



CHIVA-SOM OVERVIEW



The Chiva-Som Story

Chiva-Som is a globally renowned wellness brand pioneering sustainable lifestyle transformation. Meaning 'Haven of Life' in Thai, it is a sanctuary where guests can pursue their goals for optimal wellness.

The brand began with the vision of Boonchu Rojanastien for a retreat where he could share his passion for wellness with his friends and family. On 19th April 1995, the flagship was born in Hua Hin, Thailand, on a tranquil 6.7 acres of beachfront.

Since then, the brand has gone on to achieve global acclaim while setting a new benchmark for holistic wellness and sustainable luxury. In 2007, Krip Rojanastien, the current Chairman and CEO, took over, continuing his late father's vision of hospitality with heart.

Boochu Rojanastien's motto, 'Above All, Enjoy Your Life', continues to inform every element of the Chiva-Som experience, from the range of treatments and therapies to the delicious wellness cuisine and world-class hospitality.

Chiva-Som Hua Hin

Our verdant beachfront resort is a haven of wellbeing for highly personalised journeys of wellness. Bringing together Western diagnostic skills and Eastern philosophies, our mission to revitalise the mind, body and spirit (represented by our tri-part logo) is realised in 15 retreat programmes for guests to develop healthy habits and transform their lives. These are complemented by over 200 treatments, therapies and activities.



Key Facts

GENERAL MANAGER

Mr. Vaipanya Kongkwanyuen

LOCATION

Hua Hin, a heritage destination on the Gulf of Thailand, is 185 kilometres south of Bangkok. Hua Hin first gained popularity in the 1920s when the Thai royal family established a collection of summer palaces there, and today, it attracts discerning, like-minded travellers from around the world.

THE SETTING

Guided by Thai style, sustainability and elegance, the architecture was originally conceived by the renowned British architect Jean-Paul Blissett. There is a carefully considered balance of local traditions – inspired by the traditional houses of Ayutthaya – and contemporary Western innovation.

To celebrate the resort's 25th anniversary, the acclaimed American architect Ed Tuttle redesigned the rooms and all key areas of the resort, including the Health & Wellness Centre, the Bathing Pavilion, Nirarlada Medi-Spa, and beachfront restaurant Taste of Siam and The Emerald Room.

Each design enhancement has been done mindfully, balancing Chiva-Som's core values – optimal wellbeing, warm hospitality, and an approach to sustainability that works in harmony with nature.





Health and Wellness

Chiva-Som offers a deeply personal and holistic approach to wellness by promoting lifestyle transformation and providing the right balance between body, mind and spirit. Western practices and Eastern philosophies are brought together across a comprehensive spectrum of retreats. Each is founded upon six wellness modalities: spa, fitness, physiotherapy, holistic health, nutrition and aesthetic beauty, empowering each and every guest to fulfil their personal goals.

Retreats vary in duration and programme, and are designed to address specific concerns such as weight management, stress or physical fitness. They begin with a consultation with a Health & Wellness Advisor, who guides each guest on their journey of wellness throughout their stay and beyond. Retreats are inclusive of three wellness meals per day, a complimentary daily treatment of choice (as well as those of the chosen programme) and multiple daily group classes of movement and mindfulness.

The Retreats

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 for those who are either new to Chiva-Som or holistic wellness. 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 path.

OPTIMAL PERFORMANCE

This retreat is all about restoring, enhancing, optimising and maintaining physical function. You will be guided towards a programme, combining treatments from the fitness and physiotherapy departments, that matches your needs and physical capacities.

SPA WELLBEING

This immersive experience engages all five senses to induce mindful awareness of the present moment. The range of rejuvenating treatments revives and rebalances mind, body and spirit.

YOGA FOR LIFE

This retreat will guide you towards self-discovery, wellness and peace of mind. Group or one-on-one yoga sessions will help you to refine your knowledge and skill with meditation, pranayama and traditional cleansing techniques.

