



HEALTH & WELLNESS

PERSONAL GUIDEBOOK





Welcome To Chiva-Som

YOUR 'HAVEN OF LIFE', WHERE HEALING BEGINS.

This is your invitation to start your journey to wellness, get the most out of life, and improve your health and sense of wellbeing through the Chiva-Som experience.

For more than 25 years, Chiva-Som has received international recognition and acclaim as a pioneer in transformative wellness practices. Our commitment to an innovative, holistic approach which expertly balances mind, body and spirit continues to this day.

Every facet of lifestyle transformation is catered for here. Our treatments provide deep relaxation for the mind and body, bringing health benefits including weight loss and stress reduction through a unique synergy of indigenous traditions and evidence-based wellness methods. As a dedicated wellness resort, Chiva-Som provides a tranquil environment where real personal improvements can be attained, combining the best of traditional Thai hospitality with world-class health facilities, treatments and services.

Whatever your personal goals and wishes, our team of consultants, therapists and practitioners will provide expert advice, personalisation and assistance even when your journey with us ends, to help you achieve sustainable transformation in your daily life.

Please note that Chiva-Som takes the utmost precautions regarding health and safety in light of the COVID-19 situation, and some activities may be modified to comply with regulations or distancing guidelines.

◆ THE RETREAT STAYS

Your stay with Chiva-Som begins with the Retreat you decide to embark upon, guiding you towards personal goals and a wellness path that leads to the holistic healing you want to achieve. You will also receive the support of your dedicated Health & Wellness Advisor who will be with you at every step of your journey to wellness, from your first to your final health assessment. Choose a Retreat Stay with Chiva-Som today and join us in attaining your health and wellness targets.

1. A TASTE OF CHIVA-SOM

Every journey towards optimal wellness begins with a first step, and A Taste of Chiva-Som is the ideal retreat stay for those who are either new to Chiva-Som or a holistic wellness experience. It provides a concise yet comprehensive overview of the Chiva-Som approach and is the ideal foundation upon which to build a strong and enduring personal wellness practice.

2. OPTIMAL PERFORMANCE

Replenish, rejuvenate and revitalise your physical and mental state with the Optimal Performance retreat which is designed to help you return to physical fitness or to optimise your current level of performance. This retreat stay is all about restoring, enhancing, optimising and maintaining physical function, combining treatments from our Fitness and Physiotherapy offerings to complement each other and help you reach your goal, whether that's alleviating pain, improving posture or achieving a new personal best in fitness.

3. SPA WELLBEING

Restore a fresh sense of health and soothe the mind. Escape the daily stresses of work and life with this immersive and indulgent experience which engages all five senses to induce mindful awareness of the present moment. Our range of rejuvenating treatments are aimed at making your skin look younger by pampering you, inside and out. Our experienced team will cater to all of your needs by using the most advanced technology, time-honoured traditional therapies and luxurious treatments, providing you with a retreat stay that revives and rebalances mind, body and spirit.

4. YOGA FOR LIFE

The practice and philosophy of yoga can rejuvenate the body, calm the mind and help heal the spirit through a greater sense of awareness. Partake in group classes or one-on-one sessions and refine your yoga knowledge and skill with meditation, breathing exercises and traditional cleansing techniques. The Yoga for Life retreat will guide you towards self-discovery, wellness and peace of mind.

5. ART OF DETOX

The Art of Detox is a fully personalised programme featuring a specially formulated cleansing diet, which provides a break from repeated dietary abuse and gives the digestive system a chance to restore and renew. The cleansing diet can be individually tailored to fit your needs for an optimal detoxification experience. Your personal Health & Wellness Advisor will help you to discover the ideal diet, balancing macro- and micro-nutrients while herbal and nutritional supplements ensure your detoxification processes are working optimally to cleanse

your body of toxins. Through our retreat, you will discover a new path towards more nourishing foods that will bring your digestive and metabolic systems back to their optimal function for sustaining health.

6. FITNESS

The Fitness retreat at Chiva-Som is aimed at enhancing fitness capabilities, while providing guidance on a routine that is individually tailored for each guest. Appropriate exercises and techniques will ensure optimal results, while helping to prevent sports-related and repetitive injuries. Not only will you gain more confidence in yourself, you will also gain the tools necessary for maintaining a healthier, more complete lifestyle. A wide range of daily classes with our experienced trainers and physiotherapists will guide you through various training programmes. A personalised dietary plan will assist in maintaining an optimal state of fitness and nurturing better health.

7. NATURAL RENEWAL

Our Natural Renewal retreat is a specially designed programme for guests who never feel at their best. Natural renewal is a chance of "rebirth" for each guest, finding a way forward after their current path in life has depleted their physical, emotional and spiritual resources. This programme exemplifies lifestyle transformation, since a rebirth requires a complete change of mindset, behaviours and genuine understanding of motivations and life's purpose. Our experts will explore the roots of your health concerns to create a programme that promotes holistic rejuvenation and renewal through our unique integrated approach. With the Natural Renewal retreat, you'll be able to recover your sense of awareness and inner peace.

8. IMMUNE RESILIENCE

A healthy immune system is vital for wellbeing, particularly during COVID-19. The Chiva-Som approach is multidimensional, incorporating mindful exercise, nutrient-rich cuisine and detoxification. Our team of trainers and therapists will provide guidance on how to build and maintain resilience throughout your stay and beyond. A nutritional consultant will devise a tailored meal plan for you, whether our recommended intermittent fasting or our nourishing wellness cuisine.

9. GUT HEALTH

The more we learn about the digestive system, the more we know how important a healthy gut microbiome is for both physical and mental wellness. Our nutrition team has designed a detox system with natural nutrients, probiotics and fibre to restore the integrity of your digestive function. Our signature detoxifying abdominal massage, probiotic-infused colonics and Pranayama breathing sessions will promote a feeling of lightness and relaxation.

10. AGEING WELL

Ageing is inevitable, yet premature ageing and loss of function are not. At Chiva-Som, we draw on diet, exercise and lifestyle choices to help you preserve your health and ability to enjoy life to the fullest. Gentle physical activity builds core stability to prevent falls, as well as muscle strength and bone density. Bio-feedback enhances emotional stability and quality of sleep, while our wellness cuisine keeps your body and brain healthy with key nutrients to promote cognitive function.



11. NATURE'S EMBRACE

Humans are born with an innate sense of wonder and desire to explore. Our peaceful beachfront setting in quaint Hua Hin invites you to reconnect with nature. Take a walk through Krailart Niwate, our rehabilitated mangrove forest, then meditate on a hilltop with panoramic views. Explore the healing effects of herbal wellness treatments and natural, organic cuisine.

12. SUSTAINABLE WEIGHT MANAGEMENT

When it comes to weight loss or gain, we recommend a healthy approach to nurturing your body, rather than extreme changes or restrictions to your lifestyle. A personal trainer will work with you to help balance physical activity in conjunction with a supportive diet. Each programme is tailored to your needs to promote an end result that not only reflects the results you want, but also provides you with valuable knowledge and understanding for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

13. CELL VITALITY

The Cell Vitality retreat has been carefully created to support guests who have recovered or are in remission from cancer. Daily programmes are crafted to help you regain your appetite through dedicated dietary plans, stimulate physical and mental wellness with the aid of experienced therapists, and promote cellular health with our naturopathic doctors.

14. CRANIAL RELIEF

The Cranial Relief retreat is crafted for guests who suffer from migraines and life-disrupting headaches. Combining holistic and physiotherapy treatments, you'll discover how to regain stability through meditation, specific exercises that promote cranio-facial muscle relaxation and a special dietary plan of fresh, organic and nutrient-rich foods. With the harmony of treatments, experience relief from headaches and a new lifestyle of improved health and wellness.

15. TENSION RELEASE

Escape tension-causing routines and release your mind and body to discover your true inner peace. Our Tension Release retreat is carefully designed to help guests who suffer from high blood pressure to regain a restorative balance in life. Through nutritional consultation, you will discover the simple steps to controlling salt intake, maintaining a healthy weight and the appropriate use of dietary supplements that can help support cardiovascular health. Furthermore, our personalised fitness activities can enhance your energy and reduce weakness and fatigue, providing you with a complete path towards tension release.



HEALTH & WELLNESS CONSULTATION

When you first arrive at the resort, an appointment will be made for you with your personal Health & Wellness Advisor. Your Health & Wellness Advisor is a qualified health specialist, fully trained to know which of Chiva-Som's many treatments, therapies and activities will be right for you, and how these may be best arranged for maximum results. As part of this initial consultation, you will be required to complete a detailed questionnaire. This ensures that we design a programme that is safe, effective and helps you to target your specific needs and goals.

PERSONAL WELLNESS PROGRAMME

We believe that a healthy, enjoyable and successful life entails harmony between mind, body and spirit. We therefore recommend programmes that incorporate various holistic health, spa and fitness treatments, as this synergy promotes inner health, outer beauty and a greater sense of wellbeing.

Your programme diary will be prepared at your consultation, and can be used to keep track of your appointments, treatments, therapies, activities and classes during your stay. We suggest you make entries in pencil to allow you to easily make changes.

HEALTH & WELLNESS RECEPTION

The Health & Wellness Reception is open daily from 7.30 to 21.00. Each evening, the next day's schedule will be delivered to your room. Our team of receptionists can assist you should you wish to book further treatments, therapies and activities or change your schedule of appointments.

CANCELLATION

We require a minimum of three hours' notice if you are unable to keep your appointment, since your treatment, therapy or activity requires facilities and members of our team to be reserved. Please call our receptionists who will be happy to reschedule your treatment. No-shows or appointments cancelled less than three hours before the start time will incur a 50% cancellation fee.

DISCLAIMER

All information, terms and conditions specified herein are subject to change without notice.



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- ♦ Lunch 12.00 – 14.30 at Emerald Room and Taste of Siam
- ♦ Dinner 18.00 – 21.30 at Emerald Room (except Saturdays) and Taste of Siam

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SPA THERAPY



PREPARING FOR YOUR TREATMENT

Other than presenting yourself on time, no preparation is necessary. However, for maximum comfort and benefit to the skin, we recommend the following before your treatments begin. Please avoid exposure to the sun immediately before or after spa treatments, as tanning makes the skin more sensitive. Please remove all jewellery and leave it in the safe in your room.

If you are wearing contact lenses, please remove them prior to a facial treatment. For our male guests, we recommend shaving a few hours before a facial treatment.

