

YOUR HAVEN OF LIFE. WHERE HEALING BEGINS

Located on the beautiful Gulf of Thailand, Chiva-Som is your secluded Haven of Life for health and well-being. Embark upon a unique journey of self-discovery with a holistic approach to wellness, incorporating mind, body and spirit, to bring a healing balance to your lifestyle. For over 23 years, Chiva-Som has provided a Haven of Life for guests seeking health and wellness. Our programmes are founded upon our six wellness modalities: Spa, Fitness, Physiotherapy, Holistic Health, Nutrition and Aesthetic Beauty, offering you the empowerment to fulfil your goals. Nurture your senses in our new Thai Pavilions and Suites. Experience an uninterrupted sense of serenity with an expanded layout designed to bring you closer to nature. Tranquility and harmony abound as you rest in the garden by the lake, from the comfort of your room.

Your stay with Chiva-Som begins with the retreat you decide to embark upon, guiding you towards personal goals and a path that leads to the holistic healing you're searching for. Choose a retreat with Chiva-Som today and join us in attaining your health and well-being targets.

RESORT ACTIVITIES AND FACILITIES

ACTIVITIES

At Chiva-Som, we provide a wide range of resort activities. Each week, we organize various group activities to offer you a new experience every day of your stay. Just some of our activities include: 3-in-1 Aerobics, Aqua-Aerobics, Inner Core Exercise, Gyro kinesis, Hatha Yoga, Tabata Class, Thai Boxing and more. For more information, you can refer to our daily activities class time table

FACILITIES

The resort recently completed renovation of some of its main facilities. The Fitness Centre has increased in size and now with a separate stretching space with an array of new equipment as well as a private training room and two fully renovated Dance and Pilates Studio's. The Re-functional Studio is now home to a private Neurac Room, Functional Assessment room and boasting brand new equipment. The Orchid Lounge has become an inviting and sociable spot for relaxation, where guests can enjoy afternoon tea and an open juice bar. Finally, the Nirarlada Medi-Spa has evolved from its original clinical design to become warm and tranquil. Other than the renovated facilities, the resort also features separate male and female water therapy suites, Watsu pool, floatation pool, large outdoor swimming pool, bathing pavilion with Kneipp bath, sauna, steam, Jacuzzi, and swimming pool

RESTAURANTS

Newly renovated, The Emerald Room offers a generous selection of wellness dishes in a fine dining environment for breakfast, lunch and dinner. The Taste of Siam also offer options for breakfast, lunch and dinner. You will find an extensive range of healthy dishes while enjoying panoramic views of the Gulf of Thailand. Cold-pressed juices and herbal teas, as well as a delightful afternoon tea set are serve everyday in orchid lounge

WELLNESS CUISINE

At Chiva-Som, we are blessed with the ability to cultivate the freshest natural produce. Every item on the menu is meticulously designed to create cuisine that is delicious, well-presented and healthy. We offer three distinct dining options, along with in-room dining, which shares the same philosophy. All dishes promise to deliver harmonious flavours, nutritional excellence and proportional balance to help you reach the goal you on your wellness journey.

Retreat and Reconnect

Although the goal to live a healthy, happy life is a universal one, at Chiva-Som your lifestyle and life story inspire a tailored and targeted experience. Choose how you would like to spend your time with us. Or let us guide you. Either way, your personal path will lead to a balanced sense of self.

There are six steps on your journey

1. *Your Chiva-Som experience will be enriched by some self-reflection on how you are, what inspires you and what your goals are.*
2. *When you arrive, we'll discuss and evaluate your health needs and desires with you to craft a bespoke Chiva-Som journey.*
3. *Every Chiva-Som retreat is created by taking elements from our Six Wellness Modalities: Physiotherapy, Holistic Health, Nutrition, Fitness, Spa, Aesthetic Beauty.*
4. *You can go deeper by joining any of the diverse daily activities on offer. They are included in the price of the stay, unless otherwise indicated.*
5. *Your Wellness Advisor is available for you throughout your stay. Before you leave, they will review your progress and conclude your programme.*
6. *Talk to us, tell us how you feel – we want you to achieve your goals. As believers in individuality, we're flexible. Our minds are as open as our hearts.*

A Taste of Chiva-Som

- Beauty
- Relaxation
- Physical Fitness
- General Health Improvement

This retreat is perfect for those experiencing Chiva-Som for the first time or who aren't sure what to choose. Upon arrival, your Health and Wellness Advisor will guide you through our menu of treatments and activities to map out your journey with us, based on your objectives. Whether it's pure relaxation or a lifestyle transformation, we are here to make your entire experience truly fulfilling. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Art of Detox

- Detox
- General Health Improvement

This fully personalized retreat guides you through the art of balancing macro and micronutrients with herbal and nutritional

supplements to soothe and cleanse your body. Treatments such as Lymphatic Drainage and Colonic Hydrotherapy will support your programme and you'll learn which foods aid your digestive and metabolic systems to enable optimal health. Our extensive experience will ensure your detoxification is safe and effective. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Cell Vitality