NATURE'S EMBRACE

Humans are born with an innate sense of wonder and desire to explore. Our peaceful beachfront setting invites you to reconnect with nature. Take a walk through Krailart Niwate, our rehabilitated mangrove forest, then meditate on a hilltop with panoramic views. Explore the healing effects of herbal wellness treatments and natural, organic cuisine.

FITNESS

Our experienced trainers and physiotherapists will give you the tools necessary for maintaining a healthier, more complete lifestyle. A wide range of daily classes of appropriate exercises and techniques will ensure optimal results, while helping to prevent sports-related and repetitive injuries.

NATURAL RENEWAL

This retreat is specially designed for guests who never feel at their best. It exemplifies lifestyle transformation, since a rebirth requires a complete change of mindset, behaviours, and genuine understanding of motivations and life's purpose.

IMMUNE RESILIENCE

A healthy immune system is vital for wellbeing. The Chiva-Som approach is multidimensional, incorporating mindful exercise, nutrient-rich cuisine and detoxification. Our team of trainers and therapists will provide guidance on how to build and maintain resilience throughout your stay and beyond. A nutritional consultant will devise a tailored meal plan for you, whether our recommended intermittent fasting or our nourishing wellness cuisine.

GUT HEALTH

The more we learn about the digestive system, the more we know how important a healthy gut microbiome is for both physical and mental wellness. Our nutrition team has designed a detox system with natural nutrients, probiotics and fibre to restore the integrity of your digestive function. Our signature detoxifying abdominal massage, probiotic-infused colonics, and pranayama breathing sessions will promote a feeling of lightness and relaxation.

AGEING WELL

Ageing is inevitable, yet premature ageing and loss of function are not. At Chiva-Som, we draw on diet, exercise and lifestyle choices to help you preserve your health and ability to enjoy life to the fullest. Gentle physical activity builds core stability to prevent falls, as well as muscle strength and bone density. Biofeedback enhances emotional stability and quality of sleep, while our wellness cuisine keeps your body and brain healthy with key nutrients to promote cognitive function.

THE 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. You will discover a new path towards more nourishing foods that will bring your digestive and metabolic systems back to their optimal function.

SUSTAINABLE WEIGHT MANAGEMENT

Our team of wellness specialists will work with you to help balance physical activity with a supportive diet to promote an end result that not only achieves weight loss, but also provides you with valuable knowledge for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

CELL VITALITY

This retreat supports guests who have recovered or are in remission from cancer. Daily programmes are crafted to help you regain appetite through dedicated dietary plans, stimulate physical and mental wellness with the aid of experienced therapists, and promote cellular health with naturopathy.

CRANIAL RELIEF

For guests who suffer from migraines and life-disrupting headaches. Combining holistic and physiotherapy treatments, you will discover meditation, craniofacial muscle relaxation, and a special dietary plan of fresh, organic and nutrient-rich foods.

TENSION RELEASE

This retreat has been carefully designed to help guests who suffer from high blood pressure. 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 support cardiovascular health. Personalised fitness activities enhance energy and reduce weakness and fatigue, providing you with a complete path towards tension release.

In addition to the inclusions of each retreat, Chiva-Som provides guests with approximately 200 therapies, treatments, and private and group activities to assist them in their journey towards wellness. These span spa, fitness, physiotherapy, holistic health and aesthetic beauty.



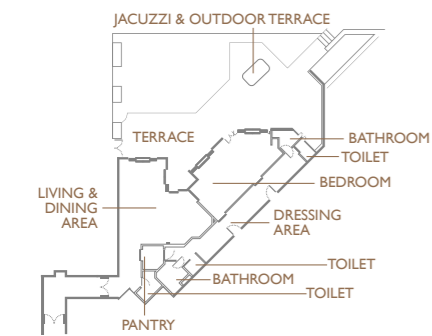
Accommodation

Chiva-Som has a unique collection of 54 exquisite rooms and suites, all of which have recently been renovated with space, comfort and every guest's wellness journey in mind. There are two main categories – the stylish ocean rooms and suites, many of which overlook the Gulf of Thailand, and the beautiful Thai Pavilions set in lush tropical gardens.