Spa facilities and treatments are usually enjoyed without any clothing. However, you may choose to bring swimwear if using the Jacuzzi or steam room, and underwear if having a massage. Disposable underwear is available for wet body treatments if preferred. Throughout the treatment you will be draped with towels, covering all parts of the body not being worked upon. Ladies will be given the option as to whether they would like the bust area included.

ARRIVING AT THE SPA

We recommend arriving at least 45 minutes prior to your scheduled appointment, so that you can make use of our water therapy and relaxation areas.

Please check in at the Health and Wellness Reception where the receptionist will hand you an appointment card. Make your way to either the male or female spa area and hand your card to the attendant who will give you suitable slippers for the spa. You will be given a locker for your personal belongings and a spa robe.

The attendant will then guide you through the water area, where you can enjoy cleansing and restorative treatments such as our sauna, steam room and Jacuzzi, or just relax on a heated waterbed as you sip lemongrass tea or water. As your scheduled treatment is set to begin, our spa attendants will escort you to the Spa Therapy Suites, with their spacious layout of treatment and hydrotherapy rooms.

LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

TALK TO US

Everyone is different. Although we do our best to anticipate your needs, please let your therapist know if there is any way that they can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel, different music, lower lights, etc.

◆◆◆
Prices are subject to 17.7% service charge, VAT and applicable tax.

Prices are subject to change without notice.

No-shows or appointments cancelled less than three hours before the start time will incur a 50% cancellation fee.

WATER THERAPY



Chiva-Som is home to one of Asia's most elegantly designed water treatment centres. Together with our indoor bathing pavilion, swimming pool, multi-level steam room and Kneipp therapy foot bath, our unique Water Therapy Suites offer a truly enriching experience.

Designated as male or female only, both areas of these Water Therapy Suites offer an unparalleled environment in which to retreat, relax and regenerate. Each contains a Jacuzzi, steam room, sauna, plunge pool and relaxation lounges, and makes the perfect adjunct to our spa, holistic health and fitness treatments. Our Water Therapy Suites offer lovely views overlooking private courtyards, and unlimited use of their facilities is included with your stay.

For best results, we suggest you arrive 45 minutes prior to your treatment to collect your locker key, change into your robe and slippers, and relax in our Water Therapy Suites.

The sauna's dry heat warms your muscles and begins the relaxation process, while the steam room's wet heat brings wonderful benefits to the respiratory system. We recommend the dry sauna or steam room for 10 to 15 minutes at a time, followed by a cool plunge to lower your body temperature. Return to the sauna or steam if desired, followed each time by a cool plunge or cold shower. This routine will contract and expand your circulatory system, helping detoxify and relax your muscles.

CAUTION :

Using either the sauna or steam room is not recommended if you are prone to or suffering from any of the following: Chronic and systemic health conditions including: cardiovascular disease, diabetes, asthma, hepatitis, lymphoedema, multiple sclerosis, seizure disorders, hypothyroidism, deep venous thrombosis or severe varicose veins, or if you have high or low blood pressure, or a history of dizziness or fainting. Our Health and Wellness Advisors can give you further advice on request. We do not recommend the dry sauna and steam room for pregnant ladies.

Prices are subject to 17.7% service charge, VAT and applicable tax.

Prices are subject to change without notice.

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PURE SOURCE THERAPY



ALOE VERA HAIR INTENSIVE

60-70 minutes THB 2,200

Experience the deep conditioning effects of this pure aloe vera hair treatment. By picking the ingredients from our gardens only an hour beforehand, we capture the nutrient-rich properties of the aloe vera for maximum results. Suitable for all hair types. Guests with chemically-treated or dry, hard-to-manage hair will find their hair responds brilliantly.

CHIVA-SOM HAIR WISDOM

80 minutes THB 2,200

Treat and nourish your hair with our special blend of natural and non-chemical ingredients. This treatment stimulates the blood flow to your scalp and nourishes your hair naturally. Essences of oatmeal enriched with vitamin B, kaffir lime and peppermint-infused into hair follicles helps realigning and softening hair cuticles and balancing your scalp. Your hair will look naturally smooth and shiny with a refreshing scent.

GINGER PURE NUTRIENT

80 minutes THB 2,200

Ginger is historically considered one of the nature's true wonders. This treatment combines pure ginger essence which contains a few circulatory agents that stimulate blood-flow to the scalp. This increases blood circulation, triggers the hair follicles, encourages new growth and naturally controls dandruff. You may feel a warm, tingling sensation during treatment and it will leave your head so fresh and light afterwards.

ALOE BODY MASK

50 minutes THB 2,600

The healing powers of pure fresh aloe and cucumber are used to soothe, cool and hydrate your skin after prolonged sun exposure. A relaxing foot and scalp massage is performed during the treatment, and you will emerge feeling calm and refreshed.

PAPAYA BODY WRAP

50 minutes THB 2,600

Suited to all skin types, this traditional Thai body treatment uses a blend of Thai herbs and flowers to perform a gentle and complete body scrub. A nourishing mask of fresh papaya, pineapple and aloe follows. Natural fruit enzymes maintain your skin's natural pH balance to leave you feeling clear and moisturised.

Prices are subject to 17.7% service charge, VAT and applicable tax.

Prices are subject to change without notice.

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FACIAL THERAPY



REBALANCING FACIAL

70 minutes THB 4,700

This facial treatment has been designed with relaxation and balanced, radiant skin in mind. Aromatherapy is combined with steam vapours to calm, soothe and decongest the skin. A Purifying Mask is then applied, and the facial ends with a luxurious scalp massage.

REJUVENATING FACIAL

70 minutes THB 4,900

This outstanding facial treatment incorporates advanced rejuvenative techniques to naturally strengthen, lift and tone the skin. Manual facelift massage, together with essential oils and lymphatic drainage techniques, gives your skin a radiant, youthful appearance for immediate and long-term benefits.

CHIVA-SOM SKIN HAVEN FACIAL

70 minutes THB 4,700

Our most popular facial, this restful and balancing treatment combines wonderful Thai herbs and floral essences to create a thoroughly refreshing, cleansing, healing and hydrating treatment. Your skin will be strengthened with anti-oxidants that provide a natural defence against damaging free-radicals. With this immersive and therapeutic treatment, you will feel relaxed and renewed.

CRYOTHERAPY AGE-DEFYING FACIAL

70 minutes THB 5,500

A contouring and firming facial treatment designed to combat the visible signs of ageing; ideal for mature, dry and dehydrated skin. This treatment nourishes the skin through a synergy between the essential oils and the trace elements, while also utilising the power of advanced Cryotherapy ice cubes and manual lymphatic drainage techniques to regain the skin's natural youthful glow.

LPG® FACIAL

LPG® facial treatments use 100% natural, non-invasive, non-aggressive mechanical skin stimulation techniques that reactivate the cells processes. The patented LPG® treatment head intensely, yet pleasantly, exerts micro-pulsations on the skin's surface. Acting like a real skin workout, the motorised flaps awaken the natural synthesis of essential rejuvenating substances. This veritable cutaneous workout naturally and thoroughly reactivates the production of essential support fibres—collagen, elastin and hyaluronic acid – for an immediate and lasting lifting effect.

Prices are subject to 17.7% service charge, VAT and applicable tax.

Prices are subject to change without notice.

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LPG® CELLULAR STIMULATION

70 minutes THB 6,000

Drains toxins, lightens the complexion, refines skin texture while smoothing out fine lines and wrinkles on the face, neck and hands.

LPG® AGE-DEFYING RE-PLUMPING

70 minutes THB 6,000

Harmonises face volumes, restores skin density while filling out wrinkles and fine lines from within.

LPG® PERFECT EYES & LIPS

50 minutes THB 3,900

Smooths wrinkles around the eyes and mouth, lifts and enhances the eyelids and re-plumps the lips.

MINERAL EYE TREATMENT

40 minutes THB 3,200

This soothing treatment is specially designed to regenerate, lift and firm your eye area with the help of modern technology. The treatment combines the restorative effects of Cryotherapy (ice-cold treatment) with the therapeutic powers of Ginkgo Biloba, MarineSpring Water and Gourd Extract, as well as pressure point techniques and manual lymphatic drainage around the eyes. These precise techniques calm the skin tissue and relieve muscular fatigue, plumping up fine lines and wrinkles, and soothing irritated and sensitive skin around the eye contours.

SOOTHING EYE TREATMENT

40 minutes THB 2,100

This revitalising treatment uses Argan oil and Sandalwood to soothe, refresh and counteract the effects of environmental factors that cause fine lines or puffiness around the delicate eye area.



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BODY THERAPY



CHIVA-SOM SIGNATURE TOTAL BODY CARE 80 minutes THB 4,900

This splendid experience begins with a dry skin brush and a Deep Cleansing Coffee Body Scrub, before moving on to a deeply soothing aromatherapy massage with a selection of Chiva-Som signature massage oils. Afterwards, our therapist will gently treat your facial skin with an exfoliating cleanse, lymphatic drainage and pressure point techniques, as well as a scalp massage for supreme relaxation.

After this complete treatment, your skin will have its own remarkably smooth glow, leaving you relaxed and refreshed for the rest of the day.

CHIVA-SOM SPA HAVEN BODY COCOONS

70 minutes THB 4,600

CLEANSING COCOON

Our Deep Cleansing Coffee Body Scrub exfoliates and stimulates circulation, hastening the removal of toxins and boosting the lymphatic system. This detoxifying treatment is especially for those concerned with cellulite and fluid retention, and is ideal for relieving heavy legs or sluggishness post-flight.

REVITALISING COCOON

This natural envelopment begins with a Zesty Thai Body Polish followed by a choice of Chiva-Som signature oils for the massage. A deep healing and cooling treatment helps relieve a wide range of ailments, from superficial skin conditions to musculoskeletal aches and pains. Active herbal and aromatic extracts stimulate the circulation and refresh the mind.

SIAM RITUAL COCOON

An active herbal scrub with sea salt begins this uniquely transformative treatment, followed by a choice of Contemplation oil to relax frazzled nerves, or stimulating Zing oil to relieve tired joints. The treatment then features a nourishing wrap with a combination of Aloe Vera and Rejuvenating Body Moisturiser that cocoons and soothes sensitive skin to complete your renewal and leave you feeling relieved and revitalised.

CHIVA-SOM SPA HAVEN BODY POLISH

25 minutes THB 1,700

A refreshing exfoliation and the perfect choice to accompany a massage, we offer a choice between Zesty Thai Body Polish to uplift your mood, or Deep Cleansing Coffee Body Scrub for a quick “pick me up”.



