



Chiva-Som
ชิวา-สม

SEASON OF JOY AND WELLBEING AT CHIVA-SOM HUA HIN

Hua Hin at Christmas is especially magical, the air cool, the nights clear and starlit.
We invite you to join us for wholesome festivities, with the requisite feasting,
but also activities that inspire joy and inner peace.



LOY KRATHONG

15th November 2024

Loy Krathong is a time to give thanks, with offerings traditionally made to the source of all life—water. It is also an opportunity to let go of past worries and renew oneself. We will begin the celebration in the morning at the Orchid Lounge, where you can admire and cast your vote for the delicate Krathong creations crafted by the Chiva-Som staff. Join us for a lively Nang Noppamas parade and contest in the afternoon followed by the floating of Krathongs in the pool, and conclude with a candlelit dinner featuring traditional Thai performances as entertainment.

JOYFUL CELEBRATIONS

CHRISTMAS EVE: A GOOD CAUSE FOR A BARBECUE

24th December 2024

We spread joy with dinner for a cause, with proceeds from this year going to Rise Up Thailand and the care of children fleeing the unrest in Myanmar, who have relocated to the nearby village of Padeng Tai. As our guests enjoy a traditional Christmas feast, the children will in turn sing charming carols for us.

CHRISTMAS DAY

25th December 2024

Christmas Day is then a leisurely affair, giving you and your loved ones plenty of time to unwrap presents. Waiting for you at brunch when you are ready is the culinary team's gift to you, healthy pasta made to order, as well as roast lamb and delicious desserts such as stollen.

NEW YEAR'S EVE

31st December 2024

We "Return to Hollywood" as we dress as Hollywood's most legendary characters to begin the celebrations with a welcome reception, followed by a New Year's Eve dinner by the ocean. There will be live music, dancing, arts and crafts, and prizes for the best costume, culminating in a countdown to a blissful New Year together.

A compulsory charge of THB 17,000++ per person applies

NEW YEAR'S DAY

1st January 2025

Begin the new year with a merit ceremony by offering alms to the monks on the beach terrace near the spirit house. We will prepare the offerings for you and guide you through the ritual for the New Year blessing. Afterward, you may enjoy a healthy, energising brunch.





NEW YEAR NEW WELLBEING: HIGHLIGHTS

31st December 2024

THERAPEUTIC YOGA FOR INNER PEACE

Rid the body and the mind of negative tension, ready to embrace the blessings of a new year. Special yogic postures prevent, reduce and alleviate structural, physiological, emotional and spiritual pain, suffering and limitations.

Complimentary

LOVING-KINDNESS MEDITATION BY DAVID STOJANOVIC

Meditate focusing on peace and positivity, restoring yourself to the natural state of being able to both give love and receive love. This positive energy benefits not only yourself, but all that surround.

Complimentary



1st January 2025

NEW YEAR, NEW BODY EXERCISE

New Year's Day is the perfect day to establish a healthy exercise routine. This session combines aerobic, strength and joint mobility exercises using a variety of small equipment you may use at home to tone your muscles and improve your cardiovascular strength.

Complimentary



FESTIVE SEASON CLASSES & ACTIVITIES IN DECEMBER

RAIN MEDITATION

Chiva-Som Hua Hin's yoga instructor Sean-Paul Louie Sanz will connect guests to their inner selves to help them find peace and understanding. Happen on the first half of December, each session focuses on four elements, R - recognising what is happening; A - allowing life to be just as it is; I - investigating the inner experience from a position of kindness and N - non-identification.

Complimentary

TIBETAN SINGING BOWLS

Immersing guests in vibrational healing to quiet the mind, bring about deep relaxation, and restore balance and harmony to the body's energy, Chiva-Som Hua Hin's Holistic Therapist, Saisamorn Sriyoha, will lead a Tibetan Singing Bowls bath on 9th December.

