



CHIVA-SOM RETREAT STAYS

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Your 'Haven of Life', Where Healing Begins.

Pioneering and transformative wellness destination Chiva-Som Hua Hin offers all-encompassing retreat stays in a tranquil beachfront setting. Located a few hours' south of Bangkok overlooking the Gulf of Thailand, seven acres of landscaped gardens make for an ideal and private escape from the world.

Our retreat stays are based on six modalities of wellness – Spa, Holistic Health, Fitness, Physiotherapy, Aesthetic Beauty and Nutrition – with each programme tailored to your current needs and goals. Your stay can be as active or relaxing as you please with up to nine complimentary classes to join each day. A dedicated health and wellness consultant will be on hand to guide you through your journey, recommending the most suitable treatments and activities from the hundreds we offer.

Chiva-Som's unique, holistic approach to wellness has resulted in awards from around the world. It has also resulted in the birth of Zulal Wellness Resort by Chiva-Som in Qatar, providing wellness and lifelong transformation for multi-generation families.



◆ WELLNESS FACILITIES & ACTIVITIES

Chiva-Som Hua Hin offers amongst the most extensive wellness facilities in the world. The Health and Wellness Centre is the heart of our enterprise, a multi-storey haven of serenity with dedicated treatment rooms, world-class spa, day bed relaxation area and hydrotherapy facilities. Hydrotherapy treatments feature flotation pools and tubs, jet blitzes and a Watsu pool. The Indoor Bathing Pavilion houses a large Jacuzzi, steam room, plunge pool and Kneipp reflexology walk, as well as an indoor pool for aqua-aerobics. Guests are also invited to enjoy the outdoor pool by the ocean.

Our gymnasium features state-of-the-art cardio and strength equipment, with dedicated spaces for stretching, yoga, functional training, and Pilates.

Each day, up to nine complimentary classes are available to in-house guests, from low-impact yoga and corrective posture exercise to high-energy boot camp, HIIT and TRX. Many of these classes are held in our open-air salas dotted about the tranquil verdant grounds.

WELLNESS CUISINE

At Chiva-Som Hua Hin, thoughtfully created, mindfully prepared, high quality wellness cuisine is an integral part of our ethos. Using the fresh, seasonal produce we grow in our organic gardens, each meal is well-portioned, nutritious and, most importantly, delicious. Dietary plans are wide ranging and personalised in consultation with your nutritionist.

The Emerald Room presents wellness cuisine with diverse culinary inspirations in a tranquil indoor and terrace setting, while the Taste of Siam offers a more relaxed beachfront ambience, enhancing the guest's journey with varied dining experiences and menu selections throughout their stay. Guests will also find healthy snacks, water and health-supporting teas in their in-room wellness minibar.



Bathing Pavilion



Outdoor Pool

Water Therapy Suite



Orchid Lounge

◆ CONTENTS

10 A TASTE OF CHIVA-SOM

A concise yet comprehensive overview of the Chiva-Som approach, the ideal foundation stone upon which to build a strong and enduring personal wellness practice.
(Minimum length of stay: three nights)

12 OPTIMAL PERFORMANCE

Designed to help you return to physical fitness or to optimise your current level of performance, this programme combines the benefits of training and physiotherapy.
(Minimum length of stay: three nights)

13 SPA WELLBEING

This immersive and indulgent experience will leave you feeling pampered inside and out, with a range of luxurious traditional and modern treatments.
(Minimum length of stay: three nights)

14 YOGA FOR LIFE

Partake in group classes or one-on-one sessions and refine your yoga knowledge and skill with meditation, breathing exercises and traditional cleansing techniques.
(Minimum length of stay: three nights)

15 NATURE'S EMBRACE

Explore the healing effects of herbal wellness treatments and natural, organic cuisine. Our peaceful beachfront setting in quaint Hua Hin invites you to reconnect with nature.
(Minimum length of stay: three nights)

16 FITNESS

Aimed at enhancing fitness capabilities while providing guidance on a fitness routine that is individually tailored for each guest. Appropriate exercises and techniques will ensure optimal results, while helping to prevent sports-related and repetitive injuries.
(Minimum length of stay: three nights)

17 NATURAL RENEWAL

Our experts will explore the roots of your health concerns to create a programme that promotes holistic rejuvenation and renewal through our unique integrated approach. Recover your sense of awareness and inner peace.
(Minimum length of stay: five nights)

18 ART OF DETOX

A fully personalised programme featuring a specially formulated cleansing diet, which provides a break from repeated dietary abuse and gives the digestive system a chance to restore and renew.
(Minimum length of stay: five nights)

19 SUSTAINABLE WEIGHT MANAGEMENT

A personal trainer will work with you to help balance physical activity in conjunction with a supportive diet. Each programme is tailored to your needs to promote an end result that not only achieves weight loss, but also provides you with valuable knowledge and understanding.
(Minimum length of stay: five nights)

20 IMMUNE RESILIENCE

Our team of trainers and therapists will provide guidance on how to build and maintain resilience throughout your stay and beyond.
(Minimum length of stay: five nights)

21 GUT HEALTH

Our signature detoxifying abdominal massage, probiotic-infused colonics, and Pranayama breathing sessions will promote a feeling of lightness and relaxation.
(Minimum length of stay: five nights)

22 AGEING WELL

We draw on diet, exercise, and lifestyle choices to help you preserve your health and ability to enjoy life to the fullest.
(Minimum length of stay: five nights)

23 TOTAL GOLF ENHANCEMENT

Perfect your game while also improving your overall health and fitness, with the ideal blend of play, training and recovery guided by professionals.
(Minimum length of stay: five nights)

24 CELL VITALITY

This retreat has been carefully created to support guests who have recovered or are in remission from cancer. Daily programmes are crafted to help you regain your appetite through dedicated dietary plans, stimulate physical and mental wellness, and promote cellular health.
(Minimum length of stay: ten nights)

25 CRANIAL RELIEF

For guests who suffer from migraines and life-disrupting headaches. Combining holistic and physiotherapy treatments, you'll discover how to regain stability through meditation, specific exercises and a special dietary plan.
(Minimum length of stay: ten nights)

26 TENSION RELEASE

Carefully designed to help guests who suffer from high blood pressure to regain a restorative balance in life through nutritional consultation, the appropriate use of dietary supplements, and personalised fitness activities.
(Minimum length of stay: ten nights)

27 ACCOMMODATION

28 ROOM FLOOR PLANS

30 TERMS AND CONDITIONS

31 AWARDS

EACH RETREAT STAY INCLUDES THE FOLLOWING:

- ◆ 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:
Traditional Thai Massage, Chiva-Som Signature Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage, Chiva-Som Spa Haven Body Polish, Hydrotherapy (Detoxifying Balneotherapy, Floatation Therapy or Body Jet Blitz), Manicure or Pedicure
- ◆ Laundry (Four pieces per day)
- ◆ The Chiva-Som Collection (journal, tote bag, amenity bag and water flask)
- ◆ Additional retreat programme inclusions - A suitable retreat programme will be selected shortly after arrival, during an initial consultation with our Health and Wellness Advisor, who will personalise the programme based on the guest's individual needs, preferences and objectives





