



RETREAT AND RENEW

A new season invites renewal — a gentle release of what has been, and a welcoming of what is to come. Step into your Haven of Life, where balance is rediscovered through mindful movement, nourishing cuisine, the heartfelt guidance of our wellness experts and a community of like-minded guests from around the world.

NOVEMBER

LOY KRATHONG

Loy Krathong is one of Thailand's most magical cultural celebrations, as we give thanks and make offerings to the source of all life – water. We invite you to join in the festivities with dinner, followed by a meaningful Thai tradition: releasing your own intricately-decorated krathong onto the water. This is a profound, symbolic act of letting go of past misfortunes and embracing a renewed sense of hope and looking forward to good fortune.



FROM OUR VISITING PRACTITIONERS

BREATHING FOR WELLBEING

by Lucja Maslowska

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

INTEGRATING HEALTHY FOOD AND NUTRITION INTO DAILY LIFE

by Lucja Maslowska

A qualified nutritionist, Lucja explains 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.



FACIAL SHAPING WITH POSTURE CORRECTION

by Masa Sugiyama

Japanese beauty therapist 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 improving your posture works to provide a natural tightening lift.

ANTI-AGEING FACE AND NECK SCULPTING EXERCISE

by Masa Sugiyama

Masa continues with manual techniques to lift the muscles, including face brushing and self-massage pressure points using precise, dexterous movements. Learn how to incorporate both skin affirming practices into your daily routine.



NEW EXERCISE CLASSES

YBELL ESSENTIAL

YBell weights are versatile, adding power to any workout. This high-energy class integrates strength training and functional movement to build muscle, improve endurance levels, and enhance balance and coordination.



LOADED MOVEMENT TRAINING

This form of resistance training offers total body conditioning. Using ViPR tubes as weights, your natural movements operate on multiple directions and planes, improving your overall athletic performance.



AQUAX

A dynamic pool workout that harnesses the natural resistance and weight of water to build strength, engage the core and improve balance.