Complimentary



MASTERING YOUR HEALTHY JOURNEY: SETTING, ACHIEVING AND EVOLVING YOUR WELLNESS GOALS

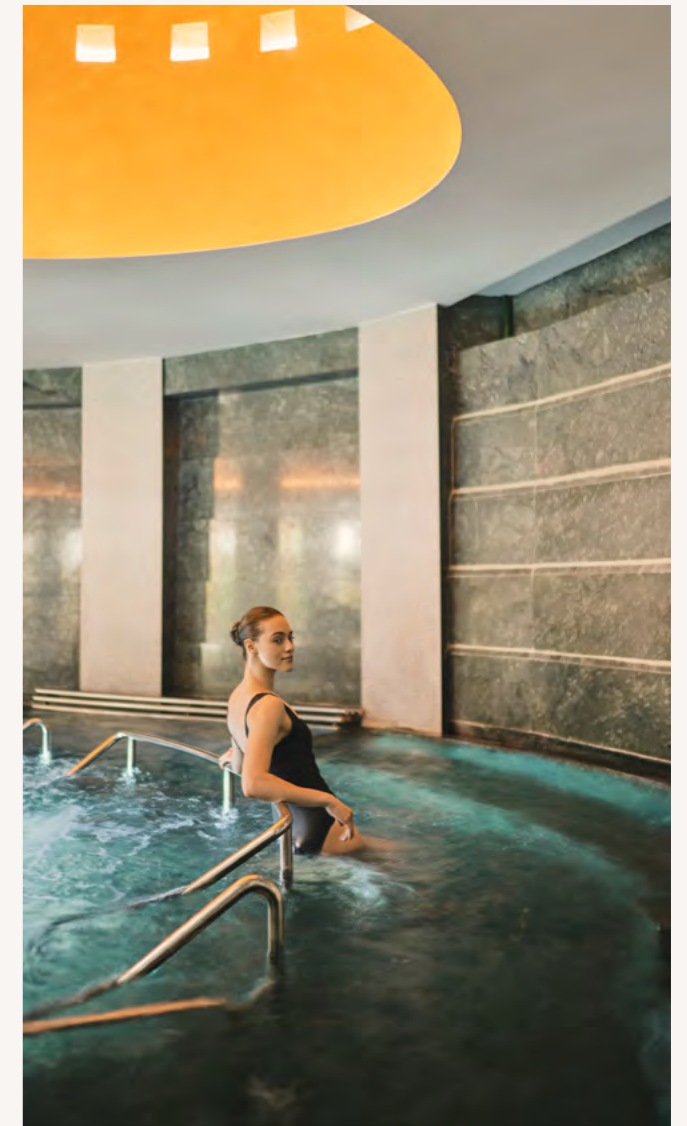
Guiding guests on their continued personal journal to optimal wellness during and well beyond their stay at Chiva-Som Hua Hin is at the heart of Dr. Punnapat Thawepornpuriphong's complimentary talk on 'Mastering Your Healthy Journey: Setting, Achieving and Evolving Your Wellness Goals' on 18th December.

Complimentary

SKINCARE FOR HEALTHY SKIN

Dermatology and rehabilitation medicine specialist, Dr. Apichaya Siengluecha guides guests through the fundamentals of healthy skincare, from routines and key products to the cause of skin issues and the solutions to healthy maintenance on 26th December.

Complimentary





HOW TO DEVELOP EMOTIONAL RESILIENCE AGAINST STRESS

Cheewee Khongtreekaeo, Health & Wellness Advisor, will let you learn to deal with stress which is one of life's most beneficial skills. Equip yourself with the tools to adapt effectively to challenges and bounce back from difficult experiences.

Complimentary

FACIAL MASSAGE FOR STRESS RELEASE

Facial massage not only contributes to a healthy glow, but also to relaxation and the release of tension held in the body. Nuengruethai Pumjalern, Health & Wellness Advisor will share self-face massage techniques combine with stress relief technique for overall improved wellbeing

Complimentary



SERENITY CRUISES FORTNIGHTLY ON SUNDAYS

Our sunset cruises are not only exhilarating, but also rejuvenating for the spirit. Set sail in a traditional junk, admiring the beauty of Hua Hin from afar, with healthy Chiva-Som drinks and snacks served on board.

THB 3,500++ per person with advance booking required

WELLNESS CUISINE CLASSES

Healthy eating is the key to healthy living. Learn how to make tasty dishes using nutritious ingredients, healthier substitutes and novel cooking techniques, with our chefs on hand to guide you.

THB 4,500++ per person with advance booking required



FESTIVE SEASON VISITING PRACTITIONERS



DANCHAI CHERNPRATEEP

REPROGRAMMING YOUR SIGNATURE ENERGY

1st – 14th December 2024

Energy healer Danchai works holistically to find the root causes of energy blockages, restoring your body's natural state of being. This treatment is performed in a deeply relaxed, semi-conscious state of mind, with crystals, Tibetan singing bowls and tuning forks to guide you deeper.

