



Chiva-Som
CHIVA-SOM

CHIVA-SOM RETREAT STAYS

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Your 'Haven of Life', Where Healing Begins.

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Chiva-Som is a global pioneer in wellness and lifestyle transformation, offering all-encompassing retreat stays in a tranquil beachfront setting. Located in picturesque Hua Hin overlooking the Gulf of Thailand, seven acres of landscaped gardens make an ideal and private escape from the world.

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

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Chiva-Som's unique, holistic approach to wellness has resulted in awards from around the world, including 'Best Destination Spa in the World' at the Condé Nast Traveler's Readers' Choice Awards 2022. With over 28 years of acclaim, the brand is now expanding, with Zual Wellness Resort by Chiva-Som in Qatar.

◆ WELLNESS FACILITIES & ACTIVITIES

Chiva-Som offers amongst the most extensive wellness facilities in the world. The Health & Wellness Centre is the heart of our offering, a multi-storey haven of serenity with dedicated treatment rooms and a relaxation area of daybeds and wet facilities. The Water Therapy Suites feature flotation tubs, jet blitzes and a Watsu pool. The Bathing Pavilion has a large Jacuzzi, sauna, 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.

The gym is equipped with all the latest machines, with dedicated spaces for stretching, personal training, dance, reformer Pilates and yoga. Physiotherapy facilities include re-functional, Neurac® and isokinetic studios.

Each day, there are up to a dozen group classes on offer, 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 grounds.

WELLNESS CUISINE

At Chiva-Som, wellness cuisine is an integral part of our offering. Using the fresh, seasonal produce we grow in our organic gardens, each meal is well-portioned, nutritious, and importantly, delicious. Dietary plans are wide ranging and personalised in consultation with your nutritionist.

The Emerald Room serves Western cuisine in a formal fine dining setting overlooking the ocean, while the Taste of Siam is a more casual affair, yet still fine dining, perched over the beach. A light afternoon tea is served at the Orchid Lounge, with herbal loose-leaf teas and a sweet of the day. Guests will also find healthy snacks and teas in their in-room minibar.



Water Therapy Suite



Health & Wellness Reception



Bathing Pavilion

Niranlada Medi-Spa



Library



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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: five 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 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)

19 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)

20 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)

21 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)

22 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)

23 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)

24 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)

25 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)

26 ACCOMMODATION

28 ROOM FLOOR PLANS

30 AWARDS

31 TERMS AND CONDITIONS

◆ EACH RETREAT STAY INCLUDES THE FOLLOWING:

- ◆ Accommodation
- ◆ Individual health and wellness consultation
- ◆ Three wellness cuisine meals per night of stay, beginning with dinner
- ◆ Physical analysis (optional)
- ◆ Skin consultation (optional)
- ◆ Daily fitness and leisure activities (up to twelve 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, Floatation or Body Jet Blitz), Manicure or Pedicure
- ◆ Wellness minibar
- ◆ Laundry (Four pieces/day)
- ◆ Post-stay wellness follow-up (optional)

** Please note that services and facilities available are subject to government health regulations.*



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	2	Spa Classic	3	Spa Classic
1	Spa Deluxe	1	Spa Deluxe	2	Spa Deluxe	2	Spa Deluxe	2	Spa Deluxe
1	Physio Classic	1	Physio Classic	2	Physio Classic	1	Spa Premium	1	Spa Premium
1	Fitness Classic	1	Physio Deluxe	1	Physio Deluxe	2	Physio Classic	3	Physio Classic
1	Holistic Deluxe	1	Fitness Classic	2	Fitness Classic	1	Physio Deluxe	2	Physio Deluxe
		1	Fitness Deluxe	1	Fitness Deluxe	1	Physio Premium	1	Physio Premium
		2	Holistic Deluxe	3	Holistic Deluxe	2	Fitness Classic	3	Fitness Classic
						1	Fitness Deluxe	2	Fitness Deluxe
						1	Fitness Premium	1	Fitness Premium
						3	Holistic Deluxe	3	Holistic Deluxe
						1	Holistic Premium	2	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 Treatment with Stone Therapy

Physio Classic:

- Physiotherapy (25 mins)
- Soft Tissue Mobilisation (25 mins)
- InterX Therapy® (25 mins)
- Sense Balance Therapy (25 mins)

Fitness Classic:

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

Spa Deluxe:

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

Physio Deluxe:

- Fascia Release Therapy (50 mins)
- Neurac® Method (50 mins)
- Dynamic Hip Functional Exercise
- Dynamic Core Exercise
- Gyrokinesis® or Gyrotonic®
- H2O Body Complex or H2O Therapy
- Inner Core Exercise
- Total Body Instability Exercise
- Refunctional Exercise
- Foot Exercise Session
- Corrective Posture Exercise

Fitness Deluxe:

- MOTR
- FTM (Functional Training Movement)
- Kinesis
- Personal Training (50 mins)
- Pilates (50 mins)
- TRX
- Yoga (50 mins)

Holistic Deluxe:

- Chi Nei Tsang (Taoist Therapeutic Massage) or Ear-Ab Reflex
- Acupressure Reflexology
- Crystal Massage & Quantum Healing
- Shirobyanga
- Mien Acupressure
- Dry Skin Brushing
- Colonic Hydrotherapy

Spa Premium:

- Chiva-Som Signature Herbal Massage
- Chiva-Som Signature Total Body Care
- Spa 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
- Body Balancing
- Deep Tissue Massage
- Fast-Track Back Release
- Physiotherapy (50 mins)
- Soft Tissue Mobilisation (50 mins)
- Stress Release Therapy (80 mins)
- TECAR Massage Therapy (50 mins)

Fitness Premium:

- Adventure Training (90 mins)
- Aquatic Therapy
- Yoga Private Session (80 mins)
- 3 P's of Perfect Fitness
- Vision Body

Holistic Premium:

- Naturopathic Consultation
- Nutrition Consultation
- Initial Acupuncture (90 mins)
- Traditional Thai Therapeutic Massage (90 mins)



OPTIMAL PERFORMANCE

Replenish, rejuvenate and revitalise your physical and mental state with the Optimal Performance retreat which is designed to help you return to physical fitness or to optimise your current level of performance. This retreat stay is all about restoring, enhancing, optimising, and maintaining physical function, combining treatments from our Fitness and Physiotherapy offerings to complement each other and help you reach your goal, whether that's alleviating pain, improving posture or achieving a new personal best in fitness.



SPA WELLBEING

Restore a fresh sense of health and soothe the mind. Escape the daily stresses of work and life with this immersive and indulgent experience which engages all five senses to induce mindful awareness of the present moment. Our range of rejuvenating treatments are aimed at making your skin look younger by pampering you, inside and out. Our experienced team will cater to all of your needs by using the most advanced technology, time-honoured traditional therapies, and luxurious treatments, providing you with a retreat stay that revives and rebalances mind, body and spirit.

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)	2	Super Stretch (25 mins)	3	Super Stretch (25 mins)
1	Home Exercise Programme	1	Super Stretch (25 mins)	1	Super Stretch (25 mins)	1	Kinesthetic Assessment	1	Kinesthetic Assessment
		1	Kinesthetic Assessment	1	Kinesthetic Assessment	2	Personal Training (50 mins) ****	2	Personal Training (50 mins) ****
		1	Personal Training (50 mins) ****	2	Personal Training (50 mins) ****	3	Neurac® Method (25 mins)	4	Neurac® Method (25 mins)
		1	Home Exercise Programme	1	Home Exercise Programme	1	TECAR Massage Therapy (25 mins) *****	2	TECAR Massage Therapy (25 mins) *****
						1	Acupressure Reflexology *****	1	Stress Release Therapy
						1	Home Exercise Programme	1	Acupressure Reflexology *****
								1	Home Exercise Programme