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DEEP CLEANSING BACK TREATMENT

50 minutes THB 2,800

This treatment is designed to soothe and deep cleanse, easing the source of irritation and congestion problems commonly found on the back. This intensive process incorporates a sea salt scrub, steam vaporisation, back massage and mud mask to leave the back blemish and problem-free.

JET LAG THERAPY PACKAGE

Course of 3 treatments
(95 minutes) THB 6,200

1 Padebhyanga Hot Oil Foot Massage

1 Aromatherapy Massage with Vata-Balancing Essential Oil

1 Antioxidant Face Revival Mask

Erase the evidence of time zone changes such as devitalised skin and physical and mental fatigue with the power of Ayurvedic aromatherapy. Your therapist begins by relieving stress with a Padebhyanga hot oil foot massage (45 minutes). An Aromatherapy Massage with Vata-balancing essential oils (50 minutes) will ground and reconnect you, while an antioxidant Face Revival Mask generates an immediate revival of facial skin cells, eradicating puffiness and providing an instant healthy glow.

LPG CELLU M6 ALLIANCE®

70 minutes Initial Session THB 3,800
Follow-up Session THB 3,200

The fully redesigned Cellu M6 Alliance® combines the synergy of 2 science-approved technologies that allows fat elimination, while improving skin quality at the same time. This is a tailor-made treatment for simultaneous slimming and rejuvenative results.

MARINE MUD WRAP

70 minutes THB 4,200

A healing, anti-inflammatory body wrap where skin brushing, exfoliation and Chiva-Som signature massage oil are combined with warmed marine mud. The high mineral content of this wrap helps relieve aches and pains, thereby soothing skin and releasing tension.

MOISTURISING COCONUT BODY SCRUB

25 minutes THB 1,700

Locally grown coconut, finely grated and mixed with coconut oil, is applied to the body as a gentle scrub to promote exfoliation, leaving your skin soft, supple, moisturised and renewed. Rich in anti-oxidants and vitamin E, this treatment helps to achieve smooth skin with a naturally tanned appearance and is the ideal scrub for dry or sensitive skin types.



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PRE-NATAL FOR NEW BEGINNINGS

75 minutes THB 4,500

This pre- and post-natal body treatment has been carefully designed for pregnant and nursing mothers to ensure utmost safety and aid relaxation and elasticity of the skin. This treatment is a luxurious experience featuring a skin-nourishing mask and advanced massage techniques. A deeply relaxing scalp massage will leave you feeling entirely at peace.

SKIN SMOOTHING SALT SCRUB

25 minutes THB 1,700

A classic scrub using fresh sea salts and natural sweet almond oil, this full body exfoliation leaves you feeling smooth and alive. Natural oils help seal in moisture, keeping your skin hydrated and supple. This treatment is suitable for anyone who is allergic to essential oils.

SLIMMING BODY MASK

70 minutes Initial Session THB 3,700
Follow-up Session THB 3,000

Enriched with essential oils as well as plant and seaweed extracts, this contouring body mask will enhance the body's natural ability to break down unwanted fatty deposits. It is particularly beneficial in conjunction with a slimming programme, and for best results a minimum of 3 treatments is recommended.

STIMULATING HIP & THIGH TREATMENT

70 minutes THB 3,700

Concentrating on areas of the body prone to cellulite and fluid retention, this specialised treatment stimulates the circulatory and lymphatic systems. A detoxifying massage and an application of Firm Body Gel follow deep exfoliation with a seaweed salt scrub. Essential reflex points on the feet and eye areas are activated to enhance the purifying and cleansing process.



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EXCLUSIVELY FOR MEN



THE DEEP BLUE CLEANSE

50 minutes THB 3,700

This is the perfect facial to combat dehydration and environmental factors and help detoxify your skin at the same time. This treatment uses a unique Green Clay Mask rich in natural minerals that detoxifies and rejuvenates the skin, while also incorporating a luxurious scalp massage.

THE ESSENTIAL SHAVE

30 minutes THB 900

Pamper yourself with an expert open razor shave. Our expert team uses this traditional and exclusive technique to give immaculate results. We apply a hot towel infused with essential oils, exfoliate the skin and carry out the open razor shave, finishing with an application of a cold towel and then moisturiser to the skin.

THE ULTIMATE SHAVE

60 minutes THB 1,900

In addition to the Essential Shave, we carry out a luxurious scalp massage. By massaging the neck and shoulders with hot stones, we are able to work on specific pressure points to release tension in the area. We finish the treatment with a blow dry.

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MASSAGE THERAPY



ABHYANGA

70 minutes THB 4,800

From the traditional Indian Ayurvedic concept, this detoxifying treatment uses warm medicated herbal oil to release toxins, stimulate circulation and relieve stress and tension. The gentle flowing massage is then followed by a 10-minute session in a personal steam cubicle to eliminate toxins and impurities.

BACK, NECK & SHOULDER MASSAGE

50 minutes THB 4,500

This massage is a shorter version of our remedial style Deep Tissue Massage. The therapist will loosen tight muscles around the neck and shoulders while simultaneously assessing how much tension is held in the body and how best to release it. This is an especially effective massage for those who are stressed, work at the computer too much and don't relax well.

SOOTHING BACK BRUSH

40 minutes THB 2,100

80 minutes THB 2,900

This calming and relaxing, dry hands-on treatment works on a surface level with rhythmic combing and brushing techniques along the contours of your back. Using hands, wooden comb and cactus bristle brush the therapist combines different movements to promote nerve function, stimulate lymphatic drainage and improve blood circulation. This unique treatment helps relieve inner stress and will leave you feeling refreshed and energised.

CHIVA-SOM SIGNATURE DEEP HAND MASSAGE

50 minutes THB 2,200

This deep hand massage is designed to thoroughly release tension that accumulates in the hands and arms from the multitude of daily tasks we use them for. Working the major channels/meridians of the arms first, reflex points in the hands are then stimulated to release deep tension.

CHIVA-SOM SIGNATURE HERBAL MASSAGE

70 minutes THB 4,900

Our signature herbal massage consists of deep pressure techniques and heated fresh Thai herbal packs, together with your choice of Chiva-Som massage oils. This energising treatment begins with the herbal packs to warm your muscles, then the therapist works gently and firmly using their forearms, elbows and thumbs to relieve tension in all parts of the body. It is especially beneficial to the muscles of the legs, back, neck and shoulders.



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CHIVA-SOM SIGNATURE MASSAGE

50 minutes THB 1,700

This classic massage enhances wellbeing through techniques that increase blood circulation and lymphatic flow. Our specially tailored approach is centred on improving muscle tone, skin texture and total relaxation. Choose your oil from our three Chiva-Som Signature blends, designed to suit the mind and body.

DEEP TISSUE MASSAGE

50 minutes THB 4,500
Upgrade from daily massage THB 3,100

This massage works on the muscle, scar tissue and fibrous connective tissue in the body to release tension blockages and knots that have accumulated over time. With the increase in blood flow and the breaking down of fine scar tissue between the muscle fibres, this massage will leave you more flexible and less vulnerable to pain and tension. This massage is particularly recommended for those whose stress builds in the shoulders. We find that a course of 3 or more massages within a week gives best results.

FIVE ELEMENTS MASSAGE

75 minutes THB 4,500

Experience Chiva-Som's geothermal massage where earth, fire, wood, air and water combine together to create perfect balance. Hot volcanic and cool marble stones are strategically placed onto your body's meridian points. Restorative essential oil blends are massaged into your muscles, with the stones helping you relax and feel your tension ease away. You will emerge calm, recharged and balanced from this experience. Please note this treatment uses chilled stones which may be uncomfortable for those individuals sensitive to cold temperatures.

INVIGORATING MASSAGE

50 minutes THB 1,700

Based on traditional Swedish massage fused with Asian techniques, this treatment is perfect for those who benefit from firm pressure for an invigorating experience. It is particularly suited for stimulating blood circulation, promoting the breakdown of fat cells and relaxing muscle tension. A choice of Harmony or Zing oil is available for this massage, to give the whole body a refreshing and energising feeling afterwards.

MANUAL LYMPHATIC DRAINAGE

45 minutes for legs, arms and back THB 3,600
80 minutes for full body and face THB 4,900

Ideal for anyone on our Detox or Weight Management Retreat and for those individuals suffering from post-surgery lymphatic buildup. Starting with full body skin brushing, this is a very light, slow, specialised massage that helps promote lymphatic circulation and immune function.



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MAYA MASSAGE

50 minutes THB 3,800

This abdominal massage is inspired by ancient traditional belief that a healthy digestive tract and colon are essential for maintaining optimal health and wellbeing of the entire body. The Maya Massage is designed to help the colon rebalance itself through gentle yet deep manual massage. It is the perfect adjunct to colonic hydrotherapy.

ORIENTAL FOOT RITUAL

50 minutes THB 2,200

This traditional treatment begins with a ritual cleansing of your feet and legs, letting the tension drift from your body as you experience a deep cleansing skin polish. Our signature massage for feet and legs, together with a herb-infused steamed towel wrap, will bring total relaxation and restore a sense of wellbeing.

ORIENTAL SCALP MASSAGE

40 minutes THB 1,700

Using a fusion of massage techniques from East and West, combined with facial pressure point techniques, we release the tension deep in your neck, shoulders and scalp while providing protection for your hair from sun, chlorine and environmental factors. This therapeutic massage also relaxes the myofascial meridian lines by combining techniques of deep tissue massage and myofascial pain release.

RELAXING FOOT MASSAGE

50 minutes THB 1,700

Foot massage brings long-term benefits for taking care of tired feet, bringing relaxation with gentle pressure and release muscle tension on lower legs. This foot massage allows you to relax and have your feet soothed and pampered by our therapist.

REMEDIAL MASSAGE

80 minutes THB 6,100
Upgrade from daily massage THB 4,700

This therapeutic massage helps release tension along the myofascial meridian lines by combining deep tissue massage and myofascial pain release techniques. Remedial massage can be arranged as an upgrade from your daily massage.

SHIRODHARA

50 minutes THB 7,000

Shirodhara is the pouring of warm medicated oil on the third eye point of the forehead. Through light pressure, it removes blockages and helps many problems such as sinusitis, migraine, headache, insomnia, sore eyes and stress. We combine the soothing effects of a head and scalp massage into this treatment. To fully benefit from Shirodhara, it is highly recommended to sleep and rest following the treatment.



