



GOLF PLUS RETREAT

We are blessed to be surrounded by some of the best golf courses in Asia, and for aficionados dedicated to making the most of their time here, this retreat perfectly balances play with recovery and relaxation. Sunny days on the green are followed by deep-tissue massage and an aloe vera mask to soothe aching muscles and sunburnt skin.



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SEAPINE GOLF COURSE

Located right by the ocean, the Seapine course makes for leisurely play soothed by fresh breezes.



PINEAPPLE VALLEY GOLF CLUB

Formerly the Banyan, Pineapple Valley was voted Thailand's best club by Golfasian's 15,000 golfers, one of Asia's top three by Asian Golf Monthly, and one of the Rolex World's Top 1000 Golf Courses.



BLACK MOUNTAIN GOLF CLUB

Named one of Golf Digest's World's 100 Greatest Golf Courses, Black Mountain challenges even the professional with trees, rocks, creeks and bunkers spread across its three nine-hole courses.





RETREAT INCLUSIONS

- Accommodation
- Three wellness meals per night of stay
- A health and wellness consultation
- A physical analysis
- A skin consultation
- Unlimited use of the Water Therapy Suites
- Daily group fitness and leisure activities
- Laundry (four pieces per day)
- One daily treatment, choosing from the following: Chiva-Som Signature Massage, Thai Massage, Invigorating Massage, Oriental Scalp Massage, Relaxing Foot Massage, Chiva-Som Skin Haven Body Polish, Hydrotherapy (Detoxifying Balneotherapy, Flotation or Body Jet Blitz), Manicure or Pedicure

| 5 NIGHTS | 7 NIGHTS | 10 NIGHTS |
|--|--|---|
| <ul style="list-style-type: none"> • 18 holes at Seapine • 18 holes at Pineapple Valley or 18 holes at Black Mountain • Golf Fitness Training • Pilates • Deep Tissue Massage 50 minutes • Aloe Vera Body Mask | <ul style="list-style-type: none"> • 18 holes at Seapine • 18 holes at Pineapple Valley • 18 holes at Black Mountain • Golf Fitness Training • Pilates • Deep Tissue Massage 50 minutes • Aloe Vera Body Mask • Super Stretch 25 minutes | <ul style="list-style-type: none"> • 18 holes at Seapine • 18 holes at Pineapple Valley • 18 holes at Black Mountain • Golf Fitness Training • Pilates • Deep Tissue Massage 50 minutes • Aloe Vera Body Mask • Super Stretch 25 minutes • Watsu |

* Golf Fitness Training - may alternate with Refunctional Exercise

** Deep Tissue Massage - may alternate with Back, Neck and Shoulder Massage or Fast Track Back Release

*** Watsu - may alternate with 3 P's perfect fitness

**** Games of golf exclude tip for caddy

***** All other Chiva-Som terms and conditions apply

For reservations, please contact the reservations team Email: reservations@chivasom.com | Tel: +66 32 536 536
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