



CHIVITR

Wellness Retreat



**Wellness Retreat & Clinic of Integrative
Medicine**



FOUNDER & OWNER

Porntip Noppakoon (OR)

For over 25 years, Or has dedicated herself to studying and developing practices that support lasting health and well-being. Her journey has been shaped by years of hands-on experience, deep commitment, and a clear vision: to create a place where true wellness could be achieved through a thoughtful blend of science and tradition.

Her vision became a reality with the creation of **Chivitr** (ชีวิตร), meaning "life" in Thai. Launched on August 8, 2016, Chivitr is Or's first wellness retreat, located in the serene surroundings of Phuket. The resort's distinctive design—merging Chinese and European architectural styles reflects its core philosophy, integrating ancient Eastern healing wisdom with modern Western medical science and diagnostics.

Or founded Chivitr Wellness & Retreat with a clear mission: to help individuals take control of their health through a holistic approach rooted in Lifestyle and Functional Medicine. She offers guidance grounded in applied knowledge, encouraging a positive mindset and sustainable habits that strengthen both body and mind.

Her passion has attracted a dedicated team of specialists in integrative and functional medicine, all of whom share her values and commitment. Together, they provide every guest at Chivitr with a deeply supportive environment for achieving long-term wellness and personal transformation.

Your Health & Well-Being. Our Commitment & Care





CORE VALUES & PHILOSOPHY

Principles

We are committed to providing exceptional care through:

PERSONALISED PROGRAMME:

Individual needs are unique. Thus, our health-care plans are based on the definition of a Client Centered model of care.

COMPREHENSIVE HEALING METHODS:

Addressing both acute and chronic symptoms by identifying and treating the underlying causes.

PROFESSIONAL HEALTHCARE TEAM:

A dedicated team of highly qualified, skilled, experienced practitioners and doctors, offering compassionate and caring service.

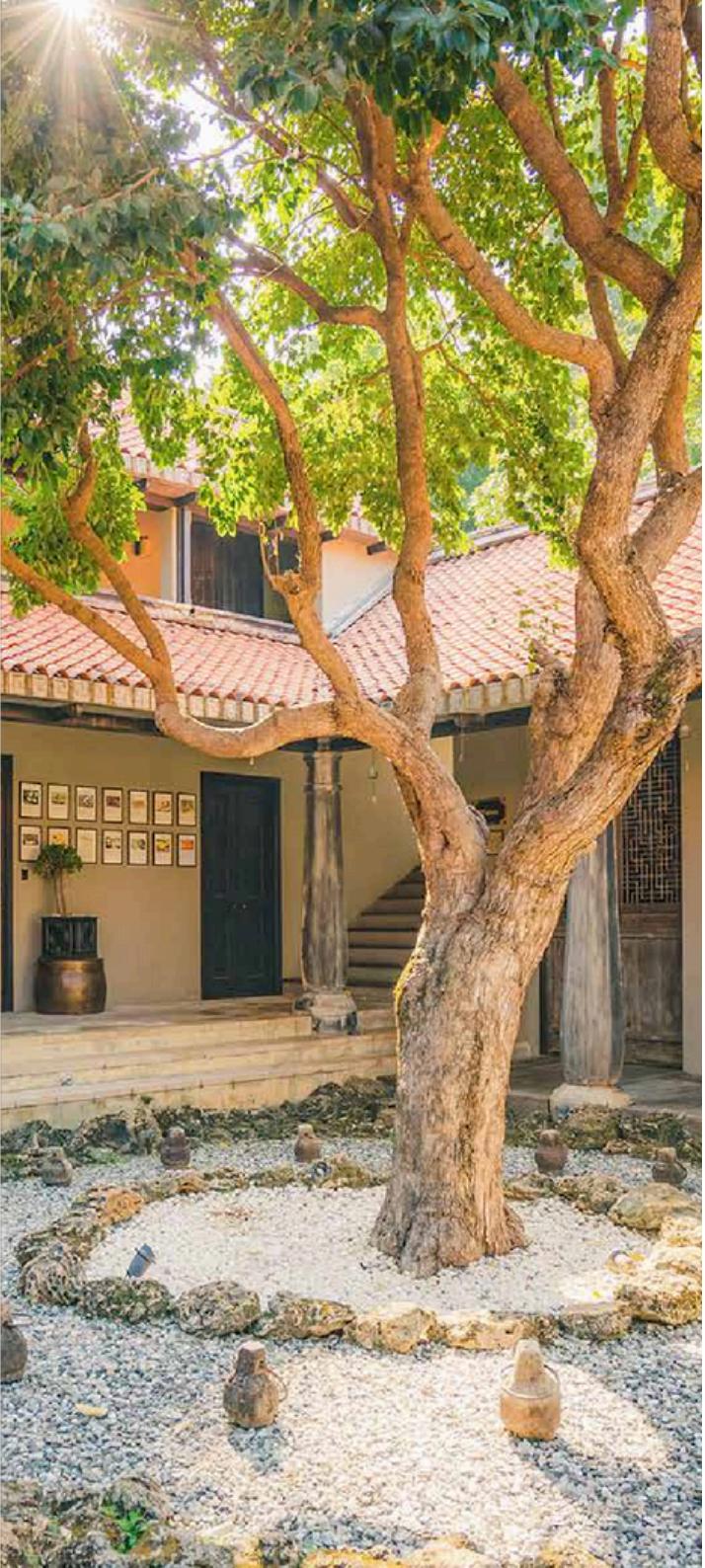
PEACEFUL ENVIRONMENT:

Our treatment rooms and facilities are thoughtfully designed to ensure a comfortable, clean, and safe environment.

