



Art of Detox with Sandy Newbigging 7-day Retreat at Chiva-Som

Clear your mind, cleanse your body and enjoy better health and happiness



With Sandy Newbigging, author, meditation teacher, and creator of the Mind Detox Method, as seen on Discovery Health.

Why detox your body and mind?

Our bodies can become increasingly toxic by the things we eat, drink, breathe, put on our skin and even think. Toxins get stored in fat cells and joints and can impact on the body's ability to heal itself and function properly. The process of detox releases and eliminates unwanted toxins and excess fat and seemingly unrelated health problems often disappear for good. When combined with Sandy's proven and powerful 'Mind Detox Method', you can massively improve your health, wealth, peace of mind and happiness.

About Sandy's Mind Detox Method

You know *what* the problem is, but do you know *why* it started and *how* to fix it? Our Ultimate Mindbody Detox Retreat offers you the unique opportunity to experience the Mind Detox Method to discover and heal the (often hidden) mental and emotional causes of your physical conditions and life stresses.

The Mind Detox Method works because if you're carrying around toxic beliefs about who you are, what you can't be, or what you can't do or have, you will severely limit your life enjoyment and success. If on top of that you are also carrying a lifetime (or more!) of unresolved negative emotions you can experience dis-ease within your body-mind.

"It is the natural tendency of the body to heal itself and will do so when given the chance" – Sandy Newbigging

Sandy's Mind Detox Method has successfully treated a range of physical conditions and life problems, including: acid reflux, acne, addictions, allergies, anxiety, asthma, arthritis, back problems, chronic pain, constipation, depression, eczema, eating disorders, fatigue, food intolerances, headaches, hyperhidrosis, insomnia, irritable bowel syndrome, low self-esteem, migraines, psoriasis, panic attacks, phobias, thyroid problems, weight gain, and more.



10 potential benefits from attending the Ultimate Mindbody Detox Retreat at Chiva-Som

- Heal the hidden mental and emotional causes health problems.
- Stop feeling negative emotions towards certain people, places, events or things.
- Overcome uncontrollable behaviours, such as phobias or compulsive 'disorders'.
- Change any self-limiting beliefs that corrode your life enjoyment and success.
- Reduce stress levels and feel more calm, confident and content in any situation.
- Resolve relationship conflicts with your family, friends or colleagues.
- Lose weight by overcoming the mental and emotional causes of weight gain.
- Enhance your mental clarity and creativity for massively improved life results.
- Live in the present instead of dwelling on the past or worrying about the future
- Quieten your mind and be more connected with your inner peace and happiness.

Included in your Ultimate MindBody Detox Retreat at Chiva-Som

Your Ultimate Mindbody Detox Retreat at Chiva-Som in Thailand focuses on Chiva-Som's award-winning cleansing diet which includes delicious juice meals, raw food and organic superfoods, combined with nutritional supplements, and all of the following:

- ⇒ 6 Nights accommodation in the stunning Chiva-Som spa resort.
- ⇒ Individual health and wellness consultation (45 mins)
- ⇒ The choice of enjoying either Chiva-Som's award-winning spa cuisine meals, a detox juice fast or a combination of both. Your personal health advisor will help you decide what's best for you on day one of your retreat.
- ⇒ If you opt for spa cuisine meals, you have a choice of 2 on-site restaurants with a large range of delicious starters, mains and desserts to choose from.
- ⇒ Complimentary physical analysis (30 mins) and skin consultation are available if required
- ⇒ Unlimited daily fitness and leisure classes
- ⇒ Unlimited use of water therapy suites which include both indoor and outside pools, steam room, sauna and Jacuzzi.
- ⇒ 6 daily massages – yes, that's a massage every day included in the price! You can choose from Chiva-Som, Invigorating, Thai or Foot massage.
- ⇒ 1 Nutritional Supplements
- ⇒ 2 Maya Massages (alternate is Manual Lymphatic Therapy)
- ⇒ 2 Colonic Hydrotherapies (alternate is Chi Nei Tsang)
- ⇒ 1 Pranayama Yoga
- ⇒ 1 Chiva-Som Skin Haven Body Cocoon
- ⇒ 1 Detox Balneotherapy
- ⇒ 1 Private Mind Detox Method (MDM) consultation with Sandy Newbigging (1-2 hours)
- ⇒ 3 daily group classes (maximum 10 people) with Sandy covering life-enhancing topics such as Mind Detox Method, peace of mind, confidence, self-healing, happiness and more:
 - Discovering the root-causes reasons - how to resolve the hidden causes of body and life problems.
 - The emotional domino effect – how to clear a lifetime of negative emotions in minutes.
 - Emotional Freedom Technique – how to physically release stuck toxic emotions.
 - The mind-body-world connection – how to harness its power to heal your body and change your life.
 - Ishayas' Ascension Meditation – how to live more presently and experience inner peace and happiness.

