



## FITNESS RETREAT 2010

What does being fit mean to you? Apart from looking good, you should also feel good emotionally and spiritually. Our primary objective is to help you achieve this complete state of fitness - from the inside out. Whether you are experienced or you are starting out with a fitness and exercise programme, the Chiva-Som Optimal Performance Retreat will help inspire, motivate and educate you to achieve all of your desired goals.

Our internationally qualified, extensively experienced trainers will take into account your goals, health history and lifestyle to develop an all-round fitness programme for you. This may include muscle toning, core stability, endurance training, joint mobilisation and stretching. Visualisation techniques, motivation and inspirational ideas are combined with the latest technology, research and equipment to drive you towards optimal physical performance.

## 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-Night Fitness:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 3 Private Fitness Sessions\*
- 1 Private Super Stretch (25 mins)

### 7-Night Fitness:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 5 Private Fitness Sessions\*
- 1 Private Super Stretch (25 mins)
- 1 Naturopathic Consultation

### 10-Night Fitness:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessments
- 6 Private Fitness Sessions\*
- 2 Private Super Stretch (25 mins)
- 1 Outdoor Fitness Training (Bike Ride or Kayak)
- 1 Deep Tissue Massage
- 1 Naturopathic Consultation

### 14-Night Fitness:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessments
- 10 Private Fitness Sessions\*
- 3 Private Super Stretch (25 mins)
- 1 Outdoor Fitness Training (Bike Ride or Kayak)
- 1 Deep Tissue Massage
- 1 Naturopathic Consultation

**\* Private Fitness Session - choose from:**

Personal Training, Pilates Body Conditioning, Kinesis

21-Night or longer retreats also available on request.  
Please email [reservation@chivasom.com](mailto:reservation@chivasom.com) or [reserv@chivasom.com](mailto:reserv@chivasom.com)

# PRICING 2010



<b>HIGH SEASON</b>  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\$	21 Nights US\$	28 Nights US\$	Extra Nights US\$
	Ocean View Single	3,450	4,830	6,900	9,660	14,490	19,320	690
	Ocean View Twin	2,575	3,605	5,150	7,210	10,815	14,420	515
	Thai Pavilion Single	4,100	5,740	8,200	11,480	17,220	22,960	820
	Thai Pavilion Twin	3,250	4,550	6,500	9,100	13,650	18,200	650
	Herbal Suite Single	6,000	8,400	12,000	16,800	25,200	33,600	1,200
	Herbal Suite Twin	5,125	7,175	10,250	14,350	21,525	28,700	1,025
	Fragrance Suite Single	6,800	9,520	13,600	19,040	28,560	38,080	1,360
	Fragrance Suite Twin	5,850	8,190	11,700	16,380	24,570	32,760	1,170
	Rainforest Suite Single	7,550	10,570	15,100	21,140	31,710	42,280	1,510
Rainforest Suite Twin	6,600	9,240	13,200	18,480	27,720	36,960	1,320	
Golden Bo Single	9,375	13,125	18,750	26,250	39,375	52,500	1,875	
Golden Bo Double	8,500	11,900	17,000	23,800	35,700	47,600	1,700	
Leelawadee Suite Single	11,550	16,170	23,100	32,340	48,510	64,680	2,310	
Leelawadee Suite Double	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.

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

PEAK SEASON	TYPE OF ACCOMMODATION	7 Nights	10 Nights	14 Nights	21 Nights	28 Nights	Extra Nights
		US\$	US\$	US\$	US\$	US\$	US\$
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.



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

Tel: +66 (0) 3253 6536

Fax: +66 (0) 3251 1154

Email: [reserv@chivasom.com](mailto:reserv@chivasom.com) or [reservation@chivasom.com](mailto:reservation@chivasom.com)

[www.chivasom.com](http://www.chivasom.com)