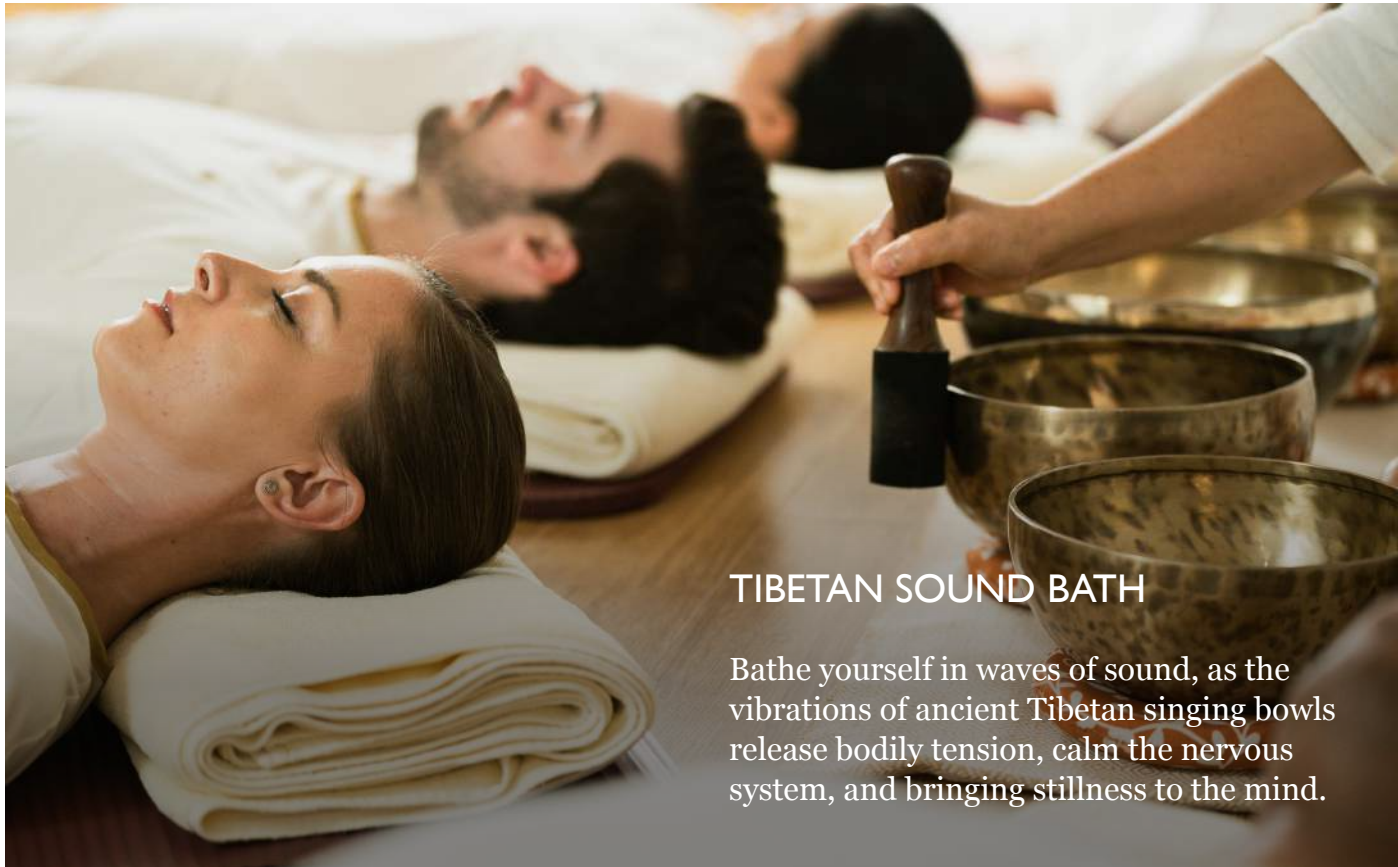
ADDITIONAL SESSIONS

TESTOSTERONE THIEVES

Resident Naturopath, Patience Sangwa, outlines the important role testosterone plays in enhancing longevity for both men and women, and how to optimise levels for improved mood and overall health.

FALL PREVENTION FOR OLDER ADULTS

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 in an unexpected tumble. Learn how to minimise this risk in the first place with a few simple adjustments to your home and discover the exercises that help maintain your balance and strength.



TIBETAN SOUND BATH

Bathe yourself in waves of sound, as the vibrations of ancient Tibetan singing bowls release bodily tension, calm the nervous system, and bringing stillness to the mind.



DECEMBER

FROM OUR VISITING PRACTITIONERS



FACIAL SHAPING WITH POSTURE CORRECTION by Masa Sugiyama

Japanese beauty therapist 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 improving your posture works to provide a natural tightening lift.



HEALING LAUGHTER by Sreela Nair

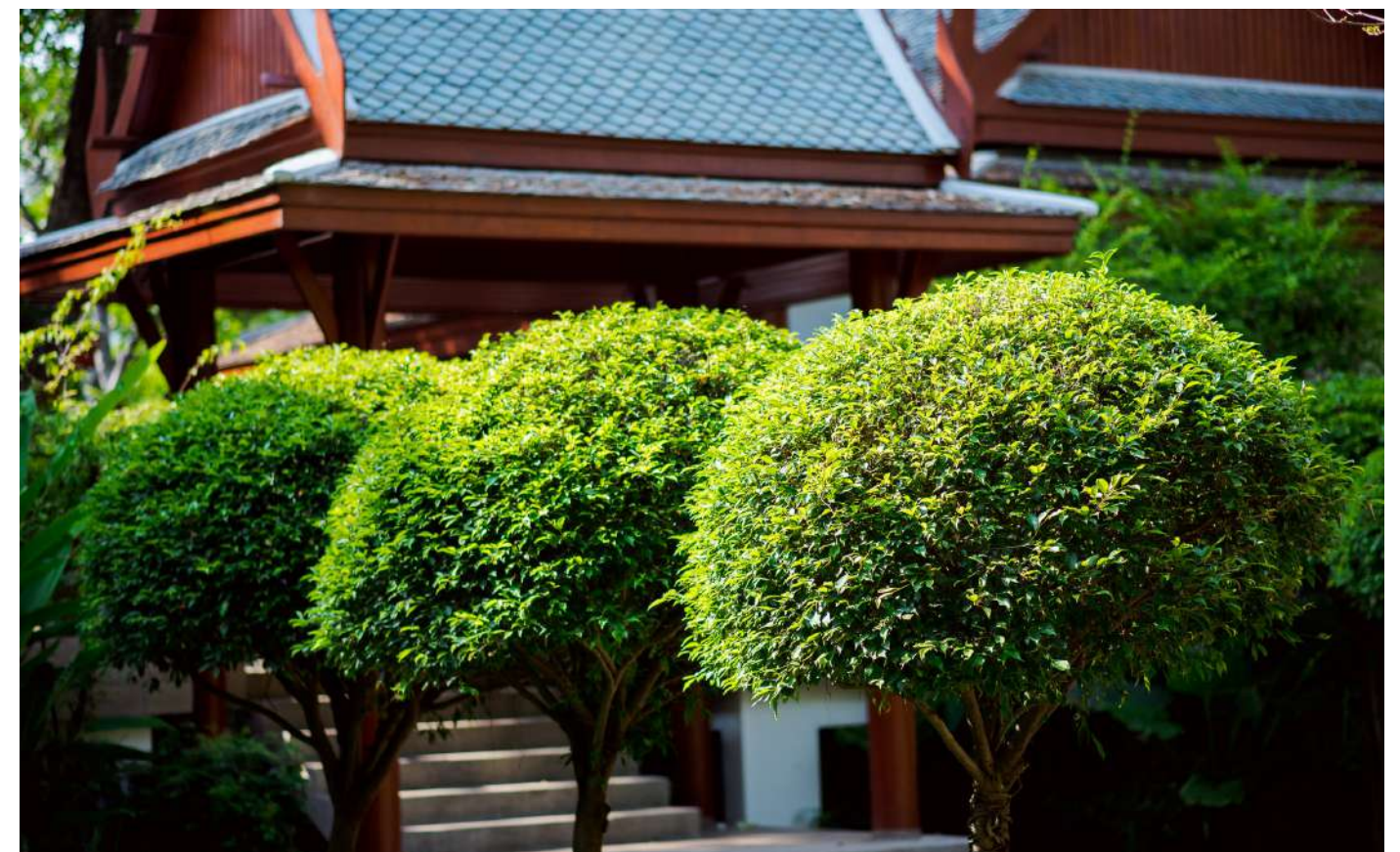
Holistic healer Sreela promotes pure joy with this group session that combines mindful breathing and playful expression, helping you release stress and find happiness.

