





Le Chiva-Som est un « Boutique hôtel » spécialisé dans la santé & le bien-être de luxe, combinant des connaissances de pointes internationales avec des valeurs & les traditions thaïes pour vous offrir des programmes de santé personnalisés. Toutes les solutions proposées ont une approche holistique de la santé, incorporant l'esprit, le corps et l'esprit.

La philosophie de Chiva Som est de vous constituer une base solide par des programmes individualisés combinant les soins spécifiques, une nourriture adaptée à vos besoins et une éducation de vie équilibrée. Le Chiva Som vous fournit les clefs indispensables pour vous accompagner sur le chemin d'une plus grande santé et vitalité. Nous comprenons que la santé signifie quelque chose très différente d'une personne à l'autre, c'est pourquoi le Chiva Som évalue toutes les approches d'une manière personnelle.

Pour réaliser un programme conçu personnellement, chaque hôte, dès son arrivée, est présenté à son conseiller de santé (un praticien qualifié) avec qui il planifie le meilleur programme personnel combinant des cours, des conférences et des traitements. Le conseiller apporte également ses connaissances sur le meilleur choix de nourriture bio de Chiva-Som. La passion qui anime nos conseillers est de guider chaque hôte sur un voyage unique à la santé durable.

Chaque élément de Chiva-Som est un mélange du meilleur de chaque monde : de l'architecture combinant les touches d'Asie de sud-est aux techniques occidentales ; de l'hospitalité thaïe à la précision du service médical qui est le cœur de Chiva Som.



Nous avons volontairement gardé les explications suivantes en anglais afin de ne pas dénaturer la précision des explications techniques.

Ayant personnellement séjourné au Chiva Som, nous nous ferons un plaisir de vous expliquer les secrets du meilleur établissement de santé d'Asie !

La petite ville de Hua Hin & les nombreux parcours de golf se trouvent à quelques minutes.

## *Votre santé à Chiva Som*

Your Health & Wellness consultation is designed around your goals and objectives, your current state of health and ability to achieve those goals. Your H&W advisor will help you achieve the most out of your stay by devising a personal programme of treatments and services that will assist you to improve your health, and continue that improvement once you leave Chiva-Som.

As a general guideline we suggest you try all areas at the pace that you feel is right for you, and explore the benefits that will accrue from a balanced lifestyle. Areas to pay attention to are diet, exercise, activity, rest and relaxation, physical ailments, emotional issues and your inner self. Focussing on weaker areas can bring benefits in other areas as your understanding, care, attention and balance increase.

Why not try these minute long meditations for busy people to start on your way to ultimate relaxation?



## *Philosophie*

Chiva-Som is a luxury health resort, combining international standards with Thai values and beliefs to deliver personal wellness programmes in a positive, non regimented way. Everything we do focuses on a holistic approach to health that incorporates mind, body and spirit.

Our philosophy is to provide a basis for life long health through individualised programmes in an environment combining treatments, food and education. Chiva-Som provides the support to put all guests on a path to greater health and vitality. We understand that health to one person means something very different to another, which is why we value the personal approach.

To achieve a personally designed programme, every guest, on arrival, is assigned a Health & Wellness advisor (a qualified natural health practitioner) who spends time planning the best personal programme combining classes, lectures and treatments, and advice on the best choice of Chiva-Som spa food. The passion of our advisors is to guide each guest on their unique journey to long lasting wellness.

Every element of Chiva-Som is a blend of the world's best: from the architecture combining Southeast Asian and Western designs through to ensuring that guests experience the highest level of Thai hospitality in an environment where reliability and precision are the heart of our service delivery.



## *L'expérience Chiva Som*

We offer every guest a total lifestyle transformation to achieve wellness and longevity with a full range of health and wellness treatments and provide long-lasting inspiration to help you continue with new, positive changes as part of your lifestyle.

The focus of our health and wellness programmes is firmly on balancing as well as rejuvenating the Mind, Body and Spirit. We are dedicated in working toward your total life enrichment through the introduction of new experiences and the restoration of balance.

Our health and wellness programmes are designed to meet each guest's specific requirements. In other words, all Chiva-Som programmes are essentially customised for each individual's lifestyle improvement and we aim to help you achieve your personal goals for relaxation and physical improvement. These programmes focus on various goals such as weight management, toning and slimming, relaxation and de-stress, general well-being, fitness and anti-aging.

We are committed to the total integration of naturopathic and conventional medicines with the aim of delivering a one-stop healthcare service. Our staff of expert health professionals includes consulting doctors, naturopaths, fitness instructors, spa therapists, nutritionists and alternative health practitioners. We aspire to provide you with a continuing programme of self-improvement with every visit to Chiva-Som.

# Questions & Réponses

## [How long should I stay?](#)

Your experience at Chiva-Som is designed to facilitate lifestyle transformation under a full range of health and wellness programmes. On average, our guests stay for 10 nights on each visit to allow them sufficient time to use all of the extensive facilities and achieve success in their goals. However, your chosen retreat or your personal goals may require more or less time. We have a minimum stay of 3 nights.

