

## PHYSICAL RENEWAL RETREAT 2009

Over time our bodies can accumulate bad habits, injuries and aches and pains which we learn to accommodate by changing our posture, adding an extra pillow or seeking out regular massage. Often you don't realise the extent of the damage until it becomes a chronic problem that affects your daily life. Finding the original cause of the problem can greatly enhance your chances of making a full recovery from long-term pain.

The Physical Renewal Retreat will determine what causes the aching and discomfort in your body and will find the best way to cure it. Our physiotherapists, who are specialised in manual skill and therapeutic exercise, analyse and unravel the body's story. The variety of quality techniques employed intend to release old tensions, correct and teach better posture, and strengthen weak areas of the body. Focused on restoring physical balance it will lead to enhanced flexibility, postural correction, muscle realignment and an overall feeling of increased vitality.



### Nightly inclusions:

- 3 Chiva-Som spa cuisine meals per night of stay (arrival day will begin with dinner)
- Choice of daily massage per night of stay (Thai, Chiva-Som or Invigorating Massage – 50 mins)
- Individual health and wellness consultation
- Participation in our daily fitness and leisure activity programmes
- Complimentary use of our Water Therapy Suites which include Steam, Sauna and Jacuzzi

### PLUS

#### 3-Night Physical Renewal retreat:

- 3 Nights accommodation
- 1 Physical Analysis (30 mins)
- 1 Private Renewal Session \*
- 1 Back, Neck & Shoulder Massage

#### 5-Night Physical Renewal retreat :

- 5 Nights accommodation
- 1 Physical Analysis (30 mins)
- 2 Private Renewal Session \*
- 1 Back, Neck & Shoulder Massage
- 1 Signature Physio Treatment \*\*
- 1 Body Composition Analysis

#### 7-Night Physical Renewal retreat:

- 7 Nights accommodation
- 1 Physical Analysis (30 mins)
- 1 Body Composition Analysis
- 3 Private Renewal Session \*
- 1 Back, Neck & Shoulder Massage
- 1 Signature Physio Treatment \*\*
- 1 Private Super Stretch (30 mins)
- 1 Computer Stress Therapy

#### 10-Night Physical Renewal retreat:

- 10 Nights accommodation
- 1 Physical Analysis (30 mins)
- 1 Body Composition Analysis
- 4 Private Renewal Session \*
- 1 Deep Tissue Massage
- 2 Signature Physio Treatment \*\*
- 2 Private Super Stretch (30 mins)
- 1 Oriental Scalp Massage
- 1 Computer Stress Therapy
- 1 Aquatic Therapy (Watsu)

#### 14-Night Physical Renewal retreat:

- 14 Nights accommodation
- 1 Physical Analysis (30 mins)
- 1 Body Composition Analysis
- 6 Private Renewal Session \*
- 1 Deep Tissue Massage
- 2 Signature Physio Treatment \*\*
- 2 Private Super Stretch (30 mins)
- 1 Oriental Scalp Massage
- 1 Computer Stress Therapy
- 1 Aquatic Therapy (Watsu)
- 1 Chiva-Som Revitalising Body Cocoon
- 1 Oriental Foot Ritual
- 1 Luxury Hand Treatment

#### 21-Night Physical Renewal retreat:

- 21 Nights accommodation
- 1 Physical Analysis (30 mins)
- 1 Body Composition Analysis
- 11 Private Renewal Session \*
- 2 Deep Tissue Massage
- 2 Signature Physio Treatment \*\*
- 2 Private Super Stretch (30 mins)
- 1 Oriental Scalp Massage
- 1 Computer Stress Therapy
- 1 Aquatic Therapy (Watsu)
- 1 Chiva-Som Revitalising Body Cocoon
- 1 Oriental Foot Ritual
- 2 Deep Hand Massage
- 2 Luxury Hand Treatment

### \* Private Renewal Sessions - Selection from:

H<sub>2</sub>O Therapy, H<sub>2</sub>O Body Complex, Gyrokinesis, Ai Chi, Foot & Hand Waker, Metabolic Breathing, Rolling Release Therapy, Rehabilitation Exercise, Gyrotonics

### \*\* Signature Physio Treatments 30 mins – Selection from:

Physiotherapy, Soft Tissue Mobilisation, Cranio-Myofascial Therapy, Back Neck & Shoulder Massage

**28-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 2009

### HIGH SEASON

Prices from 6 January to 30 April 2009 and 1 October to 19 December 2009

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 subject to 17.7% service charge and V.A.T.

Rates are quoted per person and require minimum stay of 3 nights.

### LEAN SEASON

Prices from 1 May to 30 September 2009

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	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 subject to 17.7% service charge and V.A.T.

Rates are quoted per person and require minimum stay of 3 nights.



**PEAK SEASON**

**Prices from 20 December 2009 to 5 January 2010**

TYPE OF ACCOMMODATION	7 Nights US\$	10 Nights US\$	14 Nights US\$	21 Nights US\$	28 Nights US\$	Extra Nights US\$
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 subject to 17.7% service charge and V.A.T.

Rates are quoted per person and require minimum stay of 7 nights.

**Nightly inclusions:**

- 3 Chiva-Som spa cuisine meals per night of stay (arrival day will begin with dinner)
- Choice of daily massage per night of stay (Thai, Chiva-Som or Invigorating Massage – 50 mins)
- Individual health and wellness consultation
- Participation in our daily fitness and leisure activity programmes
- Complimentary use of our Water Therapy Suites which include Steam, Sauna and Jacuzzi

**Health and Wellness:**

After your arrival, an appointment will be arranged for you with a Health and Wellness Advisor. This holistic consultation will include a full discussion of your medical history, health and your goals for your stay at Chiva-Som. Weight, body measurements and blood pressure will be taken as part of this assessment.

**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 2009 to 5 January 2010 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.

**Policies of Chiva-Som:**

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 USD 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.

CONTACT CHIVA-SOM AT [reservation@chivasom.com](mailto:reservation@chivasom.com) OR [reserv@chivasom.com](mailto:reserv@chivasom.com)  
FOR FURTHER INFORMATION ON VISITING CHIVA-SOM

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.