Interiors bring together the best in comfort and wellbeing with innovative use of Thai teak, bamboo and silk. A selection of artefacts and abstract artwork add harmonious details, while subtle mood lighting creates a calming effect. Floor-to-ceiling doors and windows, leading onto balconies and terraces with seating areas, provide guests with a truly immersive nature experience.

All room types include a complimentary healthy minibar and butler service, with elevated butler service for suites.

Each room is designed to cater for different tastes.



LEELAWADEE SUITE

147 sqm
Leelawadee offers abundant space both inside and out, as well as a jacuzzi on its private terrace. It is our largest and most exclusive suite, but it is its privacy and the comforts of home that make it our most prized suite.

What Makes this Room Special?

Created to feel like a home away from home, this well-appointed suite is thoughtfully designed to include his and her bathrooms and dressing rooms, plus a kitchen pantry off the dining area.

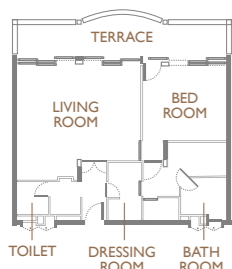


GOLDEN BO SUITE

102 sqm
The view at sunrise of the ocean from the private terrace of this, Golden Bo Suite suite, is stunning. Guests can also easily access the outdoor pool and Taste of Siam restaurant.

What Makes this Room Special?

This is a large suite, offering the added dimensions of elevated outdoor space and convenience. It features separate dining and living spaces.



CHAMPAKA SUITE

104 sqm
The Champaka Suite has been designed to instil in its guests an explicit sense of space, freedom and positivity. The Suite enjoys an ocean view of the Gulf of Thailand which extends to the horizon.

What Makes this Room Special?

Exceptional views of the ocean present the unforgettable backdrop for a stay in Champaka Suite.



JASMINE SUITE

89 sqm
In the blissful Jasmine Suite, the ocean is always in view. Guests are able to access the private terrace from both the bedroom and the separate living room.

What Makes this Room Special?

The suite is east facing, and morning sunlight bathes the terrace and room.



PATCHOULI SUITE

70 sqm
The Patchouli Suite benefits from elevated top-floor views. Its open-plan lounge and dining area have been designed with comfort in mind.

What Makes this Room Special?

Situated on the top floor, this suite offers an outstanding view of the ocean.

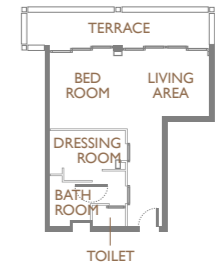


JUNIPER SUITE

68 sqm
The Juniper Suite is situated on the top floor and offers a serene space in which to enjoy Chiva-Som's beautiful sunrises and surrounding nature.

What Makes this Room Special?

The Juniper Suite benefits from one of the finest views of the resort.

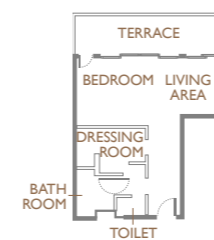


ANCHAN

63 sqm
The Anchan Room is a soothing and tranquil space. It is a real retreat in which to take in the beauty of our location and the preciousness of peace.

What Makes this Room Special?

This room is the largest of our standard rooms.

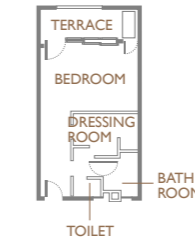


OCEAN PREMIUM ROOM

54 sqm
The Ocean Premium Rooms are inspired by the calm blue waters of the Gulf of Thailand. They feature separate bathroom, living room and dressing room areas.

What Makes this Room Special?

This is the largest of our ocean rooms, and luxuriously appointed.



OCEAN DELUXE ROOM

48 sqm
The Ocean Deluxe Rooms are spacious and well proportioned. They feature separate bathroom and dressing room areas.

What Makes this Room Special?

Ocean Deluxe Rooms all feature ocean-facing terraces.