A TASTE OF CHIVA-SOM

Every journey towards optimal wellness begins with a first step, and A Taste of Chiva-Som is the ideal retreat stay for those who are either new to Chiva-Som or a holistic wellness experience. It provides a concise yet comprehensive overview of the Chiva-Som approach and is the ideal foundation upon which to build a strong and enduring personal wellness practice.

| | 3 Nights | 5 Nights | 7 Nights | 10 Nights | 14 Nights |
|---|-----------------|----------|-----------------|-----------|------------------|
| 2 | Spa Classic | 2 | Spa Classic | 2 | Spa Classic |
| 1 | Spa Deluxe | 1 | Spa Deluxe | 2 | Spa Deluxe |
| 1 | Physio Classic | 1 | Physio Classic | 2 | Physio Classic |
| 1 | Fitness Classic | 1 | Fitness Deluxe | 1 | Fitness Classic |
| 1 | Holistic Deluxe | 1 | Fitness Classic | 2 | Fitness Deluxe |
| | | 1 | Fitness Deluxe | 1 | Physio Premium |
| | | 2 | Holistic Deluxe | 3 | Holistic Deluxe |
| | | | | 1 | Fitness Deluxe |
| | | | | 1 | Fitness Premium |
| | | | | 3 | Holistic Deluxe |
| | | | | 1 | Holistic Premium |

Depending on the number of nights you choose to stay with us at Chiva-Som, select the treatments you'd like to receive from the following list:

Spa Classic:

- ◆ Aloe Body Mask
- ◆ Chiva-Som Signature Deep Hand Massage
- ◆ Soothing Eye Treatment
- ◆ Soothing Back Brush (40 mins)
- ◆ Luxury Hand or Foot Treatment with Stone Therapy
- ◆ Aloe Vera Hair Intensive
- ◆ Deep Cleansing Back Treatment

Physio Classic:

- ◆ Physiotherapy (25 mins)
- ◆ Soft Tissue Mobilisation (25 mins)
- ◆ Spine Mobilisation (25 mins)

Fitness Classic:

- ◆ Super Stretch (25 mins)
- ◆ Body Composition Analysis
- ◆ Personal Training (25 mins)
- ◆ Pilates (25 mins)
- ◆ Yoga (25 mins)
- ◆ Pranayama (25 mins)

Spa Deluxe:

- ◆ Stimulating Hip & Thigh Treatment
- ◆ Maya Massage
- ◆ The Deep Blue Cleanse
- ◆ Manual Lymphatic Drainage (45 mins)
- ◆ LPG Cellu M6 Alliance® Initial
- ◆ LPG Perfect Eyes & Lips

Physio Deluxe:

- ◆ Fascia Release Therapy
- ◆ Neurac® Method (50 mins)
- ◆ Lumbo-Pelvic Rhythm Exercise
- ◆ Gyrotonic® (50 mins)
- ◆ Gyrokinesis® (50 mins)
- ◆ H2O Body Complex (50 mins)
- ◆ H2O Therapy (50 mins)
- ◆ Refunctional Exercise (50 mins)

Fitness Deluxe:

- ◆ MOTR
- ◆ Personal Training (50 mins)
- ◆ Pilates (50 mins)
- ◆ FluidX
- ◆ Functional Mobility
- ◆ Brain-Body Connection Exercise
- ◆ Yoga (50 mins)

Holistic Deluxe:

- ◆ Acupressure Reflexology
- ◆ Crystal Massage and Quantum Healing
- ◆ Shirobhyaanga or Mien Acupressure
- ◆ Chi Nei Tsang or Ear-Ab Reflex
- ◆ Gut Health Holistic Therapeutic Massage
- ◆ Tibetan Sound Bowl Healing
- ◆ Reiki Gemstone Therapy

Spa Premium:

- ◆ Chiva-Som Signature Herbal Massage
- ◆ Chiva-Som Signature Total Body Care
- ◆ Manual Lymphatic Drainage (80 mins)
- ◆ Chiva-Som Skin Haven Facial
- ◆ Marine Mud Wrap
- ◆ Chiva-Som Spa Haven Body Cocoon

Physio Premium:

- ◆ Back, Neck & Shoulder Massage
- ◆ Deep Tissue Massage (50 mins)
- ◆ Remedial Massage
- ◆ Physiotherapy (50 mins)
- ◆ Stress Release Therapy
- ◆ TECAR Massage Therapy (50 mins)

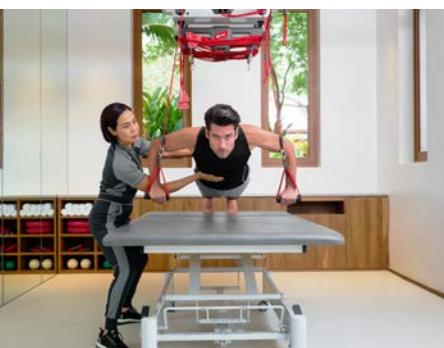
Fitness Premium:

- ◆ Bike (110 mins)
- ◆ Aquatic Therapy
- ◆ Yoga (80 mins)
- ◆ 3 P's of Perfect Fitness
- ◆ Athletic Performance Training

Holistic Premium:

- ◆ Naturopathic Consultation Initial (50 mins)
- ◆ Nutrition Consultation Initial (50 mins)
- ◆ Acupuncture Initial (90 mins)
- ◆ Traditional Thai Therapeutic Treatment Initial (90 mins)

OPTIMAL PERFORMANCE



Replenish, rejuvenate and revitalise your physical and mental state with the Optimal Performance retreat, crafted to support a safe return to movement or to enhance your current level of physical function. This retreat focuses on restoring balance, reducing discomfort and improving functional wellbeing. Through a tailored combination of physiotherapy, specialist bodywork and restorative treatments, our team guides you towards greater ease of movement, whether your goal is to relieve pain, refine posture or simply feel more capable and energised in daily life.

| 3 Nights | | 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | |
|----------|-------------------------------------|----------|-------------------------------------|---------------------------------|--------------------------------------|---------------------------------|--------------------------------------|---------------------------------|-------------------------------------|
| 2 | Refunctional Exercise (50 mins)* | 2 | Refunctional Exercise (50 mins)* | 2 | Refunctional Exercise (50 mins)* | 2 | Refunctional Exercise (50 mins)* | 4 | Refunctional Exercise (50 mins)* |
| 1 | Physiotherapy (25 mins)** | 2 | Physiotherapy (25 mins)** | 2 | Physiotherapy (25 mins)** | 3 | Physiotherapy (25 mins)** | 4 | Physiotherapy (25 mins)** |
| 1 | Deep Tissue Massage (50 mins)*** | 1 | Deep Tissue Massage (50 mins)*** | 2 | Deep Tissue Massage (50 mins)*** | 2 | Deep Tissue Massage (50 mins)*** | 2 | Deep Tissue Massage (50 mins)*** |
| 1 | Vibration Massage Therapy (25 mins) | 1 | Vibration Massage Therapy (25 mins) | 2 | Vibration Massage Therapy (25 mins) | 2 | Vibration Massage Therapy (25 mins) | 3 | Vibration Massage Therapy (25 mins) |
| 1 | Neurac® Method (25 mins) | 1 | Neurac® Method (25 mins) | 2 | Neurac® Method (25 mins) | 3 | Neurac® Method (25 mins) | 4 | Neurac® Method (25 mins) |
| | | 1 | Neuromuscular Exercise | 1 | Neuromuscular Exercise | 1 | Neuromuscular Exercise | 1 | Neuromuscular Exercise |
| | | 1 | H2O Therapy (50 mins) | 1 | H2O Therapy (50 mins) | 1 | H2O Therapy (50 mins) | 1 | H2O Therapy (50 mins) |
| | | 1 | Kinesthetic 3D Analysis | 1 | Kinesthetic 3D Analysis | 1 | Kinesthetic 3D Analysis | 1 | Kinesthetic 3D Analysis |
| | | | 1 | Personal Training (50 mins)**** | 1 | Personal Training (50 mins)**** | 1 | Personal Training (50 mins)**** | 1 |
| | | | | 1 | Super Stretch (25 mins) | 2 | Super Stretch (25 mins) | | |
| | | | | 1 | TECAR Massage Therapy (25 mins)***** | 2 | TECAR Massage Therapy (25 mins)***** | | |
| | | | | 1 | Acupressure Reflexology ***** | 1 | Acupressure Reflexology ***** | | |
| | | | | | 1 | Stress Release Therapy | | | |

