

ETERNAL YOUTH RETREAT 2010

At Niranalada, Chiva-Som's medi-spa, you can benefit from enhanced aesthetic virtue within the comfort and nurturing environment of our holistic resort. Treatments require minimal recovery time and deliver maximum results.

Our US-qualified cosmetic doctors are facial plastic surgeons who specialise in the art of aesthetic medicine, especially cosmetic laser surgery and anti-aging practices.

During your pre skin analysis consultation, computerised facial imaging and colour photography evaluates your skin condition. The information is used as a basis to discuss your personal requirements and to evaluate which treatments best suit you. The photos become part of the before and after comparison so you can evaluate your improvements, during your post skin analysis consultation.

Chiva-Som uses only US-FDA approved laser technology provided by the world's leading brands including Fraxel, Titan Cutera, and D-Actor 200.

This is the first time that Niranalada treatments are offered within a retreat.



Nightly inclusions:

- 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-Night Eternal Youth:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments

7-Night Eternal Youth:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments
- 2 Accelerated Body Shaping Therapies
- 1 Anti-Cellulite with Acoustic Wave Therapy

10-Night Eternal Youth:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments
- 2 Accelerated Body Shaping Therapies
- 1 Anti-Cellulite with Acoustic Wave Therapy
- 1 Titan Cutera 120 Shots or 1 Skin Refine by Fraxel

14-Night Eternal Youth:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Ultrapeel Microdermabrasion
- 1 Laser Skin Rejuvenation
- 2 Eye Revitalising Treatments
- 3 Accelerated Body Shaping Therapies
- 2 Anti-Cellulite with Acoustic Wave Therapies
- 1 Titan Cutera 120 Shots and 1 Skin Refine by Fraxel
Or 1 Titan Cutera 240 shots

***Please note that prices for 10 and 14-night Eternal Youth retreats vary from all other retreats.**

**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	5 Nights US \$	7 Nights US\$	10 Nights US\$	14 Nights US\$	Extra Nights US\$
	Ocean View Single	3,450	4,830	7,550	10,570	690
	Ocean View Twin	2,575	3,605	5,800	8,120	515
	Thai Pavilion Single	4,100	5,740	8,850	12,390	820
	Thai Pavilion Twin	3,250	4,550	7,150	10,010	650
	Herbal Suite Single	6,000	8,400	12,650	17,710	1,200
	Herbal Suite Twin	5,125	7,175	10,900	15,260	1,025
	Fragrance Suite Single	6,800	9,520	14,250	19,950	1,360
	Fragrance Suite Twin	5,850	8,190	12,350	17,290	1,170
	Rainforest Suite Single	7,550	10,570	15,750	22,050	1,510
	Rainforest Suite Twin	6,600	9,240	13,850	19,390	1,320
	Golden Bo Single	9,375	13,125	19,400	27,160	1,875
	Golden Bo Double	8,500	11,900	17,650	24,710	1,700
	Leelawadee Suite Single	11,550	16,170	23,750	33,250	2,310
Leelawadee Suite Double	10,500	14,700	21,650	30,310	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.

LEAS SEASON	TYPE OF ACCOMMODATION	5 Nights	7 Nights	10	14	Extra Nights
		US \$	US\$	Nights	Nights	
Prices from 1 May to 30 September 2010	Ocean View Single	3,100	4,340	6,800	9,520	620
	Ocean View Twin	2,300	3,220	5,200	7,280	460
	Thai Pavilion Single	3,675	5,145	8,000	11,200	735
	Thai Pavilion Twin	2,925	4,095	6,450	9,030	585
	Herbal Suite Single	5,425	7,595	11,400	15,960	1,085
	Herbal Suite Twin	4,600	6,440	9,800	13,720	920
	Fragrance Suite Single	6,075	8,505	12,850	17,990	1,215
	Fragrance Suite Twin	5,250	7,350	11,100	15,540	1,050
	Rainforest Suite Single	6,775	9,485	14,200	19,880	1,355
	Rainforest Suite Twin	5,950	8,330	12,450	17,430	1,190
	Golden Bo Single	8,425	11,795	17,450	24,430	1,685
	Golden Bo Double	7,625	10,675	15,900	22,260	1,525
	Leelawadee Suite Single	10,400	14,560	21,400	29,960	2,080
	Leelawadee Suite Double	9,450	13,230	19,500	27,300	1,890

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	7 Nights	10 Nights	14 Nights	Extra
		US\$	US\$	US\$	
Prices from 20 December 2010 to 5 January 2011	Ocean View Twin	3,955	6,400	8,960	565
	Thai Pavilion Twin	5,005	7,900	11,060	715
	Herbal Suite Twin	7,875	12,000	16,800	1,125
	Fragrance Suite Twin	8,995	13,600	19,040	1,285
	Rainforest Suite Twin	10,150	15,250	21,350	1,450
	Golden Bo Double	13,055	19,400	27,160	1,865
	Leelawadee Suite Double	17,010	25,050	35,070	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.



73/4 Petchkasem Road, Hua Hin, Prachuab Khirikhan 77110, Thailand

Tel: +66 (0) 3253 6536

Fax: +66 (0) 3251 1154

Email: reserv@chivasom.com or reservation@chivasom.com

www.chivasom.com