

## WEIGHT MANAGEMENT 2012

Being overweight is one of the most significant health risks we face. Sadly there is no such magic solution for easy weight loss, however the good news is that being overweight is completely reversible. At Chiva-Som, we understand the importance of maintaining a healthy weight, and we also realise how hard it can be to achieve that goal. For this reason education plays an essential role in our approach to helping you achieve your ideal weight.

On this retreat, you will work closely with our personal trainers and nutritionists to correct your lifestyle; helping you to increase your activity to the optimal level and monitor your dietary patterns to help you lose weight in a healthy and sustainable way. Each service is tailored to your particular ability and lifestyle, and complemented with our extensive facilities and activity calendar.

Achieving your ideal weight may take longer than your stay with us, but you will leave with a clear idea of the road ahead. Along the way you will realise the benefits such as noticeable increases in energy, improved resistance to diseases, and a reduction in many symptoms of ill health.

This retreat is mainly focused on the two pillars of nutrition and activity. However, to maximise the benefits of your time with us, Chiva-Som's integrative approach offers many additional services to improve your health conditions, ranging from hormonal blood testing to physiotherapy and a host of holistic and spa therapies.



**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 Weight Management:**

5 Nights accommodation

5 Daily Massages

(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)

1 Body Composition Analysis

3 Personal Training\*

1 Nutrition Consultation

1 Resting Metabolic Rate Test

**7-Nights Weight Management:**

7 Nights accommodation

7 Daily Massages

(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)

1 Body Composition Analysis

5 Personal Training\*

1 Nutrition Consultation

1 Resting Metabolic Rate Test

3 Super Stretch (25 min)

1 Body Measurement Follow-Up

**10-Nights Weight Management:**

10 Nights accommodation

10 Daily Massages

(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)

1 Body Composition Analysis

7 Personal Training\*

1 Nutrition Consultation

1 Resting Metabolic Rate Test

4 Super Stretch (25 min)

1 H2O Body Complex\*\*

1 Nutrition Consultation Follow-Up

1 Body Measurement Follow-Up

**14-Nights Weight Management:**

14 Nights accommodation

14 Daily Massages

(Thai, Chiva-Som, Invigorating or Relaxing Foot Massage)

2 Body Composition Analysis

9 Personal Training\*

1 Nutrition Consultation

1 Resting Metabolic Rate Test

5 Super Stretch (25 min)

2 H2O Body Complex\*\*

1 Nutrition Consultation Follow-Up

1 LPG Keymodule Endermology

1 Cooking Class

\* **Personal Training** – may choose from Pilates Body Conditioning, Kinesis, Private Boot Camp, TRX, Thai Boxing (Muay Thai) or Travel Training

\*\* **H2O Body Complex** – may alternate with Oxygen Power Fitness

**Longer retreats are also available upon request.**

Please contact us for further details: [reservation@chivasom.com](mailto:reservation@chivasom.com) or [reserv@chivasom.com](mailto: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
<b>HIGH SEASON</b>  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.