* Re-functional Exercise (50 mins) - may alternate with H2O Body Complex (50 mins), Dynamic Core Exercise, Gyrotonic® (50 mins), Gyrokinesis® (50 mins),

Inner Core Exercise or Toning Ball

** Physiotherapy (25 mins) - may alternate with Soft Tissue Mobilisation (25 mins)

*** Deep Tissue Massage (50 mins) - may alternate with Back, Neck & Shoulder Massage or Fast-Track Back Release

**** Personal Training - may alternate with Pilates (50 mins), Functional Training Movement or MOTR

***** TECAR Massage Therapy (25 mins) - may alternate with Radial Shock Wave Therapy (25 mins)

***** Acupressure Reflexology - may alternate with Chi Nei Tsang, Ear-Ab Reflex or Craniosacral Therapy

SPA WELLBEING



Escape the stresses of daily life and into a haven of wellbeing, where tranquil days of spa relaxation restore the mind, body and spirit. Equal parts pampering and therapeutic, a personalised programme of face, body and massage treatments draws on time-tested rituals and all-natural, organic botanicals to rejuvenate.

| 3 Nights | | 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | |
|----------|---------------------------------------|----------|---------------------------------------|-------------------------|---------------------------------------|--------------------------------|---------------------------------------|--------------------------------|---------------------------------------|
| 1 | Chiva-Som Skin Haven Facial | 1 | Chiva-Som Skin Haven Facial | 1 | Chiva-Som Skin Haven Facial | 2 | Chiva-Som Skin Haven Facial | 2 | Chiva-Som Skin Haven Facial |
| 1 | Chiva-Som Spa Haven Body Cocoon * | 1 | Chiva-Som Spa Haven Body Cocoon * | 1 | Chiva-Som Spa Haven Body Cocoon * | 1 | Chiva-Som Spa Haven Body Cocoon * | 2 | Chiva-Som Spa Haven Body Cocoon * |
| 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) |
| 1 | Aloe Vera Hair Intensive | 1 | Aloe Vera Hair Intensive | 1 | Aloe Vera Hair Intensive | 1 | Aloe Vera Hair Intensive | 1 | Aloe Vera Hair Intensive |
| 1 | Chiva-Som Signature Deep Hand Massage | 1 | Chiva-Som Signature Deep Hand Massage | 1 | Chiva-Som Signature Deep Hand Massage | 1 | Chiva-Som Signature Deep Hand Massage | 1 | Chiva-Som Signature Deep Hand Massage |
| | | 1 | Thermal Himalayan Salt Therapy | | 1 | Thermal Himalayan Salt Therapy | 1 | Thermal Himalayan Salt Therapy | 1 |
| | | 1 | Slimming Body Mask Initial | | 1 | Slimming Body Mask Initial | 1 | Slimming Body Mask Initial | 1 |
| | | 1 | Bioplasma and JetPeel | | 1 | Bioplasma and JetPeel | 1 | Bioplasma and JetPeel | 1 |
| | | | 1 | Maya Massage | 1 | Maya Massage | 2 | Maya Massage | |
| | | | 1 | Jet Lag Therapy Package | 1 | Jet Lag Therapy Package | 1 | Jet Lag Therapy Package | |
| | | | | 1 | Hyperbaric Oxygen Therapy | 1 | Hyperbaric Oxygen Therapy | | |
| | | | | 1 | Oriental Foot Ritual | 1 | Oriental Foot Ritual | | |
| | | | | 1 | Soothing Eye Treatment | 1 | Soothing Eye Treatment | | |
| | | | | | 1 | Five Elements Massage | | | |
| | | | | | 1 | South Indian Body Pampering | | | |

* Chiva-Som Spa Haven Body Cocoon - choose from Cleansing Cocoon, Revitalising Cocoon or Siam Ritual Cocoon



YOGA FOR LIFE

The practice and philosophy of yoga rejuvenate the body, calm the mind and nurture the spirit through deepened awareness. In this retreat, you may join group classes or personalised one-on-one sessions to enrich your understanding and refine your practice through meditation, breathing exercises and traditional cleansing techniques. Yoga for Life gently guides you on a path of self-discovery, inner balance and lasting peace of mind.



NATURE'S EMBRACE

Humans are born with an innate sense of wonder and a natural desire to connect with the world around us. Our peaceful beachfront setting in quaint Hua Hin invites you to slow down and rediscover this bond with nature. Enjoy restorative moments by the sea, leisurely coastal cycling routes, and the healing benefits of herbal wellness therapies complemented by natural, organic cuisine. Nature's Embrace offers a gentle return to balance, grounding you in the beauty and tranquillity of the natural world.

| 3 Nights | | 5 Nights | | 7 Nights | |
|----------|----------------------|----------|----------------------|----------|---------------------------------------|
| 2 | Yoga (50 mins) | 4 | Yoga (50 mins) | 6 | Yoga (50 mins) |
| 1 | Pranayama (50 mins) | 2 | Pranayama (50 mins) | 2 | Pranayama (50 mins) |
| 1 | Oriental Foot Ritual | 1 | Oriental Foot Ritual | 1 | Oriental Foot Ritual |
| 1 | Chi Nei Tsang | 1 | Chi Nei Tsang | 1 | Chi Nei Tsang |
| | | 1 | Meditation | 2 | Meditation |
| | | | | 1 | Chiva-Som Signature Deep Hand Massage |

| 3 Nights | | 5 Nights | |
|----------|---------------------------------|----------|---------------------------------|
| 1 | Traditional Thai Herbal Massage | 1 | Traditional Thai Herbal Massage |
| 1 | Aloe Body Mask | 1 | Aloe Body Mask |
| 1 | Oriental Foot Ritual | 1 | Oriental Foot Ritual |
| 1 | Bike (110 mins) | 2 | Bike (110 mins) |
| 1 | Cooking Class (Thai Cuisine) | 1 | Cooking Class (Thai Cuisine) |
| | | 1 | Neurodynamic Nerve Exercise |
| | | 1 | Bamboo Massage * |