CHAKRA DANCE by Sreela Nair

A supremely joyful practice, harnessing free movement to awaken your energy centres, promote vitality, connect to delight and restore balance.

COLOUR MEDITATION by Sreela Nair

For those who struggle with traditional meditation, guided visualisation through the different colours can bring focus to your practice and a deep sense of inner peace.



NEW EXERCISE CLASSES

BARBELL FUSION

A dynamic and energising way to exercise, combining music, choreography and weighted barbells to build strength and endurance.

ADDITIONAL SESSIONS



MEASURING HEALTH AND TAKING CONTROL

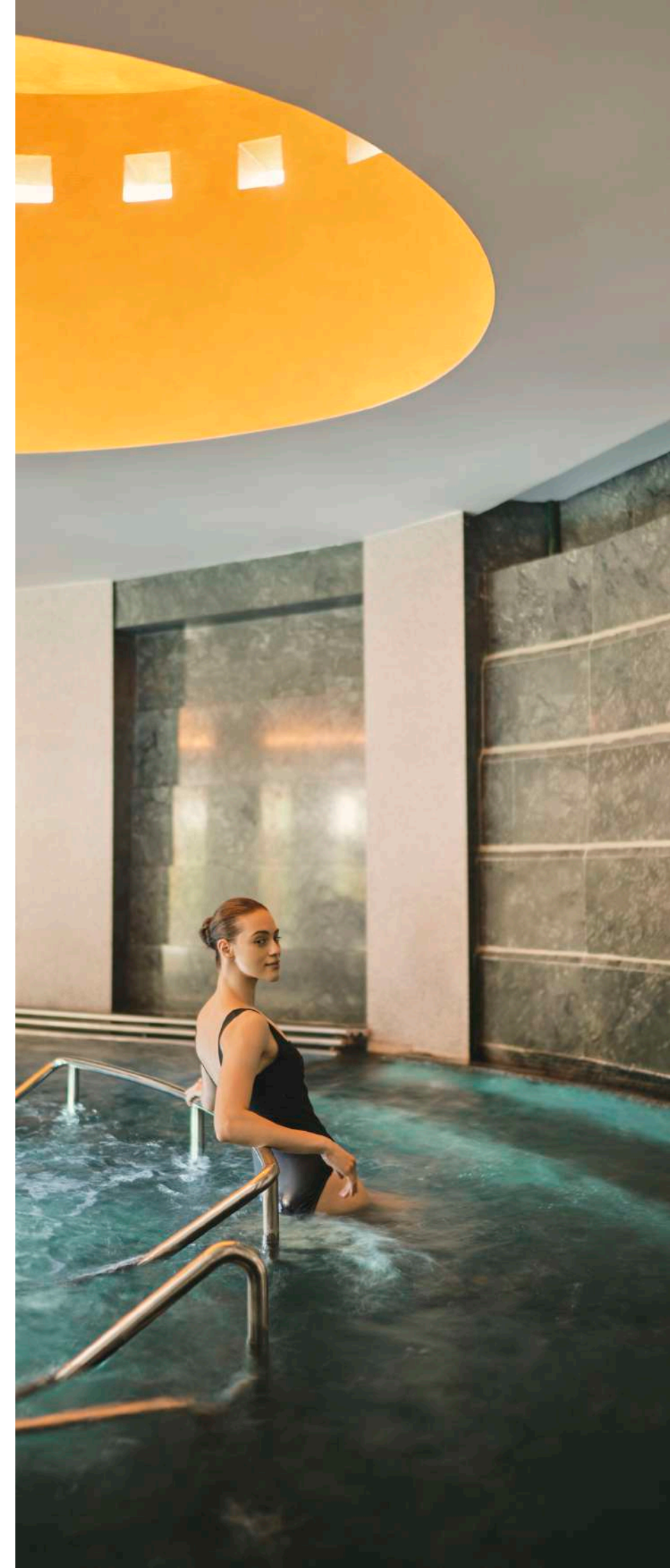
Resident Naturopath, Keletso Kelosiwang, talks about how to listen to your body and look out for small, subtle signs, such as frequent headaches or constipation, which may indicate worsening health.