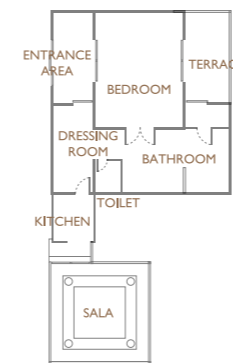


OCEAN ROOM

34 sqm
From its terrace, each Ocean Room offers views of either the Gulf of Thailand or the resort's lush, landscaped gardens.

What Makes this Room Special?

The Ocean Room provides all that is essential for a peaceful stay.



THAI PAVILION SUITE

96 sqm
Situated in the resort's lush gardens, the Thai Pavilion Suite has been designed with nature in mind. It features an outdoor glass-walled sala.

What Makes this Room Special?

The Thai Pavilion Suite has its own outdoor glass-walled sala for relaxation overlooking the lake.



THAI PAVILION

66 sqm
Surround yourself with nature in our Thai Pavilions, located in the resort's lush tranquil gardens. Spacious living with light and serene colours create a calming effect to support your relaxation.

What Makes this Room Special?

Situated within the tropical greenery of the gardens away from the main building, guests are able to disconnect from the outside world and immerse themselves in nature.





Chiva-Som Wellness Cuisine

EXECUTIVE CHEF
Sinchai Srivipa

The award-winning food and beverage options at Chiva-Som are centred upon a simple proposition: that 'Good Food is Good Life'. Delicious, balanced meals are created to serve as both a foundation of health and a source of pleasure. Dietary requirements should not be viewed as restrictive, but rather an opportunity to experiment, explore and innovate with food. Chiva-Som also practices 'Functional Nutrition', which takes into account every aspect of one's health, diet, and overall lifestyle when giving nutrition recommendations.

Every morning, noon and evening, our accomplished chefs offer guests a blend of Thai and Western delicacies, tailored to all diets and allergy requirements. To ensure optimal health benefits, ingredients are used in their most natural form: organic, GMO-free, whole foods that offer superior nutritional quality. Herbs, fruits and vegetables are whenever possible sourced from our IFOAM-accredited organic gardens.

RESTAURANTS

The Emerald Room

Our award-winning, fine dining restaurant. For dinner, The Emerald Room serves a pescatarian set menu which allows guests to measure the exact portion and number of calories digested. Please note advance booking is required.



Taste of Siam

Our casual beachfront restaurant, which showcases Thailand's exceptional wellness cuisine, is open for breakfast, lunch and dinner. The open kitchen creates an interactive dining experience. On Saturday evenings, Taste of Siam invites guests to join its renowned barbecue buffet.

*Please note that, while Taste of Siam is open to outside visitors with advance reservation, availability will be in accordance with occupancy.

Orchid Lounge

The open-air lounge surrounded by trickling water is a sociable place to relax between treatments and activities. A delightful afternoon tea and healthy snack are also served daily.

The Health & Wellness Centre

The newly refurbished Health & Wellness Centre includes relaxing public areas, consultation rooms, wet areas and fitness rooms, in addition to 70 treatment rooms.

FACILITIES

- Separate male and female Water Therapy Suites (including sauna, steam room, jacuzzi, plunge pool and relaxation room)
- Bathing Pavilion with exercise pool, Kneipp walk and hydro-jacuzzi
- Outdoor swimming pool
- Watsu pool
- Gymnasium
- Refunctional studio for fitness and physiotherapy sessions
- Dance studio
- Pilates studio
- Yoga pavilion and sala
- Tai chi pavilion

THE HEALTH AND WELLNESS TEAM

Chiva-Som is proud to provide a multinational, multilingual and highly experienced team of doctors, practitioners, specialists and therapists who speak a range of languages, including Japanese, Chinese and Russian, between them.

DAILY FITNESS & LEISURE ACTIVITIES

Fitness and leisure activities run throughout the day. They range from gentle meditation, mindfulness sessions, pranayama and tai chi to invigorating Thai boxing, aqua-aerobics and Gyrokinesis, to name a few. Chiva-Som's range of yoga sessions suit all abilities and levels of fitness. Please note that certain activities are subject to a supplementary cost – for further information, please contact our Health & Wellness reception.