* Bamboo Massage - may alternate with Dry Skin Brushing or Reiki Gemstones Therapy



FITNESS

The Fitness Retreat at Chiva-Som enhances your fitness capabilities through a personalised training routine tailored to your goals. Guided by our experienced trainers, you will follow appropriate exercises and techniques that promote progress while reducing the risk of injuries. As you build confidence, you will also gain the knowledge and tools to maintain a healthier, more balanced lifestyle. Daily fitness classes and a personalised dietary plan further support your journey towards improved strength and wellbeing.

| 3 Nights | | 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | |
|----------|---|----------|---------------------------------|----------|---|--------------------------------|---|--------------------------------|---|
| 1 | Fitness Assessment | 1 | Fitness Assessment | 1 | Fitness Assessment | 2 | Fitness Assessment | 2 | Fitness Assessment |
| 2 | Personal Training (50 mins)* | 3 | Personal Training (50 mins)* | 4 | Personal Training (50 mins)* | 5 | Personal Training (50 mins)* | 7 | Personal Training (50 mins)* |
| 3 | Super Stretch (25 mins) | 3 | Super Stretch (25 mins) | 4 | Super Stretch (25 mins) | 5 | Super Stretch (25 mins) | 6 | Super Stretch (25 mins) |
| 1 | Deep Tissue Massage (50 mins)** | 1 | Deep Tissue Massage (50 mins)** | 1 | Deep Tissue Massage (50 mins)** | 2 | Deep Tissue Massage (50 mins)** | 3 | Deep Tissue Massage (50 mins)** |
| | | 1 | Pilates (50 mins) | 2 | Pilates (50 mins) | 2 | Pilates (50 mins) | 4 | Pilates (50 mins) |
| 1 | Nutrition Consultation Initial (50 mins)*** | | | 1 | Nutrition Consultation Initial (50 mins)*** | 1 | Nutrition Consultation Initial (50 mins)*** | 1 | Nutrition Consultation Initial (50 mins)*** |
| | | | | 1 | Functional Mobility | 1 | Functional Mobility | 1 | Functional Mobility |
| | | | | | 1 | Brain-Body Connection Exercise | 1 | Brain-Body Connection Exercise | |
| | | | | | 1 | H2O Body Complex (50 mins)**** | 1 | H2O Body Complex (50 mins)**** | 1 |
| | | | | | | 1 | Aquatic Therapy | | |

* Personal Training (50 mins) - may alternate with Pilates (50 mins), Kinesis, TRX or FluidX

** Deep Tissue Massage (50 mins) - may alternate with Back, Neck & Shoulder Massage or Fast-Track Back Release

*** Nutrition Consultation Initial (50 mins) - may alternate with Nutritional Body Orientation or Mental Wellness Counselling

**** H2O Body Complex (50 mins) - may alternate with Oxygen Power Fitness, Metabolic Breathing Exercise, Neuromuscular Exercise or Lumbo-Pelvic Rhythm Exercise



NATURAL RENEWAL

Our Natural Renewal Retreat is designed for guests who feel depleted and are seeking a fresh start. It offers an opportunity for 'rebirth' by addressing the physical, emotional and spiritual factors that have led to imbalance. Through our integrated approach, our experts explore the roots of your health concerns and create a personalised programme that supports holistic rejuvenation and lasting lifestyle transformation. Natural Renewal gently guides you towards restored awareness, renewed vitality and a deeper sense of inner peace.

| 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | |
|----------|--|----------|---|-----------|---|-----------|---|
| 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* |
| 1 | Mood Mist | 1 | Mood Mist | 1 | Mood Mist | 2 | Mood Mist |
| 1 | Pranayama (50 mins) ** | 1 | Pranayama (50 mins) ** | 1 | Pranayama (50 mins) ** | 2 | Pranayama (50 mins) ** |
| 2 | Holistic Health *** | 3 | Holistic Health *** | 4 | Holistic Health *** | 5 | Holistic Health *** |
| 1 | Back, Neck & Shoulder Massage *** | 1 | Back, Neck & Shoulder Massage *** | 1 | Back, Neck & Shoulder Massage *** | 1 | Back, Neck & Shoulder Massage *** |
| 1 | Acupuncture Initial (90 mins)**** | 1 | Acupuncture Initial (90 mins)**** | 1 | Acupuncture Initial (90 mins)**** | 1 | Acupuncture Initial (90 mins)**** |
| | | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins)***** | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins)***** | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins)***** |
| | | | | 1 | Meditation | 2 | Meditation |
| | | | | 1 | Aloe Body Mask | 1 | Aloe Body Mask |
| | | | | 1 | Aquatic Therapy | 1 | Aquatic Therapy |
| | | | | 1 | Deep Tissue Massage (50 mins) | 1 | Deep Tissue Massage (50 mins) |
| | | | | | | 1 | Chiva-Som Signature Total Body Care |
| | | | | | | 1 | Acupuncture Follow-up (50 mins)***** |

* Naturopathic Consultation Initial (50 mins) - may alternate with Mental Wellness Counselling, Nutrition Consultation Initial (50 mins), Nutritional Body Orientation or MBSR (Mindfulness Based Stress Release) Consultation Initial (50 mins)

** Pranayama (50 mins) - may alternate with Meditation, Tai Chi or Yoga (50 mins)

*** Holistic Health - may alternate with Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shirobhyaanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage & Quantum Healing

**** Back, Neck & Shoulder Massage - may alternate with Fast-Track Back Release

***** Acupuncture Initial (90 mins) - may alternate with Shiatsu Acupressure Initial (90 mins), Facial Acupuncture Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins), AcuSlim Initial (90 mins) or Traditional Thai Therapeutic Treatment Initial (90 mins)

***** Traditional Thai Therapeutic Treatment Initial (90 mins) - may alternate with Acupuncture Initial (90 mins), Shiatsu Acupressure Initial (90 mins), Facial Acupuncture Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins) or AcuSlim Initial (90 mins)

***** Acupuncture Follow-up (50 mins) - may alternate with Nutrition Consultation Initial (50 mins), Shiatsu Acupressure Follow-up (50 mins), Seiketsu Shiraku Acupuncture Follow-up (50 mins) or Traditional Thai Therapeutic Treatment Follow-up (50 mins)

ART OF DETOX

The Art of Detox is a fully personalised programme built around a specially formulated cleansing diet that gives your digestive system a restorative break. Tailored to your individual needs, the diet supports optimal detoxification while easing the body back into balance. Your Health & Wellness Advisor will guide you in discovering the most suitable approach, ensuring the right balance of macro- and micro-nutrients, complemented by targeted herbal and nutritional supplements. Through this retreat, you will be introduced to more nourishing dietary habits that help restore digestive and metabolic function, laying the foundation for sustained long-term health.