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SOUTH INDIAN BODY PAMPERING

60 minutes THB 9,500

Using 3 therapists, this treatment originating from Kerala in Southern India is Chiva-Som's most indulgent experience. Two therapists massage warm aromatic oils into the body while the third therapist simultaneously spreads powdered Ayurvedic herbs over the body, resulting in a full-body exfoliation. Steamed, herb-infused towels and herbal poultices are then placed over the body to encourage circulation and induce a profound sense of relaxation. This treatment detoxifies the skin and improves its complexion while reducing joint complaints and fatigue. This special technique is an ideal companion for Chiva-Som's detoxifying and weight management programmes.

THERMAL HIMALAYAN SALT THERAPY

100 minutes THB 5,200

This treatment is inspired by an ancient, traditional Thai heat ritual. A Thai clay pot filled with mineral-rich Himalayan pink salt is used as a compress in combination with a deeply relaxing massage that relieves muscle tension and body tiredness. The beneficial effects come not only from the heat of the compress and the massage itself. Vapors from the Himalayan pink salt create negative ions that help to promote respiratory health, increase energy levels, maximise blood circulation and oxygen supplies to the brain, while the aromatherapy blended in the organic massage oils helps to enhance the overall detoxifying effect, tranquilising the mind, and promoting a feeling of rejuvenation and refreshment.

TRADITIONAL THAI HERBAL MASSAGE

100 minutes THB 4,200

Experience pure body comfort at its best with this deeply therapeutic combination of Thai massage together with heated herbal packs. This treatment will detoxify, alleviate muscular aches and pains and leave you feeling completely restored.

TRADITIONAL THAI MASSAGE

50 minutes THB 1,700

An art with ancient traditions, this method of massage was formerly administered only in temple grounds by masters versed in spiritual healing. By focusing on pressure points, muscles and ligaments together with the spine and joints are gently stretched and relieved of tension. The sense of well-being, energy and flexibility brought back into the body is extraordinary.



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HOLISTIC HEALTH



MEDICAL / ALTERNATIVE & COMPLEMENTARY MEDICINE SERVICES

ACUPRESSURE REFLEXOLOGY

50 minutes THB 4,500

A traditional Chinese healing method, reflexology works on the connection between specific reflex points in the feet and all other body parts. After determining these tender and tense spots, the therapist then applies pressure on the feet to alleviate the local discomfort and treat the body parts reflected. Reflexology stimulates these points in order to improve and strengthen the weak areas of the body, remove congestion and eliminate discomfort. As tensions are eased and circulation is improved, this gentle therapy encourages the body to heal itself at its own pace, often counteracting a lifetime of misuse.

ACUPUNCTURE

90 minutes Initial Session THB 6,600
Follow-up Session THB 5,500

As one of the five interdependent branches of Traditional Chinese Medicine (TCM), this treatment begins with a diagnosis along traditional Chinese methods, which includes thorough history-taking and identifying significant signs from pulse and tongue analysis. Acupuncture treatment helps reduce blockages, stimulate energy flow, and restore balance in the body, mind and spirit. Acupuncture treatment has been shown effective in helping relieve aches and pains, insomnia, digestive disorders, stress and chronic immune dysfunction as well as to generally improve wellbeing.

ACUSLIM

90 minutes THB 6,600

AcuSlim enhances traditional acupuncture benefits with low electrical current running through the acupuncture needles, using the same meridians as classical acupuncture to optimise results in weight management. Through an AcuSlim session, the wellbeing of digestive and nervous systems is rebalanced to increase metabolism, decrease cravings and stabilise the appetite. AcuSlim is a non-surgical therapy that blends the wisdom of the East and the tools of the West.

BAMBOO MASSAGE

50 minutes THB 4,500

Bamboo Massage is a powerful therapy against modern-day stress and an innovative method of providing Swedish or deep tissue massage. This technique uses a bamboo rod and bamboo massage oil to roll and knead the tissue, creating an extreme sensation of relaxation and wellbeing.

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CHI NEI TSANG

50 minutes THB 4,500

A speciality at Chiva-Som, Thailand's unique abdominal massage works directly over the navel and surrounding abdominal areas where stress, tension and negative emotions accumulate. If this area is congested, the circulating energy of the body is blocked, slowly weakening internal organs and decreasing energy and vitality. Chi Nei Tsang helps to quickly release negative emotions and tension, bringing comfort to the abdomen and vital energy to the organs. This technique is particularly effective for those who have digestive problems. A course of three treatments is recommended for optimal benefits.

CLEANSING DIET

3 to 7 days (Included in each Retreat Stay)

For those experiencing feelings of heaviness and lethargy, Chiva-Som's cleansing diet is an easy, short-term dietary plan that runs from 3 to 7 days. It is devised to allow the digestive organs to rest and fully engage in the process of detoxification. Detoxifying foods such as fruits, vegetables, fresh juice blends, light nutritious broths and herbal teas will help support the body during the cleansing process. This plan can be adjusted to suit your energy level and personal requirements, so that you can continue to enjoy our facilities to the fullest. The results of this programme are increased vitality and an overall sense of restoration and wellbeing.

COLONIC HYDROTHERAPY

45 minutes THB 4,500

Colonic hydrotherapy remains one of the oldest treatments in recorded history for detoxification and cleansing of the large intestine. An unbalanced diet can leave this organ blocked with deposits, leading to poor nutrient absorption, chronic ailments and lowered vitality. One to three colonic hydrotherapy sessions are highly recommended during a detoxification period, resulting in an almost immediate increase in energy, clarity of mind and better health. Many ailments such as irritable bowel, constipation, skin complaints, headaches, lymphatic congestion, parasitic infection, fatigue and even emotional stress can be improved by the cleansing and decongestion of the bowel.

DETOX MASSAGE

50 minutes THB 5,500

The digestive system and brain are intricately connected. These connections are significantly influenced by a multitude of factors in everyday life, ranging from repressed emotions, environmental factors and chronic health issues.

The session begins with a percussion technique to help reduce stress, promote relaxation and stimulate the lymphatic functions. This Chiva-Som exclusive treatment is focused on detoxifying, tonifying and energising the abdomen and associated internal organs. The Detox Massage is designed to relieve stagnation and congestion from your organs in addition to removing emotional-energetic knotting. A hot stone massage is included to relieve muscle spasms, pain and tension; enhancing deep cleansing and blood flow to the area.



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DRY SKIN BRUSHING

50 minutes THB 4,500

Skin is the body's biggest elimination organ, and dry skin brushing is a highly effective way to remove the dead layers and rejuvenate the healthy skin underneath. It also encourages the flow of blood and lymph to eliminate the toxins.

EAR-AB REFLEX

50 minutes THB 4,500

Ear-abdominal reflexology is an effective alternative to Chi Nei Tsang or abdominal massage, ideal for those who prefer a lighter touch. Ear Ab Reflex stimulates points in the ears that reflect the associated organs in the body, based on the same meridian principles as TCM. By facilitating energy flow within the major systems of the body from the ear reflex points, the body can be restored to its optimal function.

FACIAL ACUPUNCTURE

90 minutes Initial Session THB 6,600

Follow-up Session THB 5,500

Biyo Shinkyu or Cosmetic Facial Acupuncture rejuvenates the skin and improves tone by stimulating, healing and enhancing the skin's overall health. Cosmetic Facial Acupuncture takes a very different approach to treatment compared with general acupuncture. More needles are used in concentrated patterns, particularly on the face. This non-surgical procedure is also effective at tightening loose skin, giving a smoother and more youthful appearance.

GUT HEALTH HOLISTIC THERAPEUTIC MASSAGE

50 minutes THB 4,500

The 'Gut Health Holistic Therapeutic massage' healing practice combines elements of Chi Nei Tsang with other methods such as the Japanese Abdominal Hara Massage, Thai Krasai Massage and hot stones. The combination of methodologies works on transformations in the internal organs. Multiple disciplines alleviate sedimentation in the veins, and are beneficial for balancing and healing the digestive and gastrointestinal system. This therapy works to resolve bladder problems, liver problems, detoxification, insomnia, fatigue, and to improve blood circulation, flexibility and the range of motion and longevity in the patient, as well as easing muscle tension and pain.

MIEN-ACUPRESSURE

50 minutes THB 4,500

Mien-Acupressure is a facial acupressure treatment that works by tapping into the meridian channels on the face, balancing the tissue and cleansing lymphatic vessels. This Mien-acupressure treatment is an excellent tool for emotional detoxification, helping you deeply relax and de-stress. An acupressure tool is used to gently stimulate the facial meridian channels, releasing nervous tension and negative energy as well as rejuvenating those who suffer from jet lag or insomnia.



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MBSR (MINDFULNESS BASED STRESS RELEASE) CONSULTATION

30 minutes THB 2,750

50 minutes THB 5,500

Mindfulness-Based Stress Release is a practice of ancient wisdom that has been well-researched and proven to bring inner peace to modern-day lives. Mindfulness is the sense of connecting to both internal and external environments. With further cultivation of mindful awareness, we can help you optimise your cognitive function and mood balance, bring on a state of relaxation in your mind and body. Personalised MBSR techniques allow you to handle stress proactively, put yourself at ease and enjoy life to the fullest.

MOOD MISTS

1 bottle THB 750

Smell is a strong sense that influences the activity of the brain. Our specially formulated mood mists include “Release” and “Fresh”, each one a special blend of herbal extracts and essential oils selected for their healing properties. “Release” promotes harmony of the mind and calming of the emotions, while “Fresh” is a light aroma to uplift your spirit.

NATUROPATHIC CONSULTATION

50 minutes THB 5,500

The human body is a complex organism with the innate ability to heal itself when we learn how to listen to it and respond by supporting its needs. The Naturopathic approach seeks to find the underlying causes of your symptoms, remove obstacles to healing, and implement appropriate changes that restore the body’s natural tendency to return to health. Naturopaths use herbs, homeopathy, nutritional supplements, lifestyle modification, exercise, detoxification and the concept of food-as-medicine to help put your health back on track. Chiva-Som offers a full naturopathic dispensary of herbs and supplements which may be prescribed during the consultation.

NUTRITIONAL CONSULTATION

50 minutes THB 5,500

With countless fads and diets found throughout the culture, it is confusing to know whom to trust for reliable information. Rather than a prescriptive “eat like this” approach, our nutrition expert will focus on educating you about the basic requirements of your body, where to get your nutrition and what effect nutrients have on the body in terms of sustainable weight control and optimal health support.

