Suite Twin	108,000	180,000	252,000	360,000	504,000	756,000	1,008,000	36,000
	Rainforest Suite Single	141,000	235,000	329,000	470,000	658,000	987,000	1,316,000	47,000
	Rainforest Suite Twin	123,000	205,000	287,000	410,000	574,000	861,000	1,148,000	41,000
	Golden Bo Single	177,000	295,000	413,000	590,000	826,000	1,239,000	1,652,000	59,000
	Golden Bo Double	156,000	260,000	364,000	520,000	728,000	1,092,000	1,456,000	52,000
	Leelawadee Suite Single	219,000	365,000	511,000	730,000	1,022,000	1,533,000	2,044,000	73,000
Leelawadee Suite Double	195,000	325,000	455,000	650,000	910,000	1,365,000	1,820,000	65,000	

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.

PEAK SEASON	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
Prices from 20 December 2012 to 5 January 2013	Ocean View Twin	140,000	200,000	280,000	420,000	560,000	20,000
	Thai Pavilion Twin	175,000	250,000	350,000	525,000	700,000	25,000
	Herbal Suite Twin	273,000	390,000	546,000	819,000	1,092,000	39,000
	Fragrance Suite Twin	308,000	440,000	616,000	924,000	1,232,000	44,000
	Rainforest Suite Twin	350,000	500,000	700,000	1,050,000	1,400,000	50,000
	Golden Bo Double	448,000	640,000	896,000	1,344,000	1,792,000	64,000
	Leelawadee Suite Double	581,000	830,000	1,162,000	1,743,000	2,324,000	83,000

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 2012 to 5 January 2013 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.