SUSTAINABLE WEIGHT MANAGEMENT

When it comes to weight loss or gain, we recommend a healthy approach to nurturing your body, rather than extreme changes or restrictions to your lifestyle. A personal trainer will work with you to help balance physical activity in conjunction with a supportive diet. Each programme is tailored to your needs to promote an end result that not only reflects the results you want, but also provides you with valuable knowledge and understanding for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

| 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | | |
|----------|--|----------|--|------------------------------------|--|------------------------------------|--|----------------------------------|
| 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* | 1 | Naturopathic Consultation Initial (50 mins)* | |
| 1 | Detox Supplement Set for 5 nights | 1 | Detox Supplement Set for 7 nights | 1 | Detox Supplement Set for 10 nights | 2 | Detox Supplement Set for 7 nights | |
| 1 | Mood Mist | 1 | Mood Mist | 1 | Mood Mist | 2 | Mood Mist | |
| 1 | Maya Massage | 1 | Maya Massage | 1 | Maya Massage | 1 | Maya Massage | |
| 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) | |
| 2 | Colonic Hydrotherapy ** | 3 | Colonic Hydrotherapy ** | 3 | Colonic Hydrotherapy ** | 4 | Colonic Hydrotherapy ** | |
| 1 | Pranayama (50 mins) | 1 | Pranayama (50 mins) | 1 | Pranayama (50 mins) | 1 | Pranayama (50 mins) | |
| 1 | Moxibustion Therapy (30 mins) *** | 1 | Moxibustion Therapy (30 mins) *** | 1 | Moxibustion Therapy (30 mins) *** | 2 | Moxibustion Therapy (30 mins) *** | |
| | | 1 | Chiva-Som Spa Haven Cleansing Cocoon | 2 | Chiva-Som Spa Haven Cleansing Cocoon | 2 | Chiva-Som Spa Haven Cleansing Cocoon | |
| | | 1 | Super Stretch (25 mins) | 1 | Super Stretch (25 mins) | 2 | Super Stretch (25 mins) | |
| | | | 1 | Chi Nei Tsang | 2 | Chi Nei Tsang | 3 | Super Stretch (25 mins) |
| | | | 1 | Acupuncture Initial (90 mins) **** | 1 | Acupuncture Initial (90 mins) **** | 4 | Super Stretch (25 mins) |
| | | | 1 | Art of Detox Cooking Class **** | 1 | Art of Detox Cooking Class **** | 1 | Slimming Body Mask Initial |
| | | | | | | 1 | LPG Cellu M6 Alliance® Initial | |
| | | | | | | | 1 | LPG Cellu M6 Alliance® Follow-up |
| | | | | | | | 1 | Chi Nei Tsang |
| | | | | | | | 1 | Colonic Hydrotherapy *** |

* Naturopathic Consultation Initial (50 mins) - may alternate with Mental Wellness Counselling

** Colonic Hydrotherapy - may alternate with Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shirobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing

*** Moxibustion Therapy (30 mins) - may alternate with MBSR (Mindfulness Based Stress Release) Consultation Follow-up (30 mins) Moxibustion Therapy (30 mins) x 2 sessions - may alternate with Acupuncture Follow-up (50 mins) or Nutritional Body Orientation

**** Acupuncture Initial (90 mins) - may alternate with Shiatsu Acupressure Initial (90 mins), Facial Acupuncture Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins), AcuSlim Initial (90 mins) or Traditional Thai Therapeutic Treatment Initial (90 mins)

***** Art of Detox Cooking Class - may alternate with Natural Food

| 5 Nights | | 7 Nights | | 10 Nights | | 14 Nights | |
|----------|--|----------|--|--------------------------------|--|--------------------------------|--|
| 1 | Body Composition Analysis | 1 | Body Composition Analysis | 2 | Body Composition Analysis | 2 | Body Composition Analysis |
| 2 | Personal Training (50 mins)* | 4 | Personal Training (50 mins)* | 6 | Personal Training (50 mins)* | 8 | Personal Training (50 mins)* |
| 1 | Nutrition Consultation Initial (50 mins)** | 1 | Nutrition Consultation Initial (50 mins)** | 1 | Nutrition Consultation Initial (50 mins)** | 1 | Nutrition Consultation Initial (50 mins)** |
| 1 | Blood Test for Sustainable Weight Management *** | 1 | Blood Test for Sustainable Weight Management *** | 1 | Blood Test for Sustainable Weight Management *** | 1 | Blood Test for Sustainable Weight Management *** |
| 1 | Detox Supplement Set for 5 nights | 1 | Detox Supplement Set for 7 nights | 1 | Detox Supplement Set for 10 nights | 1 | Detox Supplement Set for 14 nights |
| | | 2 | Super Stretch (25 mins) | 3 | Super Stretch (25 mins) | 4 | Super Stretch (25 mins) |
| | | | 1 | Slimming Body Mask Initial | 2 | Slimming Body Mask Initial | |
| | | | 1 | LPG Cellu M6 Alliance® Initial | 1 | LPG Cellu M6 Alliance® Initial | |
| | | | | 1 | LPG Cellu M6 Alliance® Follow-up | 1 | Chi Nei Tsang |
| | | | | | 1 | Colonic Hydrotherapy *** | |

* Personal Training (50 mins) - may alternate with Pilates (50 mins)

** Nutrition Consultation Initial (50 mins) for weight management, with recommendations to follow at home and may alternate with Mental Wellness Counselling, Naturopathic Consultation Initial (50 mins), Nutritional Body Orientation or MBSR (Mindfulness Based Stress Release) Consultation Initial (50 mins)

*** The Blood Test for Sustainable Weight Management has been developed exclusively for this programme and cannot be alternated with other treatments

**** Colonic Hydrotherapy - may alternate with Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shirobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage and Quantum Healing



IMMUNE RESILIENCE

A healthy immune system is vital for overall wellbeing. At Chiva-Som, our multidimensional approach combines mindful movement, nutrient-rich cuisine and gentle detoxification to strengthen your body's natural defences. Our trainers and therapists will guide you in building sustainable habits that enhance resilience during your stay and long after you return home. A nutritional consultant will also create a personalised meal plan for you, whether through our recommended intermittent fasting or our nourishing wellness cuisine.



GUT HEALTH

The more we understand the digestive system, the clearer it becomes that a healthy gut microbiome is essential to both physical and mental wellbeing. Our nutrition team has developed a natural detox system enriched with nutrients, probiotics and fibre to help restore digestive balance. A specialised abdominal massage further supports digestive and gastrointestinal function by easing tension and encouraging natural detoxification. Complemented by Pranayama breathing sessions, the programme fosters a sense of lightness, clarity and deep relaxation.

| 5 Nights | | 7 Nights | |
|----------|-------------------------------------|----------|-------------------------------------|
| 1 | Chi Nei Tsang | 2 | Chi Nei Tsang |
| 1 | Yoga (50 mins) | 1 | Yoga (50 mins) |
| 1 | Personal Training (50 mins) | 2 | Personal Training (50 mins) |
| 1 | Manual Lymphatic Drainage (45 mins) | 1 | Manual Lymphatic Drainage (45 mins) |
| 1 | Shirobhyanga * | 1 | Shirobhyanga * |
| 1 | Meditation | 1 | Meditation |
| 1 | Fast-Track Back Release (50 mins) | 2 | Fast-Track Back Release (50 mins) |
| 1 | Spine Mobilisation (25 mins) | 1 | Spine Mobilisation (25 mins) |

| 5 Nights | | 7 Nights | |
|----------|---|----------|---|
| 2 | Gut Health Holistic Therapeutic Massage * | 2 | Gut Health Holistic Therapeutic Massage * |
| 1 | Yoga (50 mins) | 2 | Yoga (50 mins) |
| 1 | Lumbo-Pelvic Rhythm Exercise | 2 | Lumbo-Pelvic Rhythm Exercise |
| 1 | Pranayama (50 mins) | 2 | Pranayama (50 mins) |
| 1 | Acupressure Reflexology ** | 1 | Acupressure Reflexology ** |
| 1 | Chiva-Som Signature Total Body Care | 1 | Chiva-Som Signature Total Body Care |
| 1 | Detox Set for 5 nights | 1 | Detox Set for 7 nights |

