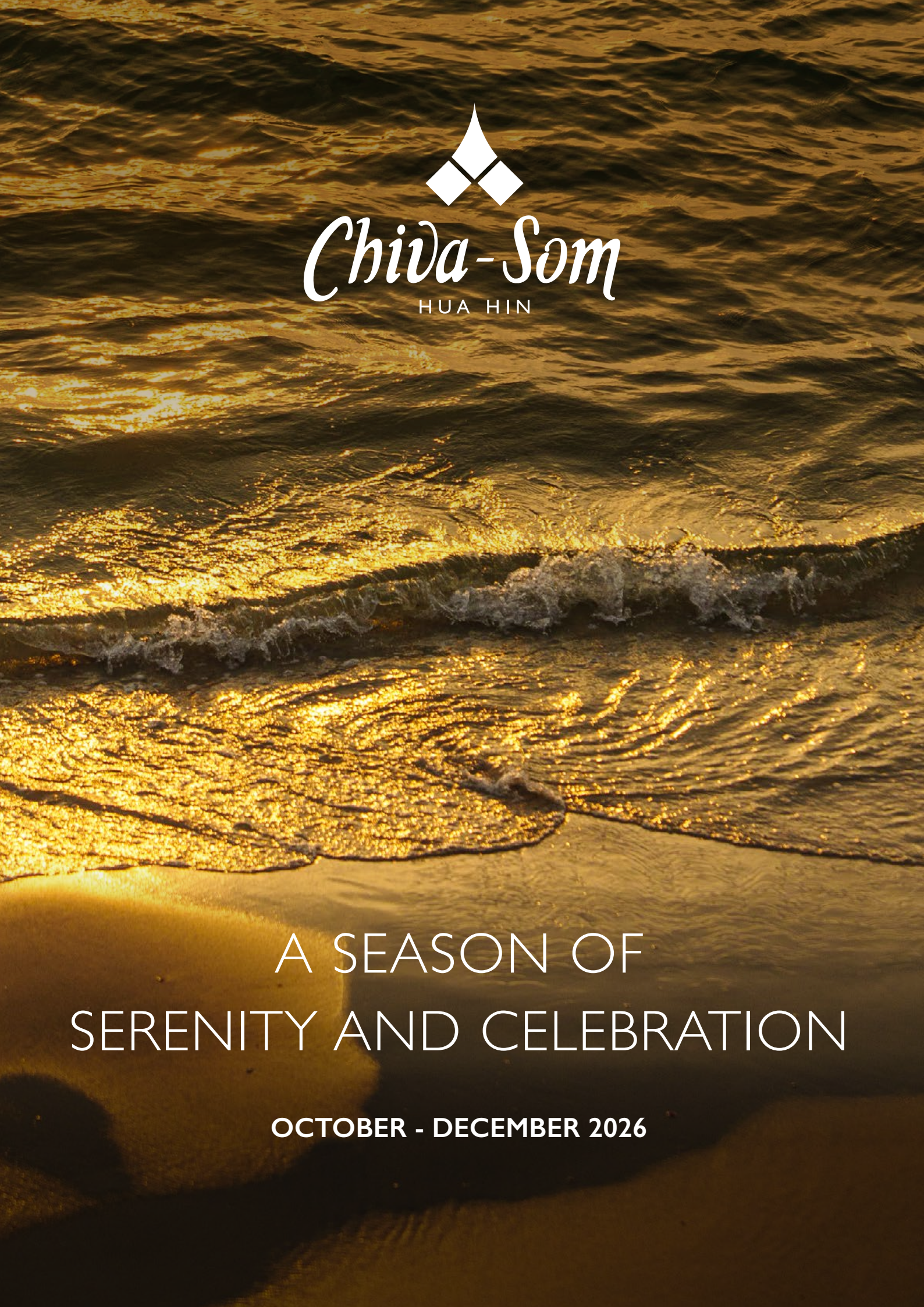


A SEASON OF SERENITY AND CELEBRATION

OCTOBER - DECEMBER 2026

OCTOBER

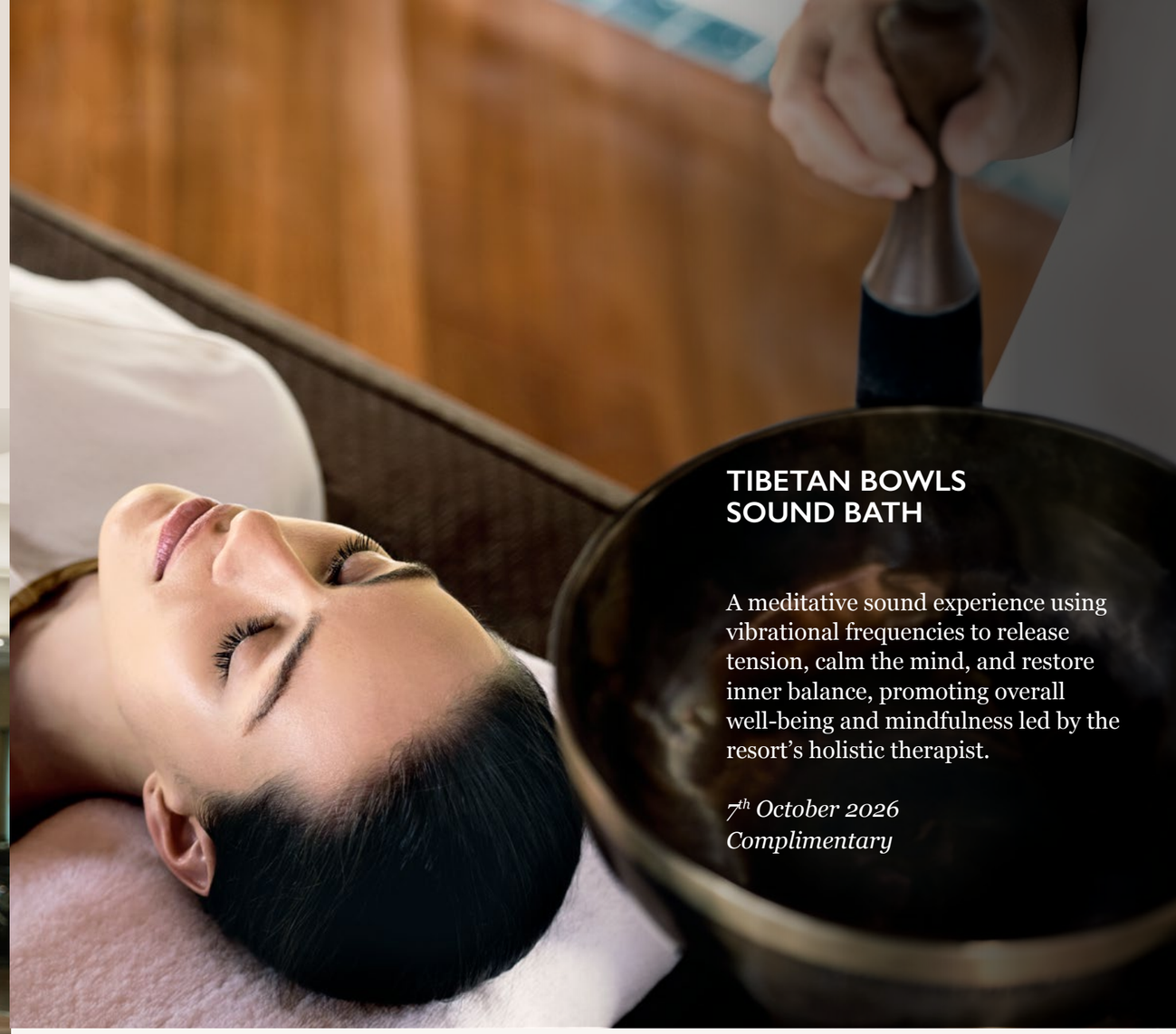
EARTH ELEMENT: MOVEMENT, CLARITY AND STABILITY



BRAIN AND BODY CONNECTION EXERCISE

The Brain and Body Connection programme is a one-on-one, 50-minute training session designed to enhance the synergy between the central nervous system and the musculoskeletal system. This scientifically grounded approach aims to improve neuromuscular efficiency, cognitive focus, motor coordination, and movement precision. Utilising specialised equipment — including the Blazepod, free-weights, machines, and various training tools — each session incorporates structured drills and progressive challenges that simultaneously engage the brain and body. Each training protocol is tailored to individual goals, whether for athletic development, injury prevention, or overall performance enhancement.

