



Press Release

14 December 2009

The Ultimate Mindbody Detox 7-Day Retreat at Chiva-Som
Clear your mind, cleanse your body and enjoy better health and happiness



Chiva-Som regularly hosts practitioners of exceptional ability to provide variety for their guests. Their visiting consultants calendar is constantly changing on a monthly basis. To expand the offering even further, for the first time Chiva-Som is offering guests the ultimate MindBody Detox Retreat with Sandy Newbigging, author, meditation teacher, and creator of the Mind Detox Method.

The MindBody Detox Retreat will be running from 5 to 11 February, 2010 and from 12 to 18 February, 2010. This retreat provides the unique opportunity to discover and heal the mental and emotional causes of your physical conditions and life stresses.

Our bodies can become increasingly toxic by the things we eat, drink, breathe, put on our skin and even think. Toxins get stored in fat cells and joints and can impact on the body's ability to heal itself and function properly. The process of detox releases and eliminates unwanted toxins and excess fat and seemingly unrelated health problems often disappear for good. When combined with Sandy's proven and powerful 'Mind Detox Method', you can massively improve your health, wealth, peace of mind and happiness.

You know *what* the problem is, but do you know *why* it started and *how* to fix it? Sandy's Mind Detox Method has successfully treated a range of physical conditions and life problems, including: acid reflux, acne, addictions, allergies, anxiety, asthma, arthritis, back problems, chronic pain, constipation, depression, eczema, eating disorders, fatigue, food intolerances, headaches, hyperhidrosis, insomnia, irritable bowel syndrome, low self-esteem, migraines, psoriasis, panic attacks, phobias, thyroid problems, weight gain, and more.

The Ultimate Mindbody Detox Retreat focuses on Chiva-Som's award-winning cleansing diet incorporating juice meals, raw food, organic superfoods and nutritional supplements. It also includes accommodation, daily massages, therapies specific to detoxing, unlimited attendance of daily fitness and leisure classes, unlimited use of steam, sauna and Jacuzzi, a private consultation with Sandy and participation in five signature group classes taught by Sandy.

There are 12 individual places available for 6 nights for both time periods mentioned above. Prices for The MindBody Detox Retreat start from US\$3,905 per person for Ocean View Twin Share*. Please contact reservations to book your stay. Tel +66 (0) 32 536 536 or fax +66 (0) 32 511 154 or email to reservation@chivasom.com or visit www.chivasom.com

*This is an approximate price. Prices are published in US dollars and settled in Thai Baht as per the bank exchange rate on the date of arrival. Prices are subject to 17.7% service charge and V.A.T.

- End -

Note to Editors:

Mindbody Detox Retreat Inclusions

- 6 Nights accommodation
- 6 daily massages (choose from Chiva-Som, Invigorating, Thai or Foot massage)
- 5-Day monitored cleansing diet followed by 2 day spa cuisine meals
- 1 nutritional supplements
- 2 Maya massage or 2 therapeutic lymphatic drainage
- 2 Colonic Hydrotherapy or 2 Chi Nei Tsang (abdominal massage)
- 1 Pranayama yoga
- 1 Chiva-Som body cocoon (choose from Cleansing, Revitalising or Siam cocoon)
- 1 skin smoothing salt scrub
- Unlimited attendance of daily fitness and leisure classes
- Unlimited use of water therapy suites which include steam, sauna and Jacuzzi
- 1 Mind Detox Method (MDM) consultation with Sandy Newbigging (1-2 hours)
- 5 group classes (maximum 12 people) with Sandy covering:
 - Discovering the root-causes reasons - *how to resolve the hidden causes of body and life problems.*
 - The emotional domino effect - *how to clear a lifetime of negative emotions in minutes.*
 - Emotional Freedom Technique - *how to physically release stuck toxic emotions.*
 - The mind-body-world connection - *how to harness its power to heal your body and change your life.*
 - Ishayas' Ascension Meditation - *how to live more presently and experience inner peace and happiness.*

Sandy Newbigging

Sandy Newbigging is highly-respected for his ability to quickly and elegantly help people to discover and resolve the hidden 'root-cause reasons' for their body and life problems so that they can enjoy long-lasting health and happiness.

He is the author of 4 books including 'New Beginnings', 'Life Detox' and 'Life-Changing Weight Loss' and his Mind Detox method has been featured on television in over 30 countries. He has clinics in Edinburgh and London, runs life-changing workshops and retreats throughout Europe and trains people to become Mind Detox Practitioners at his Mind Detox Masterclass.

Sandy Newbigging is also a qualified teacher of the Ishayas' Ascension meditation. During 24 weeks of meditation he explored the nature of the mind and stabilised his experience of resting in the infinite peace of the present moment. This enables him to teach from a very pure place and speak from his firsthand experience. Now that he is qualified he teaches the remarkable techniques during weekend workshops and at retreats around the world.

Chiva-Som



A secluded world of beauty and serenity, Chiva-Som is the "Haven of Life" – a luxury health resort dedicated to revitalising the mind, body and spirit. The beachfront resort represents tranquility at its best with luxurious accommodation, nestled within lush tropical gardens.

Focusing on greater well-being and vitality, Chiva-Som offers extensive fitness, spa and holistic health facilities to help you relax, restore, rejuvenate and redirect. Personalised programmes and treatments are designed for everyone, blending Eastern philosophies with Western diagnostic skills. Widely regarded as the Best Destination Spa in the World, Chiva-Som welcomes you

with unique Thai hospitality. Located in the Royal city of Hua Hin, the resort is less than three hours by car south of Bangkok.

Chiva-Som is the proud recipient of numerous accolades, most recently 'Best for Mind, Body and Spirit' and 'Best for Medical' SpaFinder's Readers' Choice 2009; 'Top 5 Overseas Retreat' Condé Nast Traveller Readers' Spa Awards 2009 (and every year since 1999); '2nd Favourite

Destination Spa' Conde Nast Traveller 2009 Readers' Travel Awards; 'Best Overseas Spa' Luxury Travel&Style Magazine 2009 Gold List; 'Spa Cuisine of the Year' AsiaSpa 2008; 'Favorite Spa in Thailand' and 'Top 10 Medi-Spas' Spa Finder 2008; 'Best Spa in the world' The ULTRAs-The Ultimate Luxury Travel Related Awards 2008; 'Best Overseas Spa' Luxury Travel&Style Magazine 2008 Gold List;

Chiva-Som has achieved the prestigious Green Globe certification recognising our commitment to operating at the world's highest environmental standard on all levels of operation. The resort has several initiatives, policies and practices in place for energy efficiency and conservation, waste water treatment and reuse, fresh water conservation, waste minimisation and recycling, air quality management and environmentally friendly product-usage.

For more detailed information on this press release please contact:

narumol.k@chivasom.com

Narumol Keadpukdee

PR & Communications Manager

Chiva-Som International Health Resorts Co., Ltd.

11th Floor, Modern Town Building

87 Sukhumvit 63, Bangkok 10110, Thailand

Tel: +66 (0) 2711 6900-12

Fax: +66 (0) 2381 5852