



*Chiva-Som*  
HUA HIN

# REFLECTIONS ON WELLNESS

**JUNE - SEPTEMBER 2025**

The season for wellness is upon us, and we invite you to join us for a special series of classes, talks and workshops, all complimentary, that delve deeper into the science of health and wellbeing. From modern to traditional medicine, heart to bone health, and a whole world of holistic healing, we impart to you the knowledge and skills needed to finetune your personal wellness journey, all the while enjoying full use of our pioneering facilities and tranquil setting that rejuvenates the mind, body and spirit.



JUNE

# PHYSICAL AND MENTAL HEALTH

## EXERCISE AND MENTAL HEALTH BY DR. PUNNAPAT THAWEPORNPURIPHONG

As mental health issues become more and more prevalent in today's society, our in-house MD explains the two-way relationship between physical and mental health, and outlines one of the best and most natural ways to enhance mental health – with exercise, whether cardio, strength or mindfulness-based.



## FLOW YOGA

This form of yoga focuses on the connection between movement, breath and the mind, providing not only a workout as you flow through a series of traditional asanas, but also reduced stress levels and improved mood.

## ADDITIONAL CLASSES AND TALKS



Visiting Practitioner  
Lucja Maslowska

### BREATHING FOR WELLBEING

Holistic therapist Lucja draws from traditional healing practices and modern medicine to inform her approach to wellness. In this class, she teaches simple breathing exercises to enhance the quality of breath and overall wellbeing.

### INTEGRATING HEALTHY FOOD AND NUTRITION INTO DAILY LIFE

As a qualified nutritionist, Lucja will also teach you how to improve your food choices for a healthy body and healthy mind, drawing attention to common deficiencies that you may not even be aware of.



### TRADITIONAL CHINESE MEDICINE AND NUTRITION by Prathana Kumboonchu

TCM practitioner Prathana outlines the Chinese framework of nutrition, introducing therapeutic herbs and plants that you can incorporate into your daily life. She will even prepare refreshments and snacks that you can sample in class.



JULY

# BONE HEALTH

## CALCIUM AND BONE HEALTH BY NATUROPATH KELETSO KELOSIWANG

While calcium plays an important role in maintaining bone health, particularly as we age, there are many myths floating around about its use, notably in the form of mass-marketed supplements. Learn how to optimise your intake, as well as the role other nutrients play in the process.



## FALL PREVENTION FOR OLDER ADULTS BY HEALTH AND WELLNESS ADVISOR

Falls can happen anytime and anywhere to people of any age. However, ageing increases both the risk and the severity of injury that can result. Learn how to minimise this risk in the first place with a few simple adjustments to your home, and discover exercises that help maintain your balance and strength.

## ADDITIONAL CLASSES AND TALKS



Visiting Practitioner  
Ashley Tan

### SOUND MEDITATION

Sound healer Ashley aids your meditation practice with the vibrations of singing bowls, gongs and tuning forks that travel through your body and shift your energy, allowing you to concentrate more deeply while also releasing stress and tension.

### UNDERSTANDING SOUND HEALING

In this talk, Ashley goes deeper into the science of sound healing – a key component of many of the world's great healing traditions – and how vibrations can lower heart rate variability, reduce respiratory rates and relax brain wave patterns.



### WELLNESS AND SUSTAINABILITY by Sasinipha Chucherd Chulacharitta

In honour of the International Day for the Conservation of the Mangrove Ecosystem 2025, our Corporate Director of Sustainability explains how personal wellness goes hand in hand with environmental wellness – a guiding philosophy behind all that we have done here at Chiva-Som for the past 30 years.