THB 6,800++ per person for 90 minutes



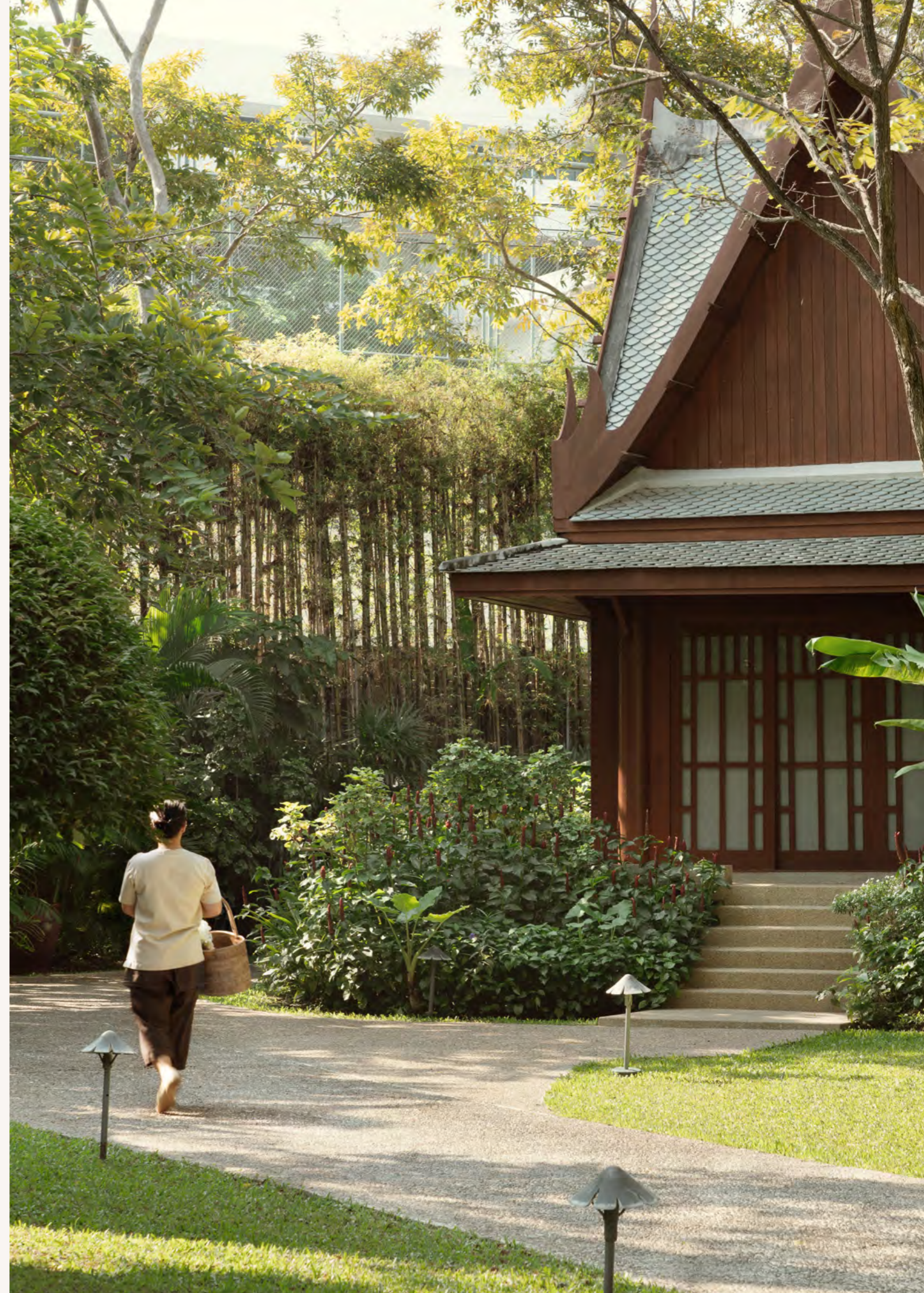
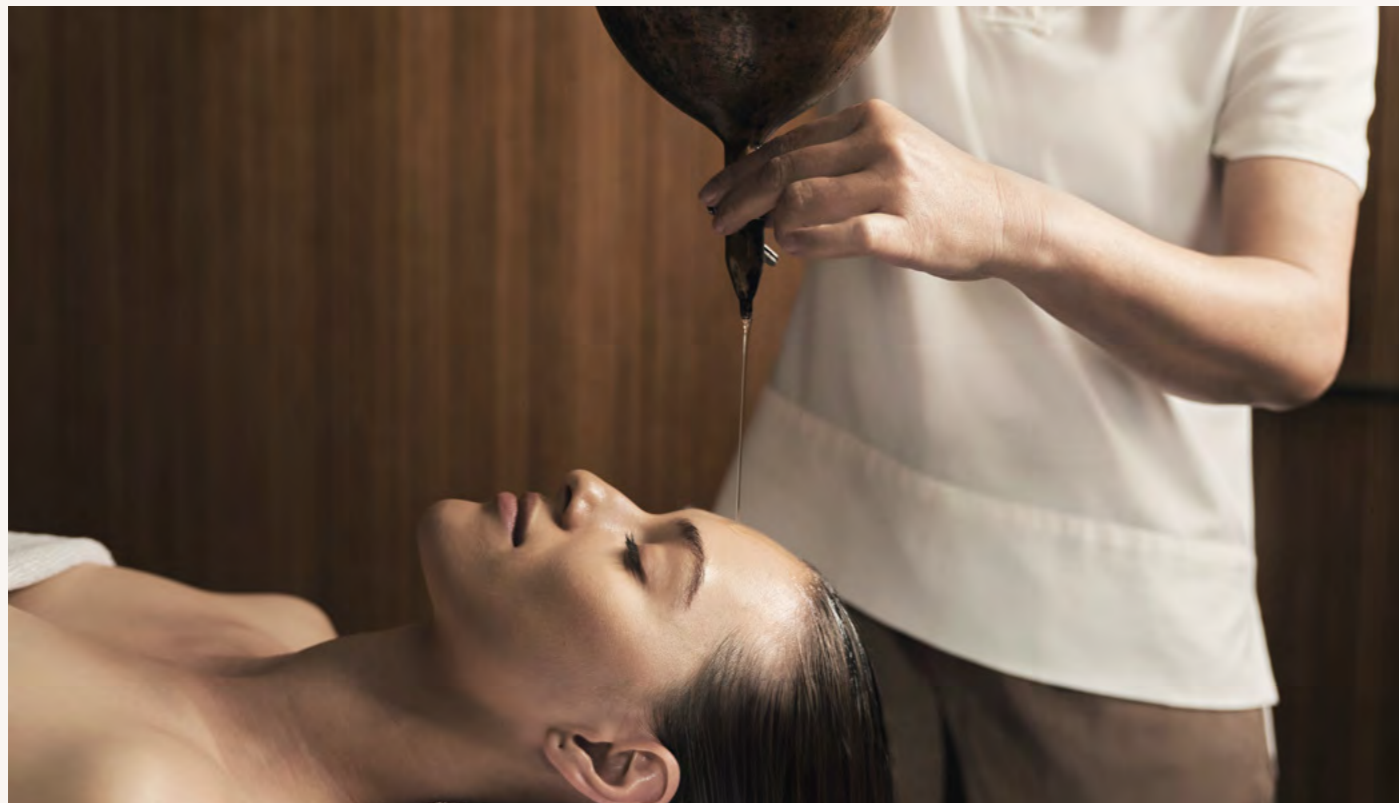
MASA SUGIYAMA

