



Chiva-Som
HUA HIN

REFLECTIONS ON WELLNESS

JUNE - SEPTEMBER 2026

JUNE

WIND ELEMENT: MOVEMENT, CLARITY, AND NERVOUS SYSTEM BALANCE

CHI NEI TSANG

A deeply therapeutic abdominal treatment rooted in Taoist traditions, designed to release internal tension, support digestive vitality, encourage harmonious energy flow according to traditional Taoist principles, and restore a sense of lightness and balance throughout the body.



THAI WISDOM FOR ELEMENT BALANCE

*(bi-monthly from June - September,
complimentary)*

Led by Senior TTM Practitioner and Holistic Therapist Chananchida Banyeam, this immersive session explores the Four Elements and their application across holistic treatments, nutrition, lifestyle, and daily rituals.

BETTER SLEEP CLASS

(complimentary)

A guided session addressing the impact of stress disorders like insomnia, sleep apnoea, parasomnias and narcolepsy on sleep patterns, offering practical techniques to support restorative rest and overall wellbeing.



YOUTHFUL RADIANCE FACIAL

Specially designed for teenagers, this facial treatment provides a structured approach to caring for developing skin. Each step—deep cleanse, gentle exfoliation, balancing mask, and lightweight hydration—is thoughtfully curated using natural, plant-based ingredients free from fragrance, alcohol, and pore-clogging additives.

THB 3,800++ for 50 mins



HYPERBARIC OXYGEN THERAPY

Supporting the Wind element through enhanced oxygenation, this extended session promotes oxygen flow, boosts energy, improves circulation, and restores mental clarity.