Mission

To empower self-care and enhance individual well-being through sustainable lifestyle practices and holistic wellness experiences.





FOOT MASSAGE

Foot massage is the application of pressure on a particular area of the soles of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area.

Our foot massage uses hands, fingers, thumbs and knuckles with lotion, balm and oil. It helps the body regain and maintain its general good health and natural balance. Improves circulation in feet and legs, improves lymphatic drainage, boosts the immune system, reduces stiffness and promotes physical healing.

THAI MASSAGE

Thai Massage techniques focus on pressure points and gentle body stretching along the body's energy channels. Our therapist uses thumbs, palms, forearms, elbows, feet, knees and shins.

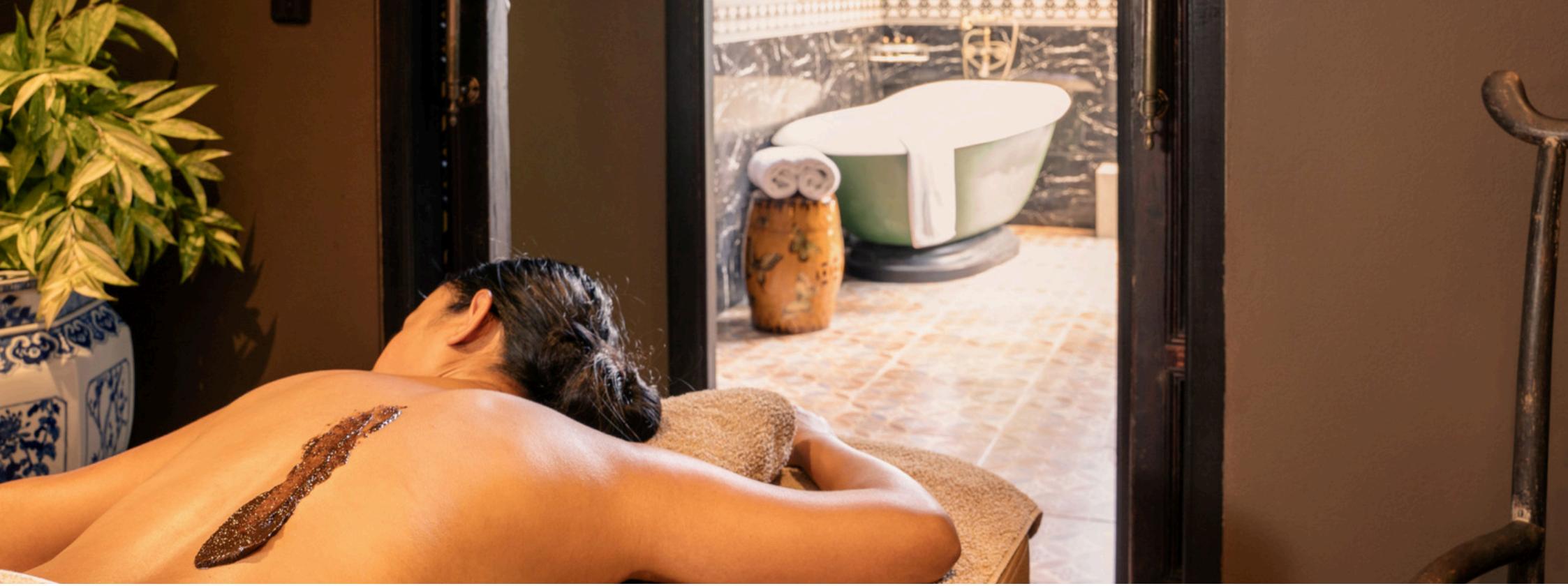
This is accomplished by gradual movement through different yoga-like positions, enhancing your flexibility, allowing for a greater range of motion which leads to a reduction of muscular stress and strain.

HOLISTIC MASSAGE

This oil massage follows no set routines and is especially tailored to address your individual needs, drawing on a wide range of massage techniques as directed by you or how your body responds. Many benefits of Holistic oil massage include; relief of muscle tension, increased energy levels, improved blood circulation, promotion of relaxation and strengthening the immune system.

DEEP-TISSUE/ PHYSICAL MASSAGE

This is a specific type of body treatment that concentrates on deep layers of muscle and fascia (the connective tissue surrounding muscles) in the body. It especially helps for chronic aches and pains in specific areas such as stiff neck, shoulder tension, upper & lower back pain and leg muscle tightness.



