

LUXURY WELLNESS COLLECTION · THAILAND

Chiva-Som International Health Resort

Hua Hin, Prachuap Khiri Khan — Gulf of Thailand

Thailand's original destination health resort, opened in 1995 on a beachfront estate in Hua Hin. With 74 treatment rooms and 355 staff serving just 54 guest rooms, Chiva-Som builds each stay around a personal health assessment — the benchmark for a senior executive reset.

GETTING THERE

**3 hrs from
Bangkok**

Private transfer from BKK or DMK. Allow a travel day in each direction.

PROGRAMME LENGTH

3 – 5 nights

Three nights is the general market minimum. Comprehensive retreats run to 14 nights.

BEST MONTHS

November – March

Guests must be aged 14 and above.

Retreats SHORT-STAY SELECTION

A Taste of Chiva-Som

From 3 nights — an introduction to the resort's approach

Essence of Chiva-Som

Short-stay retreat combining treatment, fitness and nutrition

Comprehensive retreats

Up to 14 nights across more than 16 specialist programmes

More than 200 treatments. Chiva-Som's programme range covers weight management, sleep, detoxification, fitness, physiotherapy and emotional wellbeing. Your consultant will match the retreat to your objectives before booking.

Please note. A minimum seven-night stay applies from 20 December to 5 January, in double rooms only.

Board basis & indicative rates OBSERVED AUGUST 2026

Chiva-Som is a genuine all-inclusive wellness rate. Every retreat is quoted on **full board** — three wellness-cuisine meals daily, one treatment for each night of the stay, a health and wellness consultation, and unlimited use of the resort's facilities.

RETREAT

INDICATIVE FROM — PER PERSON

Essence of Chiva-Som — 3 nights, double occupancy

US\$2,232

Ocean Room, peak season, fully inclusive

Essence of Chiva-Som — 3 nights, single occupancy

US\$3,069

Ocean Room, peak season, fully inclusive

Early-booking savings. 20% off when booked 120 days or more in advance, minimum three nights; 15% off when booked 90–119 days in advance, minimum five nights. Shorter retreats are also listed from around US\$1,365, and nightly rates are commonly quoted from US\$800. Rates are indicative — Victory Travel confirms the final all-inclusive price, including any service charge and VAT, in writing at quotation.

What is included & excluded

RETREAT SCOPE

INCLUDED

- Accommodation throughout the retreat
- Three wellness-cuisine meals daily
- One treatment for every night of the stay — Thai massage, the Chiva-Som signature massage, foot or scalp massage, body polish, hydrotherapy, manicure or pedicure
- Health and wellness consultation
- Unlimited use of the steam rooms, sauna, jacuzzi, cold plunge, gymnasium and pools
- Wellness minibar snacks and teas in the room

EXCLUDED

- International flights
- Airport transfers
- Advanced diagnostics and certain specialist treatments
- Alcoholic beverages
- Treatments beyond the retreat allowance
- Service charge and VAT where applicable
- Travel insurance, gratuities and personal expenses

Victory Travel can arrange flights, the private Bangkok transfer and travel insurance as part of a single package.

Therapies & activities

OVER 200 TREATMENTS AVAILABLE

Chiva-Som signature Thai herbal massage	Physiotherapy	Contrast therapy — infrared sauna & ice plunge	Radial shockwave therapy
Japanese acupuncture	Floating therapy	Hydrotherapy	Sunrise yoga
		Tai chi	Guided meditation
			Body polish & scrubs
Foot and scalp massage			

How your retreat is built

PERSONALISED ON ARRIVAL

Chiva-Som does not publish a fixed daily timetable. Your schedule is designed after a health assessment on arrival, then adjusted through the stay.

01	Health and wellness consultation on arrival	03	A personal blend of treatment, fitness and nutrition
02	Your objectives set with the wellness team	04	Schedule reviewed and adjusted during the stay

The resort

FACILITIES & ACCOMMODATION

- 74 treatment rooms serving only 54 guest rooms
- 355 staff on the estate
- Watsu pool and bathing pavilion
- Gymnasium, Pilates and movement studios
- Physiotherapy and medical health-analysis centre
- Ocean-front restaurant

ACCOMMODATION CATEGORIES

- Ocean Room
- Ocean Deluxe
- Ocean Premium
- Thai Pavilions and Suites

Ready to plan your retreat? Speak with your Victory Travel consultant.

We package your programme, flights, private transfers and insurance under one confirmed quotation — for individual travellers, families and corporate wellness groups.



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Rates and inclusions observed August 2026 and subject to confirmation.