SEIKETSU SHIRAKU ACUPUNCTURE

90 minutes Initial Session THB 6,600

Follow-up Session THB 5,500

By quickly lancing the skin, a few drops of blood expressed from one or more of the peripheral acupuncture points provides therapeutic benefit through the “release” of excess heat or stagnant qi (chi or energy). The stimulation of Seiketsu points helps the autonomic nervous system to improve the flow of energy in the meridians, restoring neurological balance and aiding relaxation. Additionally, this technique will have a calming effect on motor and sensory nerves, helping to relax excessively tight muscles and relieve common complaints of muscle spasms, pain and tension.

SHIATSU ACUPRESSURE

90 minutes Initial Session THB 6,600

Follow-up Session THB 5,500

Shiatsu is known as Japanese acupressure, which is acupuncture without needles. Shiatsu manipulates acupuncture points to stimulate the body’s self-healing system through a traditional Japanese massage technique using vertical and continuous pressure. Shiatsu Acupressure can help you relax and cope with stress, muscle pain, nausea, anxiety or depression. The treatment is tailored to your specific needs, and is safe during pregnancy and for all health conditions.

SHIROBHYANGA

50 minutes THB 4,500

Shirobhyanga is one of the classical Ayurvedic Rasayana, or rejuvenation therapies. In this treatment imbalance will be ayurvedically diagnosed and individually selected medicated oil will be used to massage the head. Special attention is given to the marma points (acupressure points) so that deep and penetrating release of blockages will take place and also lymph drainage will occur. The head is the centre of the whole nervous system and when stimulated by massage the benefits are numerous and profound. Shirobhyanga can relieve many of the stresses and strains that cause tension, fatigue and insomnia.

THERAPEUTIC LYMPHATIC DRAINAGE

50 minutes THB 4,500

The lymphatic system is a complex network of fluid channels that helps improve immunity, circulate body fluids and transport nutrients and wastes through the body. Therapeutic Lymphatic Drainage is a very gentle, hands-on method of clearing blockages through gentle, rhythmic movements which activate lymph glands and pump fluid through the channels, restoring your body’s circulation of fluid back to a healthy state.



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TRADITIONAL THAI THERAPEUTIC TREATMENT

90 minutes Initial Session THB 6,600
50 minutes Follow-up Session THB 5,500

This highly regarded healing procedure is the combination of modern scientific understanding and an ancient system of medicine once only available to occupants of the Royal courts. Using only the fingers and palms, practitioners unblock the 10 main health lines, akin to meridians in Chinese medicine, which allows restoration and energy flow to the whole body, creating wellness and vitality. Sufferers of acute or chronic pain, migraines, digestive or pelvic ailments and joint discomfort may sense immediate improvement of symptoms after this deep tissue and hot compress massage. Follow up treatments may begin with Thai herbal steam the use of traditional Thai herbs which can be obtained from our pharmacy on prescription of our Traditional Thai Medicine specialist.

VACUUM CUPPING

50 minutes THB 4,500

This traditional Chinese therapy is performed by moving cups over large and flat body surfaces, such as the back or thighs. Lubricated wide-mouthed glass cups are placed on the skin, where a therapist will move each of them in a practiced and prescribed style that stimulates circulation through light suction. This treatment is especially effective for enhancing muscle movement, restoring circulation and promoting a healing response to treated areas.

CRYSTAL MASSAGE & QUANTUM HEALING

50 minutes THB 4,500

This unique treatment combines both physical touch and energy healing, to deeply relax and improve both blood and lymphatic circulation. The use of energy during the massage not only serves to increase the therapeutic work of the massage but also allows for a deeper state of healing and relaxation. The therapist, uses warmed, carefully selected jade stones and therapeutic oil, to relieve muscle tension and release trapped emotions. The session ends with a cooled rose quartz crystal, to emphasise the energy healing nature of this treatment and to facilitate the release of any lingering negative emotions as well as promote life-force energy.

CHAKRA MASSAGE

50 minutes THB 4,500

A signature holistic therapy which helps release muscle tension in the body and unwinds and realigns the body's energy flow. The treatment is a combination of acutely focused massage along the muscles, tendons and ligaments and Tibetan singing bowls, incorporating universal energy to balance the 7 major and minor chakras. Use warm essential oils on the back, back of legs, shoulders, neck and head to release muscle tension in the body, this treatment will help to promote deep relaxation, create a calm mind and awaken deep states of consciousness.

MOXIBUSTION THERAPY

30 minutes THB 2,750

A type of traditional Chinese medicine. It involves burning moxa, a cone or stick made of ground mugwort leaves, on or near the body's meridians and acupuncture points. Practitioners believe that the resulting heat helps stimulate these points and improves the flow of qi (energy) in the body. Moxibustion is often done alongside acupuncture. The practitioner can apply the technique directly or indirectly. When used directly, the moxa cone rests on the site of treatment on your body use of moxa ignites one end of the cone and leaves it to burn slowly. Once your skin starts to turn red and you begin to feel the heat, the practitioner removes the cone. In other cases, the practitioner places the moxa on the acupuncture needle and ignites it. The moxa will burn on the needle until it's extinguished. The heat is transferred to the acupuncture point through the needle. The heat generated through moxibustion can help to increase the flow of energy throughout the body. This happens through some pathways known as meridians. Chinese traditional medicine considers the stimulation of energy essential to help your body achieve health and wellness.

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MIND / BODY & ENERGY THERAPY

CHAKRA BALANCING

50 minutes THB 4,500

There are seven major ones that are located along our spine from its base to the crown of the head. Each chakra is represented by a colour and associated with different body parts, emotions and life areas. Chakras are like the power stations of our body, bringing it to life and keeping it healthy. To improve the balance of your body and feelings, each chakra needs to be adjusted properly with other parts of your body. Our therapists place their hands above the surface of a clothed body using gentle actions to gently guide chakras into alignment.

CRANIOSACRAL THERAPY

50 minutes THB 4,500

A gentle, hands-on therapy modifies and corrects tensions in the craniosacral system. This is a method of evaluating and correcting the function of a physiological body system called the craniosacral system, comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch, our practitioners relax and release restrictions in this system to support the function of the central nervous system. A profound change of the body, mind and emotions often occurs during or several days after a session. This technique is especially useful for those who have never experienced deep but gentle body work.

REIKI GEMSTONES THERAPY

50 minutes THB 4,500

Reiki is a Japanese technique administered by “laying on hands”, and is based on the idea that an unseen “life force energy” flows through us and is what gives us life. This treatment focuses healing on the physical, mental, emotional and spiritual levels. The use of specially-selected gemstones with Reiki increases the potential benefit, by drawing negative energy out of the person’s energy field and rejuvenating the mind-body systems. Aromatherapy and therapeutic sound adds to a potent healing experience, allowing the body, mind and spirit to recharge and rebalance.



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WELLNESS ASSESSMENTS



BLOOD TESTING

Price upon request

Annual blood testing is a valuable screening tool. Chiva-Som is able to perform most basic tests and guests will receive results generally within a few days. We recommend that you discuss your specific requirements with our Health and Wellness Advisors, Naturopath or Integrative Medicine Physician. They can help ensure that you cover your needs adequately and avoid unnecessary testing.

Basic Yearly Screening is used as part of a general check-up and covers blood sugar assessment, liver and kidney function, cholesterol profile and complete blood count. In addition, specific panels can be ordered to assess your cardiovascular health, hormone profile, diabetes management and risk, as well as many other specific blood, urine or stool tests. All test results will be followed by a comprehensive explanation and report from our wellness experts.

Testing is available every day from 7.30 to 9.00, with a two- to five-day turnaround time. Please also note that our Naturopath is available for assessments four days per month – to check their availability, contact the Health & Wellness Reception.

FOOD SENSITIVITY TESTING

1 session THB 19,600 net

Delayed-onset reactions to food are recognised as very common but difficult to diagnose. Useful indications of food sensitivities can be gained through IgG testing. We will test for the most common groups of 'trigger foods', with results confirmed through a systematic procedure of elimination from the diet. Ideal for those suffering from digestive issues with no obvious or discernible cause.

Testing is available on Mondays, Wednesdays and Fridays (except for national holidays) from 7.00 to 8.30.

BIO-FEEDBACK REBALANCE

Initial Bio-Feedback Rebalance 50 minutes, plus THB 3,500

Follow-up Bio-Feedback Rebalance 30 minutes

Bio-Feedback Rebalance is a heart-focused breathing technique that helps you to understand how your emotions can either deplete or renew your mind, body and spirit, and how these reactions profoundly impact your wellbeing. By practising Bio-Feedback Rebalance, you can manage stress more effectively and reduce its impact. The technique will objectively show the dynamic interaction between the sympathetic and parasympathetic nervous systems, as well as demonstrate how breathing patterns can promote balance within the autonomic nervous system.

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PHYSIO THERAPY



AERO-BATTLE EXERCISE

50 minutes THB 3,500

Aero-Battle exercise class uses martial art concepts to stimulate the cardio vascular system in senior adults. The term 'Martial Arts' covers a variety of fighting sports and skills, mainly of East Asian origin, including Kung Fu, Thai boxing, Taekwondo and Tai Chi to help with physical, mental and spiritual development.

BODY BALANCING

80 minutes THB 6,100

Total Body Balancing is an evaluation and treatment approach using Tuina principles, body re-patterning, myo-fascial release and spinal release to relax the body and improve circulation, nerves and energy flow. This treatment includes rhythmic compression along energy channels of the body, as well as a variety of techniques that mobilise the joints. Kinesiology techniques are then performed for arm and leg re-patterning, combined with relaxing joint tension.

DYNAMIC CORE EXERCISE

25 minutes THB 1,750

50 minutes THB 3,500

Dynamic Core Exercise uses the revolutionary new CoreAlign® machine to strengthen core muscles in a balanced manner, thereby improving overall muscle strength and posture. Its two sliding carts and varying resistances allow muscles to work bilaterally and in a free-flowing manner. This exercise programme can be tailored for a wide range of body types, from professional athletes to retirees, for general strength and conditioning, joint rehabilitation, or simply maintaining a healthy and active lifestyle.

FASCIA RELEASE THERAPY

50 minutes THB 4,000

Fascia is a membrane that protects and separates muscle groups and bones. Fascia Release Therapy is a very relaxing treatment involving techniques to separate layers of fascia, release restrictions, and restore elasticity, conductivity and hydration. An effective hands-on technique that applies gentle, sustained pressure on fascia, this therapy focuses on scar tissue in the cranium, spine, ribs, pelvis and upper as well as lower extremities. This tension-releasing technique helps to normalise muscle tone, decrease pain and swelling, and increase soft tissue and joint mobility.