* Shirobhyanga - may alternate with Acupressure Reflexology or Chakra Balancing

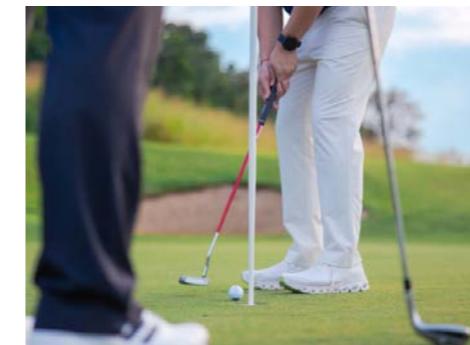
* Gut Health Holistic Therapeutic Massage - may alternate with Chi Nei Tsang or Ear-Ab Reflex

** Acupressure Reflexology - may alternate with Chi Nei Tsang or Ear-Ab Reflex



AGEING WELL

Ageing is inevitable, yet premature ageing and loss of function are not. At Chiva-Som, we combine personalised nutrition, exercise and lifestyle guidance to help you maintain your health and continue enjoying life to the fullest. Gentle physical activity centres on Lumbo-Pelvic Rhythm Exercises to build core stability, enhance mobility and reduce the risk of lower-back or pelvic dysfunction. Bio-feedback supports emotional balance and quality of sleep, while our wellness cuisine provides essential nutrients that nourish both body and brain for long-term vitality.



TOTAL GOLF ENHANCEMENT

Under the guidance of a professional, you will improve your game in all aspects. Your retreat will begin with an assessment of your physical fitness and your swing efficiency. Practice on the green of your course choice is then accompanied by exercises to improve your endurance, range of motion, strength and balance, as well as reduce your risk of injury.

| 5 Nights | | 7 Nights | |
|-------------------|--|-------------------|--|
| 1 | Spine Mobilisation (25 mins)* | 1 | Spine Mobilisation (25 mins)* |
| 1 | Gyrotonic® (50 mins)** | 1 | Gyrotonic® (50 mins)** |
| 1 | Lumbo-Pelvic Rhythm Exercise | 2 | Lumbo-Pelvic Rhythm Exercise |
| 1 | H2O Therapy (50 mins) | 2 | H2O Therapy (50 mins) |
| 1 | Personal Training (50 mins) | 1 | Personal Training (50 mins) |
| 1 | Chi Nei Tsang *** | 1 | Chi Nei Tsang *** |
| Sleep Enhancement | | Sleep Enhancement | |
| 1 | Naturopathic Consultation Initial (50 mins) **** | 1 | Naturopathic Consultation Initial (50 mins) **** |
| 1 | Bio-Feedback Rebalance | 1 | Bio-Feedback Rebalance |

| 5 Nights | | 7 Nights | | 10 Nights | |
|--|---------------------------------|--|---------------------------------|-----------|---------------------------------|
| 1 | Golf Fitness Assessment | 1 | Golf Fitness Assessment | 1 | Golf Fitness Assessment |
| 1 | Golf Fitness Training* | 1 | Golf Fitness Training* | 2 | Golf Fitness Training* |
| 1 | Round of Golf with a Golf Pro | 2 | Round of Golf with a Golf Pro | 3 | Round of Golf with a Golf Pro |
| 1 | Deep Tissue Massage (50 mins)** | 1 | Deep Tissue Massage (50 mins)** | 1 | Deep Tissue Massage (50 mins)** |
| 1 | Aloe Body Mask | 1 | Aloe Body Mask | 1 | Aloe Body Mask |
| Golf Courses | | | | | |
| Seapine Golf Course | | Located right next to the beach, with stunning sea views and sea breezes, the aptly named Seapine is one of Hua Hin's most picturesque courses, with 18 holes spread across relatively flat terrain. Located 10 minutes from Chiva-Som. | | | |
| Pineapple Valley Golf Club (former Banyan Golf Club) | | With elevated greens, sloping fairways, meandering creeks and bunkers, the 18-hole course has won multiple awards, and is rated top three in Asia by Asian Golf Monthly, and top 1,000 in the world by Rolex. Located 20 minutes from Chiva-Som. Supplementary course fee of THB 3,900 net per person per round *** | | | |
| Black Mountain | | Named one of the 100 best golf courses in the world by Golf Digest, and located in a peaceful setting in the foothills of Hua Hin, Black Mountain consists of three nine-hole courses. Located 30 minutes from Chiva-Som. Supplementary course fee of THB 5,000 net per person, per round *** | | | |

* Spine Mobilisation (25 mins) - may alternate with Bone Density Analysis (25 mins)

** Gyrotonic (50 mins) - may alternate with Gyrokinesis® (50 mins)

*** Chi Nei Tsang - may alternate with Holistic Lumbar & Pelvic Therapy or Chakra Balancing

**** Naturopathic Consultation Initial (50 mins) - may alternate with Hormone Harmony Consultation or Lifestyle Empowerment Consultation or Mental Wellness Counselling

* Golf Fitness Training - may alternate with Refunctional Exercise

** Deep Tissue Massage - may alternate with Back, Neck & Shoulder Massage or Fast-Track Back Release

*** Price excludes cost for cart and tip for caddy

CELL VITALITY



The Cell Vitality retreat has been carefully created to support guests who have recovered or are in remission from cancer. Daily programmes are crafted to help you regain your appetite through dedicated dietary plans, stimulate physical and mental wellness with the aid of experienced therapists, and promote cellular health with our naturopathic doctors.

CRANIAL RELIEF



The Cranial Relief retreat is crafted for guests who suffer from migraines and life-disrupting headaches. Combining holistic and physiotherapy treatments, you'll discover how to regain stability through meditation, specific exercises that promote cranio-facial muscle relaxation and a special dietary plan of fresh, organic and nutrient-rich foods. With the harmony of treatments, experience relief from headaches and a new lifestyle of improved health and wellness.