THB 3,500++ for 50 minutes



TIBETAN BOWLS SOUND BATH

A meditative sound experience using vibrational frequencies to release tension, calm the mind, and restore inner balance, promoting overall well-being and mindfulness led by the resort's holistic therapist.

7th October 2026
Complimentary

GUT HEALTH HOLISTIC THERAPEUTIC TREATMENT

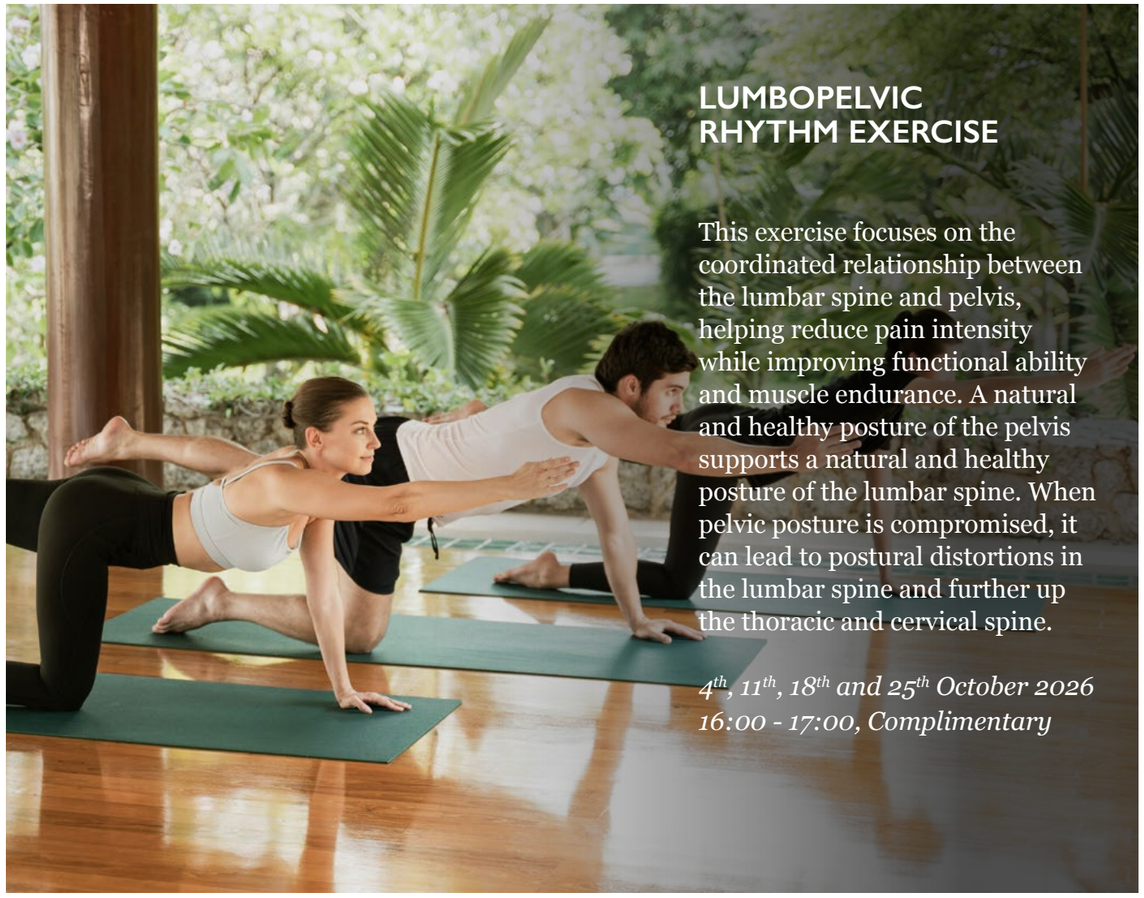
Rooted in the essence of the Earth Element this refined therapy restores balance through deep nourishment of the digestive system. By fortifying the body's foundation, it cultivates inner stability and grounded vitality. A serene harmony unfolds, aligning body and mind in the rhythm of natural well-being.

THB 4,500++ for 50 minutes

THAI WISDOM FOR ELEMENT BALANCE

Led by Senior Thai Traditional Medicine Practitioner and Holistic Therapist Chananchida Banyeam, this immersive session explores the Four Elements and their application across holistic treatments, nutrition, lifestyle, and daily rituals.