* Re-functional Exercise (50 mins) - may alternate with H2O Body Complex, Dynamic Core Exercise, Gyrotonic®, Gyrokinesis®, Inner Core Exercise, Dynamic Hip Functional Exercise, Toning Ball or Corrective Posture Exercise
 ** Physiotherapy (25 mins) - may alternate with Soft Tissue Mobilisation, InterX Therapy® or Cranio-Myofascial Release
 *** Deep Tissue Massage (50 mins) - may alternate with Back, Neck & Shoulder Massage or Fast-Track Back Release
 **** Personal Training - may alternate with Pilates, FTM (Functional Training Movement) or MOTR
 ***** TECAR Massage Therapy (25 mins) - may alternate with Radial Shock Wave Therapy
 ***** Acupressure Reflexology (50 mins) - may alternate with Chi Nei Tsang (Taoist Therapeutic Massage), Ear-Ab Reflex or Craniosacral Therapy

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	1	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 *	2	Chiva-Som Spa Haven Body Cocoon *	2	Chiva-Som Spa Haven Body Cocoon *
1	Abhyanga	1	Abhyanga	1	Abhyanga	1	Abhyanga	1	Abhyanga
1	Pedicure	1	Pedicure	1	Pedicure	1	Pedicure	2	Pedicure
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	2	Thermal Himalayan Salt Therapy
		1	Slimming Body Mask (initial)	1	Slimming Body Mask (initial)	1	Slimming Body Mask (initial)	1	Slimming Body Mask (initial)
		1	Soothing Eye Treatment	1	Soothing Eye Treatment	1	Soothing Eye Treatment	2	Soothing Eye Treatment
				1	LPG Cellu M6 Alliance® (initial)	1	LPG Cellu M6 Alliance® (initial)	2	LPG Cellu M6 Alliance® (initial)
				1	Jet Lag Therapy Package	1	Jet Lag Therapy Package	1	Jet Lag Therapy Package
				1	Manicure	1	Manicure	1	Manicure
						1	South Indian Body Pampering	1	South Indian Body Pampering
						1	Hair Intensive Rituals **	1	Hair Intensive Rituals **
								1	Five Elements Massage
								1	Maya Massage (Stimulating Abdominal Massage)

* Chiva-Som Spa Haven Body Cocoon - choose from Cleansing Cocoon, Revitalising Cocoon or Siam Ritual Cocoon
 ** Hair Intensive Rituals – choose from The Clarifying Ritual, The Purifying Ritual, The Restorative Ritual or The Stimulating Ritual



YOGA FOR LIFE

The practice and philosophy of yoga can rejuvenate the body, calm the mind and help heal the spirit through a greater sense of awareness. Partake in group classes or one-on-one sessions and refine your yoga knowledge and skill with meditation, breathing exercises and traditional cleansing techniques. The Yoga for Life retreat will guide you towards self-discovery, wellness and peace of mind.

3 Nights		5 Nights		7 Nights	
2	Yoga (80 mins) *	3	Yoga (80 mins) *	5	Yoga (80 mins) *
1	Pranayama	1	Pranayama	1	Pranayama
1	Deep Cleansing Back Treatment	2	Meditation	2	Meditation
1	Yoga Strap	1	Deep Cleansing Back Treatment	1	Deep Cleansing Back Treatment
		1	Yoga Strap	1	Yoga Strap

* Yoga - choose from Hatha Yoga, Vinyasa or Ashtanga



NATURE'S EMBRACE

Humans are born with an innate sense of wonder and desire to explore. Our peaceful beachfront setting in quaint Hua Hin 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.

3 Nights		5 Nights	
1	Traditional Thai Herbal Massage	1	Traditional Thai Herbal Massage
1	Oriental Foot Ritual	1	Oriental Foot Ritual
1	Forest Walk & Hilltop Meditation (120 mins)	1	Forest Walk & Hilltop Meditation (120 mins)
1	Organic Garden Tour (120 mins)	1	Organic Garden Tour (120 mins)
1	Private Cooking Class – Thai Cuisine (120 mins)	1	Private Cooking Class – Thai Cuisine (120 mins)
		1	Aerobattle Exercise or Joint Retraining
		1	Bamboo Massage
		1	Adventure Training – Cycling or Kayaking (110 mins)



FITNESS

The Fitness retreat at Chiva-Som is aimed at enhancing fitness capabilities, while providing guidance on a 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. Not only will you gain more confidence in yourself, you will also gain the tools necessary for maintaining a healthier, more complete lifestyle. A wide range of daily classes with our experienced trainers and physiotherapists will guide you through various training programmes. A personalised dietary plan will assist in maintaining an optimal state of fitness and nurturing better health.