## [How do I prepare for my stay?](#)

Try to reduce the amount of caffeine, alcohol and nicotine that you consume one to two weeks before your arrival. Chiva-Som is a health resort and in this regard we try to reduce the temptation of you consuming these during your stay. Chiva-Som is almost a non-smoking property (we have a few tables at Taste of Siam restaurant allocated for smoking only) and wine and Champagne is available only in the evenings. We also recommend that you bring loose, casual clothing for your classes and to wear around the resort. Sports shoes are required for physical training in the gym.

## [May I bring younger members of my family?](#)

Chiva-Som has been designed for those who are ready to relax from the hustle and bustle of life and to enjoy massages, spa cuisine food, holistic treatments and fitness activities. We believe that this can be enjoyed by those between their late teens and their late eighties. Whilst we do not

impose an upper age limit we do restrict our younger guests to those of 16 years or more.

## [What tourist attractions are there around the resort?](#)

There are quite a few tourist attractions around Chiva-Som. We do find however that once in house many of our guests don't leave except to spend some time shopping in Hua Hin or to enjoy golf on one of five international courses. For those that would like to experience some local attractions here is a list of interesting places to visit and interesting things to do. Click for more detail

## [Can I connect my laptop? How can I stay in touch?](#)

One of the purposes of a stay in Chiva-Som is to take you outside of your normal environment so that we can work on improving your health and wellness. Whilst we don't expect you to 'switch off' we would like you to concentrate on yourself rather than other activities. Facilities for staying in touch are limited but it is possible if you really want to! The idea is for you to keep in touch with family and friends, not your work colleagues! Having said this you may bring your laptop to connect in your room.

## [Will I feel comfortable if I come alone?](#)

Single guests always feel very comfortable in Chiva-Som. Some guests come alone because they prefer to spend time by themselves; others will find there is so much to do and it's so easy to meet fellow guests that they have friends from the first day. There is a Talkers Table every night in the restaurant and both single and sharing guests are welcome to join the table.







## *Introduction au Centre de Santé*

The moment you make the decision to visit Chiva-Som is the moment healthy living begins. A journey of discovery is how many of our guests describe their experience. Our emphasis is on reconnecting your mind body and spirit, allowing you to experiment with the endless treatments offered while discovering your own balance, with programs tailor made for you.

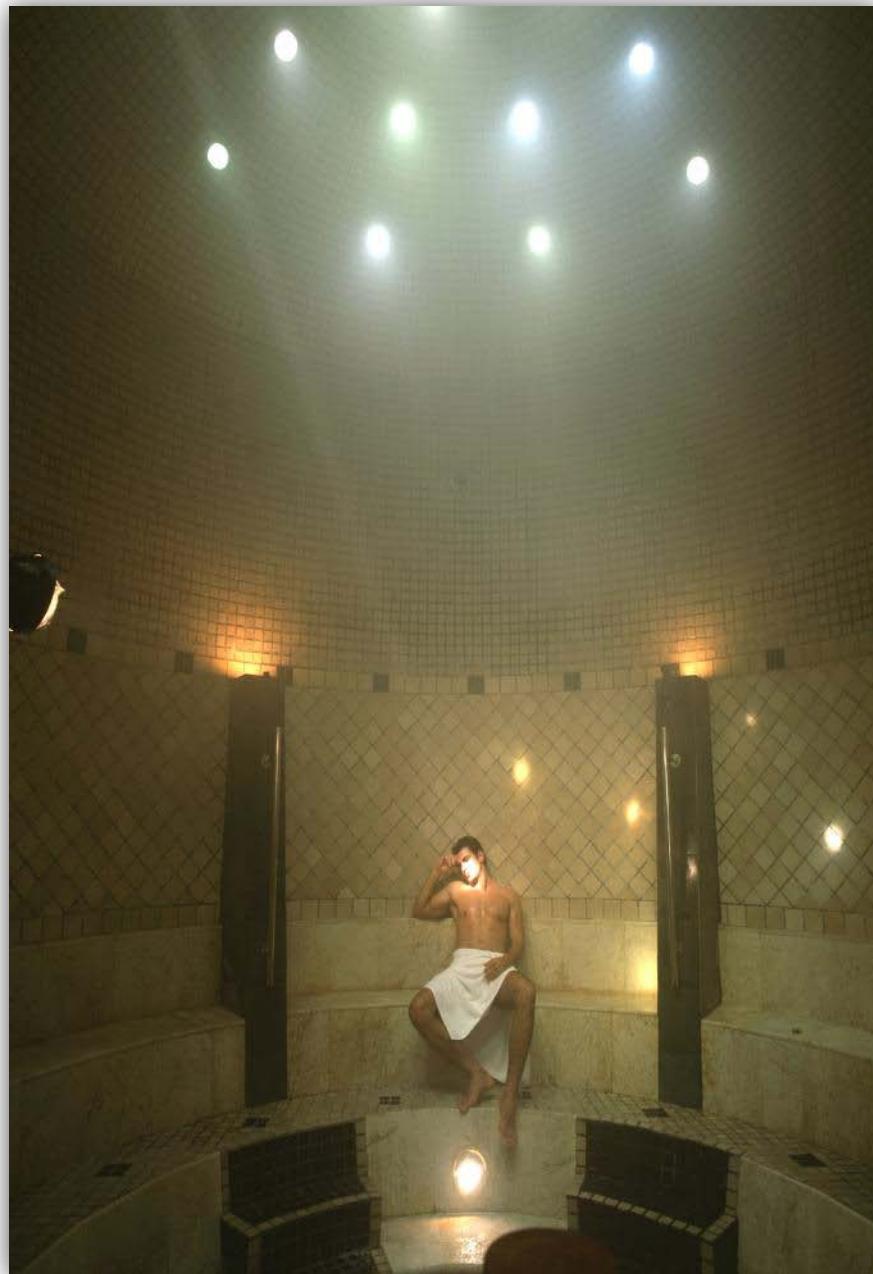
Our Health & Wellness center is an environment totally conducive to healthy living where you will find complementary treatments from Medical Holistic, Spa, Medi-Spa, Physiotherapy and Fitness.