- Recovery & Rehabilitation

Throughout this specialist retreat, dedicated treatments and re-functional exercises will promote your cellular health, help you regain appetite through dedicated dietary plans and stimulate your physical and mental wellness. Our experts will take you through Naturopathic Consultations, Bio-feedback, Acupuncture and Pranayama sessions to rebalance your mind and body. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Cranial Relief

- Stress Management
- Recovery & Rehabilitation
- Pain Management
- General Health Improvement

By completing a programme of meditation and exercises that promote cranio-myofascial muscle relaxation, you can experience real relief. Our experts will harmoniously combine targeted holistic and physiotherapy treatments to release your tension. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Emotional Well-being

- Emotional & Mental Balance
- Mindfulness
- Stress Management
- Recovery & Rehabilitation
- General Health Improvement

The holistic Emotional Well-being retreat will guide you through a programme of mind and body therapy, healthy eating, regular physical activity and establishment of a stable sleeping pattern. A Naturopathic Consultation with our experts is complemented by Yoga, Acupuncture, Pranayama and Re-functional Exercise sessions. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Fitness

- Physical Fitness
- General Health Improvement

Whether you're a beginner or advanced in fitness, this retreat is designed to help you achieve wellness through assessments and range of classes led by our experienced practitioners who guide you towards your goals. Personal Training, Super Stretch, H2O Body Complex and EMS Fitness will ensure you are building your strength. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Natural Renewal

- Emotional & Mental Balance
- Mindfulness
- Relaxation
- Recovery & Rehabilitation
- General Health Improvement

Over the years, in collaboration with many health industry experts, we've explored the roots of health concerns to create a specialised programme that renews Mind, Body and Spirit through nutritional and herbal therapies. By blending the effects of Meditation, Personal Training, Acupuncture and Stress Release Therapy, we can guide you into a healthy, positive state of mind and body. Wellness Cuisine further enhances the benefits of this rejuvenating retreat. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Optimal Performance

- Physical Fitness
- Recovery & Rehabilitation
- Pain Management
- General Health Improvement

With our bespoke Optimal Performance retreat, coordinated guidance from our Fitness and Physiotherapy experts will help you alleviate pain and improve posture. Your physical and mental state will feel replenished and rejuvenated. You will be ready to reach for and attain your new personal best. Programmes of Re-functional Exercise, Physiotherapy, Super Stretch and Deep Tissue Massage will push and restore you. Wellness Cuisine and our group activities will support your wellbeing. In addition, on

each day of your retreat, you can select a treatment of your choice from our daily menu.

Spa Well-being

- Beauty
- Emotional & Mental Balance
- Relaxation
- General Health Improvement

The Spa Well-being retreat is designed to help you restore a fresh sense of health. Escape the daily stresses of work and life and let our experienced team use treatments and advanced technology to revive and rebalance you. Aimed at giving you younger looking skin and an overall healthier appearance, this retreat combines treatments and services from our Spa and Aesthetic Beauty menu. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Sustainable Weight Management

- Detox
- Physical Fitness
- General Health Improvement
- Weight Loss

When it comes to weight loss, we recommend a healthy approach to nurturing of the body, rather than extreme changes or restrictions to your lifestyle. A personal trainer will work one-on-one 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 for you to continue a healthier, sustainable lifestyle beyond your stay at Chiva-Som.

Tension Release

- Mindfulness
- Stress Management
- Recovery & Rehabilitation
- General Health Improvement

Through Naturopathic Consultation, you will learn how to control salt intake and maintain a healthy weight. You will also discover how dietary supplements can help support your cardiovascular health. During the retreat, personalised fitness activities will boost your energy and reduce weakness and fatigue, providing you with a complete path towards tension release. Acupuncture, Meditation, Pilates and massage therapies are teamed with Super

Stretch and a Cooking Class to provide a truly holistic experience. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Total Golf Enhancement

- Physical Fitness

The Total Golf Enhancement retreat is aimed at developing your overall game. Suitable for players of all levels, this retreat provides expertise in specialist areas, such as Golf Fitness Training and Golf Biomechanics. In addition to golf-specific inclusions, guests will also enjoy related treatments in essential areas, such as post-game muscle recovery, relaxation and skincare.

Improvement will be assessed by the included round(s) of golf with one of our in-house accredited professionals, played at one of Hua Hin's leading courses. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.

Yoga for Life

- Emotional & Mental Balance
- Mindfulness
- Relaxation
- General Health Improvement

We ensure beginners start their journey well and that those who wish to refine their knowledge can learn advanced dimensions

such as Meditation and Ayurveda cleansing techniques. Our experienced instructors will guide you through Yoga sessions that suit your level of ability and deepen the connection between your Mind, Body and Spirit. Our beautiful, peaceful location, Wellness Cuisine and world-class expertise will combine to offer you the perfect environment in which to practice mindfulness. In addition, on each day of your retreat, you can select a treatment of your choice from our daily menu.