5 Nights		7 Nights		10 Nights		14 Nights	
1	Fitness Assessment	1	Fitness Assessment	1	Fitness Assessment	2	Fitness Assessment
3	Personal Training (50 mins)*	4	Personal Training (50 mins)*	6	Personal Training (50 mins)*	7	Personal Training (50 mins)*
1	Super Stretch (25 mins)	1	Vision Body	1	Vision Body	2	Vision Body
1	Deep Tissue Massage (50 mins)**	3	Super Stretch (25 mins)	1	MOTR	1	MOTR
1	H2O Body Complex***	1	Deep Tissue Massage (50 mins)**	5	Super Stretch (25 mins)	7	Super Stretch (25 mins)
1	Nutritional Consultation	1	H2O Body Complex***	1	Deep Tissue Massage (50 mins)**	2	Deep Tissue Massage (50 mins)**
1	Home Exercise Programme	1	Nutritional Consultation	2	H2O Body Complex***	2	H2O Body Complex***
		1	Home Exercise Programme	1	Nutritional Consultation	1	Nutritional Consultation
				1	Home Exercise Programme	1	Aquatic Therapy
						1	Home Exercise Programme

* Personal Training - may alternate with Pilates, Kinesis, TRX, Freeform, Kettlebell, Metabolic Booster or FTM (Functional Training Movement)

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

*** H2O Body Complex - may alternate with Oxygen Power Fitness or Metabolic Breathing Exercise



NATURAL RENEWAL

Our Natural Renewal retreat is a specially designed programme for guests who never feel at their best. Natural renewal is a chance of “rebirth” for each guest, finding a way forward after their current path in life has depleted their physical, emotional and spiritual resources. This programme exemplifies lifestyle transformation, since a rebirth requires a complete change of mindset, behaviours, and genuine understanding of motivations and life’s purpose. 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. With the Natural Renewal retreat, you’ll be able to recover your sense of awareness and inner peace.

5 Nights		7 Nights		10 Nights		14 Nights	
1	Naturopathic Consultation	1	Naturopathic Consultation	1	Naturopathic Consultation	1	Naturopathic Consultation
1	Mood Mist	1	Mood Mist	2	Mood Mist	2	Mood Mist
1	Personal Training (50 mins)*	1	Personal Training (50 mins)*	1	Personal Training (50 mins)*	2	Meditation (50 mins)**
2	Holistic Health***	3	Holistic Health***	4	Holistic Health***	2	Personal Training (50 mins)*
1	Back, Neck & Shoulder Massage****	1	Back, Neck & Shoulder Massage****	1	Back, Neck & Shoulder Massage****	5	Holistic Health***
1	Acupuncture (initial)*****	1	Traditional Thai Therapeutic Massage (90 mins)*****	1	Traditional Thai Therapeutic Massage (90 mins)*****	1	Back, Neck & Shoulder Massage****
		1	Acupuncture (initial)*****	1	Acupuncture (initial)*****	1	Traditional Thai Therapeutic Massage (90 mins)*****
				1	Stimulating Hip & Thigh Treatment	1	Acupuncture (initial)*****
				1	Aquatic Therapy	1	Acupuncture (follow-up)*****
				1	Super Stretch (25 mins)	1	Stimulating Hip & Thigh Treatment
				1	Deep Tissue Massage (50 mins)	1	Aquatic Therapy
						2	Super Stretch (25 mins)
						1	Deep Tissue Massage (50 mins)

* Personal Training - may alternate with Pilates or FTM (Functional Training Movement)

** Meditation - may alternate with Pranayama, Tai Chi or Yoga

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

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

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

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

***** Acupuncture (follow-up) - may alternate with Nutritional Consultation, Shiatsu Acupressure (follow-up), Seiketsu Shiraku Acupuncture (follow-up) or Traditional Thai Therapeutic Massage (follow-up)



IMMUNE RESILIENCE

A healthy immune system is vital for wellbeing, particularly during COVID-19. 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.