FAST-TRACK BACK RELEASE

50 minutes THB 4,500

Sitting at your desk for extended periods of time or long flights can cause chronic lower back problems or hip pain. Our physiotherapists recommend the Fast Track Back Release to ease tension on tight, stressed muscles of the lower body. Our physiotherapist will also help you determine the causes of your muscle tension, and will teach you how to relieve and prevent further tension by using techniques such as stretching, good posture and positions, massage and healthy exercise for the future.

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GYROKINESIS®

25 minutes THB 1,750
50 minutes THB 3,500

This unique form of exercise incorporates many key principles of yoga, dance, gymnastics and Tai Chi as it works the joints and muscles of the entire body in a gentle yet invigorating way. Rhythmic, spiralling and undulating movements set the spine in motion and send waves of circulation through the inner organs and all other tissues of the body. These harmonious movements and their corresponding breathing patterns oxygenate the blood and stimulate the nervous system. The body and mind are re-trained to move with greater fluidity, relaxation, elegance and power.

GYROTONIC®

25 minutes THB 1,750
50 minutes THB 3,500

Gyrotonic® exercise offers 360-degree freedom of movement, resulting in increased equilibrium through comfortable stretches that build strength in the spine. Exercises are performed on a fully-adjustable pulley tower that supports a variety of body types and levels of strength. The even and constant resistance in the handle unit and pulley tower ensures a smooth and safe experience for maximum positive effect.

H2O BODY COMPLEX

50 minutes THB 3,500
For couples each person THB 2,800

Water exercise can simulate many techniques we perform in a gym, while the absence of gravity allows you to make full use of your body without any type of joint injuries.

As water resistance is approximately 12 times greater than in the air, the result is highly efficient toning, strengthening and calorie-burning. This non-impact cardiovascular workout directly improves all five aspects of physical fitness: strength, endurance, flexibility, cardio-respiratory endurance and body composition.

H2O THERAPY

50 minutes THB 3,500
For couples each person THB 2,800

This non-impact cardiovascular exercise is individually designed to provide the benefits of exercise without putting stress on the joints. H2O Therapy is a tremendously effective way to tone and shape your body, regardless of any pre-existing physical problems such as musculoskeletal pain. The water supports your body weight and decreases tension in the joints, making this exercise safe and comfortable for people of all ages.



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ISOKINETIC

45 minutes THB 4,500

Isokinetic exercise is a new kind of workout using an Isokinetic machine. Isokinetic exercise is a form of exercise, using the latest in rehabilitation device technology, that permits maximum muscle contractions throughout the full range of joint movement. An isokinetic machine is a rehabilitative exercise device intended for medical purposes, such as to measure, evaluate and increase the strength of muscles and the range of motion in joints.

The Isokinetic exercise machine is a computerised system used for testing muscle strength and rehabilitation and can be used for the knee, shoulder, wrist, elbow or ankle. Testing will show where the strength deficit lies and at what speed the muscles and joints respond. This is a great session for people who require extra attention towards rehabilitation following injury or post-surgery recovery.

JOINT RETRAINING

50 minutes THB 3,500

Joint Retraining is an exercise to enhance awareness of the sense of motion inside your joints. It could be described as 'joint position sense', to control limb postures and movements by the nerves mechanoreceptors into neural signals to the brain from sensors in the skin, muscles, tendons, ligaments and joints. This exercise combines Ai Chi technique and Berg balance training. The benefits include an improved joint position sense and body awareness, improved balance, prevents the risk of falling, strengthens the core muscles, improves coordination and co-contraction of muscles.

KINESTHETIC ASSESSMENT

50 minutes THB 3,500

Kinesthetic Assessment is a personalised physical evaluation to find muscle imbalances, joint problems, and assess spine alignment and mobility. Our physiotherapists view your body's ability to function as a balance between structure and function. The assessment results can be functionally grouped as posture, flexibility, stability, coordination, and muscle tone and performance. Each of these contributes to the overall function and ability of your body. At the end of assessment, you will receive a written report and specific advice on how to correct imbalances.

SONOGRAPHY ASSESSMENT

50 minutes THB 3,500

Ultrasound image (can be called sonography or ultrasonography) is a noninvasive diagnostic imaging test. It uses high-frequency sound waves to create real-time pictures or videos of internal organs or other tissues, such as blood vessels. An ultrasound picture is called a sonogram. A session of Sonography Assessment is an imaging technique to detect and treat various musculoskeletal issues you may have including pain, tissue injury, and muscle spasms.



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METABOLIC BREATHING EXERCISE

25 minutes THB 1,750
50 minutes THB 3,500

Aerobic exercise increases oxygen capacity and provides multiple benefits for healthy living, including sustainable weight management. Metabolic Breathing Exercise allows you to increase your oxygen use and boost your metabolic rate without engaging in intense exercise. With this simple yet powerful diaphragmatic breathing technique, our therapist will lead you through different stretching positions to lengthen and strengthen your internal muscles.

NEURAC® METHOD

25 minutes THB 2,000
50 minutes THB 4,000

Neurac® (Neuromuscular Activation) is a unique method for addressing acute and chronic pain, musculoskeletal disorders and neuromuscular dysfunction. Neurac® uses three-dimensional suspensions that restore pain-free movement patterns while improving muscle function. Our physiotherapists combine the Neurac® method with specialised expertise in movement assessment and manual suspensions therapy. Taken together, these therapeutic exercises focus on root causes of discomfort, and feature neuromuscular-based exercises to help you achieve long-term positive results.

OXYGEN POWER FITNESS

45 minutes THB 3,500

A controlled exercise programme enhanced with a combination of vitamin and mineral intake and the inhalation of oxygen under the supervision. This programme, designed for all ages and all levels of fitness, includes 35 minutes of cardiovascular exercise during which your heart rate will be carefully monitored.

PHYSICAL ANALYSIS

25 minutes Complimentary

At Chiva-Som, on a complimentary basis, we offer a targeted assessment of your posture and musculoskeletal balance. Our physiotherapist will then guide you to the treatments, classes and services that best suit your individual needs.

PHYSIOTHERAPY

25 minutes THB 2,250
50 minutes THB 4,500

Physiotherapy is more than a simple rehabilitation exercise after an injury. Our physiotherapists are experts at assessing any limitation of movement, injuries and musculoskeletal imbalance that you might have. With their assistance, you can work towards regaining a full range of motion, relieving pain, correcting muscular imbalance and planning safe exercise programmes for recovery and rehabilitation.



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RADIAL SHOCKWAVE THERAPY

25 minutes THB 4,500
50 minutes THB 6,500
80 minutes THB 8,500

Recommended for those who have already tried standard treatments for chronic injuries, Radial Shockwave Therapy promotes healing of the original injury instead of merely offering symptomatic relief. Each treatment works to increase the metabolic activity around the site of pain or discomfort. This process stimulates the body's natural healing process, thus reducing pain from the treated area. Examples of chronic conditions that may benefit from Radial Shockwave Therapy include plantar fasciitis, tennis elbow, myofascial trigger points, Achilles tendon pain, iliotibial band syndrome and rotator cuff tendonitis.

REFUNCTIONAL EXERCISE

25 minutes THB 1,750
50 minutes THB 3,500

Good exercise doesn't always need to be intense, but should focus on proper form and provide strength and recruitment of the correct muscles. With this programme, our physiotherapists will analyse your posture, muscle function and movement patterns to create a special programme that suits your body's own needs. Re-functional exercise combines Pilates and careful use of special equipment to ensure that your workout is safe and effective. The objective of this session is to give you postural correction, strengthen your core muscles and increase total body flexibility and mobility.

SENSE BALANCE THERAPY

25 minutes THB 2,000

Our Physiotherapist will make an assessment of neuromuscular control, using sensbalance sensor equipment, in one of the following areas: Neck – the 3D cervical trainer attaches to the head, back – whilst seated on the therapy cushion with integrated sensor and lower extremity – whilst standing on the 'Miniboard' wooden wobble board. After the assessment, our physiotherapist will recommend personalised exercises, programmes and treatments to improve neuromuscular control.

SOFT TISSUE MOBILISATION

25 minutes THB 2,250
50 minutes THB 4,500

A very gentle technique for people who suffer from chronic pain and discomfort. Based on one of the most powerful osteopathic methods, the purpose is to treat stiffness and to restore mobility and function of the joint. After a whole-body screening evaluation, your body is specifically positioned in all planes to perform the corrective movement techniques. The result is deep muscle relaxation due to muscle elongation while your joints are re-positioned to their optimal alignment.



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STRESS RELEASE THERAPY

80 minutes THB 6,100

Frequent use of a personal computer and sitting still for extended periods of time can cause chronic physical problems. Stress Release Therapy is designed to relieve stressed musculoskeletal areas using a unique combination of myofascial techniques. Through soft tissue therapy, upper body massage and heat applied on the whole arm, we ease tension and enhance blood circulation. The treatment ends with the application of an herbal compress to the eyes and facial area, to relax soft tissue around the eyes. The benefits gained from this therapy help to relieve eye, neck, shoulder, arm, wrist and hand strain.

VIBRATION BODY MASSAGE

50 minutes THB 5,000

80 minutes THB 6,500

The Vibration Body Massage is a treatment to relieve pain by relaxing muscles and reducing fascial tension. Using a vibrating bamboo device, the physiotherapist will knead the muscles and underlying fascial tissue using an alternating cycle between continuous and pulsed vibrations. Fascia Vibration Massage is highly recommended for anyone who participates in intense exercise or experiences chronic tightness in the muscles. It is especially beneficial after exercise to enhance the speed of muscle recovery.

TECAR MASSAGE THERAPY

25 minutes THB 4,500

50 minutes THB 6,100

Tecar massage therapy is a classic manual physiotherapy session with the added bonus of the use of the patented WINBACK device, which uses a high-frequency current, ranging between 300 KHz and 1 MHz, to accelerate 'natural regeneration' in the body's tissue. This non-invasive, low-level energy device promotes the stimulation of circulation to targeted areas and enhances the rehabilitation process of muscle and joint conditions.