| 10 Nights | | 14 Nights | |
|-----------|--|-----------|--|
| 1 | Bio-Feedback Rebalance | 1 | Bio-Feedback Rebalance |
| 1 | Naturopathic Consultation Initial (50 mins) * | 1 | Naturopathic Consultation Initial (50 mins) * |
| 1 | Naturopathic Consultation Follow-up (30 mins) ** | 1 | Naturopathic Consultation Follow-up (30 mins) ** |
| 1 | Acupuncture Initial (90 mins) *** | 1 | Acupuncture Initial (90 mins) *** |
| 3 | Holistic Health **** | 4 | Holistic Health *** |
| 2 | Pranayama (50 mins) | 3 | Pranayama (50 mins) |
| 2 | Refunctional Exercise (50 mins) ***** | 4 | Refunctional Exercise (50 mins) ***** |
| 1 | Chiva-Som Skin Haven Facial | 1 | Chiva-Som Skin Haven Facial |
| 1 | Jet Lag Therapy Package | 1 | Jet Lag Therapy Package |
| 1 | Mood Mist | 1 | Mood Mist |
| | | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins) |
| | | 2 | Super Stretch (25 mins) |

| 10 Nights | | 14 Nights | |
|-----------|---|-----------|--|
| 1 | Bio-Feedback Rebalance | 1 | Bio-Feedback Rebalance |
| 1 | Naturopathic Consultation Initial (50 mins) * | 1 | Naturopathic Consultation Initial (50 mins) * |
| 1 | Acupuncture Initial (90 mins) ** | 1 | Acupuncture Initial (90 mins) ** |
| 2 | Holistic Health *** | 3 | Holistic Health *** |
| 1 | Stress Release Therapy | 2 | Stress Release Therapy |
| 1 | Back, Neck & Shoulder Massage | 2 | Back, Neck & Shoulder Massage |
| 2 | Spine Mobilisation (25 mins) | 2 | Spine Mobilisation (25 mins) |
| 1 | Shirobhyanaga | 1 | Shirobhyanaga |
| 2 | Functional Mobility | 2 | Functional Mobility |
| 2 | Meditation **** | 3 | Meditation *** |
| | | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins) |

* Naturopathic Consultation Initial (50 mins) - may alternate with Mental Wellness Counselling

** Naturopathic Consultation Follow-up (30 mins) - may alternate with Moxibustion Therapy (30 mins)

** Acupuncture Initial (90 mins) - may alternate with Shiatsu Acupressure Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins) or Traditional Thai Therapeutic Treatment Initial (90 mins)

*** Holistic Health - choose from Craniosacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

**** Refunctional Exercise (50 mins) - may alternate with Gyrotonic®(50 mins), Gyrokinesis®(50 mins) or Neuromuscular Exercise

* Naturopathic Consultation Initial (50 mins) - may alternate with Mental Wellness Counselling

** Acupuncture Initial (90 mins) - may alternate with Shiatsu Acupressure Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins) or Traditional Thai Therapeutic Treatment Initial (90 mins)

*** Holistic Health - choose from Mien-Acupressure, Craniosacral Therapy, Reiki Gemstones Therapy or Acupressure Reflexology

**** Meditation - may alternate with Yoga (50 mins)



TENSION RELEASE

Escape tension-causing routines and release your mind and body to discover your true inner peace. Our Tension Release retreat is carefully designed to help guests who suffer from high blood pressure to regain a restorative balance in life. Through nutritional consultation, you will discover the simple steps to controlling salt intake, maintaining a healthy weight and the appropriate use of dietary supplements that can help support cardiovascular health. Furthermore, our personalised fitness activities can enhance your energy and reduce weakness and fatigue, providing you with a complete path towards tension release.

| 10 Nights | | 14 Nights | |
|-----------|--|-----------|--|
| 1 | Bio-Feedback Rebalance | 1 | Bio-Feedback Rebalance |
| 1 | Mental Wellness Counselling * | 1 | Mental Wellness Counselling * |
| 1 | Acupuncture Initial (90 mins) ** | 1 | Acupuncture Initial (90 mins) ** |
| 3 | Holistic Health *** | 4 | Holistic Health *** |
| 1 | Traditional Thai Therapeutic Treatment Initial (90 mins) | 1 | Traditional Thai Therapeutic Treatment Initial (90 mins) |
| 1 | Gyrokinesis® (50 mins) **** | 2 | Gyrokinesis® (50 mins) **** |
| 3 | Super Stretch (25 mins) | 4 | Super Stretch (25 mins) |
| 2 | Meditation | 3 | Meditation |
| 1 | Pilates (50 mins)***** | 2 | Pilates (50 mins)***** |
| 1 | Chiva-Som Signature Deep Hand Massage | 1 | Chiva-Som Signature Deep Hand Massage |
| 1 | Mood Mist | 2 | Mood Mist |
| | | 1 | Cooking Class ***** |
| | | 1 | MBSR (Mindfulness Based Stress Release) Consultation Initial (50 mins) |

* Mental Wellness Counselling - may alternate with Naturopathic Consultation Initial (50 mins)

** Acupuncture Initial (90 mins) - may alternate with Shiatsu Acupressure Initial (90 mins), Seiketsu Shiraku Acupuncture Initial (90 mins) or Traditional Thai Therapeutic Treatment initial (90 mins)

*** Holistic Health - choose from Chi Nei Tsang, Ear-Ab Reflex, Reiki Gemstones Therapy, Shirobhyanga, Acupressure Reflexology, Dry Skin Brushing or Crystal Massage & Quantum Healing

**** Gyrokinesis® (50 mins) - may alternate with Gyrotonic®(50 mins)

***** Meditation - may alternate with Yoga (50 mins)

***** Cooking Class - may alternate with Natural Food



◆ ACCOMMODATION

There are 54 rooms and suites at Chiva-Som, ensuring guest privacy and a tranquil atmosphere. Ocean rooms and suites are located in the low-rise main building facing the sunrise, while Thai pavilions are dotted around the gardens. The décor is soothing, with teakwood floors, a neutral palette and soft lighting. Personalised details include your choice of scent, bathroom amenities, linens and pillows.

OCEAN ROOMS

The ocean rooms are calming, each with a private balcony or terrace overlooking the ocean. Choose a premium room or the unique Anchan room for extra living space.

THAI PAVILIONS

The pavilions offer the most Zen and private of settings, surrounded by verdant nature. Each features an expanded ensuite and walk-in closet, ideal for longer stays.

THAI PAVILION SUITES

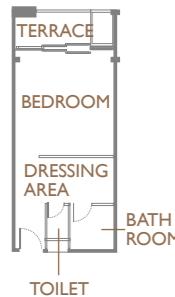
The pavilion suites allow both indoor and outdoor living, with an al fresco sala for tranquil lounging and a kitchen where a personal chef can create a meal for you.

OCEAN SUITES

The ocean suites are one of a kind, each with contemporary Thai décor of teak, silk and fresh orchids. A guest WC and separate living room offer the option of entertaining. The Golden Bo Suite is uniquely positioned with steps leading to the resort pool, while the Leelawadee Suite is the most luxurious, with a private garden terrace with Jacuzzi.



◆ ROOM FLOOR PLANS



Ocean Room
14 Rooms (34 m²)

With a terrace overlooking the beautiful Gulf of Thailand, enjoy the healing properties of the ocean. The Ocean Room indulges you with peace and serenity both inside and out.



Ocean Deluxe Room
10 Rooms (48 m²)

You'll find blissful comfort in spacious living in one of our serene Ocean Deluxe Rooms. Each comes with a separate bathroom, a dressing room, and a terrace.



Patchouli Suite
1 Room (70 m²)

Feel the relaxation sweep over you in the spacious Patchouli Suite, with a large terrace overlooking the ocean and separate living area.



Jasmine Suite
1 Room (89 m²)

Access to the ocean view is always within your reach with a terrace connecting the living room and bedroom in the lovely Jasmine Suite.