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KETTLEBELLS

Suitable for all levels using kettlebells of varying weights, this class provides a safe and effective way to build strength, power and balance through functional movements.



CELEBRATIONS

CHRISTMAS

This Christmas Eve, we will host dinner for a cause, with proceeds from the event this year going to 'Rise Up Thailand' and the care of children fleeing the current unrest in Myanmar. Now safely relocated to the nearby village of Padeng Tai, you will get the chance to meet these youngsters as they serenade guests with Christmas carols during the evening.

The following day, you may also enjoy a leisurely Christmas brunch, with traditional favourites including roast lamb with all the trimmings, plus stollen made healthy by our chefs.



NEW YEAR

Hua Hin is one of the most serene places to welcome the New Year, as gentle celebrations light up the shoreline when midnight arrives.

At Chiva-Som, the evening unfolds with elegant cocktails by the pool, followed by a sumptuous barbecue dinner accompanied by a mellow musical soundscape. A series of thoughtful activities invite reflection and renewal, a graceful way to welcome new beginnings with peace and gratitude.

RENEWAL: FROM ONE YEAR TO THE NEXT



NEW YEAR'S EVE BRAIN-BODY CONNECTION

An innovative way to exercise, progressing through challenges that engage both body and mind using various types of equipment.



NEW YEAR'S DAY ALMS GIVING

We begin 2026 by offering alms to the monks that wander along the beach, a way of making merit and receiving blessings to start 2026 in a positive frame.



NEW YEAR'S EVE SINGING BOWL HARMONY

Resonating sounds and vibrations serve as a focal point, anchoring your attention to the present moment to attain a harmonious state of relaxation.



NEW YEAR'S DAY MINDFUL BEGINNINGS

An invitation to begin with clarity, as we as reflect together on the past year, releasing what no longer serves us, and setting meaningful intentions for the year ahead.



NEW YEAR'S DAY MOVEMENT AND RENEWAL

Functional movement that allows you to proceed with enhanced mobility, strength, confidence and freedom.



RENEWAL SEASON

Chiva-Som Hua Hin is at its most magical as the end-of-year celebrations approach. Join us through 5th January 2026, for Loy Krathong, Christmas or New Year, to enjoy the following benefits:

- A guaranteed complimentary upgrade when booking Ocean Room categories*
- A 5% saving and complimentary VIP fast-track service at the airport when booking a suite for five nights or more
- Stay 10 nights or more and receive a wellness credit of THB 5,000++ per person per stay, redeemable against Chiva-Som treatments and services **

Enjoy rates from THB 31,000++ per person, per night.

INCLUDED WITH YOUR STAY

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| • Accommodation | • One daily treatment per night of stay, choose from: Thai Massage, Chiva-Som Signature Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage, Chiva-Som Skin Haven Body Polish, Hydrotherapy (Detoxifying Balneotherapy, Floatation or Body Jet Blitz), Manicure or Pedicure |
| • Individual Health and Wellness consultation | • Laundry (Four pieces per day) |
| • Three wellness cuisine meals per night of stay, beginning with dinner | • The Chiva-Som Collection (journal, tote bag, amenity bag and water flask) |
| • Wellness minibar | • Additional inclusions as per your selected retreat programme |
| • 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) | |

TERMS AND CONDITIONS

- This offer applies to new retreat bookings for stays until 5th January 2026 and cannot be used in conjunction with any other promotional offers
- Rates are in Thai Baht and subject to 17.7% service charge and VAT
- A supplement will be applied for the New Year's Eve Gala Dinner on 31st December 2025
- All other Chiva-Som terms and conditions apply
- *Ocean Room categories refers to Ocean Room, Ocean Deluxe Room, and Ocean Premium Room
- **Wellness credit cannot be redeemed against Niranalada, Visiting Consultants or outsourced services, has no cash value and cannot be carried over or transferred

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