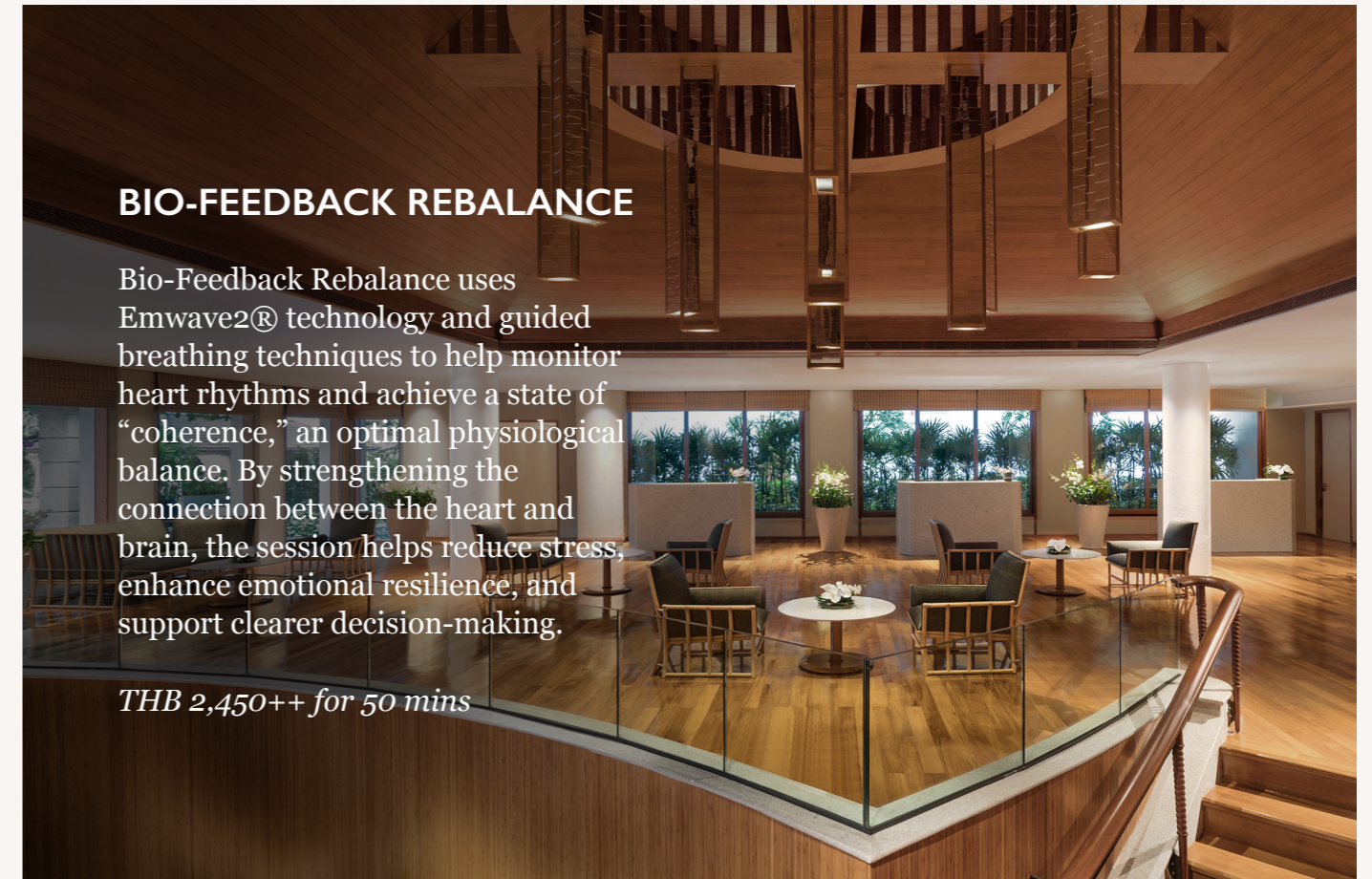
From THB 6,600++ for 1.5 hours



HEART RATE VARIABILITY (HRV) HARMONY TALK

(4th June 2026, complimentary)

An introduction to heart-focused breathing techniques designed to improve Heart Rate Variability and support balance of the autonomic nervous system.



BIO-FEEDBACK REBALANCE

Bio-Feedback Rebalance uses Emwave2® technology and guided breathing techniques to help monitor heart rhythms and achieve a state of “coherence,” an optimal physiological balance. By strengthening the connection between the heart and brain, the session helps reduce stress, enhance emotional resilience, and support clearer decision-making.

THB 2,450++ for 50 mins



TIBETAN BOWLS SOUND BATH

(23rd June / 14th July / 19th August / 10th September, complimentary)