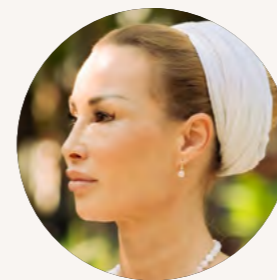
CRANIAL THERAPY AND FACE AND NECK MASSAGE

15th November 2024 – 15th January 2025

Masa practises a unique form of sculpting using gentle, precise and dexterous movements to provide a natural lift. She combines this with depreopathy and Japanese face brushing to stimulate lymphatic drainage and blood flow for a healthy glow.

THB 10,000++ per person for 80 minutes





EVELYN PARAM DHYAN WÖRZ

TOUCH OF SOUL HEALING

15th – 31st December 2024

Natural empath and reiki healer Evelyn is able to feel emotional bodies and channel healing light. She utilises this gift to release the pain found deep within, purifying the inner and outer body, and freeing you from self-destructive behaviours.

THB 9,500++ to 12,000++ per person for 75 minutes



DAVID STOJANOVIC

METTA HEALING

1st – 31st January 2025

David leads guests on guided meditation sessions into their safe space, then scans their body for energy blockages and sends metta, Pali for loving kindness, into those areas to provide physical relief and thus spiritual relief, bringing about a deep sense of relaxation.

THB 12,000++ per person for 80 minutes



Chiva-Som

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For more information or reservations, contact Chiva-Som's reservations team or your preferred travel agent.
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