Ocean Premium Room
5 Rooms (54 m²)

This premium haven of comfort has a separate bathroom, a living area, and a dressing room. Relax against the backdrop of the turquoise sea in the most spacious of the Ocean Rooms.



Anchan
1 Room (63 m²)

Indulge in a spacious layout which includes a larger terrace offering breathtaking views. The Anchan Room instils a sense of lasting comfort while the peaceful decor entices deep relaxation.



Champaka Suite
2 Rooms (104 m²)

You are promised a truly exquisite retreat with the generous space of The Champaka Suite. An extended terrace facing the vast sea is accessible from both the bedroom and separate living space. A separate bathroom, powder room, and dressing room provides privacy and space.



Golden Bo Suite
1 Room (102 m²)

Adorned with Thai silk, teakwood and bamboo, the Golden Bo Suite is an ideal place to soak in the authentic Thai ambience. This indulgent suite offers a large, separate living room, a dressing room, dining room, and a shaded terrace with stairs leading to the swimming pool, as well as an upstairs terrace where you can enjoy an afternoon repose on a daybed.



Thai Pavilion
10 Rooms (66 m²)

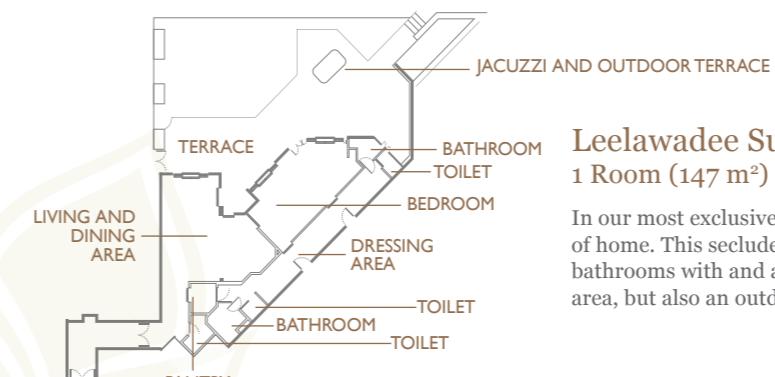
Thai Pavilion Suite
7 Rooms (96 m²)

Our newly designed Thai Pavilions and Thai Pavilion Suites have been beautifully renovated with additional space to bring you closer to nature. Both room types offer an elegant entrance, generous closet area, lounge, a full-size washroom, and a balcony. A private multi-functional Sala and kitchen are offered in the Thai Pavilion Suites.



Juniper Suite
1 Room (68 m²)

Gaze across the expansive vista of the Gulf of Thailand from the top floor Juniper Suite. It boasts a large terrace, separate living room, dressing room, and powder room allowing you to lounge and feel at home.



Leelawadee Suite
1 Room (147 m²)

In our most exclusive and largest suite, you will be surrounded by the true comforts of home. This secluded haven offers not only a spacious living and dining area, two bathrooms with and additional powder room, and a luxurious bedroom with a dressing area, but also an outdoor terrace with Jacuzzi and a tranquil private garden.

◆ TERMS AND CONDITIONS

| Stay Period | Cancellations | Reduction in Length of Stay | Date Changes |
|--|---|---|--|
| Peak Season: • 1 st November - 28 th February | Cancellations to bookings made less than 45 days prior to arrival will incur a charge of 50% of the total booking or 100% if advised less than 30 days in advance | Requests to reduce length of stay made less than 45 days prior to arrival will incur a charge of 50% of the unused nights in the original booked period or 100% if advised less than 30 days in advance | Date changes to bookings made less than 45 days prior to arrival will incur a charge of 50% of the unused nights in the original booked period or 100% if advised less than 30 days in advance |
| High Season: • 1 st March - 31 st May • 1 st - 31 st October | | | |
| Off-Peak Season: • 1 st June - 30 th September | Cancellations to bookings made less than 30 days prior to arrival will incur a charge of 50% of the total booking or 100% if advised less than 14 days in advance | Requests to reduce length of stay made less than 30 days prior to arrival will incur a charge of 50% of the unused nights in the original booked period or 100% if advised less than 14 days in advance | Date changes to bookings made less than 30 days prior to arrival will incur a charge of 50% of the unused nights in the original booked period or 100% if advised less than 14 days in advance |

Other Amendments to Bookings:

No-shows will incur a cancellation charge of 100% of the total booking and there will be no refunds or credits given for bookings that are cut short after arrival.

Check-In/Check-Out:

Check-in is from 15.00 and check-out is at 12.00

Restrictions:

It is important for us to maintain a restful and relaxing atmosphere for all our guests, and in this regard, we regret that we cannot accept children under the age of 14. For those travelling as a family, our sister resort, Zulal Wellness Resort by Chiva-Som in Qatar, warmly welcomes guests of all ages.

To respect the peace, privacy and tranquility of everyone within the resort, we kindly ask that mobile phones, cameras, personal computers, and other electronic devices be used only in guest rooms and the library, where complimentary Wi-Fi is available. The items listed are not permitted in public areas.

Chiva-Som's healthy environment has been created to provide guests with the best possible benefits. As such, alcoholic beverages are limited to wine and champagne, available only after 18.00. We ask that guests refrain from bringing alcoholic drinks onto the premises.

Smoking is not permitted in the resort, except in designated areas. Please also be reminded that the Thai government prohibits smoking on public beaches. Doing so may result in a fine, imprisonment, or both.

In line with our commitment to holistic wellness, we regret that Chiva-Som is not a suitable environment for individuals currently in the grip of substance abuse or unsupervised withdrawal, as our facilities do not provide the necessary treatments or medical supervision required for this difficult journey.

◆ AWARDS



Chiva-Som has long been one of the world's leading health and wellness resorts. Our passion and dedication to improving the lifestyle of our guests has led to numerous awards and recognition over the years.

- ◆ 'The Best Hotels and Resorts in the World: The Gold List 2026' - Condé Nast Traveler/Traveller
- ◆ 'Serene Coastal Wellness Resort in Hua Hin' - Robb Report Hong Kong's Best of the Best 2026
- ◆ 'Traditional Healing' - Condé Nast Traveller Germany Wellness & Spa Awards 2025
- ◆ 'The Most Loved Wellness Destination' - Hello Thailand Beauty & Wellness 2025
- ◆ 'Outstanding Award' - Destination Spa & Wellness - Thailand Tourism Awards 2025
- ◆ 'Sustainability Award' - Health and Wellness Tourism - Thailand Tourism Awards 2025
- ◆ 'Spa Retreat of the Year' - Compare Retreats Luxury Wellness Travel Awards 2025
- ◆ 'Best 100 Hotels in Asia-Pacific' - Tatler Best Asia 2025
- ◆ 'Best Wellness Retreat' - Tatler Best Thailand 2025
- ◆ 'Best 100 Hotels in Asia' - Tatler Best Asia 2024
- ◆ 'Travel & Leisure/Spa' - Marie Claire UK Sustainability Awards 2024
- ◆ 'Wellness & Spa Retreat' - Thailand Tourism Gold Awards 2023
- ◆ 'Best Destination Spa in the World' - Condé Nast Traveler's Readers' Choice Awards 2022
- ◆ 'Fighting Fit' - Tatler Spa Awards 2022



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