2 Classes per Month, Complimentary



LUMBOPELVIC RHYTHM EXERCISE

This exercise focuses on the coordinated relationship between the lumbar spine and pelvis, helping reduce pain intensity while improving functional ability and muscle endurance. A natural and healthy posture of the pelvis supports a natural and healthy posture of the lumbar spine. When pelvic posture is compromised, it can lead to postural distortions in the lumbar spine and further up the thoracic and cervical spine.

4th, 11th, 18th and 25th October 2026
16:00 - 17:00, Complimentary

SKIN CANCER SCREENING

Protect your skin with our special promotion offering a 50% discount on skin cancer screening. Skin health is essential for maintaining your body's natural stability and structure. A skin cancer screening helps detect abnormalities early, enables appropriate monitoring and supports your overall physical well-being.

Focused Skin Cancer Screening
1 – 20 specific suspicious spots
THB 5,000++ | Regular Price THB 10,000++

Comprehensive Skin Cancer Screening
Whole-body screening
THB 10,000++ | Regular Price THB 20,000++



CULTIVATING A POSITIVE MIND

Guided by Theelon Kurusattra, Licensed Mental Health and Wellness Specialist, this session offers practical insights into improving mindful awareness to recognise and transform habitual patterns into supportive routines, strengthening mental resilience for a more balanced and fulfilling life.

10th October 2026
World Mental Health Day, Complimentary

WARM SAND RENEWAL THERAPY

Experience a multi-layered thermal treatment designed to relax muscles and relieve pain through the grounding essence of earth and heat. The ritual begins with a magnesium oil massage that applies precise thumb, elbow, and forearm pressure to dissolve tension throughout the body. A therapeutic sand-and-herb compress follows, delivering targeted warmth to calm and comfort.

THB 4,700++ from 75 minutes

EARTH ENERGY EMBRACE

Inspired by the ancient wisdom of Thai Traditional Medicine and the grounding power of the Earth Element, this session explores the element's role in supporting strength, stability and vitality as the body ages. Through holistic practices and grounding techniques, participants will learn to recognise signs of imbalance and restore harmony through natural therapies and wellness treatments.

22nd October 2026, Complimentary

BEYOND CALORIES - NOURISHMENT AS THE TRUE MEASURE OF HEALTH

Led by Keletso Kelosiwang, Resident Naturopath and Nutrition Specialist, this educational wellness talk will explore mindful eating and nutrient-rich food choices beyond calorie counting to support lasting vitality, balanced energy, and overall well-being.

16th October 2026
World Food Day Special, Complimentary



SPECIALIST IN RESTORATIVE AND INTUITIVE BODYWORK

BY LUCJA MASLOWSKA

Now until 14th November 2026



MEDICAL MASSAGE

A completely bespoke therapeutic treatment that starts with an in-depth understanding of your body and areas of concern. This treatment will target your muscular tension physically and energetically and improves your flexibility thus reducing the risk of injury. Strong pressure is applied to help ease the muscles and improve blood flow working on deep layers and connective tissue. Assisted stretching alleviates strain on joints to increase your range of motion and to relieve built-up tightness and tension, relieving you from chronic pain in your muscles and joints.

CELLULITE MASSAGE

A revitalising treatment focusing firm pressure on the glutes and upper legs that is ideal for targeting cellulite. Perfect for anyone with circulation issues, leg muscle fatigue, swelling, numbness, and cellulite concerns. Rhythmic strokes lift and revitalise the skin and connective tissue surrounding the muscles. Enhanced muscle temperatures reduce stiffness and inflexibility, alleviating restrictions. This treatment bolsters blood circulation and accelerates lymph fluid movement, resulting in a lighter, more relaxed body that feels tighter and revitalised.

INTUITIVE MASSAGE

The Intuitive Massage treatment is designed to work with any physical or emotional concerns by integrating different healing modalities into the session. The hands-on interaction adeptly senses and communicates energy flow blockages in meridians, chakras and the aura, unblocking pathways, and freeing trapped emotions and stagnant energy that can manifest as physical pain. This process not only reduces stress and tension but also facilitates the unhindered flow of natural energy. Ultimately, this guidance helps individuals tap into their body‘s source energy, fostering spiritual and physical advancement.