Within the center we have a highly skilled and qualified team of health and wellness professionals including: Body Therapists, Specialist Consultants, Doctors, Nurses, Naturopaths, Physiotherapists, Counselors, and Fitness Trainers dedicated to support you in achieving lasting results.

We believe **HEALTH** stands for **H**elping **E**ach other **A**chieve **T**otal **L**asting **H**ealth and with this in mind have integrated many health modalities to form the Health & Wellness center, a mix of modern and complementary medicine.

We pride ourselves on the fact we adjust your program prescription depending on your experience of the treatments during your stay. This allows us and you to monitor your progress relative to your goals.

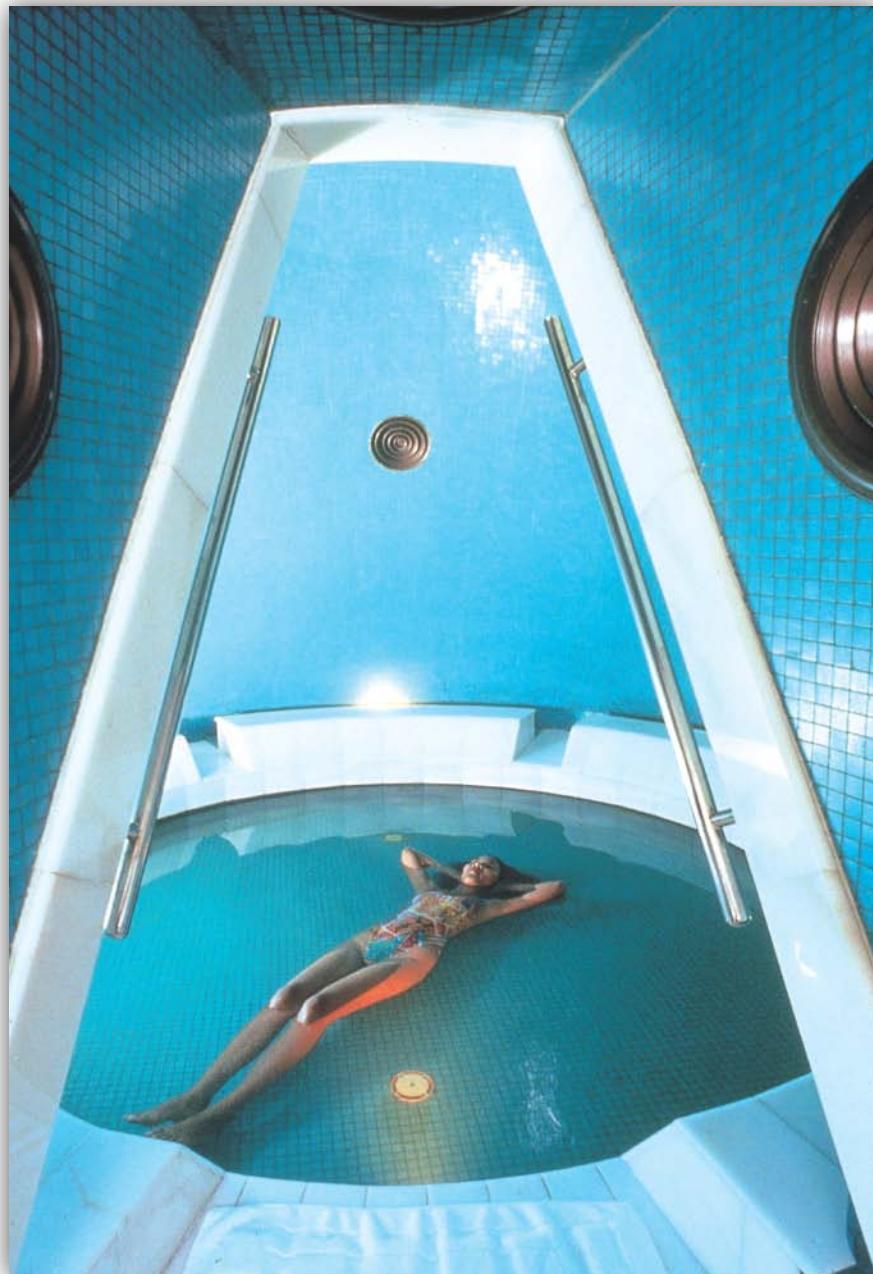
Good health equates to vitality, wellness, peace, harmony, and balance.



