

# *Elegant Resorts*

## **PRESS RELEASE**

### **NEW SUITE, IMPROVED YOGA PROGRAMME & SUMPTUOUS SPA CUISINE**

**Chiva-Som, Asia's original health resort,  
celebrates its 15<sup>th</sup> anniversary with added luxury dimensions**

*Marking its 15<sup>th</sup> anniversary in true style, Chiva Som has opened the doors to its largest luxury suite, introduced a newly designed yoga retreat and launched its new healthy eating cookery classes...*

A complete transformation of Chiva-Som's founder, Boonchu Rojanasatien's former house, has resulted in the 192-metre Leelawadee suite. Guests can enjoy a full butler service; an open plan living and dining room, a separate kitchen and a spacious circular Jacuzzi in the master bathroom. Views from the bedroom overlook the suite's private garden and the Gulf of Thailand and the secluded ground floor location allows guests to practice meditation and yoga sessions in complete tranquillity.

Expanding on their health programme, Chiva Som - famous for encapsulating all things that encourage well being, now offers its guests a greater choice of yoga disciplines throughout the year. The new programme will feature practices taught by yoga experts from all over the world, including Australia, Great Britain and India. 5, 7, and 14 night retreats including three meals a day, a daily massage, a health and wellness consultation, daily fitness and leisure activity programmes with access to the water therapy suites are now available.

Chiva Som have also designed a series of cookery activities so that guests can continue their newly acquired healthy habits post holiday: cookery classes held by the head chef; private lunch and learn sessions where guests can decide their own menu with the chef, who will then prepare the meal to be enjoyed at the chef's table. There is also a private beach barbeque where guests select their favourite ingredients to be cooked by the chef.

To enjoy the wellness delights of Chiva Som

**Free Spa Treatment** (from a choice of Meditation, Tai Chi, Thai Herbal Massage and Thai Boxing)

Stay 7 nights from **£3245** per person. Price based on two adults sharing an Ocean View Room Double, including full board, economy flights and return private car transfers. Price is based on a departure date of 02 May 2009

Valid from 1st May to 30th September 2009

**Media Contact**

Elegant Resorts Press Office

Tel: 01244 897140

Email: [pressoffice@elegantresorts.co.uk](mailto:pressoffice@elegantresorts.co.uk)