First session THB 10,000++ for 80 minutes
Follow up session THB 8,000++ for 50 minutes
Three-session programme THB 23,500++ for 50 minutes per session



ABOUT LUCJA

An expert in massage therapy and Chinese medicine in London, UK. Lucja holds Master’s degree in Nutrition.
A maestro in medical massage and bodywork, she combines the art of nutritional counseling and mindfulness to guide you towards a harmonious life perspective. Based in London, Lucja has devoted her career to enhancing the lives and well-being of others as a Health Specialist and Nutrition Coach.

A Certified Meditation Teacher, Lucja is also a Qualified Massage Therapist from the Swedish Institute, New York. She has the unique ability to understand her clients’ needs and design a therapy approach to address those needs effectively. She offers her deep knowledge, experience, and coordinated services of massage, nutrition and meditation to help her clients achieve a lifestyle that enhances their quality of living.

NOVEMBER

EARTH ELEMENT: FLOW, RESTORATION AND EMOTIONAL BALANCE

THAI BOXING OR MUAY THAI

A full-body combat sport and fitness exercise that develops cardiovascular endurance, muscular strength, power, coordination, and agility. It is often called the 'Art of Eight Limbs', utilising punches, kicks, elbows, and knees for striking.

THB 3,500++ for 50 minutes



MENTAL WELLNESS COUNSELLING

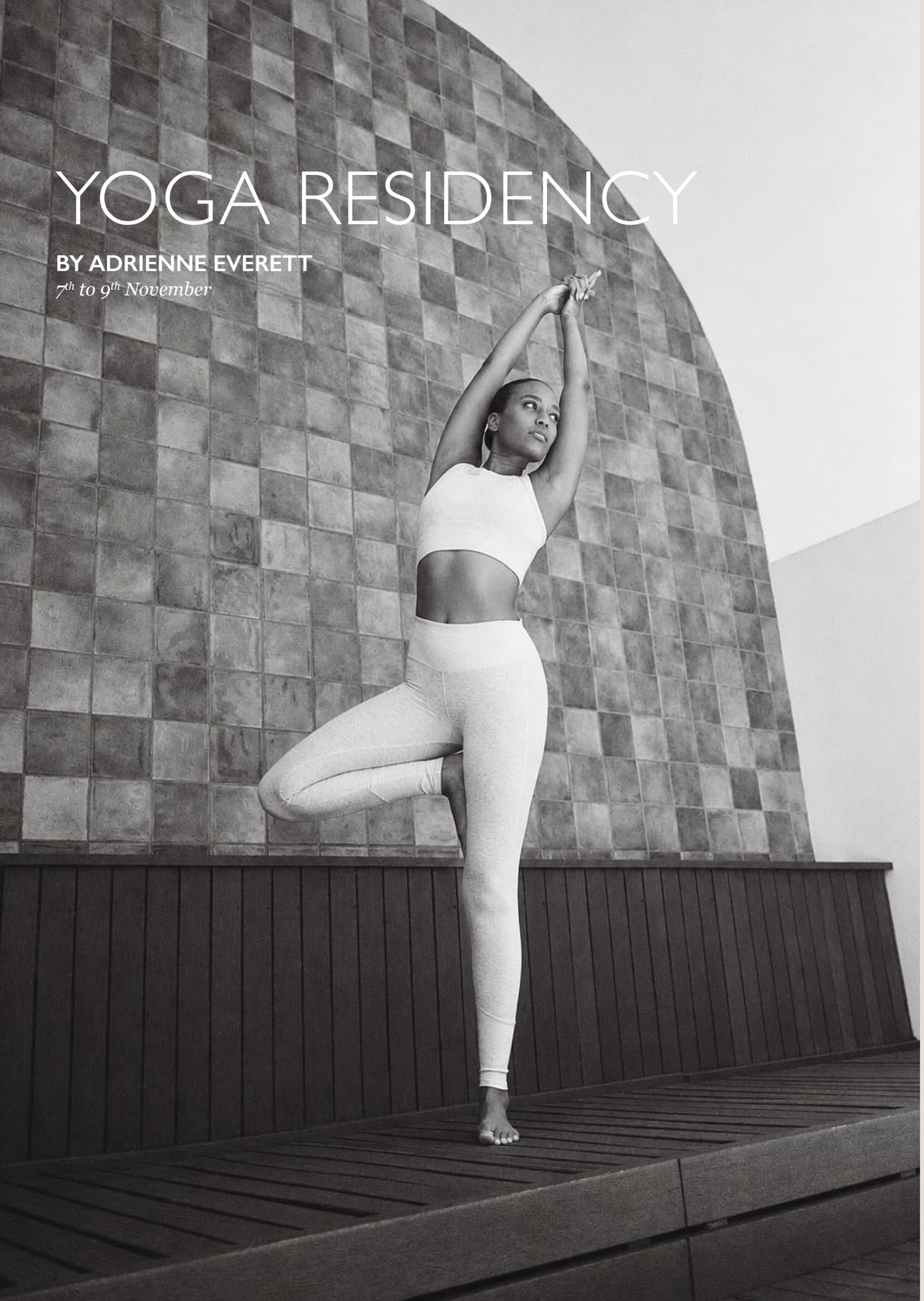
Nurturing the stabilising energy of the Earth Element, this private session with a Family Wellness Specialist focuses on emotional grounding, relationship harmony, and mental clarity. Through expert guidance and reflective dialogue, participants cultivate inner stability, strengthen connections, and enhance their sense of balance and rootedness in everyday life.