CHIVITR SIGNATURE MASSAGE

Our signature is created for your total relaxation. It draws its inspiration from the Chinese five elements of Earth, Metal, Water, Wood, and Fire. We also weave some traditional Indian wisdom into this indulgent treatment.

It begins with a whole-body organic mud scrub and face mask (Earth). The mud draws out toxins from your body through the skin. You will then immerse in a warm magnesium salts bath (Metal and Water). Many benefits of magnesium salt include the relief of stress, muscle aches, headaches & joint pain, increasing insulin sensitivity, improving circulation, speeding up wound healing, treating eczema or other skin problems.

Following your bath, take a moment to relax with our indulgently nutritious refreshment, while our therapist prepares for your full-body massage with Sandalwood oil (Wood). The treatment is completed with warm stones (Fire) placed on the body's seven Chakra points. The Chakras are the energy of life and they control the functions of various organs, keeping them balanced.

The experience will leave your whole body feeling rejuvenated, revitalized and relaxed.

BODY SCRUB (incl. Herbal Steam Sauna)

Our signature body scrub commences with 15-minutes in the Thai herbal steam sauna to soften and open up the skins pores. Once warm we apply our scrub with gentle circular hand motions using the same principles as manual lymphatic drainage (MLD) therapy, we remove the superficial layers of dead skin cells leaving your skin rejuvenated & hydrated. Due to the method of the scrubs application, your lymphatic system benefits from this treatment as well.



THAI HERBAL COMPRESS

Our Home-made traditional Thai Herbal Compress followed by a massage. Our therapists use acupressure techniques and light stretching followed by the application of our homemade herbal compress. It induces deep relaxation, relieves stress and fatigue, boosts your emotional and physical well-being, and assists the alignment and postural integrity of the body. It also improves circulation of your blood and lymph and stimulates the internal organs.

Our home-made traditional Thai herbs used include:

CAMPHOR (GARABOON)

Stimulates the brain, heart and circulation, and relieves mental and emotional stress, anxiety and insomnia. When inhaled it is particularly beneficial for the sinuses and respiration. Used in compress format it soothes sore muscles and arthritis and treats nervous system disorders such as multiple sclerosis and fibromyalgia.

CASSUMUNAR GINGER (PLAI)

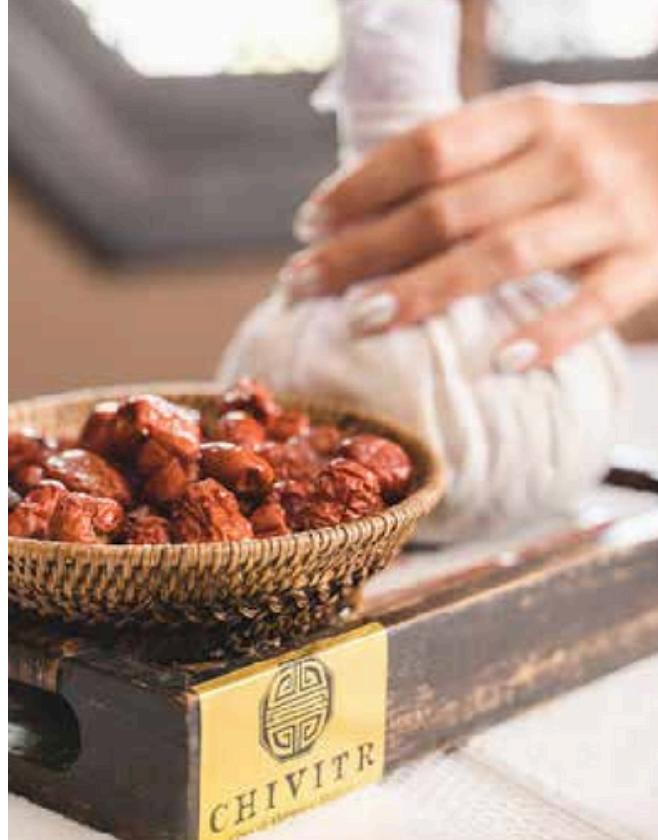
Soothes muscle aches and pains. A natural emollient used by women to tone and soften their skin, and has been used (in Thailand) by generations to restore the womb after giving birth.

PANDANUS LEAF (BAI TOEI)

This fragrant herb has been found to have medicinal benefits as it contains tannin, glycosides and alkaloids, which are said to be the reason for the effectiveness of treatment of headaches and skin problems.

GINGER (KHING)

Ginger is a powerful stimulant with proven heating effects on the body. Its oil boosts circulation, eases muscle stiffness and increases the potency of all herbs combined with it.



KAFFIR LIME PEEL & LEAVES (MA-GOOD)

The vapors are uplifting and beneficial in treating respiratory ailments. The oil on the skin acts as a cleansing astringent.