## Spa

- ∞ Chiva-Som Signature Treatments
- ∞ Exclusively for Men
- ∞ Facial Therapy
- ∞ Massage Therapy
- ∞ Body Therapy
- ∞ Hydro Therapy
- ∞ Hand & Foot Therapy
- ∞ Hair Studio Services

Integration of mind, body and spirit is a fundamental part of our philosophy and the very foundation of our Spa treatments. Members of our Spa team are internationally qualified and have broad experience in traditional and advanced Spa therapies. The team is constantly involved in training programmes to enhance your experience with us, and to help educate you in any aspect of our Spa therapies so you can take the knowledge away with you and practice in your everyday life. We work closely with other Health & Wellness departments to ensure that your Spa experience will assist in achieving your goals during your stay. Your journey into Spa begins in our Male or Female Water Therapy Suites. Enjoy cleansing and restorative heat treatments such as sauna, steam room and Jacuzzi or relaxation on one of our heated waterbeds as you sip mineral water or Lemongrass tea. Our Spa attendants will guide you through the facilities of the Water Therapy Suites and assist you in every possible way. Using these facilities promotes wellness and prepares the body for the treatments ahead, whether a relaxing massage or an invigorating Hydrotherapy treatment. Our unique blend of traditional and advanced therapies in this tranquil environment is enhanced by the caring nature of our dedicated therapists, who will nurture you through the rejuvenating and healing process to reach true balance of the mind, body and spirit.



# Holistic Health

Holistic Health is a key component of Chiva-Som's Health & Wellness concept. Holistic Health maintains a staff of doctors, nurses, naturopaths and therapists as well as specialist consultants, all of whom have a commitment to providing a holistic approach to your health needs. In this sense, Chiva-Som is one of the pioneers of integrative medicine and continues to develop this as a core function.

Your path begins with a Health & Wellness consultation. Here your health status, short term goals and long term needs are addressed, and appropriate activities are recommended. Whether you require advice on known health problems, choose a detoxification program, want to embark on a preventative health kick or even deal with emotional issues, our Health & Wellness consultants will guide you to the appropriate services and therapists.

Chiva-Som does not consider itself a primary care facility and we don't promise radical cures, though we have our fair share of success. We do offer to take the time to consider your health carefully and give you informed options and recommend treatments based on the best that modern and complementary medicine have to offer.

Education is a primary function of our Holistic Health team dedicated to teaching you about your health, and showing you how using different treatment strategies can enhance the quality of your life.

Our team believes in communication between therapists who work together to optimize your progress. Our fitness team, physiotherapy team and spa therapists are integral to offering complete care for your mind, body and spirit.

Unique to Chiva-Som is our use of Complementary Diagnostic Techniques. Additional insight is gained into your health through methods such as Iridology, Live Blood Analysis, Bio-terrain testing, and Electro-dermal screening. Issues skipped over by orthodox testing such as toxicity, digestive function, essential fatty acid balances and food intolerances may be identified through these methods.

Finally, we believe in the concept of your health span: your measure of years of good health, vitality and activity. Although its debatable how much we can influence our lifespan, our quest is to assist you in ensuring your health span is as close as possible to your lifespan.









## *Fitness*

Chiva-Som provides the ultimate exercise experience through innovation and education whilst maintaining the highest standards and safety by advocating the holistic approach. You have as your guide a team of dedicated and committed professionals to ensure that your goals are reached and that you are well equipped for future success. No matter who you are, no matter where you come from, you absolutely, positively do have the power to dramatically change the way you look and feel.

If you are only just starting out or you have attained fitness levels then we here at the "Haven of Life" have just the right ingredients to ensure that you achieve all your results for a healthier, happier lifestyle.

At Chiva-Som we aim to exceed our guests' expectations. Whatever your fitness aims and goals, we will guide you on along the way to achieving them through our exercise programs and our integrated holistic approach.