SPINE MOBILIZATION

25 minutes THB 2,000

Spine mobilization is a manual therapeutic technique that fosters movement in stagnant tissue and joints. Spine mobilization uses massage to break down scar tissue and restrictions that are typically associated with trauma to soft tissue such as strained muscle or pulled ligament. This treatment is ideal for anyone who requires a gentle approach to enhancing mobility and releasing tension.



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FITNESS



FITNESS ASSESSMENT

50 minutes THB 2,600

Our comprehensive fitness assessment will help determine your current degree of flexibility, strength, body composition and cardiovascular endurance. This is an efficient and comprehensive way of identifying areas that need improvement and guides our trainers in recommending specific activities to help you achieve your goals.

GOLF BIO-MECHANICS

50 minutes THB 3,500

By using the mobility and flexibility exercises prescribed during a golf bio-mechanics session, you will achieve a range of movement and the balance needed to swing the club at optimum efficiency. Starting with a full assessment of your body, specific drills are used to improve muscle and joint function. Pre-game warm-up skills will improve your handicap and stop all the aches and pains caused by repetitive movements. Optimise your golf skills and redefine your form and swing structure, in order to achieve greater performance on the course.

GOLF BUDDY PROGRAMME

Half-day Price upon request

Five of the most spectacular golf courses in Thailand are in the Hua Hin area. Chiva-Som is pleased to offer this programme, which includes your green fee and equipment (if required) and the opportunity to tee off with one of our experienced fitness staff that have local knowledge of all five courses.

GOLF LESSON

50 minutes THB 4,000

Unbalanced form and grip leads to inconsistent shots, an issue that many golfers face and find it difficult to correct without proper coaching. Our individually-tailored golf lesson is ideally suited to solve all your swing problems and get you playing straight down the middle. Every aspect of the game can be analysed and all your faults corrected. Depending on your goals, you can fine-tune a certain part of the game or play a round with our trainer and learn helpful tips of the trade.

ONE-ON-ONE AQUA LESSON

50 minutes THB 3,500

This exercise is designed for weight loss, strengthening and toning the body by making effective use of water resistance. These low-gravity movements can be performed without the risk of injury, while still simulating many land-based exercises such as bicycling, treadmill running or cross-training, that are usually performed in the gym.

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ONE-ON-ONE FITNESS TRAINING

50 minutes THB 3,500

The one-on-one training session price below is valid for the following programmes: Boot Camp, Metabolic Booster, Metafit, Kinesis, Personal Training, Pilates Body Conditioning, MOTR, TRX, FTM, Kettlebell and Myo Compression.

BOOT CAMP

Enlist on a journey of extraordinary fitness workouts that will push you to achieve new heights in your fitness goals. This experience is designed for anyone who isn't motivated by the gym, featuring exclusively outside training using the natural environment as equipment and bringing exercise back to its roots. You will have your endurance challenged, while our fitness trainer makes sure you work within safe limits and reach your fitness goals.

METABOLIC BOOSTER

For a high intensity, high calorie burning workout, take on metabolic booster. Improve your health and shape with these fat burning and muscle developing bodyweight exercises. Bodyweight training involves strength training exercises that do not require free weights or large pieces of equipment; your own weight against gravity provides all the necessary resistance required for challenging your fitness capacity.

METAFIT

A high-intensity workout including a series of body-weight exercises with interval style training, designed to keep the body burning calories long after the training session is complete. Although brief, just thirty minutes long, you will train hard the entire time. It's suitable for everyone and the exercises can easily be tailored to suit your own fitness level and capabilities.

KINESIS

Set up in four stations, the Kinesis machine can be adjusted to perform various exercises that promote a better range of movement, increased strength and improved cardiovascular fitness. A great tool for physical aesthetics as well as rehabilitating injured muscles and joints, our personal fitness trainers will guide you through a series of Kinesis exercises to help you achieve your health and fitness goals.



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PERSONAL TRAINING

Our experienced fitness specialists work with you individually to provide expertise and motivation, assisting you in achieving your personal health and fitness goals. Designed mainly for the gym but still relevant for your home workouts, your programme is uniquely assembled to achieve results both during your stay and after you leave Chiva-Som. This session is suitable for those at any exercise level and is ideal for those individuals uncertain of how to start a fitness programme.

PILATES

Pilates is a unique form of exercise that caters to the specific needs of each individual. Slow, precise movements allow you to become aware of any weakness and postural misalignment caused by injury or muscle imbalance. Your individual programme will tone up muscles and increase flexibility as well as your 'core stability' (functional abdominal and lower back strength, which is essential for managing back pain and other injuries). Our professionally equipped Pilates Studio will allow you to work out using many forms of Pilates, regardless of your fitness level.

MOTR

MOTR allows you to train anywhere while focusing on the key Pilates principles of alignment, balance, core control and functional movement patterns. Exercises vary to provide appropriate fitness challenges at any level, from fitness novices to professional athletes.

TRX

In suspension training, your hands or feet are supported by a single anchor point while the opposite end of the body is in contact with the ground using TRX. Through a series of guided movements, the desired percentage of bodyweight is loaded onto the targeted body zone for precision training. The TRX single-point attachment provides the ideal mix of support and mobility to train strength, endurance, balance, coordination, flexibility, power and core stability all at once through varying levels of resistance.

FTM (FUNCTIONAL TRAINING MOVEMENT)

Functional training involves movements based on real-world situational biomechanics, helping to develop core strength and mobility for practical functions in everyday life. This kind of training works several muscle groups at once. As a result, you can build strength holistically, forcing the body to function as a single unit and improve coordination and neuromuscular control.



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KETTLEBELL

Kettlebells popularity in fitness circles continues to rise-and with good reason. When used correctly, kettle bells are extremely effective training tools for providing total-body strength and conditioning.

MYO COMPRESSION

Roll & Release is a method of deep-tissue, fascia focused self-massage using a therapeutic roller that eases and eliminates pain, dramatically increases flexibility and enhances mobility. This technique is simple to learn, easy to travel with, and a great addition to your daily self-care routine.

VISIONBODY (EMS)

50 minutes THB 5,000

Visionbody is aimed at anyone who wants to bring out the best in themselves by investing the best in themselves. As a unique, wireless EMS functional workout system, Visionbody delivers the full potential of intense full-body muscle training, with complete freedom of movement. This innovative fitness technology will help you achieve new heights in your fitness capabilities.

SUPER STRETCH

25 minutes THB 1,400

50 minutes THB 2,600

After any exercise session it is important to stretch and relax. Our fitness team has developed a unique stretch combination to refresh and rejuvenate you at the end of your workout. Receive a full one-to-one stretch, rounded off with muscle manipulation to aid the body's recovery process. This cooling-down treatment is also highly recommended for golfers looking to improve their swing.

SWIMMING LESSON

50 minutes THB 3,000

If you never learned to swim, or feel that you need to improve your swimming technique, our instructors can tailor a session which will direct you towards your goals – whether that involves feeling comfortable floating, or learning how to swim safely and efficiently with smooth form.

TAI CHI

50 minutes THB 3,500

For couples each person THB 3,000

The Chinese art of Tai Chi has been used to bring harmony to the body and mind for thousands of years. Its gentle movements are ideal for developing strength, balance, stamina and are also effective in cultivating mindful awareness, which has a multitude of proven benefits for the mind, body and spirit.



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TENNIS

60 minutes THB 2,800

Tennis is a great cardiovascular workout and a fantastic activity for beginners or advanced players alike. You can take on one of our experienced instructors in a game, or improve your technique and prevent injury with personalised coaching.

THAI BOXING (MUAY THAI)

50 minutes THB 3,500

For couples each person THB 3,000

A powerful yet easy-to-learn form of self-defence and exercise, Muay Thai has been practiced in Thailand for hundreds of years. With our fitness instructor, you will have a cardiovascular and fat-burning session, tone your arms and legs, and discover a wholly enjoyable way to relieve stress at the same time.

WATSU

50 minutes THB 4,500

This passive technique is derived from Zen Shiatsu and performed in a specialised warm-water pool. Your therapist will use the buoyancy of the water to support you, while your joints are mobilised and muscles gently stretched. Each move flows smoothly into the next, and is coordinated with an integral rhythm that allows emotional as well as physical release. Through deep relaxation and nurturing, the mind can find peace and lightness of spirit, freeing the body from pain or discomfort and allowing for restoration. In the interest of your own comfort and relaxation during the session, you may request either a male or female therapist.

YOGA AND MEDITATION

50 minutes THB 3,500

80 minutes THB 5,250

There are many different schools of yoga. We offer everything from the very gentlest movements to advanced levels. Here at Chiva-Som you can choose a style that suits your personal abilities and preferences with this ancient practice.

ANAPANASATI (MEDITATION)

Anapanasati is a core meditation practice in Theravada, Tiantai and Chán/Zen traditions of Buddhism, and can be found in many modern Western mindfulness-based programmes. The Anapanasati Sutta specifically involves mindfulness of inhalation and exhalation as a part of paying attention to one's body in silence, and recommends the practice of anapanasati meditation as a means of cultivating the seven factors of awakening: mindfulness, analysis, persistence, rapture, serenity, concentration and equanimity.



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MEDITATION

Meditation is a key element of many alternative therapies, often combined with prayer, music and mantra chanting. This is not a technique, but rather a way of life and 'detached observation of the thought process'. It describes a state of consciousness when the mind is free of scattered thoughts and various patterns. The observer (one who is doing meditation) realises that all the activity of the mind is reduced to one, and that true peace is only found within.

PRANAYAMA

Prana means breath, respiration, life, vitality, wind, energy or strength. Ayama means length, expansion, stretching or restraint. Pranayama is therefore the science of breath, or the extension of breath and its control. Even as emotional excitement affects the rate of breathing, deliberate regulation of respiration keeps emotional excitement in check. Regular practice of pranayama will slow your heart and bring a subjective experience of relaxation. Proper breathing techniques can create space for personal healing and transformational growth.

ASHTANGA YOGA

The feature that distinguishes Ashtanga Yoga from the other forms of yoga is its unique movement and breathing system, or Vinyasa. Movement through the sequence of poses (Asanas) is responsible for producing heat, which, in turn, produces sweat that is both cleansing and purifying. As students progress more deeply into the practice, toxins held in the deeper layers of muscle tissue and internal organs are also released. The power of the breath is the key to this system of yoga. It draws the mind in on itself and, in so doing, yokes mind and body together. It is the breath, the energy centres (Bandhas) and the eye focus (Dristi) that, when applied together, bring about the physical and the meditative aspects of Ashtanga Yoga. The practice itself becomes a dynamic meditation.