LEMONGRASS (TA-KRAI)

Soothing yet invigorating. Has a clearing effect on the head and uplifts the mind.

TURMERIC (KAHMIN)

One of the key ingredients in healing, it is used internally for circulatory and digestive problems. It is also a natural moisturizer and antiseptic popular for skin treatments.

TAMARIND LEAF (MA-KHAM)

For cleansing the skin, treating skin inflammation & reducing fevers & pain.

THAI HERBAL STEAM SAUNA

THE PROVEN BENEFITS:

TOXIN REMOVAL

Our highly aromatic medicinal herbs, many of which are home grown and prepared here at Chivitr, are quickly absorbed into the bloodstream and circulate directly to every tissue of your body, delivering their therapeutic powers to each and every cell. At the same time, the hot steam opens your pores and allows the herbal vapours to enter the skin to draw toxins out with your sweat.

RESPIRATORY AILMENTS

Our herbal steam bath is especially good for respiratory problems, such as bronchitis, asthma, sinusitis and allergies, as the steam removes allergens and mucus from lungs. Steam also has a soothing quality for the breathing passages since it raises the moisture level in your lungs, throat and nose. People who suffer from respiratory ailments find they feel much better after indulging our Thai herbal steam experience.

IMMUNITY

During your Thai herbal steam experience your body temperature becomes higher and the functioning of the immune system is stimulated, while the growth of bacteria and viruses is forced to slow down. The production of white blood cells; the primary agents of the immune system, is increased, as is the rate of their release into the bloodstream. The generation of antibodies speeds up, as does the production of interferon, and antiviral protein that also has powerful cancer fighting properties.