5 Nights		7 Nights	
1	Chi Nei Tsang (Taoist Therapeutic Massage)	2	Chi Nei Tsang (Taoist Therapeutic Massage)
1	Yoga (50 mins)*	1	Yoga (50 mins)*
1	Personal Training (50 mins)**	2	Personal Training (50 mins)**
1	Soothing Back Brush (80 mins)	1	Soothing Back Brush (80 mins)
1	Shirobhyanga	1	Shirobhyanga
1	Meditation ***	1	Meditation ***
1	Fast-Track Back Release	2	Fast-Track Back Release
1	Spine Mobilisation	1	Spine Mobilisation
2	Intermittent Fasting Meals + 1 Nutrient-Dense Snack Per Day (or Nourishing Wellness Cuisine with 3 Wellness Meals Per Day)	2	Intermittent Fasting Meals + 1 Nutrient-Dense Snack Per Day (or Nourishing Wellness Cuisine with 3 Wellness Meals Per Day)

* Yoga - choose from Hatha Yoga, Vinyasa or Ashtanga

** Personal Training - may alternate with Pilates, Kinesis, TRX, Freeform, Kettlebell, Metabolic Booster or FTM (Functional Training Movement)

*** Meditation - may alternate with Pranayama, Tai Chi or Yoga



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 and Pranayama breathing sessions will promote a feeling of lightness and relaxation.

5 Nights		7 Nights	
2	Gut Health Holistic Therapeutic Massage*	2	Gut Health Holistic Therapeutic Massage*
1	H2O Body Complex	2	H2O Body Complex
1	Pilates (50 mins)	2	Pilates (50 mins)
1	Pranayama	2	Pranayama
1	Acupressure Reflexology	1	Acupressure Reflexology
1	Chiva-Som Signature Total Body Care	1	Chiva-Som Signature Total Body Care
1	Detox Set for five nights	1	Detox Set for seven nights
3	Gut Healing Meals Per Day	3	Gut Healing Meals Per Day

* Gut Health Holistic Therapeutic Massage - may alternate with Chi Nei Tsang (Taoist Therapeutic Massage)



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. Bio-feedback enhances emotional stability and quality of sleep, while our wellness cuisine keeps your body and brain healthy with key nutrients to promote cognitive function.

5 Nights		7 Nights	
1	Spine Mobilisation	1	Spine Mobilisation
1	Gyrotonic® or Gyrokinesis®	1	Gyrotonic® or Gyrokinesis®
1	Bone Density Exercise or Joint Retraining	2	Bone Density Exercise or Joint Retraining
1	H2O Body Complex or H2O Therapy	2	H2O Body Complex or H2O Therapy
1	Personal Training (50 mins)*	1	Personal Training (50 mins)*
1	Chi Nei Tsang (Taoist Therapeutic Massage)**	1	Pilates (50 mins)
Sleep Enhancement		1	Chi Nei Tsang (Taoist Therapeutic Massage)**
1	Naturopathic Consultation	Sleep Enhancement	
1	Bio-Feedback Rebalance ***	1	Naturopathic Consultation
		1	Bio-Feedback Rebalance ***



ART OF DETOX

The Art of Detox is 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. The cleansing diet can be individually tailored to fit your needs for an optimal detoxification experience. Your personal Health & Wellness Advisor will help you to discover the ideal diet, balancing macro- and micro-nutrients while herbal and nutritional supplements ensure your detoxification processes are working optimally to cleanse your body of toxins. Through our retreat, you will discover a new path towards more nourishing foods that will bring your digestive and metabolic systems back to their optimal function for sustaining health.