Chiva-Som also runs cookery classes in light Thai cuisine, and lessons in making your own wellness products. These, together with visits to Chiva-Som's organic garden and Krailart Niwate, the mangrove preservation and environmental wellness project under the royal patronage of HRH Princess Maha Chakri Sirindhorn, show guests how to incorporate wellness and sustainability into their everyday repertoire.

NIRANLADA MEDI-SPA

Niranlada offers guests and visitors the latest developments in both aesthetic and micro-invasive cosmetic treatments. These include, but are not limited to:

Picosure - the picosecond pulse creates an intense photomechanical impact known as PressureWave™. The PressureWave™ shatters the target particles and results in target clearance with fewer treatments and less fluency, without injury to the surrounding skin. Its uses include tattoo removal, pigmented lesions, acne scars, wrinkles, PicoToning™, melasma management and skin rejuvenation.

CoolSculpting® - a non-invasive fat-reduction treatment. It is an innovative way to contour the body by freezing unwanted fat. It involves no surgery and involves minimal expected recovery time.

Bioplasma - provides skin with a healthy, glowing appearance.

Jetpeel - gently exfoliates, effectively unblocks, cleanses and rehydrates facial skin.

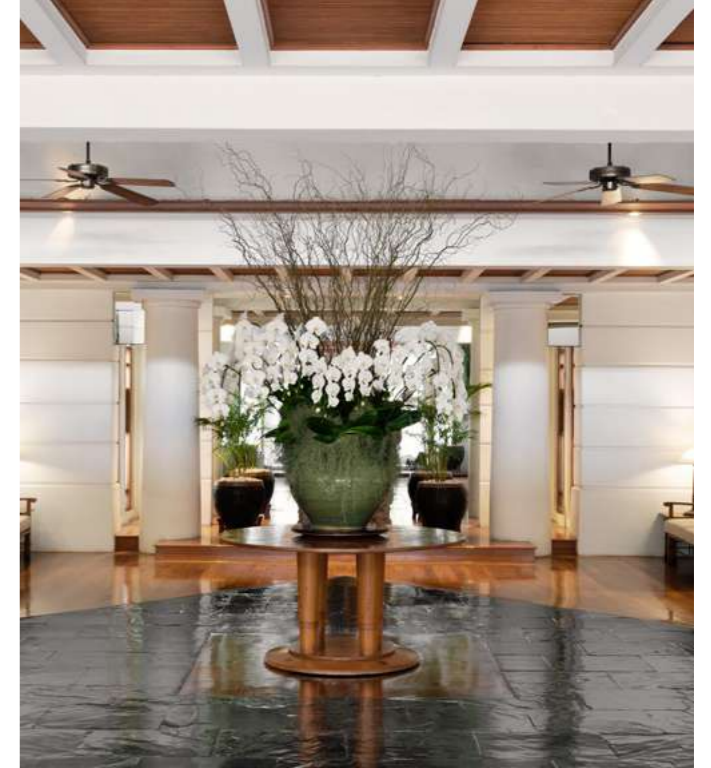
Finescan - aids skin in becoming healthier, smoother and younger looking.

Venus Legacy - rids the body of stubborn fatty areas and cellulite.

Thermage CPT - a non-invasive, triple-layer lifting effect for alternative face lifting and skin tightening.

High Frequency Focused Ultrasound - non-invasive face lifting, skin tightening and body contouring with ultrasound energy.





Services

- Guest service agents
- Limousine service
- Shuttle bus to/from the centre of Hua Hin
- Shuttle bus to/from Chiva-Som's organic garden
- Local tours
- Golf tours
- In-room dining
- Butler service
- Laundry (each guest is entitled to four complimentary pieces of laundry per day)
- Complimentary in-room Wi-Fi
- In-house nurse (24 hours)
- Safety deposit boxes
- Currency exchange
- DVD/CD music library



Resort Policies

Children under the age of 16 are not allowed at Chiva-Som. However, our sister resort Zulal Wellness Resort by Chiva-Som in Qatar is open to families of all ages.