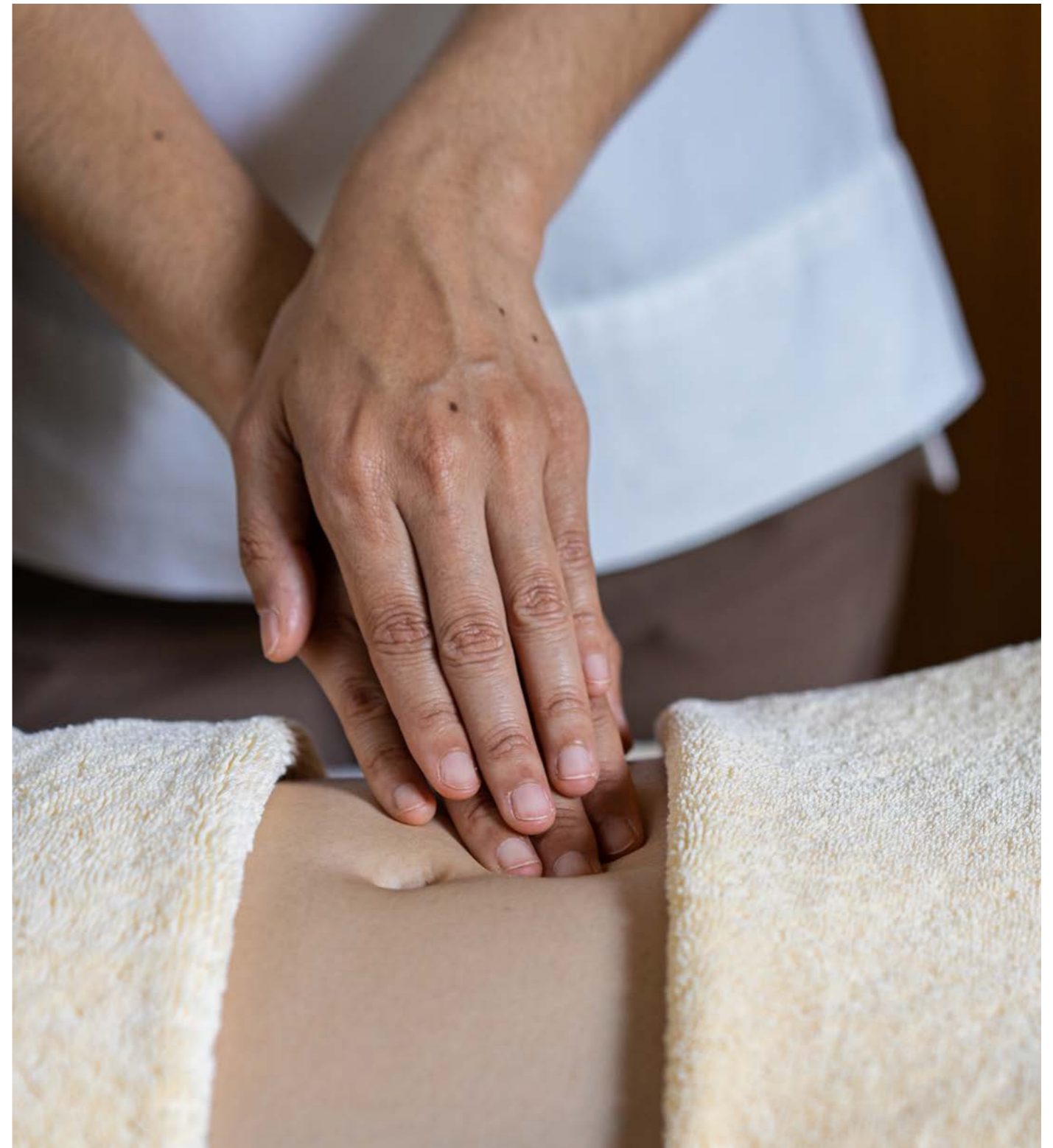
AUGUST

# WOMEN'S HEALTH



## NATALIE DAU X DAWN SIMS RETREAT FOR WOMEN

Back by popular demand is Guinness World Record ultra-marathoner Natalie Dau, this time co-hosting a retreat with holistic healer Dawn Sims. Train with Natalie and boost your performance, then recover with Dawn's variety of sound bath, breathwork and yoga sessions, while also learning about ageing well, emotional and mental wellbeing.



## PELVIC AND LUMBAR THERAPEUTIC TREATMENT

This month we launch a new form of massage at Chiva-Som Hua Hin, particularly recommended for conditions such as post-childbirth pain and help to empty bladder, as well as lower back, hip and lateral leg pain that can affect either sex.



## ADDITIONAL CLASSES AND TALKS

### SIX HEALING SOUNDS PRACTICE

by Visiting Practitioner  
Kanlayanee Jang Marththuean

Holistic healer Jang introduces the TCM philosophy of sound healing. Learn six different vocalisations that target six different areas of the body, releasing negative energy stored there to bring profound relief.

