

Chiva-Som

This is a typical day on a Spa Stay retreat.

TIME	ACTIVITY
07:00 – 08:00	Group fitness or leisure activity (e.g. Tai Chi, beach power walk, aqua aerobics, yoga etc.)
08:00 – 09:00	Breakfast
09:00 -10:00	Five elements massage
11:00 – 12:00	Oriental scalp massage
12:00 – 12:45	Bioplasma treatment
13:00 -14:00	Lunch
15:00 – 16:00	Chiva-Som signature deep hand massage
18:00 – 20:00	Dinner