HATHA YOGA

Hatha Yoga is the most popular branch of yoga and from which a lot of the styles of yoga originated. Yogis use physical poses, breathing techniques and meditation in order to bring the body into perfect health and for more spiritual elements of the mind to emerge freely. The meditative aspects of yoga can also help to develop your willpower, concentration and self-withdrawal. Hatha Yoga practice is a splendid way to cope with stress, relieve tension and promote positive moods.

PRE-NATAL AND POST-NATAL YOGA

Asanas (yogic postures) practiced during pregnancy are designed to keep the expectant mother healthy, avoiding much of the usual discomfort associated with pregnancy. Yoga aids digestion and circulation, and facilitates easy breathing. Pre-natal Asanas have been carefully selected to ensure that the baby is given maximum room for its free movement and growth in the mother's womb, and to facilitate a natural and easy delivery.

Pranayama (breath control) during pregnancy is intended to remove fatigue, nervous tension, eliminate toxins and prepare for childbirth. For post-natal yoga class, one month after childbirth, Asanas can be practiced – and by the second month more Asanas are added. Entering the third month, the mother has regained the original shape and strength of her organs. Once this normal state is regained, all Asanas may be resumed.

VINYASA FLOW

Vinyasa means linking movements. Vinyasa Flow Yoga is derived from Ashtanga Yoga, whereby the set sequence from the Ashtanga Yoga system has been 'dissected' to assemble a more freeform, creative approach.

A typical Vinyasa Flow class begins with the Surya Namaskar (Sun Salutations) and continues with a variety of poses through the flowing movements of Vinyasa. Each pose will lead to the next like a continuous dance. It is advisable to be somewhat familiar with some basic yoga poses before trying Vinyasa Flow Yoga, as the pace will be quite fast. Although not essential, some basic Ashtanga Yoga experience will also be helpful. This style of Yoga is suitable for those who already have some previous experience in Yoga and are looking for a more dynamic, fun and challenging practice.



Prices are subject to 17.7% service charge, VAT and applicable tax.

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HYDRO THERAPY



BODY JET BLITZ

25 minutes THB 1,700

Our Essential in any detoxification or weight management programme, the Jet Blitz is a high pressure water jet directed at the body to stimulate both circulation and lymphatic flow. As we detoxify, refine and invigorate the body we are able to further concentrate on cellulite prone areas or help reduce fatty deposits on the thighs, abdomen and surrounding areas.

CHIVA-SOM SIGNATURE MILK BATH

25 minutes THB 2,100

Pamper yourself with a rich milk soak infused with wild organic honey and oil of lavender to relieve nervous tension and stress-related disorders.

DETOXIFYING BALNEOTHERAPY

25 minutes THB 1,700

We re-create the ancient ritual of treating the body with the healing and therapeutic powers of the ocean. Using specifically blended essential oils with 180 massaging underwater jets, this stimulating and detoxifying treatment improves circulation, stimulates lymphatic flow and increases muscle tone.

FLOATATION THERAPY

45 minutes THB 1,700

Experience the incredible sensation of floating in water at body temperature in our unique domed float room, with a therapy that intimately connects your body and mind. This water, highly saturated with healing mineral salts, induces a profound state of mental and physical relaxation, restoring energy and helping to eliminate stress and tension.

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HAND AND FOOT THERAPY



LUXURY HAND OR FOOT TREATMENT

WITH STONE THERAPY

Hands (70 minutes) THB 2,400

Feet (70 minutes) THB 2,600

In this immersive therapy, your hands will be treated with natural emollients and rejuvenating serum to combat dryness and protect skin from ageing signs. Your feet will be gently softened, soothed and enriched with a lipid complex to restore pliability and shield your skin. Volcanic stones exclusively for your hands and feet are added to this treatment to add a sensation of extra indulgence. A massage with stones deeply relieves all stress and tension from these often neglected areas, leaving hands and feet glowing with renewed vitality.

*Please note the Luxury Hand and Foot Treatments do not include nail polish application.

MANICURE

50 minutes THB 1,400

With your hands and nails of such importance to your appearance, let us ensure you are presenting perfectly manicured, healthy looking hands and nails to the world.

NAIL RESHAPE AND POLISH OR NATURAL BUFF 25 minutes THB 700

Designed to ensure your nails stay looking immaculate, we reshape the nails and then buff to a beautiful looking shine. Or if you wish, choose one of our premium nail polishes. With a fast-drying, shiny and long-lasting cover, your nails will never have looked so beautiful.

PEDICURE

60 – 70 minutes THB 1,600

Let us nurture this oft-neglected area of the body. A mineral bath soak prepares your feet and nails for gentle exfoliation to remove dry skin, followed by maintenance of your nails and cuticles. Choose a natural buff or select from our range of seasonal colours to enhance your treatment.



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GROOMING



EYELASHES AND EYEBROWS

EYEBROW SHAPE WITH TWEEZERS	15 minutes THB 800
EYEBROW TINT	20 minutes THB 900
EYELASH AND EYEBROW TINT	45 minutes THB 1,600
EYELASH TINT	30 minutes THB 1,200

* Please note that a 24-hour patch test is required prior to tinting services.

HAIR REMOVAL

BIKINI LINE	30 minutes THB 1,600
ULTIMATE BIKINI (BRAZILIAN)	60 minutes THB 1,900
FULL LEGS	55 minutes THB 1,900
HALF LEGS	25 minutes THB 1,100
LIP LINE	15 minutes THB 600
LIP AND CHIN	20 minutes THB 900
UNDERARMS	15 minutes THB 800

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HAIR THERAPY



A visit to our Hair Studio begins with a detailed consultation to assess the condition of your hair and offer professional guidance on style. All hair services begin with gentle hair cleansing, using pressure on vital energy points to stimulate and promote the health of your hair and scalp. A conditioner, chosen to suit the needs of your hair, is then applied using soothing massage techniques to balance moisture levels, leaving you feeling refreshed and relaxed. To ensure you uphold the health and condition of your hair when you leave Chiva-Som, our stylists will also offer professional advice on all aspects of hair care at home or work.

STYLING

CLEANSE AND BLOW-DRY

Indulge in a fresh holiday style to enhance your Chiva-Som experience and give yourself a glamorous boost.

Ladies Blow-dry	THB 1,000
Gentlemen's Blow-dry	THB 600

COLOURING AND HIGHLIGHTING

Using internationally acclaimed professional products and the latest colouring techniques, the Hair Studio offers permanent hair colouring and foil highlighting services for you. A detailed consultation will determine your needs, and all treatments include a pampering scalp massage as well as blow-dry services.

Permanent Colour – Short	THB 4,000
Permanent Colour – Long	THB 4,800
Permanent Colour – Re-growth	THB 3,500
Permanent Colour – Gentlemen	THB 3,300
Highlights – Short	THB 3,900
Highlights – Long	THB 4,400
Highlights – Re-growth	THB 3,300
Highlights – Gentlemen	THB 3,900
Highlights – Per foil	THB 440

CUTTING

Enhance your achievements at Chiva-Som with a fresh new hairstyle, including blow-dry and application of finishing products.

Ladies Cut and Blow-dry	THB 1,600
Restyle Cut and Blow-dry	THB 2,000
Gentlemen's Cut and Blow-dry	THB 1,300

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HAIR TREATMENTS

Treat your hair as well as you have treated your body and mind. At Chiva-Som we offer you several types of hair treatments that help you to relax, rejuvenate and refresh, as well as feel fully nourished.

ILLUMINATING AND REGENERATING 60 – 70 minutes THB 2,500

This exclusive post-colour brilliant shine treatment is specially designed for all colour-treated hair. Positively charged silk molecules will provide excellent moisture balance for wonderful softness and proteins to strengthen your hair. The enriched ingredients act on the whole hair fibres to penetrate deep into the hair, condition it from root to tip, and help transform it to reveal high-definition brilliance and long-lasting colour radiance.

RECONSTRUCTION COMPLEX 60 – 80 minutes THB 3,000

These dual reconstruction treatments provide weakened hair with top seal protection. Weakened hair will be reconstructed, reinforced and beautified from the core to the surface. A unique combination of exclusive ingredients with the ability to solidify the fibre core and surface simultaneously helps to reconstitute the hair substance from within and from without. Your hair will be revitalised as strong, shiny, flowing and supple.

HAIR SPA 60 – 70 minutes THB 2,500

If your scalp is dry or sensitive, or suffers from tension or other problems that leave your hair dry or dull, this full treatment will reinvigorate your scalp and transform your hair to a new level of beauty. This nourishing hair treatment will also leave your hair shiny, light and soft to the touch.

OLAPLEX HAIR TREATMENT

Short Hair 70 minutes THB 3,000
Long Hair 90 minutes THB 4,500
On Top (incorporated into chemical hair services) THB 1,000

This innovative new treatment is for anyone with damaged hair due to chemical treatments, such as colouring and perming, or heat treatments, such as blow-drying and straightening. Olaplex is a bond multiplier containing a single active ingredient which re-links the bonds that are broken during chemical treatments, heated styling and atmospheric conditions. You will immediately notice stronger, healthier hair that will be sleeker and easier to control, leaving it soft, manageable and strikingly beautiful.

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HAIR INTENSIVE RITUALS

Using only the highest quality internationally renowned hair products, we offer a selection of holistic rituals that provide a luxurious scalp massage and a blow-dry. Choose from the following: The Clarifying Ritual, The Purifying, The Restorative and The Stimulating Ritual.

THE CLARIFYING RITUAL 70 minutes THB 2,200

This is a balancing treatment for those who suffer from too much oil being produced by the scalp. It refreshes, cleanses and decongests your hair all at once. This ritual treats underlying conditions, leaving you with soft, shiny and lustrous hair.

THE PURIFYING RITUAL 70 minutes THB 2,200

This is a specific nourishing treatment for people whose scalp is prone to dryness or dandruff. Using innovative technology, this ritual treats the scalp and leaves the hair soft and silky.

THE RESTORATIVE RITUAL 70 minutes THB 2,200

This intensive treatment is for all hair types damaged and weakened by chemical colour, highlighting, perming and straightening. By rebuilding the hair from the inside with Moroccan oil repair products, the surface fibres are made smooth and the hair is strengthened for a bright and beautiful shine.

THE STIMULATING RITUAL 70 minutes THB 2,200

This comprehensive technique helps prolong the life of the hair and maintain the density of thinning hair. It does this by preventing the hardening of collagen on the scalp, which occurs in cases of thinning hair and hair loss.

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