THB 5,500++ for 50 minutes

JOINT RETAINING CLASSES

Through proprioceptive exercises that draw on Ai Chi techniques and Berg balance training, guests will develop a clearer sense of joint position while improving body awareness, balance, coordination, core strength and muscular control. The session is designed to support safer, more confident movements.

2nd, 9th, 16th, 23rd, 30th November 2026
Complimentary



YOGA RESIDENCY

BY ADRIENNE EVERETT

7th to 9th November

Chiva-Som Hua Hin will welcome yoga instructor Adrienne Everett for an exclusive yoga residency from Saturday 7th to Monday 9th November 2026, with complimentary classes open to all resort guests.

Across the three-day residency, Everett will lead complimentary yoga practices, introducing guests to her distinctive approach through strength, mobility, mindful movement and connection.

The collaboration brings together two philosophies rooted in a shared belief: that well-being extends beyond the physical, shaping how we feel, live and connect with ourselves and others.

POWER SCULPT

7th November 2026, 17:00 - 17:50

A powerful full-body practice combining controlled resistance training with mindful movement. Designed to build strength, endurance and stability while maintaining a considered connection between breath and body.

THE ADRIENNE METHOD

8th November 2026, 8:00 - 8:50

Everett's signature practice and the centrepiece of the residency. This dynamic, heart-led vinyasa combines strength, breath, rhythm and musicality, challenging the body while encouraging focus, presence and emotional connection

YOGA STRETCH

8th November 2026, 17:00 - 17:50

A softer practice designed to release tension and improve mobility. Mindful stretching, breath and considered movement create space in the body while inviting the nervous system to slow down.

SLOW VINYASA FLOW

9th November 2026, 8:00 - 8:50

The programme concludes with a grounding slow-flow practice, allowing more space between postures and greater attention to breath. Guests leave feeling centred and refreshed, with simple practices to carry beyond the mat.

All four sessions are complimentary for Chiva-Som resort guests and accessible to different levels of yoga experience, with modifications offered throughout.





TIBETAN BOWLS SOUND BATH

A meditative sound experience using vibrational frequencies to release tension, calm the mind, and restore inner balance, promoting overall well-being and mindfulness led by the resort's holistic therapist.

11th November 2026, Complimentary

EARTH ENERGY EMBRACE

Inspired by the ancient wisdom of Thai Traditional Medicine and the grounding power of the Earth Element, this session explores the element's role in supporting strength, stability and vitality as the body ages. Through holistic practices and grounding techniques, participants will learn to recognise signs of imbalance and restore harmony through natural therapies and wellness treatments.

20th November 2026, Complimentary

LOY KRATHONG FESTIVAL

24th November 2026

Celebrate one of Thailand's most cherished cultural traditions with an evening of Thai heritage, creativity, music and festive dining

10:00 – 15:30
KRATHONG CONTEST

Discover beautifully crafted Krathongs created by the Chiva-Som team at the Orchid Lounge, and cast your vote for your favourite creation.