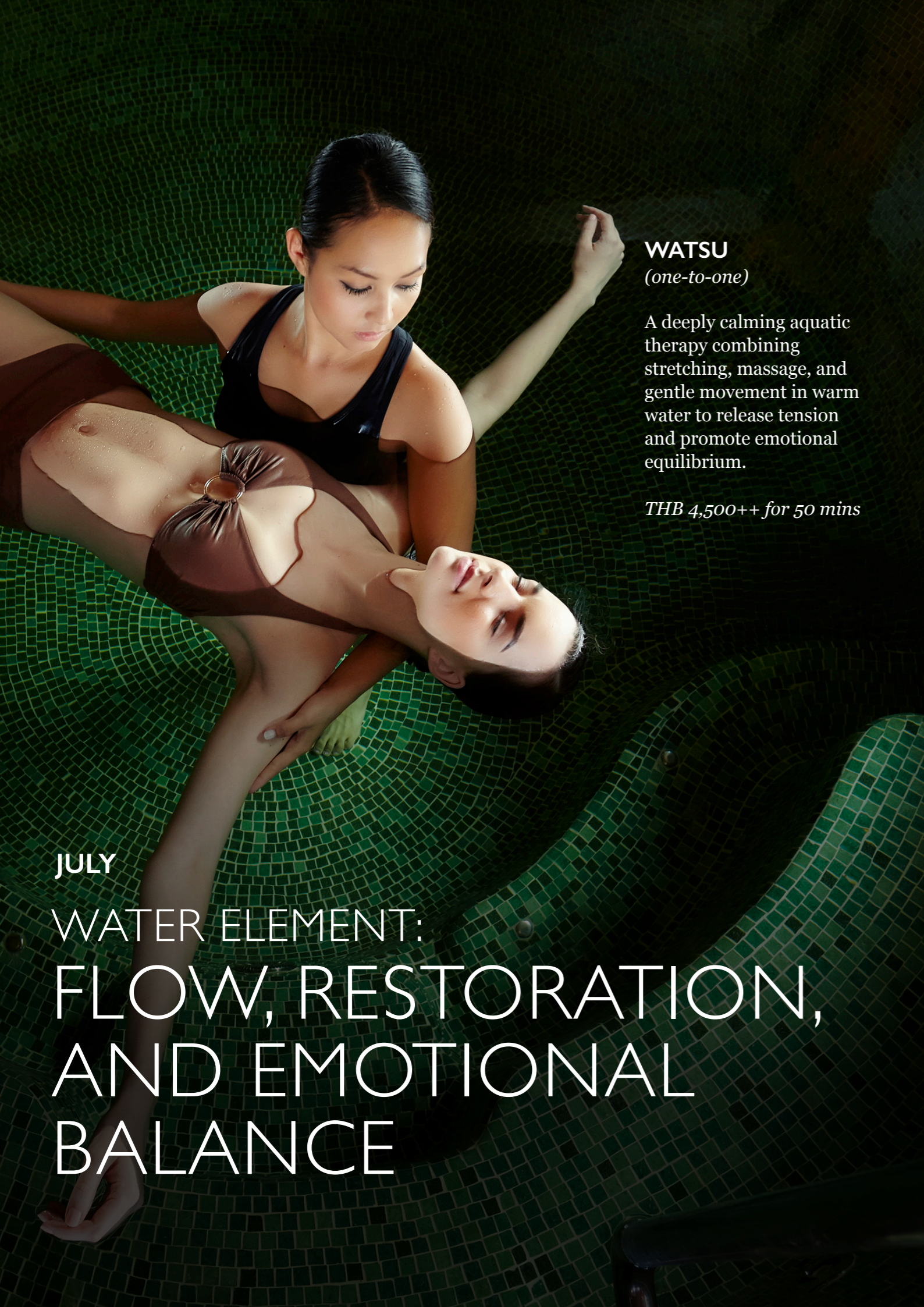
A meditative sound experience using vibrational frequencies to release tension, calm the mind, and restore inner balance, promoting overall wellbeing and mindfulness led by the resort’s Holistic Therapist.



AWAKENING OF CHI-ACUPUNCTURE BREATHWORK EXPERIENCE

(13th June and 12th July, complimentary)

A guided acupuncture and breathwork session to stimulate energy flow and restore balance, led by Prathana Kumboonchu, Traditional Chinese Medicine Specialist. As this integrative session combines breathwork with light acupuncture application during the class, participants should be comfortable with the placement of a few acupuncture needles as part of the experience.