5 Nights		7 Nights		10 Nights		14 Nights	
1	Naturopathic Consultation	1	Naturopathic Consultation	1	Naturopathic Consultation	1	Naturopathic Consultation
1	Detox Supplement Set	1	Detox Supplement Set	1	Detox Supplement Set	2	Detox Supplement Set
1	Mood Mist	1	Mood Mist	1	Mood Mist	1	Mood Mist
2	Maya Massage (Stimulating Abdominal Massage)	2	Maya Massage (Stimulating Abdominal Massage)	3	Maya Massage (Stimulating Abdominal Massage)	4	Maya Massage (Stimulating Abdominal Massage)
2	Colonic Hydrotherapy	3	Colonic Hydrotherapy	4	Colonic Hydrotherapy	4	Colonic Hydrotherapy
1	Pranayama	1	Pranayama	1	Pranayama	1	Pranayama
1	Super Stretch (25 mins)	1	Super Stretch (25 mins)	2	Super Stretch (25 mins)	4	Super Stretch (25 mins)
		1	Chiva-Som Spa Haven Body Cocoon *	1	Chiva-Som Spa Haven Body Cocoon *	1	Chiva-Som Spa Haven Body Cocoon *
		1	Detoxifying Balneotherapy	2	Detoxifying Balneotherapy	2	Detoxifying Balneotherapy
				1	Art of Detox Cooking Class **	1	Art of Detox Cooking Class **
				2	Body Jet Blitz	2	Body Jet Blitz
						1	Acupressure Reflexology
						1	Dry Skin Brushing
						1	Acupuncture (initial) ***

* Personal Training - may alternate with Pilates, Kinesis or FTM (Functional Training Movement)

** Chi Nei Tsang (Taoist Therapeutic Massage) - may alternate with Gut Health Holistic Therapeutic Massage

*** Bio-Feedback Rebalance - may alternate with Pranayama

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

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

*** Acupuncture (initial) - may alternate with AcuSlim, Shiatsu Acupressure, Seiketsu Shiraku Acupuncture or Traditional Thai Therapeutic Massage



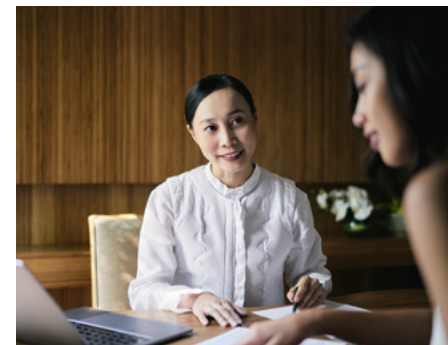
SUSTAINABLE WEIGHT MANAGEMENT

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	Body Composition Analysis	1	Body Composition Analysis	1	Body Composition Analysis	1	Body Composition Analysis
1	Personal Training (50 mins)*	3	Personal Training (50 mins)*	5	Personal Training (50 mins)*	7	Personal Training (50 mins)*
1	Super Stretch (25 mins)	3	Super Stretch (25 mins)	5	Super Stretch (25 mins)	7	Super Stretch (25 mins)
1	Nutritional Consultation	1	Nutritional Consultation	1	Nutritional Consultation	1	Nutritional Consultation
1	Blood Test for Sustainable Weight Management Programme**	1	Blood Test for Sustainable Weight Management Programme**	1	Blood Test for Sustainable Weight Management Programme**	1	Blood Test for Sustainable Weight Management Programme**
1	Detox Supplement Set	1	Detox Supplement Set	1	Detox Supplement Set	1	Detox Supplement Set
1	Home Exercise Programme	1	Home Exercise Programme	1	Slimming Body Mask (initial)	1	Maya Massage (Stimulating Abdominal Massage)
				1	LPG Cellu M6 Alliance® (initial)	1	Colonic Hydrotherapy
				1	Home Exercise Programme	1	Slimming Body Mask (initial)
						1	LPG Cellu M6 Alliance® (initial)
						1	LPG Cellu M6 Alliance® (follow-up)
						1	Detoxifying Balneotherapy
						1	Body Jet Blitz
						1	Home Exercise Programme

* Personal Training - may alternate with Pilates, Kinesis, TRX, Freeform, Kettlebell, Metabolic Booster or FTM (Functional Training Movement)

** Blood test has been developed exclusively for this programme and cannot be swapped or exchanged



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.