### CHAKRA MUDRAS AND SOUND HEALING

by Visiting Practitioner  
Kanlayanee Jang Marththuean

This workshop combines sound healing in the form of singing bowls with South Asian mudras, or hand poses, to open the chakras and allow vibrations to travel throughout the body, healing both physically and mentally.



### FACIAL SHAPING WITH POSTURE CORRECTION

by Visiting Practitioner Masa Sugiyama

Masa has developed natural ways to shape the face and combat the signs of ageing. In this session, she shows how posture can affect the muscles in the face and neck, and how tightening them provides a natural lift.

### ANTI-AGEING FACE AND NECK SCULPTING EXERCISE

by Visiting Practitioner Masa Sugiyama

Masa continues with manual techniques to lift, including self-massage of pressure points using precise, dexterous movements, and face brushing, both practices you can incorporate into your daily routine.



### THAI TRADITIONAL MEDICINE

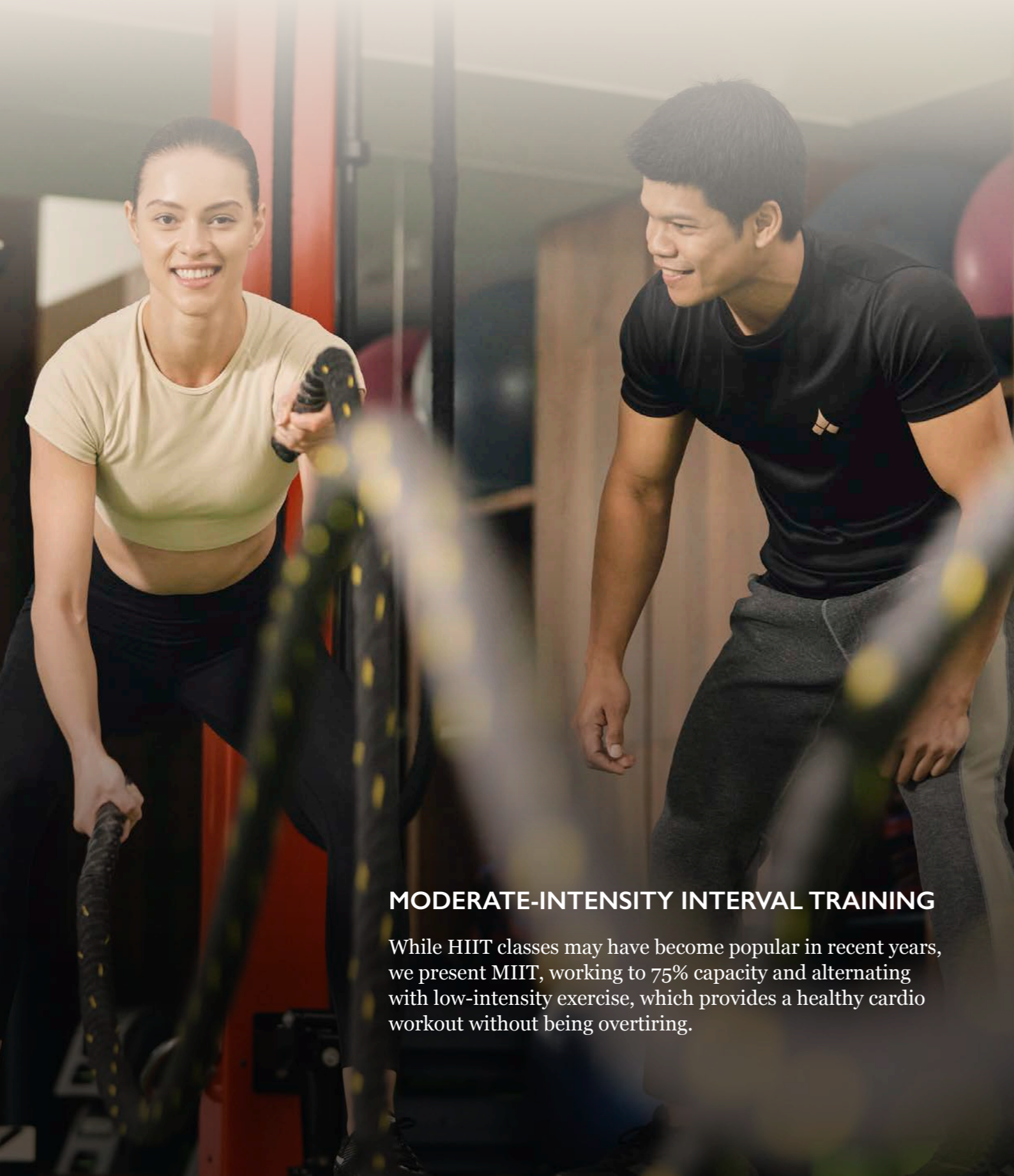
with Chananchida Banyeam

Proudly showcasing Chiva-Som's Thai roots is our in-house Thai medicine doctor, who will first give a brief introduction to TTM and its evolution over the centuries, then show you how to utilise Thai herbs in daily life, as you together make a traditional inhaler from a tried and tested concoction.