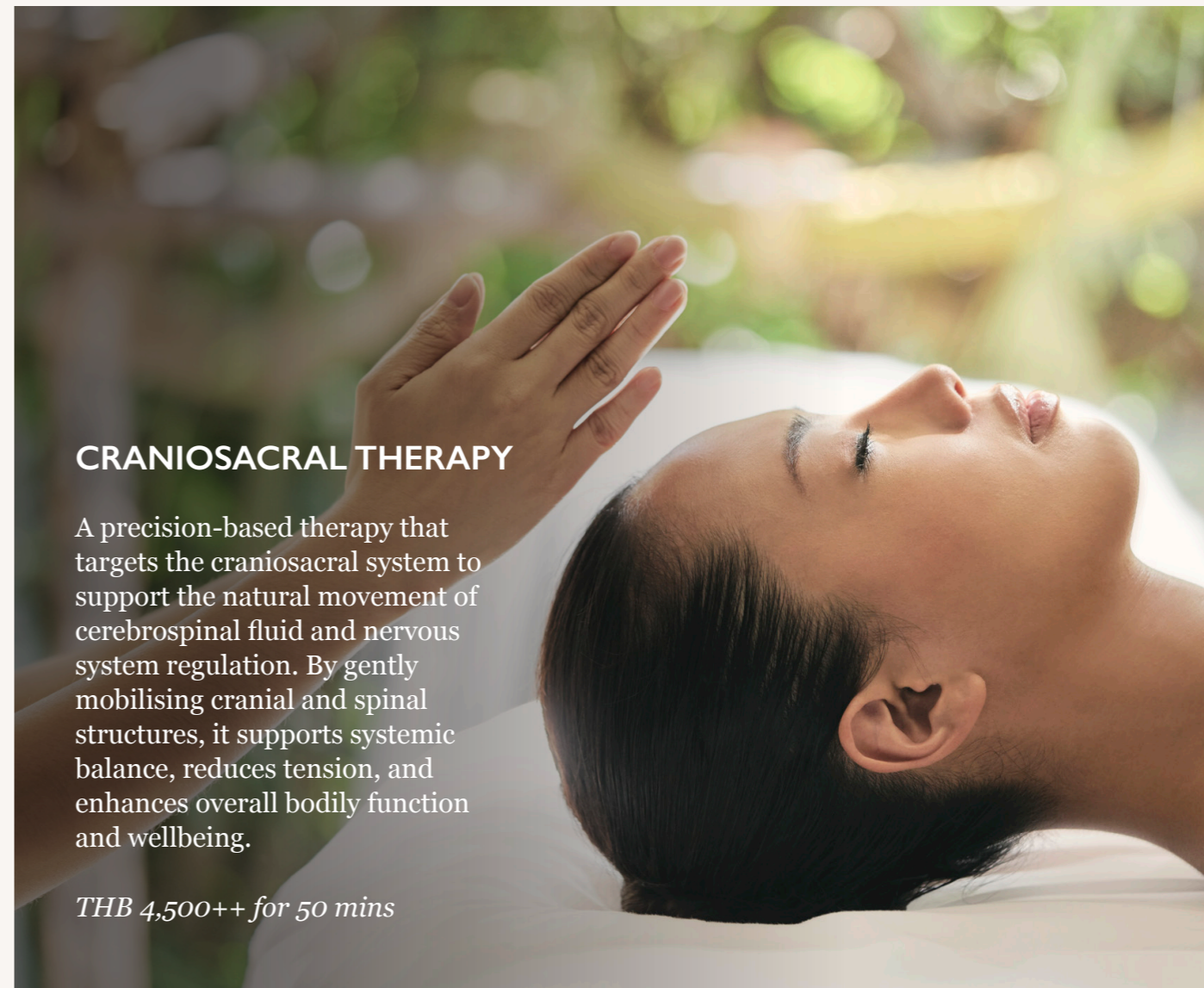


WATSU *(one-to-one)*

A deeply calming aquatic therapy combining stretching, massage, and gentle movement in warm water to release tension and promote emotional equilibrium.

THB 4,500++ for 50 mins

JULY
WATER ELEMENT:
FLOW, RESTORATION,
AND EMOTIONAL
BALANCE



CRANIOSACRAL THERAPY

A precision-based therapy that targets the craniosacral system to support the natural movement of cerebrospinal fluid and nervous system regulation. By gently mobilising cranial and spinal structures, it supports systemic balance, reduces tension, and enhances overall bodily function and wellbeing.

THB 4,500++ for 50 mins

H2O BODY COMPLEX

A tailored water-based exercise programme designed to reduce joint stress while improving strength and mobility.

THB 3,500++ for 50 mins

THARA RENEWAL TALK

(21st July, 21st August and 18th September, complimentary)

An educational wellness session focused on hydration, detoxification, and fluid balance through simple, sustainable practices.



AUGUST

WATER ELEMENT: CIRCULATION, RHYTHM, AND RENEWAL

NEW TREATMENT: TUNING FORK SOUND RESONANCE THERAPY

A vibrational therapy using precision-tuned frequencies to support a sense of energetic alignment, circulation, and systemic balance. Guests can enjoy a 30% offer from 1st August to 31st December 2026.