*Ailes*

# *Fitness Facility*

## [Cardio Machines](#)

- ∞ 4 Technogym Excite Treadmills
- ∞ 4 Technogym Excite Synchro Elliptical Machines
- ∞ 2 Technogym Excite Recline Bikes
- ∞ 1 Technogym Excite Upright Bike
- ∞ 1 Technogym Excite Wave Machine
- ∞ 1 Concept 2 Rowing machine

## [Resistance Machines](#)

- ∞ 1 Technogym Personal Selection Chest Press
- ∞ 1 Technogym Personal Selection Low Row Machine
- ∞ 1 Technogym Personal Selection Shoulder Press
- ∞ 1 Technogym Personal Selection Lat Machine
- ∞ 1 Technogym Personal Selection Leg Curl
- ∞ 1 Technogym Personal Selection Leg Extension
- ∞ 1 Technogym Personal Selection Multi-Power Machine
- ∞ 1 Freemotion Cable Cross Machine
- ∞ 2 Freemotion Cable Single Column Machines
- ∞ Freemotion Cable Lift Machine
- ∞ Dumbbells (free weights ranging from 4 to 22 kg)

## [Pilates Studio](#)

- ∞ Reformers
- ∞ Cadillac
- ∞ Adjustable Bench
- ∞ Rotational Disks Board
- ∞ Barrel
- ∞

## [Indoor Swimming Pool](#)

- ∞ Steam Room
- ∞ Jacuzzi
- ∞ Cold Plunge Pool
- ∞ Foot Passage
- ∞ Male & Female Changing Rooms

## [Dance Studio](#)

## [Yoga Pavilion](#)

## [Yoga Sala](#)

## [Tai Chi Pavilion](#)

## [Outdoor Swimming Pool](#)

## [Bathing Pavilion includes:](#)

# *Fitness Class*

## Mind & Body

- ∞ Flow Yoga
- ∞ Power Yoga
- ∞ Astanga Yoga
- ∞ Hatha Yoga
- ∞ Pranayama Breathing
- ∞ Tai Chi Chuan
- ∞ Water Tai Chi
- ∞ Mind & Body Conditioning
- ∞ Balance
- ∞ Stretching by Candle Light

## Strength, Flexibility & Body Tone

- ∞ Pilates Mat Class
- ∞ Pilates on Ball
- ∞ Pilates with Chiball & Band
- ∞ Abs Butts & Thighs
- ∞ Abdominal Workout
- ∞ Abs & Back Workout
- ∞ Fitball Class
- ∞ Fitball with Weight
- ∞ Travel Training Circuit
- ∞ Stretching Class

## Aerobics & Dance

- ∞ Low Impact Aerobics
- ∞ Intermediate Aerobics
- ∞ 3 in 1 Aerobics
- ∞ Step Aerobics
- ∞ Body Sculpt
- ∞ Cardio Kick

## Cardio & Fat Burning

- ∞ Cardio Combo Circuit
- ∞ Super Circuit
- ∞ Thai Boxing
- ∞ Beach Power Walk
- ∞ Group Bike Ride

## Aqua Exercise

- ∞ Water Pilates
- ∞ Aqua Aerobics Level 1
- ∞ Aqua Aerobics Level 2
- ∞ Aqua Box

## Special Activity or Work shop

- ∞ Golf Biomechanics
- ∞ Aquatic Therapy
- ∞ Functional Exercise







# Physiothérapie

Physiotherapy is more than a simple rehabilitation exercise that lasts a few weeks after an injury. At Chiva-Som, our physiotherapists are experts at assessing limitation of movement, injuries and musculoskeletal imbalance, and recommending proper treatments for regaining a full range of motion, relieving niggling pains, correcting muscular imbalance and planning the safe exercise programme that is right for you.

## Therapeutic Massage

Sedentary lifestyles often negatively affect postural balance and lead to shoulder, neck and lower back problems. Our physiotherapists may recommend a Deep Tissue Massage incorporating special massage techniques for joint and nerve tissue mobilisation to deeply affected problem areas to relieve aches and tensions. You will feel relaxed and rejuvenated once you receive this treatment.

## Computer Stress Therapy

Frequent use of a personal computer and sitting at your desk for extended periods of time can cause chronic physical problems. These common ailments affect many people who work long hours and don't receive the correct therapies and treatments. At Chiva-Som, Computer Stress Therapy has been created to relieve stressed musculoskeletal areas. Using our Myofascial Relief technique, soft tissue release and upper body massage with superficial heat applied on the whole arm, we help to increase blood circulation and relieve tension that manifests itself in the upper body. The treatment ends by applying 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.

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### [Cranio-Myofascial Therapy](#)

Cranio-Myofascial Therapy is a general massage that relieves tension or knots in muscles, and works on fascia at the same time. Manual techniques can be assisted by effectively releasing the fascia, particularly in the shoulder blade, neck and head areas. The fascial release from our Physiotherapists targets these areas as they often hold a lot of stress and tension due to injury and poor posture. Fascia tension relief uses vibration stimulation across muscle fibres, ligaments and the connective tissue fascia particularly around the jaw, base of the skull, face and temples. These techniques also help to increase blood circulation and lymphatic drainage to these areas. Vibration also helps to activate the muscles' own contraction and release, helping them to relax. The treatment finishes with manual techniques to release tension on the body bands of the torso, and the fascia that run across the body in each level, leaving you feeling warm and relaxed.

### [Remedial Massage](#)

This therapeutic massage helps release tension and relaxes the myofascial meridian lines by combining techniques of our deep tissue massage and myofascial pain release technique. Remedial massage is a treatment which you can upgrade to from your daily massage.