SEPTEMBER

# HEART HEALTH



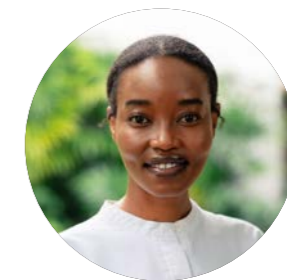
## MODERATE-INTENSITY INTERVAL TRAINING

While HIIT classes may have become popular in recent years, we present MIIT, working to 75% capacity and alternating with low-intensity exercise, which provides a healthy cardio workout without being overtiring.



### HEART HEALTH BY DR. PUNNAPAT THAWEPORNPURIPHONG

Our resident MD returns to warn against the prevalence of “silent killer” heart disease, outlines the latest medical treatments available, and also most importantly emphasises prevention in the form of a healthy diet, exercise, managing stress and regular check-ups.



### PROGESTERONE AND HEALTH BY NATUROPATH KELETSO KELOSIWANG

The hormone progesterone affects both sexes, but especially women. Learn how it plays a crucial role in reproductive health, alleviates menopausal symptoms, and contributes to bone health as well as general mood stabilisation.



## ADDITIONAL CLASSES AND TALKS

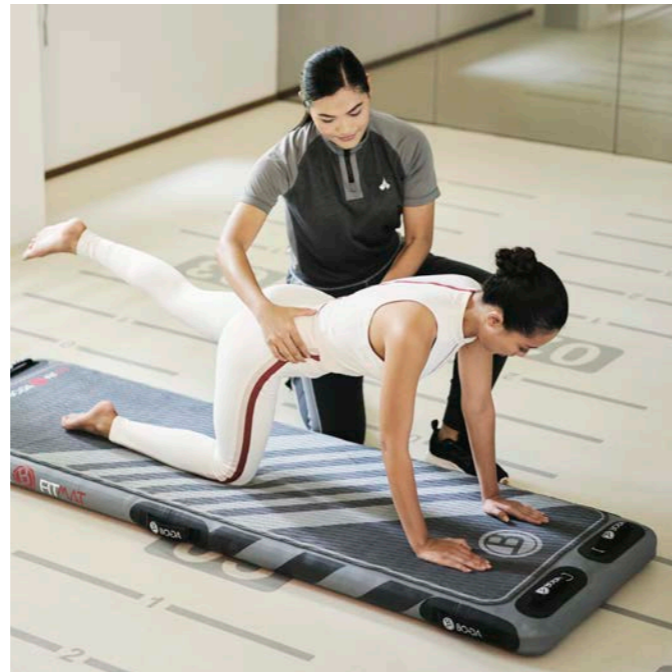


## SELF-MASSAGE CARE

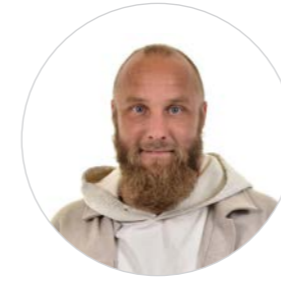
Learn how to target certain pressure points on your hand to release tension instantly, particularly therapeutic after spending hours writing, typing on your computer or swiping on your phone.

