



Your Journey  
towards  
INNER BALANCE









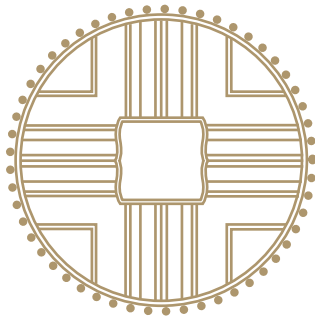






**THE BARAI** offers an intuitive selection of treatments  
based on the Thai belief of maintaining the vitality  
and balance of the Four Elements:  
**EARTH, WATER, AIR** and **FIRE**

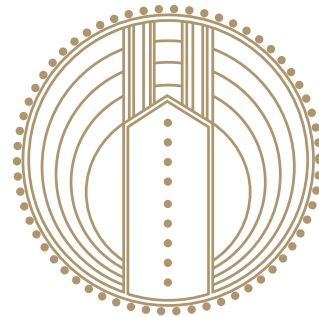
**E A R T H**



**BALANCING**

Ensures grounding and  
stabilization of the body  
structure, fortify the mind,  
replenish the spirit.

**A I R**



**VITALIZING**

Creates movement,  
tones & vitalize the body,  
sharpens the mind,  
rejuvenate the spirit.

**W A T E R**



**RELEASING**

Improves fluidity, release tension  
and fluids, relax the body,  
clearing the mind,  
calm the spirit.

**F I R E**



**ENERGIZING**

Increase temperature,  
strengthen the body,  
revitalize the mind,  
brighten the spirit.



# SIGNATURE EXPERIENCES

## E A R T H



### THE BARAI Chakra Energy Balance

90 min / THB 4,200

The physical body is a unit made of many different parts that are designed to be self-correcting. The body's job is to maintain balance and the free-flow of energy. The chakras are an energetic gateway, feeding the body energy and providing an outlet for the release and dispersal of spent energy. Start the treatment by warm Crystals stones are placed along specific energy points to heal, harmonize and strengthen the body's natural flow of energy.

## W A T E R



### THE BARAI Mind & Body Link Holistic Treatment

90 min / THB 4,200

This unique treatment is performed by Top BARAI Practitioners, which activates your mind body connection. Using breathing techniques to balance the Four Elements in your body and to address tight areas as your therapist works through a full body massage. Oxygenate your body, stimulate neural pathways and energy flow. Which starts with a mind body activation exercise. Followed by a calming aroma therapy massage. Finishing with mind & body balance breathing. A fast track to de stress the mind & body and awakens self-awareness. This breathing technique can be used in any situation to improve your health and wellbeing.

*All Prices are in Thai Baht, subject to 10% service charge and 7% VAT.*

# SIGNATURE EXPERIENCES

## A I R



### **THE BARAI Thermogenic Body Attack Contouring Treatment**

90 min / THB 4,200

This contouring treatment helps to increase blood circulation and stimulates the skin by combining highly effective products in combination with a special contouring massage technique for the remodeling effect. It gives the silhouette a redefined appearance. This treatment starts with a body brushing followed by a detoxifying peeling and ends with a special shaping oil massage on specific area.

## F I R E



### **THE BARAI Blend Massage**

90 min / THB 4,200

This unique treatment is adapted from the traditional Thai Massage combined with Swedish and Aromatherapy techniques. Our special energizing herbal oil incorporating Cinnamon, Ginger, Black Pepper is applied with long flowing palm strokes, acupressure along the meridian lines and integrated with joint movement and subtle stretching. Your therapist will customize your treatment concentrating on your areas of need relieving tight muscles and energizing your body according to the Four Elements theory.

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## HERBAL TOUCH EXPERIENCES



The Thai Herbal Compress Massage has remained unchanged since Ayutthaya period of the 14<sup>th</sup> and 18<sup>th</sup> century, which combines the natural therapy of traditional Thai herbalism with the healing power of touch.

Each compress is prepared with fresh medicinal herbs and flowers. The compress is warmed and pressed onto the body in conjunction with distinctive movements in combination with an oil massage. These massage technique in combination with the herbal compress is designed to increase blood circulation relieve muscular and nerve stress, aches and pains.



# HERBAL TOUCH EXPERIENCES

90 min / THB 3,800

120 min / THB 4,500

## E A R T H



*Ginger, Lemongrass, Turmeric Compress Massage*

Dissolve tension and help your body achieve a sense of balance.

## W A T E R



*Sweet Basil and Kaffir Lime Compress Massage*

Promotes overall tension release and a feeling of lightness.

## A I R



*Coconut and Sesame Compress Massage*

Nurturing and will leave your skin incredibly soft and the ingredients makes you feel vitalized.

## F I R E



*Cinnamon and Eucalyptus Compress Massage*

Increases blood circulation and create a free flow of internal energy to increases a feeling of strength and resilience.