### [Rolling Release Therapy](#)

Most of the time sedentary lifestyle causes muscles along the spine and all over the body to weaken and become restricted which not only leads to discomfort but can eventually lead to chronic postural pain. Our

Physiotherapists are delighted to offer you a new form of workout that combines "Body Logic" and "Body Therapy" together. This effective self-rolling method is based on the principle that most people suffer pain and restricted movement due to poor structural alignment which results in collapsed posture, muscle tightness and sometimes pressing on the nerves. A session begins with postural analysis to find weakened and restricted areas, followed by a combination of spinal, hamstring, chest and neck release that allow you to relieve restricted points from your back up through your shoulders and neck. The session ends with a workout on both feet to stimulate the body's reflexology points which helps to promote your sense of healing.

#### [Therapeutic Exercise Services](#)

Therapeutic rehabilitation exercises such as Pilates, water therapy, Gyrokinesis, and metabolic breathing are tailored to each individual's specific needs and constraints to ensure safe, effective treatments. Specific exercise programs for you to continue your treatment at home can be arranged.

#### [Ai Chi](#)

Ai (love) Chi (energy) is an aquatic Tai Chi that becomes a simple water exercise and relaxation programme performed using a combination of deep breathing and slow, broad movements of the arms, legs and torso in a continuous pattern. The concept is based on the ancient Tai Chi that focuses on roundness, continuity, naturalness and slowness which promotes the perfect environment for those who have certain medical conditions including: hyper-tension, diabetes and all stress-related diseases. Daily

practice of Ai Chi reduces stress, improves balance, stimulates internal organs and enhances vitality and general well-being. The slow gracious movements of Ai Chi not only benefit the body but also the mind and spirit. There is "Power in Mind" in directed movement and it is so safe that you can practise Ai Chi everyday as your mobilisation and spiritual exercise.

#### [Metabolic Breathing Exercise](#)

For many years scientific research has shown that aerobic exercise (exercise that increases oxygen capacity) provides multiple benefits for healthy living including weight loss. Over that time we have been accustomed to the concept that the only way to increase oxygen intake is by high intensity exercise such as running, cycling and dancing and that your body needs to perspire in order to gain maximum benefit. Metabolic Breathing Exercise is an amazing breakthrough allowing you to increase your oxygen intake and boost your metabolic rate. Our Chiva-Som Physiotherapist team is delighted to offer you this simple yet powerful diaphragmatic breathing technique allowing a total flexing and contracting of all muscle groups giving your body a double whammy effect. Benefits include increasing oxygen intake, increasing metabolism, and releasing of toxins.

#### [Gyrokinesis](#)

A unique form of exercise incorporating many key principles of yoga, dance, gymnastics and Tai Chi. This methodology works the joints and muscles of the entire body in a gentle yet invigorating way. Through rhythmic, spiraling, and undulating movements the spine is set in motion. It sends waves of circulation through the inner organs and all other tissues of the body, oxygenating the blood and stimulating the nervous system.

Synchronizing these movements with corresponding breathing patterns adds to the deep stimulation of the vital forces inside the body. It organizes the movements into a harmonious flow similar to dance. The body and mind are re-educated to move with fluidity, relaxation, elegance and power and as a result the entire body is strengthened which leads to improved health and vitality.

### Oxygen Power Fitness

A controlled exercise program, using a combination of vitamin, and mineral & oxygen intake under the supervision of medically trained staff. The program is designed for all ages and all levels of fitness. During of cardiovascular exercise, your heart rate will be controlled while the body absorbs oxygen. This helps improve cellular functioning such as repairing and building tissues, energy storage and metabolism. The program finishes with stretching technique [to allow muscle to recover](#).

### H2O Therapy

This non-impact cardiovascular exercise is individually designed to provide the benefits of exercise without putting stress on the joints. Our physiotherapist will design an exercise program suitable for your condition. As well as improving fitness, H2O Therapy is an effective way to tone and shape your body even if you have physical problems. The water will support your body weight and decrease tension through the joints making exercise

safe, though effective. If you want to start Exercising or suffer from musculoskeletal pain, this is the ideal exercise for you.

### H2O Body Complex

Using water as a power gym, we can stimulate many exercises we perform in a gym. The absence of gravity allows performing without any type of joint injuries. The water resistance found in every movement is approximately 12 times more than the one done in the air. One water exercise is equal to 10 ground ones, resulting in high calorie burning, toning and strengthening. This workout directly improves all five aspects of physical fitness; strength, endurance, flexibility, cardio respiratory endurance and body composition. This non-impact cardiovascular exercise is individually designed to provide the benefits of exercise without putting stress on the joints.

### Pilates Back Rehabilitation

The Pilates technique is a unique form of exercise that caters to the specific needs of each individual. Slow precise movements allow you to become aware of your weakness and postural misalignment caused by injury or muscular imbalance. Your individual programme will tone up muscles increase your flexibility, and improve 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 the many forms of Pilates.