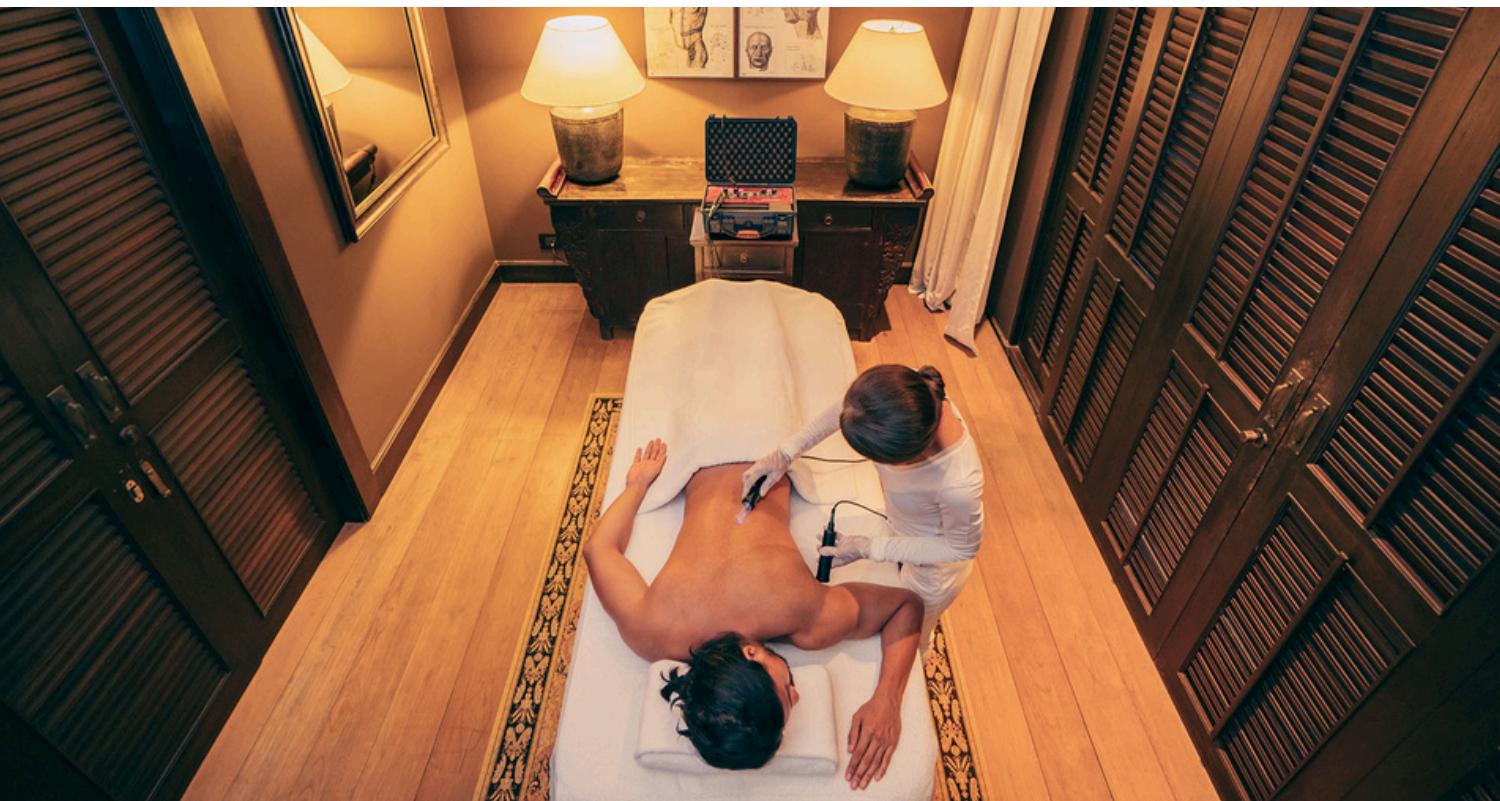
ELECTRO LYMPHATIC THERAPY

The Electro Lymphatic Therapy (ELT) is a therapeutic treatment using science technology device designed to improve and enhance our body's lymphatic system. The instrument produces information through the transmission of noble gas ionisation. The technology takes advantage of a complex circuit within the machine which transmits energy by electronically ionising noble gasses (Xenon, Argon, and Krypton) in a lead-free glass tube that is applied to the surface of the skin affecting the underlying interstitium which has become clogged or sluggish.

A plasma energy field is then created to open the lymph system, improve Lymphatic flow, decongesting the clog up lymph system and accelerating detoxification of tissues. The Quantum Physics behind this device not only charges red blood cells, improving their mobility. But also breaks up wastes being stored in the tissues, which clears pathways in the lymph system to make the immune system more functional.

CONTRAINDICATIONS OF ELT:

- Pacemaker
- Pregnant women
- Epilepsy
- Thrombosis
- On open wounds
- Menstruation



USEFUL APPLICATIONS OF ELT:

- Autoimmune Disorders
- Detoxification
- Decreases viral, bacteria, and fungal loads
- Improves immune function
- Increases healing process
- Improves absorption
- Calms the Central Nervous System
- Increases focus and cognition
- Problems associated with fluid retention
- Relieves congestion
- Fibromyalgia
- Reducing inflammation
- Chronic colitis
- Cellulite reduction
- Helps relieve asthma
- Relief from headaches and sinus congestion
- Heals skin lesions
- Relieves sore muscle/muscle strains

N.B. The duration of the initial ELT session is usually 90 minutes, depending on the individual's Lymphatic system.

FULL SPECTRUM & FAR INFRARED SAUNA

THE PROVEN BENEFITS: DETOXIFICATION

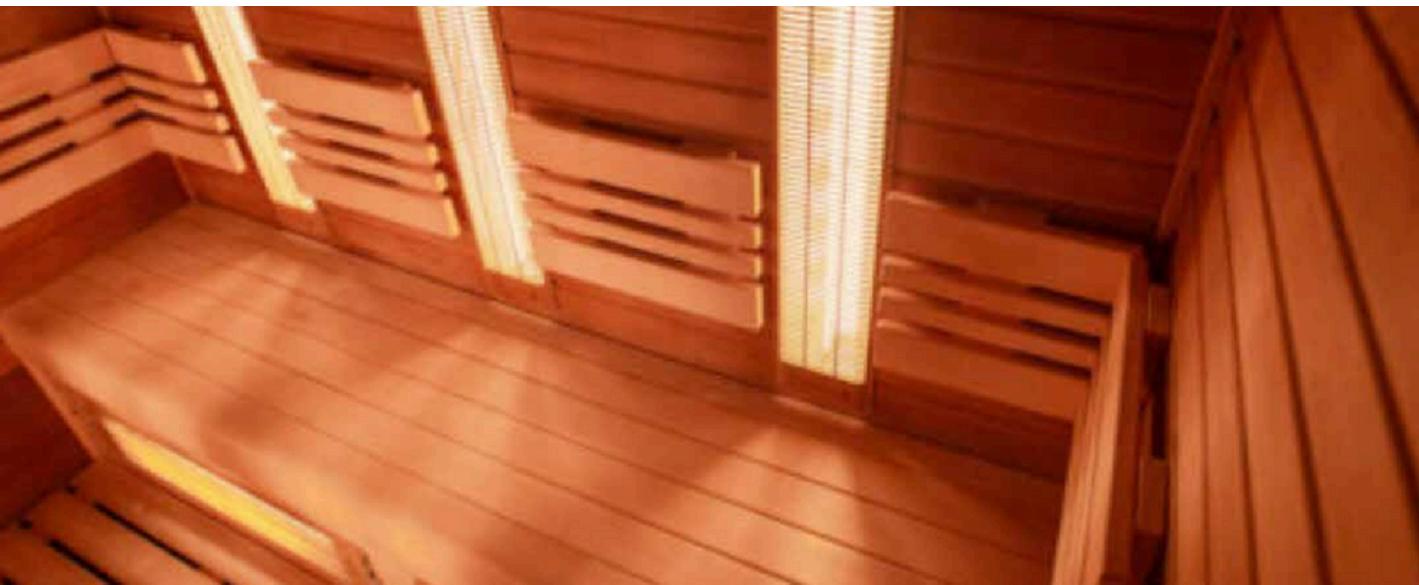
Sweating is one of the body's most natural ways to eliminate toxins, making it a crucial part of detoxification. When compared to more traditional 'Swedish' saunas, our far- infrared saunas facilitate the elimination of up to seven times more toxins.

