

The background of the entire page is a photograph of a traditional Thai-style building with multiple tiered, dark brown roofs and white walls. The building is situated behind a calm pond that reflects the structure and the surrounding lush greenery, which includes palm trees and other tropical plants. The sun is visible through the trees in the upper left, creating a warm, golden glow.

MONTH OF CELEBRATION

APRIL 2025 AT CHIVA-SOM HUA HIN

April is a time to celebrate, and not only because of the Thai New Year. The month also marks the 30th anniversary of our founding and mission to share the benefits of a healthy lifestyle with all. Join us on our journey of celebration, with special events scheduled throughout the month, as well as your own personalised journey of wellness during your stay with us.



SONGKRAN FESTIVITIES

13th April 2025

The Thai New Year is a time for new beginnings, to wash the worries of the past away and start anew. Our celebrations are simple yet meaningful, with the giving of alms to monks on the beach in the morning, water blessings, then a more lively parade and sumptuous barbecue dinner at Taste of Siam.



Zulal Wellness Resort by Chiva-Som

COMPLIMENTARY ONLINE FAMILY WELLNESS CONSULTATION BY ZULAL WELLNESS RESORT BY CHIVA-SOM

Throughout the month of April

Chiva-Som past guests and those embarking on a retreat in April can further enhance their family wellness through a complimentary online consultation with Zulal Wellness Resort's Health & Wellness Advisor. Offering tailored, in-depth insights into healthy habits and approaches for the entire family, consultations aim to encourage all ages to embrace a culture of wellbeing and healthy living.



Zulal Wellness Resort by Chiva-Som



Zulal Wellness Resort by Chiva-Som



TASTE OF ZULAL DINNER AT THE EMERALD ROOM

16th and 17th April 2025

Chef Mayssam Abdulkhalek, who is visiting from Zulal Wellness Resort, is pleased to present a modern interpretation of Traditional Arabic & Islamic Medicine cuisine. For two nights only, you may sample a healthy 4-course set that perfectly balances nutrition and taste using traditional Middle Eastern ingredients.



CHEF SINCHAI SRIVIPA
CHIVA-SOM HUA HIN



CHEF MAYSSAM ABDULKHALEK
ZULAL WELLNESS RESORT BY CHIVA-SOM

30th ANNIVERSARY CELEBRATIONS

19th April 2025

On the anniversary itself, you are invited to join us in planting a tree within the resort, marking the occasion in perpetuity.

The evening’s celebrations will then commence with the ‘30 Years of Chiva-Som’ exhibition at the Orchid Lounge. From there, we invite you to take your seats at Taste of Siam, where the evening’s entertainment includes the lively theatrics of Khon. Performed by local students sponsored by Chiva-Som to learn this ancient art at the Kukrit Institute, epic scenes from the Ramayana are retold, featuring glittering costumes, sacred masks passed down through generations, music, and dance.

Dinner will then be hosted by Chiva-Som Chairman and CEO, Krip Rojanastien, and presented by Chef Mayssam Abdulkhalek from Zulal Wellness Resort and Chiva-Som Hua Hin’s own Executive Chef, Sinchai Srivipa.

The evening concludes with a lucky draw, with prizes available from both Chiva-Som Hua Hin and Zulal Wellness Resort. All in all, a truly magical evening.



BREATH, SOUND AND THE SEA BY NOTEP

22nd – 25th April 2025

Chiva-Som Hua Hin welcomes Note Panayanggool (NOTEP)—a multifaceted artist, musician and environmentalist—for an immersive journey of self-discovery and rejuvenation. She will lead healing workshops, complimentary to all guests of the resort. While immersing in nature, you will explore the soothing effects of ambient sound, meditation, breathwork and artistry, a journey of profound self-discovery.

BREATH, SOUND, AND THE SEA PROGRAMMES

22nd April 2025

17:00 – 18:00

GONG BATH BY THE SEA

The deep, hypnotic sounds of the gong combine with the lull of the nearby sea, inviting deep relaxation, helping to release tension and quiet the mind.

23rd April 2025

8:00 – 9:00

BREATHWORK & FLOW MOVEMENT

This session combines breathwork, grounding exercises and fluid movement to activate the body's natural energy flow.

14:00 – 15:00

“BURANA” NECKLACE WORKSHOP

An invitation to express yourself while honouring the beauty of transformation and renewal, a hands-on workshop using recycled plastic beads to craft a colourful necklace.

24th April 2025

14:00 – 15:00

VOICE ACTIVATION WORKSHOP

A therapeutic session to help you connect with your authentic voice, release emotional blockages, and rebuild confidence in your self-expression through sound.

17:00 – 18:00

VIBRATIONS OF WATER SOUND MEDITATION

NOTEP's signature immersive sound journey, where voice, ancient instruments, electronic elements and nature's own symphony come together to guide you into a state of deep relaxation.

25th April 2025

8:00 – 9:00

MOVEMENT MEDITATION

For those who find stillness challenging, this gentle, flowing movement practice offers an alternative pathway to mindfulness.

9:00 – 9:30

COMPLETING THE CIRCLE

Gather in reflection as we close the retreat with shared insights and gratitude.



VISITING PRACTITIONERS



MASA SUGIYAMA

Masa practises a unique form of sculpting using gentle, precise and dexterous movements to combat the signs of ageing and provide a natural lift for the face and neck. Fascial release also leads to improved posture, benefiting not only appearance, but also wellbeing.



JILL BANWELL

Jill is a multifaceted holistic therapist who combines Western science, Eastern traditions, and the power of the mind to promote self-healing. Join her for chakra-balancing meditation and weekly positive affirmations.



COMPLIMENTARY WORKSHOPS

NEUROMUSCULAR
EXERCISE CLASSES
Every Sunday in April

Neuromuscular exercise, as taught by our physiotherapists, focuses on enhancing the mind-muscle connection to improve movement quality, speed and agility.

TIBETAN SINGING BOWL
SOUND BATH
14th April 2025

An ideal way to wind down before bedtime, a symphony of sound washes over your body, penetrating with its vibrations deep into your cells and resetting the mind with stillness.



MEN’S AND WOMEN’S HEALTH
17th April 2025

Dr. Punnapat Joe Thawepornpuriphong, our MD in residence, explains the differences in physiology between men and women, their distinct hormonal and life cycles, and how to manage the changes to come.



ADOPTING HEALTHY MICRO-HABITS
26th April 2025

Our resident naturopath Patience Sangwa outlines how to adopt small but meaningful practices into your daily life in a sustainable manner that will improve your physical and mental health.



ANNIVERSARY MONTH RETREAT OFFER

Join us in Hua Hin, epicentre of splashing merriment, and our gift to you is an extra night for every two nights booked, with rates starting from THB 62,000++ per person for three-night retreat.

INCLUSIONS

- Accommodation
- Three wellness cuisine meals per night of stay, beginning with dinner
- Wellness minibar
- Individual health and wellness consultation
- Physical analysis (optional)
- Daily fitness and leisure activities (up to nine classes daily)
- Unlimited use of all resort facilities (steam, sauna, jacuzzi, cold plunge pool, swimming pools and gymnasium)
- One daily 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
- The treatments of your chosen retreat

TERMS AND CONDITIONS

- This offer applies to direct and new retreat bookings for stays 1st – 30th April 2025
- All rates are in Thai baht and are subject to 17.7% service charge and VAT
- All bookings must be prepaid
- This offer cannot be used in conjunction with any other promotional offers
- All other Chiva-Som terms and conditions apply

For more information or reservations, contact Chiva-Som's reservations team.

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