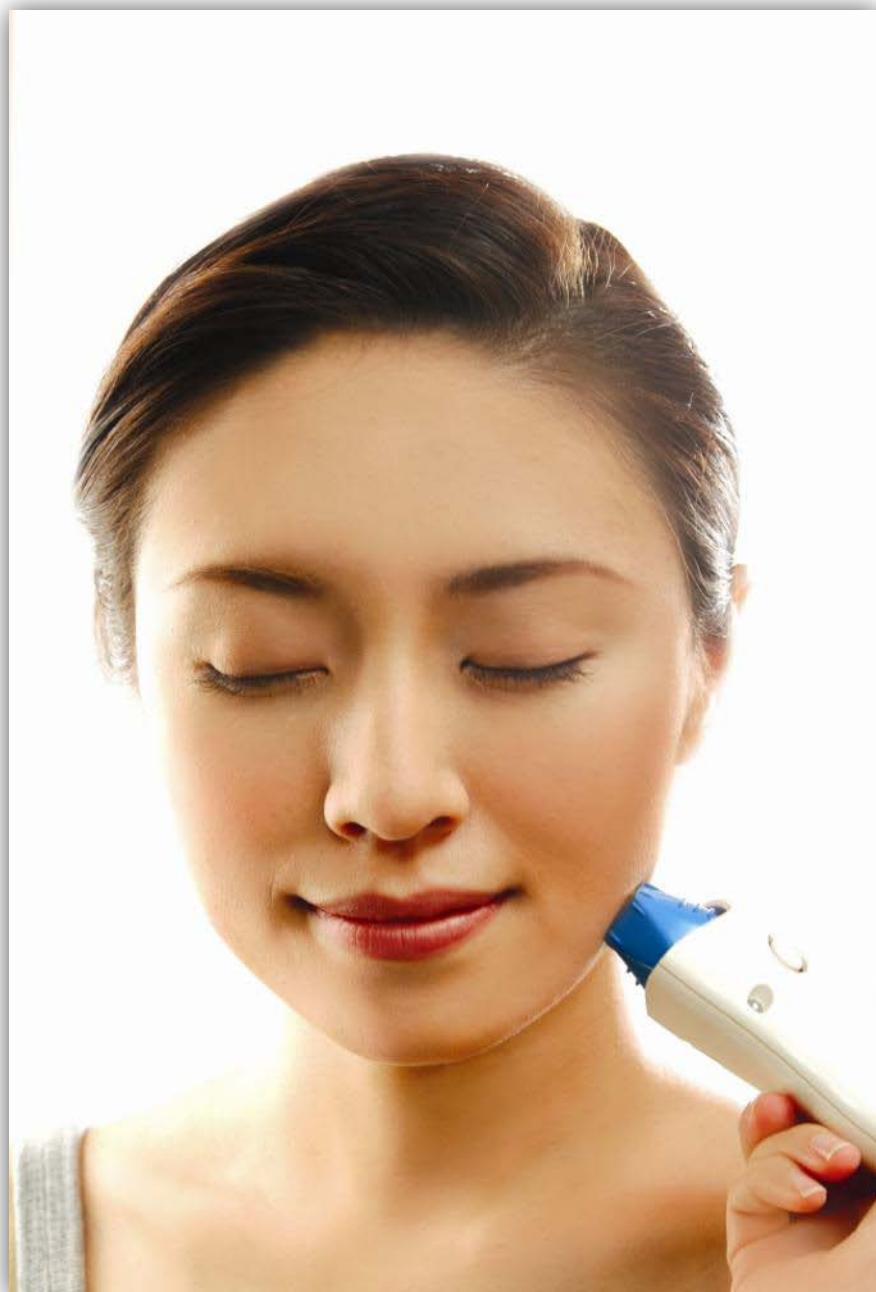


## Nirarlada Medi Spa

At Nirarlada, Chiva-Som's specialist medi-spa, our US-trained cosmetic doctors are dedicated to enhancing the aesthetic virtue and confidence of both their male and female guests. Focus on the well-being of the individual within Chiva-Som's world-renowned ambiance provides relaxation and comfort, whilst state-of-the-art laser and radio frequency technology attends to your rejuvenation. The name Nirarlada means eternal beauty, and that is what we strive for, in both mind and spirit.

Nirarlada Medi-Spa complements Chiva-Som's famous traditional Spa service with a wide range of treatments. During your initial consultation our cosmetic doctors use computerised facial imaging and color photography to evaluate your skin condition. The information is used as a basis to discuss your personal requirements and to evaluate which treatments best suit you. The photos become part of the "before and after" comparison so you can evaluate your improvements.

Our doctors are facial plastic surgeons who specialise in the art of aesthetic medicine, especially cosmetic laser surgery and anti-aging medicine. They were trained by one of the most respected facial plastic and reconstructive surgeons in the world, Dr. Thomas Romo, who teaches at the Department of Facial Plastic and Reconstructive Surgery in the New York Eye & Ear Infirmary, an affiliate teaching institute of New York University. All of our doctors have training and experience in otolaryngology, and head and neck surgery.



