



CHIVA-SOM OVERVIEW



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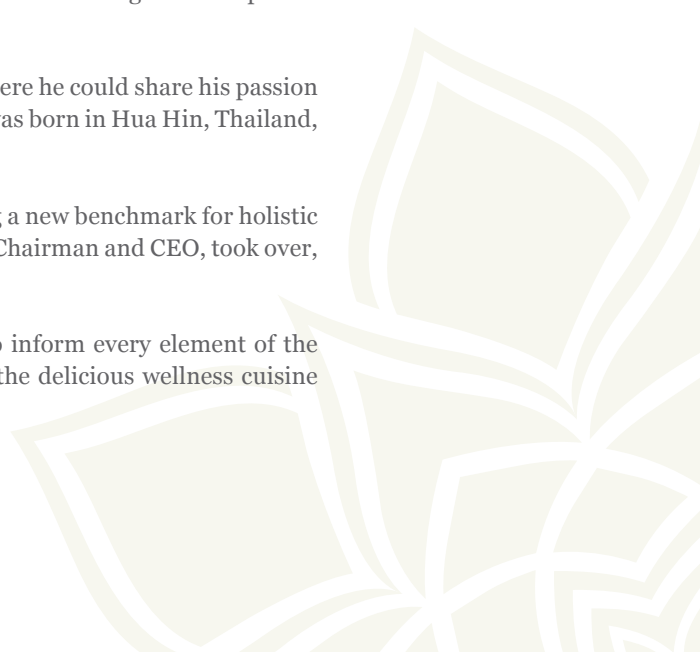
## The Chiva-Som Story

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 19<sup>th</sup> 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

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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 tripart logo) is realised in 16 retreats for guests to develop healthy habits and transform their lives. These are complemented by over 200 treatments, therapies and activities.



## Key Facts

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### 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 25<sup>th</sup> anniversary, the acclaimed American architect Ed Tuttle redesigned the rooms and all key areas of the resort, including the Health and Wellness Centre, the Bathing Pavilion, Niranalada 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.





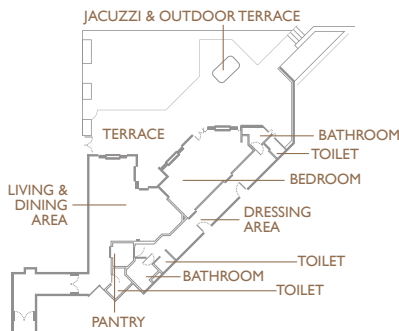
# Accommodation

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 wellness 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.



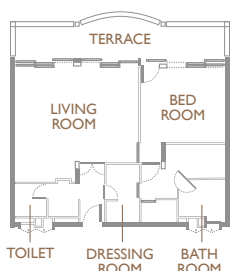
## GOLDEN BO SUITE

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.



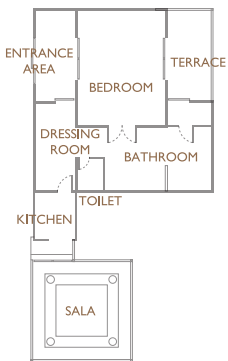
### OCEAN ROOM

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 pantry and its own 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.





# The Health & Wellness Centre

The 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, steam room 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.

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 micro-invasive cosmetic treatments and longevity treatment. 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.

**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.

**Hyperbaric Oxygen Therapy** - A hyperbaric chamber is used for hyperbaric oxygen therapy (HBOT), where guests breathe pure oxygen in a pressurized setting. This therapy enhances healing, reduces inflammation, boosts immune function, and promotes anti-aging, supporting overall health and rejuvenation.

# 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

Wellness cuisine elevated to art. The Emerald Room presents contemporary haute wellness cuisine where you can design your own pescatarian dish, with the freedom to specify your chosen catch of the day, method of cooking and accompanying sides. Open in High Season to avail of favourable climate. 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.





## 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 Zula 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.

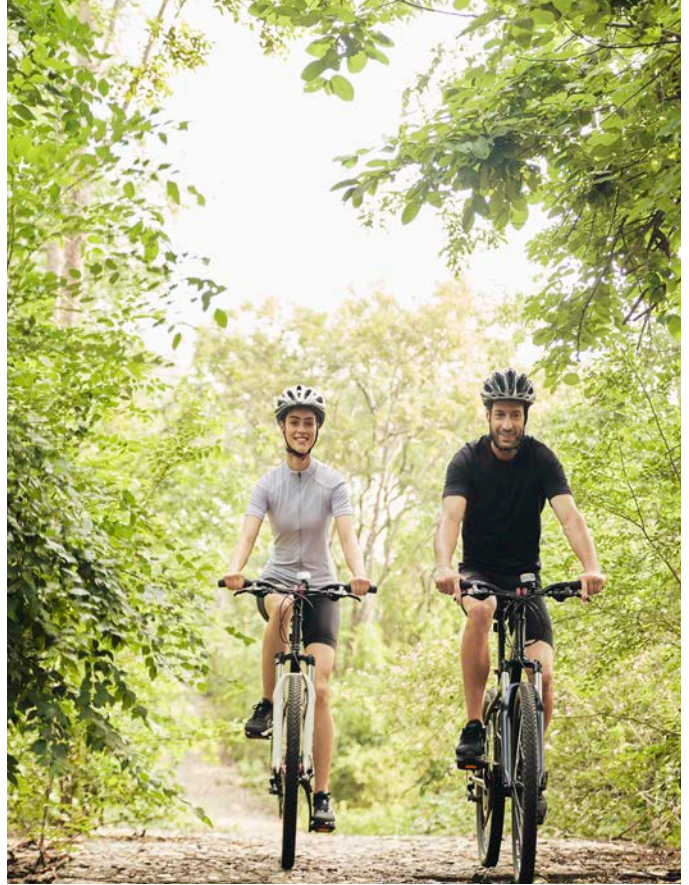
## Sustainability

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

- Winner #1 - 'Medical Wellness Retreat - Global' Readers' Choice, Global Spa Awards 2023
- 'Wellness & Spa Retreat' - Thailand Tourism Gold Awards 2023
- 'Best Destination Spa in the World' – Condé Nast Traveler's Readers' Choice Awards 2022
- 'Fighting Fit' – Tatler Spa Awards 2022
- '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

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# Social Media

[www.facebook.com/chivasomhuahin](https://www.facebook.com/chivasomhuahin)  
[www.instagram.com/chivasomhuahin](https://www.instagram.com/chivasomhuahin)  
[www.twitter.com/chivasomresort](https://www.twitter.com/chivasomresort)  
[www.youtube.com/chivasomTH](https://www.youtube.com/chivasomTH)



# 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

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## SOCIAL MEDIA

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[www.instagram.com/chivasomacademy](http://www.instagram.com/chivasomacademy)  
LINE: @chivasomacademy





# A New Era of Wellness

## ZULAL WELLNESS RESORT BY CHIVA-SOM

Managed and operated by Chiva-Som, Zual 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).

Zual 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.

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

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

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

## CONTACT DETAILS

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## SOCIAL MEDIA

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

## BOOKING ENQUIRIES

Please send your enquiries to [reservations@zual.com](mailto:reservations@zual.com).



[WWW.CHIVASOM.COM](http://WWW.CHIVASOM.COM)