Sandy Newbigging and the entire team on hand throughout your entire stay to help you get the benefits you want from your retreat with us.

About Sandy Newbigging

Sandy's methods have been featured on television in over 30 countries. He is the author of 4 books, including 'Life Detox' and 'Life-Changing Weight Loss'. He has clinics in the UK, runs life-changing residential retreats and trains practitioners in his method throughout the world.

Having attended this retreat, you will come home having quite literally changed your mind, resolved past emotional issues and be well on your way to creating the body and life you want. It's an opportunity not to be missed!

About Chiva-Som

Chiva-Som is the "Haven of Life" – a luxury health resort dedicated to revitalising the mind, body and spirit. The beachfront resort represents tranquility at its best with luxurious accommodation, nestled within lush tropical gardens.

Focusing on greater well-being and vitality, Chiva-Som offers extensive fitness, spa and holistic health facilities to help you relax, restore, rejuvenate and redirect. Personalised programmes and treatments are designed for everyone, blending Eastern philosophies with Western diagnostic skills. Widely regarded as the Best Destination Spa in the World, Chiva-Som welcomes you with unique Thai hospitality. Located in the Royal city of Hua Hin, the resort is less than three hours by car south of Bangkok.

Chiva-Som is the proud recipient of numerous accolades, most recently 'Top Ten Detox Spas' SpaFinder 2009; 'Top 5 Overseas Retreat' Condé Nast Traveller Readers' Spa Awards 2009; 'Best Overseas Spa' Luxury Travel&Style Magazine 2009 Gold List; 'Spa Cuisine of the Year' AsiaSpa 2008; 'Favorite Spa in Thailand' and 'Top 10 Medi-Spas' Spa Finder 2008; 'Best Spa in the world' The ULTRAs-The Ultimate Luxury Travel Related Awards 2008; 'Best Overseas Spa' Luxury Travel&Style Magazine 2008 Gold List; 'Top 5 Overseas Spa Retreat' Condé Nast Traveller 2008 Readers' Awards (and every year since 1999).

Chiva-Som has achieved the prestigious Green Globe certification recognising our commitment to operating at the world's highest environmental standard on all levels of operation. The resort has several initiatives, policies and practices in place for energy efficiency and conservation, waste water treatment and reuse, fresh water conservation, waste minimisation and recycling, air quality management and environmentally friendly product-usage.

Dates of Ultimate MindBody Detox Retreat at Chiva-Som

From 1st – 7th April 2011 (12 individual places available for 6 nights/7 days)

Room Types	Per retreat per person 6-Night THB	Additional rate Per night THB	Approx. price 6 Night GBP	Approx. price per night GBP
Ocean View single	160,100	22,770	3,410	485
Ocean View twin	123,480	16,665	2,630	355
Thai Pavilion single	185,930	27,060	3,960	575
Thai Pavilion twin	149,300	20,955	3,180	445

Additional private consultations with Sandy Newbigging are available at THB 8,000 for 1-2 hours.

* Please note that 17.7% service charge and applicable VAT is in addition to the rate quoted above. The room rate is quoted in THB and settles in Thai Baht on arrival date.

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.

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, Blackberry, Iphone, Ipads, Ipod and personal computer 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.

Special Requests:

Should you have any special preferences such as non-allergenic pillows, special dietary considerations, etc., please inform reservations when making your booking.

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.