16:00
TRADITIONAL THAI PARADE

Experience the colours and sounds of Thai tradition as the parade makes its way from the resort entrance to the swimming pool, featuring a lively Long Drum Dance, the Chiva-Som Krathong and the crowning of Ms. Noppamas.

18:30 – 21:30
LOY KRATHONG BBQ DINNER

Continue the celebration at the Taste of Siam with a festive BBQ dinner accompanied by a traditional Thai music band and captivating classical Thai dance performances.



DECEMBER

EARTH ELEMENT: GROUNDING, STABILITY AND RENEWAL



MOTR (MORE THAN A ROLLER)

A versatile piece of Pilates and functional training equipment developed by Balanced Body. It combines a foam roller with a resistance and balance system, allowing exercises that target core stability, balance, strength, and mobility.

THB 3,500++ for 50 minutes

HOLISTIC LUMBAR AND PELVIC THERAPY

Grounded in the stabilising energy of the Earth Element, this signature therapy focuses on the lumbar spine and pelvic region to restore structural balance and relieve tension. Through expert manual techniques, it enhances posture, promotes musculoskeletal alignment, and supports overall physical stability, fostering a deep sense of rooted strength and well-being.

THB 4,500++ for 50 minutes

EARTH ENERGY EMBRACE

Inspired by the ancient wisdom of Thai Traditional Medicine and the grounding power of the Earth Element, this session explores the element's role in supporting strength, stability and vitality as the body ages. Through holistic practices and grounding techniques, participants will learn to recognise signs of imbalance and restore harmony through natural therapies and wellness treatments.

18th December 2026, Complimentary





CHRISTMAS CELEBRATIONS

Celebrate the festive season with warm hospitality, joyful music and memorable dining experiences at Chiva-Som Hua Hin.

CHRISTMAS EVE

24th December 2026

18:30 – 21:30

CHRISTMAS EVE BBQ DINNER

Gather for a festive Christmas Eve BBQ dinner at the Taste of Siam, accompanied by the enchanting sounds of a blind pianist performance and traditional Christmas carol singing.

Enjoy a relaxed evening of seasonal flavours, live entertainment and the warmth of shared celebrations.

CHRISTMAS DAY

25th December 2026

11:00 – 14:30

SPECIAL CHRISTMAS DAY BRUNCH

Welcome Christmas Day with a leisurely brunch at the Taste of Siam, featuring a selection of festive dishes and a soothing live acoustic guitar performance.

A wonderful opportunity to slow down, savour the moment and celebrate Christmas in the serene surroundings of Chiva-Som Hua Hin.

NEW YEAR'S EVE

31st December 2026

WHERE CULTURE COMES TO LIFE: AN EVENING OF THAI HERITAGE

Celebrate the arrival of 2027 with an evening inspired by the richness of Thai heritage, bringing together traditional performances, music and a festive Thai-inspired BBQ dinner.

19:30 – 20:30

NEW YEAR'S EVE COCKTAIL PARTY

Begin the evening with cocktails and a relaxed gathering as we prepare to welcome the New Year.

20:30 onwards

NEW YEAR'S EVE BBQ DINNER

Enjoy a festive BBQ dinner accompanied by live music, DJ entertainment and captivating Thai performances, including:

- Thai Drum Performance
- Talented Young Nora Dancer
- Thai Martial Arts

Guests are invited to embrace the spirit of the evening by dressing in Thai-inspired attire.





NEW YEAR'S DAY

1st January 2027

A NEW YEAR ROOTED IN THAI CULTURE

7:00 – 10:00
NEW YEAR'S BREAKFAST

Savour a leisurely breakfast inspired by the flavours of Thailand.

7:45
TRADITIONAL THAI ALMS GIVING CEREMONY

Begin the New Year with a meaningful Thai tradition at the Tai Chi Pavilion, offering alms to monks as a symbol of making merit and welcoming blessings for the year ahead.

11:00 – 14:30
NEW YEAR'S BRUNCH

Continue the New Year celebrations with a relaxed brunch that celebrates the flavours and warmth of Thai hospitality, accompanied by live acoustic guitar.

Chiva-Som
HUA HIN

For more information or reservations, contact Chiva-Som's reservations team or your preferred travel agent.
Email: reservations@chivasom.com | Phone: +66 32 536 536 | WhatsApp: +66 82 796 7689 | www.chivasom.com