



PHYSICAL RENEWAL RETREAT 2010

Everyone, regardless of age, values physical independence. Whether you have a sedentary lifestyle or are a competitive athlete, aches and pains are a common experience. Injury, poor posture and inflexibility can easily and effectively be remedied on this retreat.

Chiva-Som physiotherapists begin with a thorough assessment of your current state, and will prescribe a series of therapeutic (structural) sessions and exercise based (renewal) sessions in order to treat your conditions. The team will aim to reduce pain, stabilise the condition, and improve your range of motion and strength so that you can resume a full range of activities during your visit and in years to come.

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:

3-Night Physical Renewal:

3 Nights accommodation

- 3 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 1 Renewal Session*
- 2 Structural Therapies**

5-Night Physical Renewal:

5 Nights accommodation

- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 3 Renewal Sessions*
- 2 Structural Therapies**

7-Night Physical Renewal:

7 Nights accommodation

- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 3 Renewal Sessions*
- 4 Structural Therapies**
- 1 Stress Therapy Release
- 1 Private Super Stretch (25 mins)

10-Night Physical Renewal:

10 Nights accommodation

- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 4 Renewal Sessions*
- 4 Structural Therapies**
- 1 Stress Therapy Release
- 2 Private Super Stretch (25 mins)
- 1 Deep Tissue Massage
- 1 Oriental Scalp Massage
- 1 Maya Massage

14-Night Physical Renewal:

14 Nights accommodation

- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Kinesthetic Assessment
- 6 Renewal Sessions*
- 4 Structural Therapies**
- 1 Stress Release Therapy
- 3 Private Super Stretch (25 mins)
- 2 Deep Tissue Massage
- 1 Oriental Scalp Massage
- 1 Maya Massage
- 1 Aquatic Therapy (Watsu)

*** Renewal Session 50 mins - choose from:**

H₂O Therapy, H₂O Body Complex, Gyrokinesis, Ai Chi, Foot & Hand Waker, Metabolic Breathing, Rolling Release Therapy, Refunctional Exercise, Gyrotonic

**** Structural Therapy 25 mins – choose from:**

Physiotherapy, Soft Tissue Mobilisation, Cranio-Myofascial Therapy, Back Neck and Shoulder Massage, Fascia Release Therapy

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.



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