RELAXATION

Our far-infrared sauna therapy promotes relaxation by helping to balance your body's level of Cortisol, your body's primary stress hormone. The heat generated by the sauna will also help to relax your muscles and relieve tension throughout your body allowing you to relax and de-stress.

PAIN RELIEF

If you suffer from muscle aches or joint pain, our far-infrared sauna can help to relieve this form of inflammation by increasing circulation and relaxing your muscles.



WEIGHT LOSS

The heat generated by our far-infrared saunas will cause your core temperature to increase, which can also lead to an increase in heart rate that you experience when exercising. When your body has to work harder to lower your core temperature or keep up with an increased heart rate it will burn more calories, resulting in weight loss. For example a 30 minute far-infrared sauna session could burn up to 600 calories, depending on the individual.

IMPROVED CIRCULATION

As the heat generated from a far-infrared sauna increases your core body temperature, your circulation will increase along with it. The middle-infrared level can stimulate blood-flow, improve muscle recovery and decrease pain and inflammation after intense exercise.

SKIN PURIFICATION

The far-infrared sauna technology we use here at Chivitr can help purify your skin by eliminating toxins from your pores and increasing circulation resulting in clearer, softer, and healthier-looking skin.



WATSU (HYDROTHERAPY)

Watsu (Water Shiatsu) is a gentle form of aquatic body therapy performed in our purpose-built warm magnesium salted pool (35 °C). It combines elements of massage, joint mobilization, shiatsu, and muscle stretching. The relative weightlessness created by the supporting water takes the pressure off the vertebrae, allowing the spine to move in different ways to when stretching on land. Gentle, gradual twists and pulls by the therapist relieve the rigidity in the spine to help alleviate pressure on the spinal nerves. The effects include a very gentle yet deep stretching, and a release of muscular and joint restrictions, along with a state of deep relaxation which encourages the release of stress and tensions. Watsu improves mobility and flexibility and has been shown to be beneficial in chronic pain syndromes.

AQUACISE IN MAGNESIUM - WARM WATER

Working on the cardio vascular system, strengthening and toning muscles. Exercise in warm magnesium water pool. Balance . Inertia. Resistance. Newtons third law: every action has an equal and opposite reaction – exercising in water.

MINDFULNESS

Discover the way to create mindful habits that enhance your life, work and health. We teach you how to integrate mindful habits into every aspect of your life that can influence how you sleep, your decision making & success, exercise and sporting prowess.

HEALTH CONSULTATION

A comprehensive in-depth consultation that investigates lifestyle and medical history to help to construct a plan of treatment or advise on lifestyle & diet adjustments or supplementation.

YOGA

Individual & group classes that evolve over time from laying sound fundamental strength and flexibility.

BREATHING THERAPY

Learn better breathing for health and mindfulness. Using our practitioners' unique Yoga and Freediving techniques, combined with knowledge of human biology, kinesiology & athletic performance, that will help create healthy breathing patterns assisting with endurance sports,, lymph flow, nervous system and stress..

UNDERWATER BREATHING THERAPY (SWIMMING POOL)

Set in our tranquil pool, breathing in water practice is the ultimate treatment for release of stress & tension, taking you to the present moment and bring a new level of body awareness and enlightenment. Through immersion and breath holds your world falls silent, your awareness goes inwards where you can observe and learn a new level of control.



SOUND THERAPY

This therapy uses specific instruments that release soothing sounds and vibrations. Sessions can assist with decreasing the levels of anxiety and depression. It has been linked to enhanced memory function, helping recovery of multiple mental health disorders, tinnitus, cancer, and chronic pain.

SOUND COMBINED HYDROTHERAPY

A powerful combined treatment that elicits benefits from these strong therapies. Using sound; pressure waves are carried through the water that release vibrations, enabling greater relaxation and enhancing the sound therapy benefits. Accompanied by the support of a practitioner to gently move you on the water's surface in what is an intricately timed and fluid water choreography. A deeply relaxing treatment where you are taken off world and freed of negativity and stress.



Sound of Peace

Energy of Love



TRADITIONAL THAI MEDICINE (TTM)

DOCTOR CONSULTATION (ONLY)

This is an in-depth physical examination and consultation where the Doctor receives vital information in order to be able to diagnose and give suitable treatments.

All the following treatments are inclusive of TTM Doctor assessment and consultation:

THAI THERAPEUTIC MASSAGE

This treatment goes beyond a Thai massage and targets pain or discomfort that requires a specialist tailored approach. Traditional Thai Medicine (TTM) Doctors conduct a thorough assessment prior to using a series of manual techniques to the «sen-sib» (10 major meridian lines). The massage is specific to the individual, and targets the problem area. This treatment can benefit many digestive and hormonal disorders as well as nerve, spine and joint pain.

