



WELLNESS TOGETHER CHIVA-SOM HUA HIN

Chiva-Som Hua Hin is one of the world's leading wellness destinations. For three decades now, we have pioneered transformative wellness for guests from all around the globe, guiding them on highly personalised journeys of renewal.





OUR GROUP WELLNESS RETREATS

Sharing the gift of wellness is a rewarding group experience. With a retreat at Chiva-Som, not only will you bond over shared moments, but you can also each reset, discovering new ways to live in harmony.

While your programme will be tailored to your specific group requirements, a typical day may involve morning meditation, invigorating exercise classes and wellness talks followed by individual spa time, then a group banquet.



EXCLUSIVE BENEFITS

For group retreats of three nights or more, we are pleased to offer below:

- 15% off published rates for bookings of 4-10 rooms
- 20% off published rates for bookings of 11-15 rooms
- 10% off additional wellness treatments and activities



INCLUSIONS

- Accommodation
- Three wellness meals per night of stay
- Wellness minibar
- An online health and wellness consultation prior to arrival
- A physical analysis (optional)
- A skin consultation (optional)
- One additional treatment per night of stay, choosing from: Thai Massage, Chiva-Som Signature Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage, Chiva-Som Skin Haven Body Polish, Hydrotherapy (Detoxifying Balneotherapy, Flotation or Body Jet Blitz), Manicure or Pedicure
- Unlimited use of all resort facilities (steam, sauna, jacuzzi, cold plunge pool, swimming pools and gymnasium)
- Laundry (four pieces per night of stay)
- Two group activities per night of stay (please see at page 6)
- Retreat treatments and sessions (please see at page 9)



GROUP ACTIVITIES

Each group can select two activities per day.

TALKS

- **NEW START: WAYS TO IMPROVE YOUR OVERALL HEALTH**

Take a holistic approach to your health and wellbeing, with regular exercise, a balanced diet, and a restful sleep routine.

- **HOW TO BE YOUR OWN NUTRITIONIST**

Learn the basic food groups your body needs to fuel itself, and how to select nutritious ingredients and prepare balanced meals.

- **EATING FOR MIND & MOOD**

Explore how the food you eat not only affects your physical health, but also your microbiome, gut-brain axis, and so mental health.



WELLNESS SESSIONS

- Tibetan Singing Bowl Sound Bath
- Mat Pilates
- Hatha Yoga
- Spin
- Toning Ball
- Gyrokinesis
- Neuromuscular Exercise

COOKING DEMONSTRATIONS

- Probiotic kimchi
- Egg-free mayonnaise
- Sugar-free dessert



INDIVIDUAL RETREAT TREATMENTS & SESSIONS

Each guest may choose their individual treatments from the following categories.

FOR RETREATS OF THREE NIGHTS OR MORE

- 2 x Spa Classic
- 1 x Spa Deluxe
- 1 x Physio Classic
- 1 x Fitness Classic
- 1 x Holistic Deluxe

FOR RETREATS OF FIVE NIGHTS OR MORE

- 2 x Spa Classic
- 1 x Spa Deluxe
- 1 x Physio Classic
- 1 x Fitness Classic
- 1 x Fitness Deluxe
- 3 x Holistic Deluxe





SPA CLASSIC

- Aloe Body Mask
- Chiva-Som Signature Deep Hand Massage
- Soothing Eye Treatment
- Soothing Back Brush
- Luxury Hand and Foot Treatment with Stone Therapy

SPA DELUXE

- Stimulating Hip & Thigh Treatment
- Deep Cleansing Back Treatment
- The Deep Blue Cleanse
- Manual Lymphatic Drainage
- LPG CELLU M6 Alliance
- LPG Perfect Eyes & Lips

PHYSIO CLASSIC

- Physiotherapy
- Soft Tissue Mobilisation
- Spine Mobilisation

FITNESS CLASSIC

- Body Composition Analysis
- Super Stretch
- Personal Training
- Pilates

FITNESS DELUXE

- MOTR
- Functional Training Movement
- Kinesis
- Personal Training
- Pilates
- TRX
- Ashtanga Yoga
- Hatha Yoga
- Vinyasa Flow

HOLISTIC DELUXE

- Chi Nei Tsang
- Ear-Ab Reflexology
- Acupressure Reflexology
- Mien Acupressure
- Crystal Massage & Quantum Healing
- Shiobhyanga
- Dry Skin Brushing
- Colonic Hydrotherapy



TERMS & CONDITIONS

- This offer applies to new retreat bookings only
- This offer cannot be used in conjunction with any other offers
- A minimum stay of three nights is required
- A blackout period from 20th December to 15th January applies
- The maximum capacity is two persons per room
- Online consultation for each guest is required prior to arrival
- Group activities are subject to availability
- All other Chiva-Som terms and conditions apply

PLEASE NOTE

- Chiva-Som is a sanctuary of serenity, with a digital detox policy in place in public areas for the benefit of all guests
- Alcohol will only be served after 18:00 each day, and smoking is permitted in designated areas only
- We regret we cannot accept children of 16 years or under inside the resort



For reservations, please contact the reservation team.

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