## TOTAL BODY INSTABILITY

Exercising on an instability mat, which mimics exercising in the water, is a three-dimensional full workout that activates all the muscles in the body, building core strength, enhancing flexibility, and improving balance and coordination.

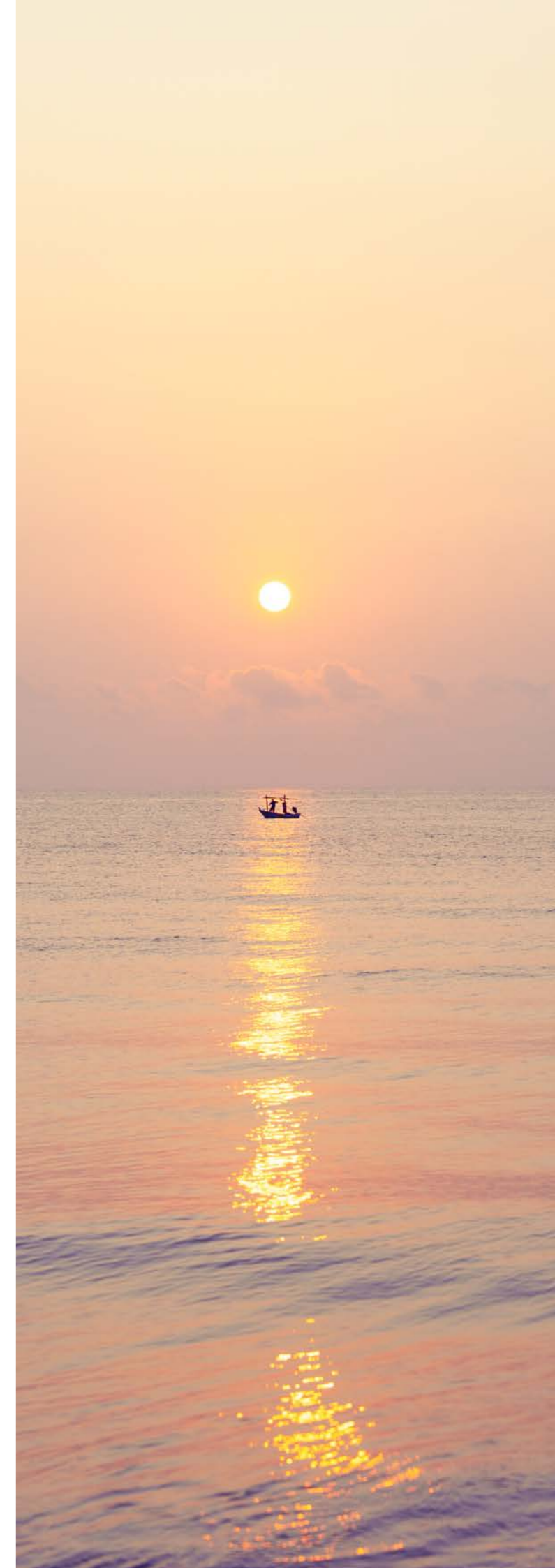


## IN RESIDENCE



## VISITING PRACTITIONER VILLE LEHTONEN

Finnish massage therapist Ville draws on many different techniques, including myofascial release and cupping, craniosacral therapy, and ancient Tibetan Ku Nye to relieve an array of symptoms and restore movement in the body.







## WELLNESS EMBRACE

Stay for five nights and pay only for four, with VIP fast-track service on arrival at Suvarnabhumi Airport and round-trip limousine service to and from Hua Hin to ease your journey.

**Enjoy rates from THB 19,200++ per person, per night.**

Repeat guests with a birthday between June and September will also receive THB 4,500++ wellness credit that can be redeemed against Chiva-Som treatments and services.

