

Kick Start the new you at Chiva-Som with Zoe Bingley-Pullin



Australia's nutritional expert, Zoe Bingley-Pullin will be offering her Nutritional Survival Package at the world's leading destination spa, Chiva-Som in Thailand. Zoe will be at Chiva-Som from 3-13 December 2010.

Zoe's Nutritional Survival Package reviews current eating and lifestyle habits and equips people with the tools to adjust to a new, healthier lifestyle. The package includes a seminar on Health and Nutrition, a two hour cooking class and two one-on-one consultations with Zoe, who will provide a personalised nutrition booklet, Glycaemic Index and tips for reading labels. Participants will also have their body-fat percentage calculated, receive a seven-day food plan and a copy of Zoe's *Eat Taste Nourish Nutrition* cookbook.

The **five-night Chiva-Som retreat** includes three delicious Spa Cuisine meals per day, a choice of daily massage, a Health and Fitness assessment and participation in Chiva-Som's daily program of fitness and leisure activities. A five-night retreat at Chiva-Som is priced from AU\$2,881 per person twin share, and retreats are available on 3 December, 5 December and 8 December 2010.

To make a booking, please contact Travel the World by calling 1300 950 622 or visit www.traveltheworld.com.au.