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

* Bio-Feedback Rebalance - may alternate with Pranayama

** Acupuncture - may alternate with Shiatsu Acupressure, Seiketsu Shiraku Acupuncture or Traditional Thai Therapeutic Massage

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

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



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	1	Naturopathic Consultation
1	Acupuncture (initial) **	1	Acupuncture (initial) **
2	Holistic Health ***	3	Holistic Health ***
1	Stress Release Therapy ****	1	Traditional Thai Therapeutic Massage (90 mins)
1	Back, Neck & Shoulder Massage	2	Stress Release Therapy ****
2	Soft Tissue Mobilisation (25 mins)	2	Back, Neck & Shoulder Massage
1	Shirodhara	2	Soft Tissue Mobilisation (25 mins)
2	Super Stretch (25 mins)	1	Shirodhara
2	Yoga (50 mins)	2	Super Stretch (25 mins)
		3	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	Naturopathic Consultation	1	Naturopathic Consultation
1	Acupuncture (initial) **	1	Acupuncture (initial) **
2	Holistic Health ***	3	Holistic Health ***
1	Traditional Thai Therapeutic Massage (90 mins)	1	Traditional Thai Therapeutic Massage (90 mins)
1	Body Awakening Exercise ****	1	Mindfulness Based Stress Release Consultation (50 mins)
3	Super Stretch (25 mins)	2	Body Awakening Exercise ****
2	Meditation (50 mins)	4	Super Stretch (25 mins)
1	Pilates (50 mins)*****	3	Meditation (50 mins)
1	Chiva-Som Signature Deep Hand Massage	2	Pilates (50 mins)*****
1	Oriental Foot Ritual	1	Chiva-Som Signature Deep Hand Massage
2	Mood Mist	2	Oriental Foot Ritual
		1	Cooking Class *****
		2	Mood Mist

* Bio-Feedback Rebalance - may alternate with Pranayama

** Acupuncture - may alternate with Shiatsu Acupressure, Seiketsu Shiraku Acupuncture or Traditional Thai Therapeutic Massage

*** Holistic Health - choose from Shirobhyanga, Mien-Acupressure, Cranio-Sacral Therapy, Reiki Gemstone Therapy or Acupressure Reflexology

**** Stress Release Therapy - may alternate with Body Balancing

* Bio-Feedback Rebalance - may alternate with Pranayama

** Acupuncture - may alternate with Shiatsu Acupressure, Seiketsu Shiraku Acupuncture or Traditional Thai Therapeutic Massage

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

**** Body Awakening - may alternate with Gyrotonic® or Gyrokinesis®

***** Pilates - may alternate with Tai Chi or Yoga

***** Cooking Class - may alternative 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

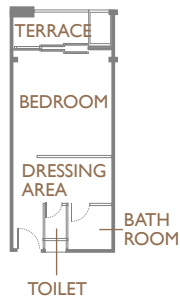
The pavilion suites allow both indoor and outdoor living, with an al fresco sala for tranquil lounging and a kitchen where a personal chef can create a meal for you.

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



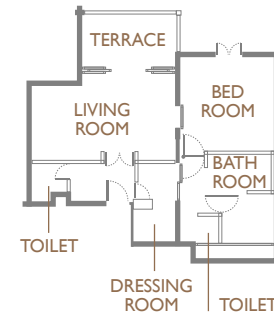
Ocean Room
14 Rooms (34 m²)

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.



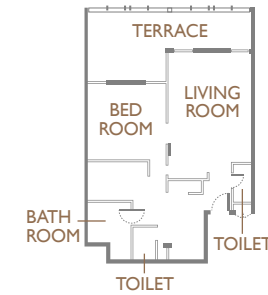
Ocean Deluxe Room
10 Rooms (48 m²)

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.



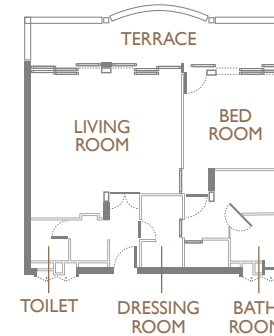
Ocean Premium Room
5 Rooms (54 m²)

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.