## Niranlada Services

Our laser centre offers a full spectrum of non-invasive laser treatments. We also offer Botox and Restylane injections. An initial 30-minute consultation is complimentary with a facial skin analysis using computerised technology.

- ∞ Laser Skin Rejuvenation
- ∞ Skin Tightening with Titan
- ∞ Skin Tightening and Contouring with Thermage
- ∞ Botox for Wrinkles
- ∞ Restylane
- ∞ Hair Removal
- ∞ Vein Laser Treatment

Ailes









## *Chambres de Luxe*

Chiva-Som rooms offer luxury and comfort with fittings and features providing a perfect balance between Thai architectural beauty and Western standards. From marble bathrooms to Thai sculptures and individual DVD players in each room, your creature comforts are taken care of. All Ocean View rooms face the Gulf of Thailand and outdoor pool. They offer private balconies or terraces.

Experience tranquility in one of the Chiva-Som Thai Pavilions. Positioned around the lake, they offer a peaceful atmosphere. Watch carp glide in the lake from your sala and enjoy that sense of peace that comes from being close to nature.

*Ailes*



## *Chiva Som Suites*

Chiva-Som's seven suites all overlook the Gulf of Thailand. Choose from Herbal, Fragrance, or Rain Forest Suites. The Herbal and Fragrance Suites, each with separate living rooms, feature much larger outdoor terraces overlooking the sea. These suites offer a larger lounge area and larger outdoor terrace, ideal for couples travelling together. The Rainforest Suites also have separate bath and shower areas, which allows guests to take advantage of Chiva-Som bath treatments in their room. Included in these suites is an adjoining dressing and changing area. These suites can be made into two bedroom suites by combining them with an Ocean View room.

Chiva-Som's largest suite is The Golden Bo Suite. Located in the main building, it has views of the Gulf of Thailand from both the bedroom and living areas. The suite has an extensive entrance lobby which features Thai artifacts and materials. This leads into the lounge area which features an ample sitting area for four people, a stereo system, DVD and television. Double doors lead into the master bedroom where all walls are covered with traditional Thai Silk giving a truly luxurious feel to the furnishings and bedroom. A private bathroom including a Jacuzzi, changing area and dressing table are located off the main bedroom area.

All Chiva-Som suites come with private butler service throughout your stay.







## *Spa Cuisine*

Chiva-Som has won many international awards for outstanding spa cuisine, notably SpaFinder Magazine Reader's Choice Award for Best Spa Cuisine and the Spa Asia Crystal Award for Best Spa Cuisine Menu. Your culinary senses will be treated when you check in to Chiva-Som.

Our concept is to provide healthy cuisine but with so many flavours you will never notice it's good for you! We will introduce you to the freshest produce delicately mixed with fresh herbs and spices to create flavours that will scintillate the senses and create delicious dining experiences. Our view of spa cuisine is that the moderation should be in the ingredients, not the flavour.

Chiva-Som chefs create daily menus to offer the widest range of dishes to suit a healthy lifestyle while satisfying your appetite. We include the tenderest steaks, the tastiest lamb, the softest chicken, the most delicate fish and the freshest vegetables combined with local herbs and spices to produce great tasting dishes.

Our philosophy is that our guests should take away not just a memory but also an experience which is why all of our dishes can be made at home using ingredients that can be purchased anywhere. We offer spa cooking classes and the Chiva-Som cookbook where the secrets of a healthy diet can be learned and applied at home.

You can also try Chiva-Som cuisine on board British Airways. Fly first class and sit back and enjoy great cuisine to help you arrive in better shape.







## *Cleansing Diet*

Despite the fact that our food is so good - already a detoxifying diet compared with most guests' diets at home - many guests choose a more structured detox at Chiva-Som. Whether on one of our detox packages or not, you can cleanse your body under the guidance of our experienced naturopathic practitioners and holistic medical staff. Our experienced staff monitor detox diets with particular care to ensure that you will still be able to enjoy all Chiva-Som has to offer.

Ailes

















## Asie du Sud Est

Thailande – Indonésie – Chine – Myanmar – Laos – Cambodge – Vietnam  
Malaisie – Singapour – Philippines – Corées du sud & Nord – Mongolie – Japon

## Océan Indien & Subcontinent Indien

Île Maurice – Seychelles – Madagascar – Îles Maldives  
Inde – Sri Lanka – Bhoutan – Népal

## Australie & Océan Pacifique

Australie – Nouvelle Zélande – Îles Fidji – Polynésie française

## Moyen-Orient

Emirats Arabes Unis – Oman – Qatar – Bahreïn – Iran – Yémen – Liban – Syrie

## Afrique

Afrique du sud – Botswana – Namibie – Zambie – Zimbabwe – Mozambique  
Malawi – Kenya – Tanzanie – Ouganda – Rwanda – Ethiopie – Egypte - Maroc

## Amérique Latine & îles des Caraïbes

Mexique – Pérou – Costa Rica – Equateur – Belize – Guatemala – Chili – Bolivie  
Argentine – Brésil – Caraïbes – Grandes & Petites Antilles - Cuba

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