HERBAL MASK FOR SKIN

TTM Doctor uses powdered herbal medicines mixed with immunological agents to create a mask to place on the affected area. The mask has 2 stages of application, 'hot' and 'cold'. The 'hot' herbs warm up the body, reducing the wind element, resulting in increased blood flow. In contrast, the 'cold' herbs cool the body down, reducing the fire element which in turn reduces inflammation, the body is relaxed and calm. Herbal masking aids many skin complaints.

HERBAL MASK FOR EYES & THERAPEUTIC HEAD MASSAGE

Traditional Thai Herbs with cooling properties, the main ingredient being 'Fa thalai chon' or Andrographis Paniculata is commonly used to brighten and calm the eyes. The herbs combined give relief to migraines, headaches, strained, dry and tired eyes.

HOT HERBS & THERAPEUTIC MASSAGE

Using the principle of increasing the fire element on a specific part of the body through the application of a fresh herbal medicine that has 'hot' properties followed by a therapeutic massage on the area where the herbs were applied. The hot herbs are usually applied on the stomach; for constipation or wind relief, joints; for relief of aches and pains or back; to relieve office syndrome pain.

THAI TRADITIONAL HERBAL REMEDIES

After consultation or treatment, a TTM Doctor is able to prescribe a herbal remedy which comprises of herbs and minerals according to the principle of Thai traditional pharmaceutical knowledge. A TTM Doctor may prescribe an ethno-pharmaceutical remedy or herbal drug remedy that are listed in the drug list of Thailand.





POST-PARTUM CARE PROGRAM

Post-partum care programme is conducted for those who had a normal labor or cesarean section birth. This programme is performed according to the theory of Thai traditional medicine to adjust the balance and harmonise the 4 elements of the body which are earth, water, wind, and fire; resulting in a reduction of muscle pain, stimulation of lactation, and prevents of other health problems. The process of the treatment includes:

- Therapeutic massage and herbal compression to relieve muscle pain.
- Breast massage and herbal compression to stimulate lactation and to reduce breast engorgement.
- Hot salt potted compression which is placed on the stomach and pubic area to accelerate the shrinkage of the uterus and enhance the lochia excretion.
- Herbal steaming to stimulate blood circulation and allow muscle relaxation.

THAI HERBAL STEAM INHALATION

Similar to our Thai herb steam sauna, yet for this treatment the TTM Doctor will use a specific blend of herbs that will assist in the individuals' symptoms. Administered in the privacy of a either a specialised private steam bath; specific for muscle relaxation, or inhaled to clear mucus and open up the nasal passages, throat and lungs.

HERBAL MASK FOR JOINTS & THERAPEUTIC MASSAGE

In Thai Traditional Medicine, joint pain can be caused by the blood and 'wind' flow obstruction. White clay and other anti-inflammatory herbs are used to absorb heat and relieve pain in the joint.



TRADITIONAL CHINESE MEDICINE (TCM)

DOCTOR CONSULTATION (ONLY)

This is an in-depth physical examination and consultation where the Doctor receives vital information in order to be able to diagnose and give suitable treatments.

All the following treatments are inclusive of TCM Doctor assessment and consultation:

CUPPING

In Cupping, the TCM Doctor uses fire to produce a vacuum in a cup that is then placed onto the affected areas. After the treatment dark-circular bruises will appear, they usually disappear within 3-5 days.



TRADITIONAL CHINESE ACUPUNCTURE

Acupuncture is one of the outstanding treatments of Traditional Chinese Medicine. The TCM practitioner performs acupuncture precisely onto various spots of the affected and related parts of the body. This kind of treatment cures and prevents many symptoms as well as rejuvenation by adjusting the balance of inner body energy, especially effective for reducing pain.



ACUPUNCTURE & CUPPING THERAPY

A combined and powerful treatment. Acupuncture is first performed followed by Cupping therapy. This stimulates blood circulation and allows the “Qi” energy to flow smoothly.

ACUPUNCTURE & MOXIBUSTION

Moxibustion administered together with Acupuncture increases the ‘Qi’ energy flow and the effectiveness of both treatments.

TUI NA

Tui Na is a treatment using traditional Chinese medicine used to reduce pain in the muscles. This therapy stimulates blood circulation, relieves stress, and softens stiff muscles through kneading, squeezing, massaging, pressing, and rubbing on the Prana (life-giving force) lines. Tui Na can be used as a substitute treatment to acupuncture.

TRADITIONAL CHINESE HERBAL REMEDIES

The TCM Doctor prescribes various parts of Chinese herbal plants as well as minerals according to their properties which are related to the individuals' ailment.

