



GENERAL FACTS ABOUT CHIVA-SOM

Property:	Chiva-Som International Health Resort
Address:	73/4 Petchkasem Road, Hua Hin, Prachuap Khiri Khan 77110 Thailand
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Opening Date:	19 th April 1995
Founder:	Mr. Boonchu Rojanastien
Architectural Style:	<p>Originally, the renowned British architect, Jean-Paul Blissett of the Syntax Group, succeeded in creating a subtle balance between traditional Thai styles and contemporary Western designs.</p> <p>All rooms have been newly-renovated with a contemporary Thai style that maintains traditional Thai lines, directed by Designrealization Siam, a highly regarded Architectural firm.</p>
History:	<p>The idea for a wellness resort grew from Mr. Boonchu's passion to share wellness with his friends and loved ones. As a weekend retreat from the fast pace of Bangkok, his friends and family would wake early, jog on the beach, play outdoor sports, breathe in the fresh air, relax and eat good food, before returning to work on Monday, fully recharged and raring to go. His motto of "Above all, enjoy your life." was alive and well in his unregimented approach to wellness.</p> <p>He balanced effort with enjoyment and encouraged his loved ones to adopt healthy, life-transforming habits. His generosity soon extended to a wider circle of like-minded individuals.</p> <p>When he transformed his Hua Hin residence into the resort it is today, Mr. Boonchu was building on this inspired foundation. He called it 'Chiva-Som' because that means 'Haven of Life' and that is exactly what Mr. Boonchu wanted to create. He wanted to help as many people as possible return to the path of wellness. Now,</p>



Chiva-Som is renowned throughout the world for doing just that. One man's life's passion has led to countless transformed lives.

Philosophy:

Chiva-Som's philosophy is based on providing proven transformational methods that work towards optimal health and well-being, delivering personal wellness programmes in a non-regimented way. Chiva-Som focuses on a holistic approach to health that incorporates the mind, body and spirit. The programmes are founded upon six wellness modalities: Spa, Fitness, Physiotherapy, Holistic Health, Nutrition and Aesthetic Beauty, offering empowerment and goal fulfillment.

Management:

Chairman & CEO, Mr. Krip Rojanastien
General Manager, Mr. Vaipanya Kongkwanyuen

Location:

Hua Hin, 185 kilometres south of Bangkok

Area size:

6.7 Acres

Guest Accommodation:

Our 54 exquisite rooms have all been recently renovated and are designed to enhance our guest's overall wellness experience. All rooms feature warm, natural colours and materials, as well as a terrace or balcony.

The room interiors bring together the best in luxury and well-being. Innovative use of Thai teak, silk and bamboo, create a calming effect whilst maintaining the resort's signature Thai tranquility.

There is an elegant colour palette to enhance the wellness experience, with rich fabrics and natural trimmings adding a lovely texture in soothing wood tones. A selection of abstract artworks offer a warm and harmonious backdrop to the ambience of each room. The rooms are graced with seating areas on the balconies and terraces for guests to enjoy the outdoors in a state of peace and seclusion. Each room also features full floor-to-ceiling windows to provide guests with a truly immersive, close to nature, experience. Each Suite includes a dining area, dressing room, mini pantry and two bathrooms. Bathroom amenities, mattresses, pillows and the scent of oil burners can all be personalised. Comfort is an essential element of your Chiva-Som stay.

Sustainable, energy-efficient design has always been a guiding principle at Chiva-Som, and the new rooms have accordingly been renovated for environmental friendliness.

Health & Wellness:

Approximately 200 treatments and activities (including Spa, Holistic, Fitness, Physiotherapy and Niranalada Medi-Spa) are available.

Number of Treatment Rooms:

70 rooms



Number of Therapists:	Approximately 80 qualified therapists
Daily Fitness & Leisure Activities:	<p>Daily fitness & leisure activities including Yoga, Meditation, Pranayama, Tai Chi, Stretching, Aqua Aerobics, TRX, Cycling, Ballast Ball, Gyrokinesis, Metabolic Breathing and dozens more are available for every guest to join in with throughout the day.</p> <p>Cooking classes - learning and cooking healthy dishes. These classes are designed to show guests the preparation and cooking techniques of wellness cuisine so that they can sustain healthy choices at home.</p>
Facilities:	<p>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 Niranalada 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 indoor swimming pool.</p> <p>Library - A variety of books, magazines and newspapers are available in the Library WIFI access for guests free of charge.</p>
Niranalada Medi-Spa:	<p>The latest developments in both aesthetic treatments and minimally invasive cosmetic procedures. Treatments include, but are not limited to:</p> <p>Bioplasma - Provides skin with a healthy glowing appearance and reduces bacteria on the skin's surface.</p> <p>Jetpeel - Gently exfoliates, effectively unblocks, cleanses and rehydrates facial skin</p> <p>Finescan - Aids skin in becoming healthier, smoother and younger looking</p> <p>Venus Legacy - Rids the body of unwanted stubborn fatty areas and cellulite.</p> <p>Thermage CPT – Brings back smooth, tight and contoured skin for an overall younger-looking appearance.</p> <p>Hi Frequency Focused Ultrasound - A non-invasive, triple layer lifting effect for alternative face lifting and skin tightening</p>



Chiva-Som Wellness Cuisine:

Chiva-Som Wellness Cuisine is renowned worldwide and has won many awards. A blend of Thai and Western delicacies, the menus offer numerous choices including meat, fish, vegetarian dishes, and stunning desserts. Chiva-Som Chefs consciously create food that is balanced in terms of flavor, nutrition, and presentation. Ingredients are used in their most natural form: organic, GMO free whole foods that offer superior nutritional quality.

Culinary delights are freshly prepared using organically grown herbs, fruit and vegetables.

Restaurants:

The Emerald Room – an international wellness cuisine restaurant

Taste of Siam – a restaurant by the beach serving Thai wellness cuisine

Services:

Shuttle bus to/from Hua Hin airport

Shuttle bus to/from Hua Hin town

Shuttle bus to/from Chiva-Som's own organic garden

Limousine service

Concierge

Local tours/Golf

Laundry

Room service

Butler service

24 hours qualified nurse in house

Safety deposit boxes

Currency exchange

DVD/CD music library

Awards:

'1st in Best Spa' - Traveler's World Magazine 2019 (Germany)

#Holistic - Crystal massage and quantum healing - 'Harper's Bazaar Spa Awards 2019' (Malaysia)

'Top ranked Asian Spa in Top 20 Destination Spas' - Conde Nast Traveler The Readers' Travel Awards 2018 (UK)

'Top 5 Favourite Destination Spa' - Condé Nast Traveler Reader's Travel Awards 2018 (India)

'Thailand's Best Wellness Retreat 2018' - World Spa Awards (UK)
'#13 of Top 25 in Asia, Best 100 Spa List' - Condé Nast Traveler (China) 2018

'#2 of 12 Best Hotel in Asia' - Luxury Lifestyle Magazine Awards 2018 (UK)



'#5 of 10 Best Spas' - DestinAsian Readers' Choice Awards 2018
(Indonesia)

'Green Era For Sustainability Award'- Otherways Association
Management & Consulting Awards 2017

'Medi Spa of the year' - Asia Spa Awards 2017

Resort Policies:

Children under the age of 16 are not allowed, no smoking in the resort except in the designated area, usage of mobile phones and personal computers is permitted in guest rooms only, and wine and champagne are available after 6.00 p.m.

Sustainability:

Chiva-Som remains committed to the preservation of planet Earth and is proactively involved in conserving its precious natural resources. In order to sustain economic prosperity as well as nurture a healthy, safe and vibrant community, Chiva-Som continually adopts policies and practices under the realm of Corporate Social Responsibility (CSR) to become more socially conscious and environmentally responsible, with a focus on the Quadruple Bottom Line; Economic Sustainability, Socio-cultural Development, Environmental Preservation and, Stakeholder Wellness. New and innovative initiatives are constantly being explored throughout the resort. Chiva-Som seeks eco-friendly alternatives wherever possible including energy saving, and natural resource conservation practices, building design, cleaning products and waste minimisation.

Transportation:

Private plane – 25 minutes (From Bangkok to Hua Hin)
Chartered Helicopter – 40 minutes (From Bangkok to Hua Hin)
Car – 3 hours (From Bangkok to Chiva-Som)
Train – 4 hours (From Bangkok to Hua Hin)

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, warm days and nights, some high humidity with an average temperature of 28 degrees Celsius.

July – October: Rainy season, warm and fairly pleasant, with occasional cooler nights and average temperature of 28 degrees Celsius.

November – February: Cool season, mild days with cool nights and an average temperature of 26 degrees Celsius



Contact details:

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Booking Enquiries

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