Chiva-Som does not allow smoking in the resort, except in designated areas.

Chiva-Som practices a 'digital detox' policy and does not allow the use of mobile phones, personal computers and electronic devices, except in guest rooms and in the library where complimentary Wi-Fi is available. This policy is also in place to respect the peace and tranquillity of fellow guests.

Wine and champagne are only available after 18.00.

Sustainability

Since its foundation, Chiva-Som has been dedicated to operating at the world's highest environmental, ethical and sustainable standards at all levels of operation. Its pioneering and considered approach to sustainable practice has gained Chiva-Som a reputation as a respected authority on green practices within the travel industry. Corporate Social Responsibility (CSR) initiatives from the resort's dedicated team include economic sustainability, socio-cultural development, environmental preservation and stakeholder wellness. New and innovative initiatives and policies are constantly being explored and employed throughout the resort. These include energy efficiency and conservation practices, wastewater treatment and reuse, freshwater conservation, waste minimisation and recycling, air quality management, and environmentally friendly product usage. Chiva-Som is also the environmental preservation steward of Krailart Niwate, Hua Hin's only mangrove ecosystem.

Awards

- 'Best Destination Spa in the World' – Condé Nast Traveler's Readers' Choice Awards 2022
- 'Fighting Fit' – Tatler Spa Awards 2022
- 'Thailand's Best Wellness Retreat' – World Spa Awards 2022
- 'Top Destination Spa Resort in the World' – Condé Nast Traveler's Readers' Choice Awards 2021
- 'Gold Award' – Thailand Tourism Awards 2021
- 'Asia's Best Wellness Retreat' – World Spa Awards 2021
- 'Thailand's Best Wellness Retreat' – World Spa Awards 2021
- 'Best Destination Spa' – Condé Nast Traveller (UK) Spa Awards 2020
- 'Wellness Program of the Year' – Destination Deluxe Awards 2020
- 'International Hotels: Best Wellness Retreat' – Travel + Leisure India's Best Awards 2020
- One of the '50 Sustainability & Climate Leaders' – Bloomberg 2020

Transportation From Bangkok

Approximate duration:
Private plane – 25 minutes
Chartered helicopter – 60 minutes
Car – 3 hours
Train – 4 hours

Climate

The weather in Hua Hin is fairly mild and steady all year, with plenty of sun and a maximum temperature of 32°C or 90°F.

March – June: warm season, some high humidity with an average temperature of 28°C.

July – October: rainy season, warm and fairly pleasant, with occasional cooler nights and an average temperature of 28°C.

November – February: cool season, mild days with cool nights and an average temperature of 26°C.

Contact Details

73/4-6 Soi Moo Baan Nong Kae,
Phet Kasem Road, Nong Kae, Hua Hin
Prachuap Khiri Khan 77110, Thailand
Telephone: +66 (0)32 536 536
Fax: +66 (0)32 511 154
Email: reservations@chivasom.com
www.chivasom.com

Social Media

www.facebook.com/chivasomhuahin
www.instagram.com/chivasomhuahin
www.twitter.com/chivasomresort
www.youtube.com/chivasomTH

Booking Enquiries

Please send your enquiry to reservations@chivasom.com.



Online Wellness Services

Much of Chiva-Som's wellness expertise is now available online. You may consult with our professionals via video call and enjoy many of our popular classes from the comfort of your own home.

Your journey will begin with an online health and wellness consultation, followed by a recommendation on the most appropriate sessions based on your individual goals. Our online wellness services include:

CONSULTATION

Naturopathic consultation: our resident naturopaths offer recommendations regarding herbs, nutritional supplements, lifestyle modification, exercise, detoxification and the concept of food-as-medicine to help put your health back on track.

Nutritional consultation: we focus on educating about the basic requirements of your body, where to get your nutrition, and what effect carbohydrates, fats and proteins have on the body in terms of both weight control and support for overall health.



