



CHIVA SOM, HUA HIN, THAILAND

By Sue Wallace

Chiva Som's signature 'Watsu' treatment that sees you suspended in warm waters and gently swirled around, encourages you to surrender body, mind and soul. A Watsu expert takes charge and guides your body ever so gently this way and that while suspended in water. My legs are raised and arms stretched, aided by neck and ankle floats and I leave feeling refreshed and recharged without having to lift a finger. The signature treatment of the much-awarded Thai International Health Resort combines massage, shiatsu and muscle stretching. Chiva Som – that's Thai for 'haven of life' celebrates its 23rd anniversary in 2018 and has long been at the pinnacle of worldwide wellness resorts with a trail of coveted awards, accolades and life-changing tales. It's no boot camp with forbidden foods and locks on fridges – the Chiva Som way offers an holistic approach to diet, exercise, activity, relaxation, physical ailments, emotional issues and your inner self. The 58-room resort features new ocean view rooms as well as 70 treatment rooms, set in manicured perfumed gardens. Much-awarded executive chef, Paisarn Cheewinsiriwat, and his culinary team of 45 create healthy spa cuisine which tastes as good as it looks. A stay here is a great kick-start to a healthier lifestyle. chivasom.com