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|---|--|--|---|
| • Aquacise In Magnesium - Warm Water | (Private) 60 Min / 2,000.- | • Holistic 4 Hands Massage | 60 Min / 2,800.- |
| • Body Scrub (Incl. Herbal Steam Sauna) | 90 Min / 2,700.- | • Mindfulness | 90 Min / 3,800.- |
| • Breathing Therapy | (Private) 90 Min / 3,000.- (2 People) 90 Min / 2,500.- | • Physical Therapy (Rehabilitation) | 1 Session / 5,000.- |
| • Chivitr Signature Massage | 3 Hrs / 6,800.- | • Sound Therapy | 60 Min / 3,000.- |
| • Deep-tissue / Physical Massage | 60 Min / 2,500.- 90 Min / 3,500.- | • Sound Combined Hydrotherapy | (Private) 60 Min / 4,000.- (2 People) 60 Min / 3,300.- |
| • Electro Lymphatic Therapy | 60 Min / 3,500.- 90 Min / 4,500.- 5 X 60 Min Sessions / 16,500.- 10 X 60 Min Sessions / 31,500.- 5 X 90 Min Sessions / 21,500.- 10 X 90 Min Sessions / 40,500.- | • Thai Herbal Steam Sauna | (Private) 45 Min / 7,000.- (2 People) 45 Min / 11,000.- |
| • Far Infrared Sauna | 30 Min / 800.- | • Thai Herbal Compress & Massage | 30 - 45 Min / 800.- |
| • Full Spectrum Sauna | 30 Min / 1,100.- | • Thai Massage | 60 Min / 2,000.- 90 Min / 2,800.- |
| • Foot Massage | 30 Min / 700.- 60 Min / 1100.- | • Underwater Breathing Therapy (Swimming Pool) | (Private) 90 Min / 3,500.- (2 People) 90 Min / 3,000.- |
| • Health Consultation | 1 session / 5,000.- | • Watsu (Hydrotherapy) | (Private) 45 - 60 Min / 3,800.- (2 People) 45 - 60 Min / 3,000.- |
| • Holistic Massage | 60 Min / 2,300.- 90 Min / 3,200.- | • Yoga | (Private) 60 Min / 2,000.- (2 People) / 1,500.- |
| | | • One Night Retreat Programme | (SGL) 23,800.- (DBL) 38,800.- |

All prices shown are per person and include taxes.

Traditional Thai Medicine (TTM)

Traditional Chinese Medicine (TCM)

- Doctor Consultation (Only)

1 Session / 800.-

- Thai Herbal Steam Inhalation

30 Min / 800.-

- Herbal Mask For Skin

30 Min / 1,300.-

- Herbal Mask For Eyes & Therapeutic Head Massage

30 Min / 1,800.-

60 Min / 2,700.-

- Herbal Mask For Joints & Therapeutic Massage

60 Min / 2,700.-

- Hot Herbs & Therapeutic Massage

30 Min / 1,800.-

60 Min / 2,700.-

- Thai Therapeutic Massage

60-70 Min / 2,000.-

90 Min / 2,500.-

- Doctor Consultation (Only)

1 Session / 800.-

- Moxibustion

30 Min / 1,500.-

- Cupping

30 Min / 1,500.-

- Traditional Chinese Acupuncture

30-45 Min / 1,800.-

- Acupuncture & Cupping Therapy

45 Min / 2,300.-

- Acupuncture & Moxibustion

30-45 Min / 2,300.-

- Traditional Chinese Herbal Remedies

(Price Depending On Amount & Type)

- Tui Na

30 Min / 1,500.-

- Foot Soak with Chinese Herbs

30 Min / 900.-

All prices shown are per person and include taxes.

GUT MICROBIOME TEST



The BioMed test provides a comprehensive analysis of the gut microbiome, using qPCR technology to detect specific gut microbiotas relative quantity. Data analysis further evaluates corresponding risks in having chronic health problems like Obesity/Metabolic Syndrome, Irritable Bowel Syndrome, Insomnia, Immune Disorders, Eczema and Allergy. This is all found in a detailed report along with recommendations for dietary modifications and a supply of personalised Probiotics to assist in restoring gut microbiome health.

The turnaround time from Stool Sample drop off to the personalised Probiotics delivery is approximately 3 weeks (depending on the Countries Import and Customs clearances outside Thailand).



BioMed Gut Microbiome Test & 3 Months Personalised Probiotics :

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|-------------------------------------|-----------------|
| National (Thailand) Delivery | 30,000.- |
| International Delivery | 33,000.- |

BioMed Gut Microbiome Test & 6 Months Personalised Probiotics :

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| National (Thailand) Delivery | 43,000.- |
| International Delivery | 46,000.- |

BioMed 1-year Package, 1 Gut Microbiome Test & 6 Months Personalised Probiotics, another Gut Microbiome Test on Month 7 & an additional 6 Months Personalised Probiotics:

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|-------------------------------------|-----------------|
| National (Thailand) Delivery | 18,000.- |
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3 Months additional supply of Personalised Probiotics:

| | |
|-------------------------------|-----------------|
| International Delivery | 22,000.- |
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All prices shown are per person and include taxes.



YOUR TRUST MEANS THE WORLD TO US