ONE-ON-ONE

Fitness training: a fitness instructor will guide you and develop a fully customised workout based on your goals and preferences, with only basic to no equipment required.

Refunctional exercise: a physiotherapist will analyse your posture, muscle function and movement patterns to create a programme that best suits your body's needs. Refunctional exercise then combines Pilates and the careful use of equipment to ensure a safe and effective workout.

Mat Pilates*: your individual programme will tone muscles and increase flexibility as well as your core stability. The benefit of Pilates mat work is that it can be done anywhere.

Corrective posture exercise: a fitness instructor will help you train for optimal trunk and core stabilisation, stretching and muscle coordination in order to improve your posture and body awareness.

Neurodynamic exercise: this session provides you with the benefits of neurodynamic stretching, a series of postures and movements that enhance mobility and flexibility, with Thai dancing, which has been shown through studies to improve nerve function, power muscles and enhance blood circulation.

YOGA AND MEDITATION

Yoga*: yoga disciplines available include Hatha, Vinyasa, Ashtanga and more.

Meditation: this is not a technique, but rather a way of life and detached observation of the thought process. Our online class will help you with your practice, regardless of level, and provide techniques for you to stay focused.

Pranayama: pranayama will slow your heart and bring a subjective experience of relaxation with the guidance of an instructor, who will provide breathing techniques that can reduce fear and anxiety, and also create space for personal healing and transformational growth.

*Three-day and six-week programmes are also available.



Chiva-Som International Academy



As part of its ongoing dedication to world-leading wellness practices, Chiva-Som operates the Chiva-Som International Academy to train the next generation of wellness practitioners. Located in Bangkok, it delivers highly effective training curricula which are approved by the Thai Ministry of Education and Ministry of Public Health, and accredited by the Confederation of International Beauty Therapy and Cosmetology (CIBTAC). Programmes focus on spa, holistic and aesthetic therapies, and wellness.

CONTACT DETAILS

Ground floor, Modern Town Building
87/104 Sukhumvit 63, Bangkok 10110, Thailand
Tel: +66 (0)2 711 5270 to 3
Fax: +66 (0)2 711 5274
Email: info@chivasomacademy.com
www.chivasomacademy.com

SOCIAL MEDIA

www.facebook.com/chivasomacademy
www.instagram.com/chivasomacademy
LINE: @chivasomacademy





A New Era of Wellness

ZULAL WELLNESS RESORT BY CHIVA-SOM

Managed and operated by Chiva-Som, Zulal Wellness Resort by Chiva-Som in Qatar is the country's largest wellness destination, the Middle East's first full-immersion wellness resort, and the world's first contemporary showcase of Traditional Arabic & Islamic Medicine (TAIM).

Zulal Wellness Resort offers unique therapies encompassing traditional healing principles, incorporating them into the over 400 wellness treatments for complete wellbeing and life transformation, as well as architecture inspired by local heritage, and professional services.

Zulal Wellness Resort has two distinct paths to achieving wellness goals: Zulal Serenity and Zulal Discovery.

Zulal Serenity is the adults-only area of the resort for guests aged 16 and above, offering a calming backdrop to individual journeys of wellness. Zulal Serenity includes 60 suites and villas, each with a private plunge pool or swimming pool.

Zulal Discovery caters to family experiences, making wellness an integral part of the family bond, with programmes customised for multiple generations and different age groups. Zulal Discovery includes 120 rooms and suites, with a number of interconnecting rooms for extended family stays.

CONTACT DETAILS

Building No. 100, Street 319, Zone 79
P.O. Box 70034, Al Ruwais, Qatar
Telephone: +974 4477 6500
Fax: +974 4477 6566
Email: info@zulal.com
www.zulal.com

SOCIAL MEDIA

[@zulalwellnessresort](https://www.instagram.com/zulalwellnessresort)

BOOKING ENQUIRIES

Please send your enquiries to reservations@zulal.com



WWW.CHIVASOM.COM