THB 3,150++ for 50 mins



TECAR MASSAGE THERAPY

(August and September)

An advanced treatment using high-frequency currents to stimulate cellular regeneration and relieve pain and inflammation that are caused by conditions such as physical trauma, rheumatic diseases, venous system disorders and sport accidents.

THB 4,500++ for 25 mins



SOUNDSCAPE AND MANTRA

(16th August, complimentary)

An immersive sensory journey combining sound and mantra to quiet the mind, support relaxation, and deepen inner awareness, led by licensed Mental Health & Wellness Specialist, Theelon Kurusattra.

ONSEN HYDRO-THERAPY JOURNEY

A private thermal experience combining warm mineral immersion and invigorating cold contrast to stimulate circulation, ease muscle tension, and awaken the body's natural healing response. Warm mineral waters and 180 massaging jets cocoon the body in pure bliss, with the treatment concluding with a refreshing cold-water bucket to complete this sensory ritual.

THB 2,200++ for 30 mins





CHEF COLLABORATION: CHIVA-SOM HUA HIN X BO.LAN

(7th & 8th August, complimentary)

Two of Thailand's most celebrated culinary voices, Chef Bo and Chef Dylan of Bo.lan, join Chef Sinchai at Chiva-Som Hua Hin for an extraordinary collaboration, united in the belief that authentic Thai ingredients—prepared with knowledge and care—carry a healing intelligence that has sustained generations.

Experience exceptional dining inspired by the Four Elements—Fire, Wind, Water and Earth— of Thai Traditional Medicine.

7th AUGUST, 2026 **CHEF COLLABORATION DINNER**

A special six-course menu inspired by Thai Traditional Medicine, collaboratively created by Chef Bo, Chef Dylan and Chef Sinchai.

Reservations are required

8th AUGUST, 2026 **LIVE STATION LUNCH BY BO.LAN**

Hosted by Chef Bo and Chef Dylan, experience specially curated dishes inspired by Thai culinary traditions and wellness philosophies in an interactive lunch setting.

SEPTEMBER

WATER ELEMENT: INTEGRATION AND HOLISTIC VITALITY

NUTRITIONAL BODY ORIENTATION

A comprehensive naturopathic consultation and assessment designed to evaluate nutritional balance, hydration, and overall systemic wellbeing through light movement assessment and postural observation, and to provide personalised dietary and lifestyle recommendations to support overall wellbeing and vitality.

THB 5,500++ for 50 mins





FROM FARM TO FORK - NOURISHING HEALTH THE ORGANIC WAY

*(22nd September, International Organic
Day Special, complimentary)*

A nature-inspired session exploring food as medicine, mindful nutrition, and sustainable living practices, led by Keletso Kelosiwang, Resident Naturopath & Nutrition Specialist.



SERENE GETAWAY OFFERS

With Hua Hin experiencing its period of utmost calm, this offers the perfect juncture for retreats designed to both soothe the body and revitalise the spirit. Enjoy your retreat; rates begin from THB 19,200++ per person per night for stays between 1st June and 30th September 2026.

Receive one complimentary night for every four paid nights, VIP fast-track service on arrival at Suvarnabhumi International Airport, and round-trip airport transfers to and from the resort

INCLUDED WITH YOUR STAY

- 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
- Laundry (four pieces per day)
- The Chiva-Som collection (journal, tote bag, amenity bag and water flask)
- Additional retreat programme inclusions

TERMS AND CONDITIONS

- This offer applies to new retreat bookings of five nights or more from 1st June to 30th September 2026
- 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 bookings must be fully prepaid at the time of confirmation
- Fast-track arrival at the airport does not include the use of a buggy
- Transfers are between Bangkok and Chiva-Som Hua Hin
- Benefits are not transferable and cannot be redeemed for cash
- All other Chiva-Som terms and conditions apply

For more information or reservations, contact Chiva-Som's reservation team.
Email: reservations@chivasom.com | Phone: +66 32 536 536 | WhatsApp: +66 82 796 7689



Chiva-Som

HUA HIN