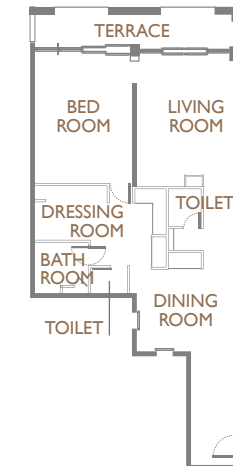
Anchan
1 Room (63 m²)

Indulge in a spacious layout which includes a larger terrace offering breathtaking views. The Anchan Room instills 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)

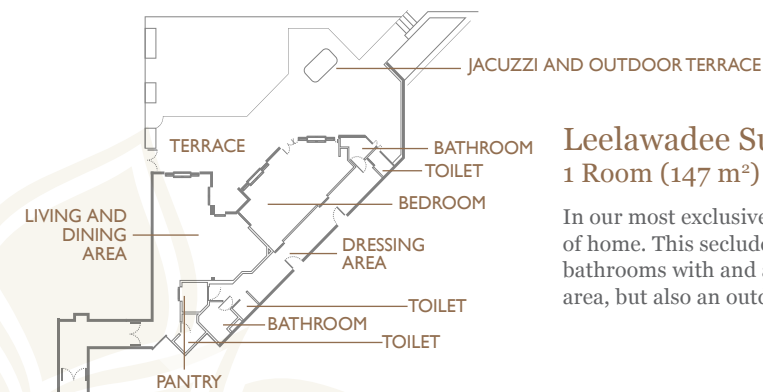
Thai Pavilion Suite
7 Rooms (96 m²)

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.

◆ 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.

- ◆ Winner #1 – ‘Best Destination Spa in the World’- Condé Nast Traveler’s 2022 Readers’ Choice Awards
- ◆ Winner – ‘Fighting Fit’ - Tatler Spa Awards 2022
- ◆ ‘Thailand’s Best Wellness Retreat’ – World Spa Awards 2022
- ◆ Winner #1 – ‘Top Destination Spa Resort in the World’- Condé Nast Traveler’s 2021 Readers’ Choice Awards
- ◆ ‘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

◆ TERMS AND CONDITIONS

Stay Period	Cancellations	Reduction in Length of Stay	Date Changes
Peak Season: • 6 th January - 28 th February • 1 st November - 19 th December	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 cancelled room nights 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			
Double Occupancy Peak Season: • 20 th December - 5 th January	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 cancelled room nights 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
Off-Peak Season: • 1 st June - 30 th September			

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 14.00 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 we cannot accept children less than 16 years of age. Mobile phones, cameras, personal computers, etc. may be used in guest rooms and in the library but not in public areas. Chiva-Som's healthy environment has been created to give everyone the best possible benefits, and this is why we limit alcoholic drinks to champagne and wine in the evening only and smoking is permitted in designated areas only.

As more e-reader devices offer increased communication features, to help protect our guest privacy and the serene ambience of Chiva-Som, we regret e-readers will not be allowed in public areas. Should you wish to read outdoors, please approach our staff, who can set you a sun lounger on the beach when the tide is low. You may use e-readers in the library or in your room. We encourage you to borrow books from our library whilst at the resort.

Please be warned that as of 1st November 2017, the Thai government has implemented a ban on smoking on public beaches. Doing so may result in a fine, imprisonment or both.

Gala Dinner:

A compulsory supplement per person will apply for the New Year's Eve gala dinner; this is subject to 17.7% service charge and VAT. Please contact us for more information.

Special Requests:

Should you have any special preferences such as non-allergenic pillows, special dietary considerations, etc., please inform the reservations team when making your booking.

Double Occupancy Peak Season (20th December - 5th January):

Over the Double Occupancy Peak Season, we can only accept rooms booked with double occupancy for a minimum of seven nights.

Conditions:

Prices are subject to resort availability and are subject to change. All pricing is correct at the time of printing and offers may be withdrawn at anytime without notice. All bookings are subject to Chiva-Som's terms and conditions.

Treatment Cancellation:

For treatments included in your retreat, as well as for extra treatments, this requires facilities and staff to be reserved. We require a minimum of three hours' notice if you are unable to keep your appointment. Our staff will be happy to reschedule your treatment at your request.

No-shows or appointments cancelled less than three hours in advance will incur loss of that treatment (for treatments that are included in the retreat programme) or a 50% cancellation fee (for extra treatments booked).

Disclaimer:

All information, terms and conditions specified herein are subject to change without notice.

Chiva-Som takes the utmost precautions regarding health and safety in light of the COVID-19 situation, and some activities may be modified to comply with regulations or distancing guidelines.



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