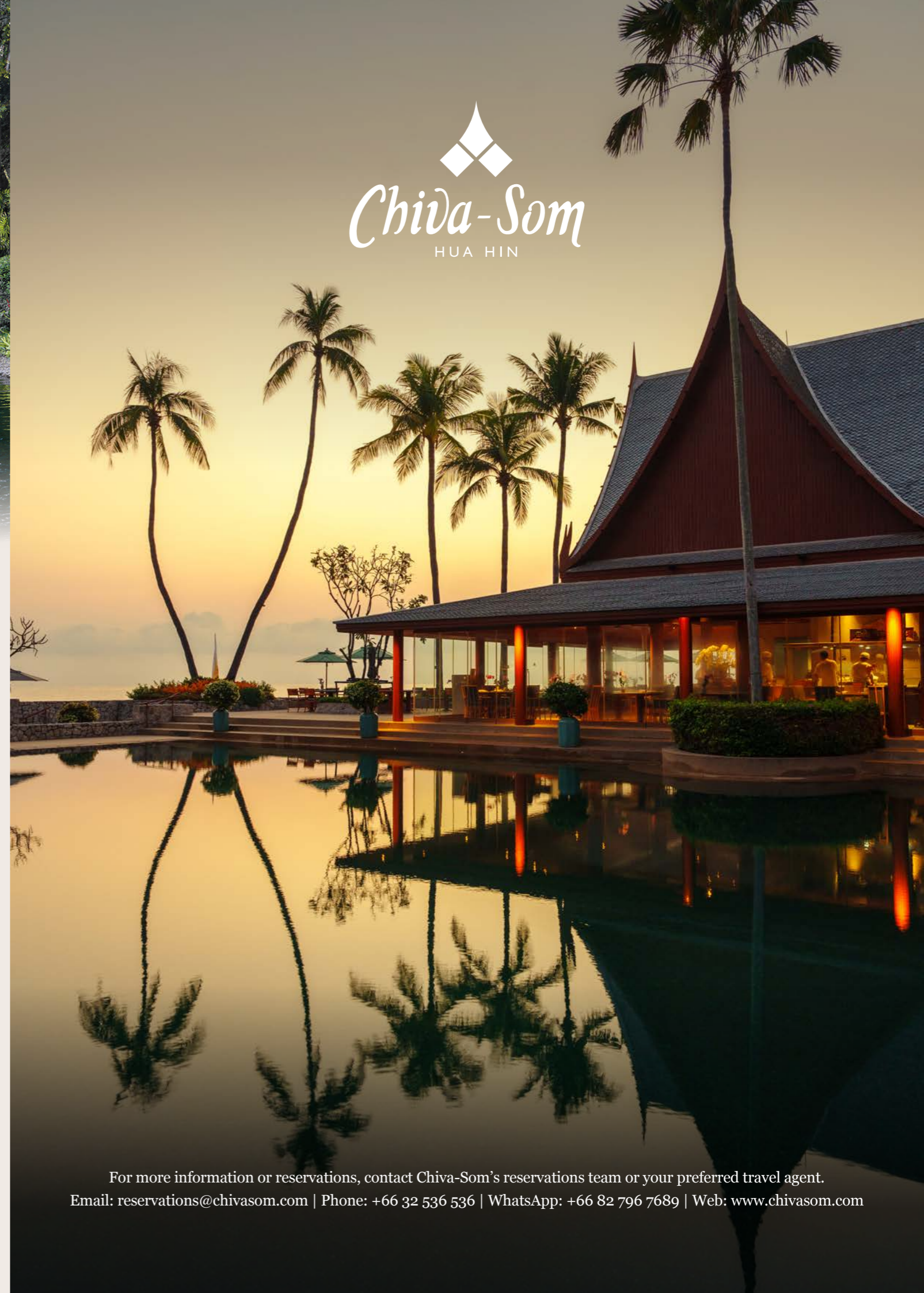
### INCLUSIONS

- Accommodation
- Individual health and wellness consultation
- Three wellness cuisine meals per night of stay, beginning with dinner
- Wellness minibar
- Physical analysis (optional)
- Skin consultation (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
- Additional inclusions as per your selected retreat programme

### TERMS AND CONDITIONS

- The above offer applies to new and prepaid retreat bookings for stays from 1<sup>st</sup> June - 30<sup>th</sup> September 2025
- Wellness credit cannot be redeemed against Niranlada, Visiting Consultants or outsourced services, has no cash value and cannot be carried over or transferred
- Fast-track arrival does not include the use of a buggy
- This offer cannot be used in conjunction with any other promotional offers
- All rates are in Thai baht and are subject to 17.7% service charge and VAT
- All other Chiva-Som terms and conditions apply

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



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