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# ESCAPE JOURNEY



## E A R T H

### **Body Balance**

120 min / THB 4,500

*(Body Scrub, Abdominal Massage, Face & Head Massage)*

Tamarind & Turmeric Body Scrub to leave the skin renewed and soft. Turmeric is well known as an anti-inflammatory herb which helps to heal the body from inside out. Followed by a highly effective Abdominal Massage to release tension and helps detoxifying, improves digestion & posture, boost immune system and release physical and emotional stress. This treatment is very beneficial 2 hours after meal or in the morning before breakfast.

## W A T E R

### **Me Time – check-in with yourself**

120 min / THB 4,500

*(Breathing Exercise, Body Massage combined with an Asian Head Massage)*

Breathing exercise will enhance the effect of the massage to bring oxygen to the cells in order to increase the holistic tension release effect. A very relaxing smooth body massage with warm herbal oils will additionally relax the muscles. The reflexology points at the head will calm down the nerve system in the brain. We recommend to enjoy the treatment in the late afternoon.

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# ESCAPE JOURNEY



## A I R

### **Couple Connect**

*(Bath, Body Scrub, Vitalizing Massage)*

120 min / THB 9,500

(for 2 persons)

Couples Connect is designed to create connection during the 2 hours treatment. The journey starts with a warm mineral bath in our private Spa treatment room. The treatment focuses on three chakras: Sacral, Heart and Crown. Exquisite oils of Rose (the oil of love), Orange Blossom (bliss) and Jasmine (for stimulating the flow of love) by using Crystals to open the heart chakras result in a beautiful connection of mind body and spirit.

## F I R E

### **Get In Shape & Anti-cellulite Treatment**

*(Body Brush, Peeling & Wrap, Contouring Massage)*

120 min / THB 4,800

This highly effective whole body treatment helps to improve skin quality, activate the blood and lymphatic circulation by using brushes and special massage technique. It stimulates the skin, resulting in a more refined shape and reduces cellulite. This treatment is featuring a stimulation of the skin to naturally reactivate the cell metabolism with a dry brush technique followed by a full body peeling, activating coffee wrap followed by an energetic massage with Grapefruit and Black Pepper oil and ends with a correcting intense slimming serum which attacks the fat tissues.

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## THE ELEMENT JOURNEY

4 hrs / THB 7,900



Enjoy a personalised journey by allowing the four elements to guide you to your desired treatment results. Begin your journey with a custom element bath, followed by your choice of treatments from our menu, and incorporating a light meal and relaxation time at McFarland House.

The Element Journey invites you to explore your surroundings, experience a full range of services and emerge renewed.

Bath Therapy

Your choice of treatments within 3.30 hrs

Light meal

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# BATH THERAPY

30 min / THB 1,000



Enhance your journey by adding THE BARAI spa experience with a bath infused with herbal oils that promote the therapeutic properties of your element of choice.

## **E A R T H BALANCING**

Ginger, Lemongrass, Irish moss

## **W A T E R RELEASING**

Sweet Orange, Ylang Ylang, Lavender

## **A I R VITALIZING**

Mandarin, Jasmine, Rose

## **F I R E ENERGIZING**

Eucalyptus, Cinnamon, Ginger

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# BODY AWAKENING THERAPY

90 min with Vichy Shower / THB 3,500

60 min / THB 3,000



Enjoy the benefits of a full body scrub combined with a relaxing and revitalizing water therapy massage under a Vichy Shower. The special designed shower bar provides a light pressure point massage over your body stimulating the lymphatic systems while the therapist performs a body massage. The exfoliating treatments help to remove dead skin cell and impurity. Leave the skin bright and clean.

## **E A R T H BALANCING**

Turmeric & Tamarind Body Scrub

## **W A T E R RELEASING**

Aloe Vera & Sea Salt Body Scrub

## **A I R VITALIZING**

Coconut & Jasmin Rice Body Scrub

## **F I R E ENERGIZING**

Coffee Body Scrub

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**TAMARIND  
BODY SCRUB**

Brightening & Lightening  
exfoliates  
removes dead skin cells  
leaves skin soft & smooth



100 ml



# BODY EMBRACEMENT



We recommend to combine body scrub with body massage therapy or body wrap

**Body Scrub & Wrap combination**

90 min / THB 3,800

## E A R T H

### **Healing Turmeric & Tamarind**

The combination of both herbs helps the body to keep grounded, strong and resilient. Leave the skin softening and glowing.

## W A T E R

### **Calming Aloe Vera & Cucumber**

Replenish skin with the cooling and healing effect. This wrap has been infused with fresh aloe vera, cucumber. Promotes hydration, skin will be soothed and nourished.

## A I R

### **Nourishing & Vitalizing Coconut**

The Coconut nourishes and has anti-fungal properties promote healing and leaves the skin smooth with a tropical coconut scent.

## F I R E

### **Energizing Coffee**

Energizing wrap is fueled with pure caffeine. It promotes reshaping effect on the silhouette and stimulates the body's self-purification mechanisms. Recommended in the morning and early afternoon.







# FACIAL EXPERIENCE



## E A R T H

### **Bio-Mineral Purifying & Rejuvenating Facial** 60 min / THB 3,500

Oily skin can be caused by nutrition, stress and pollution. A deep cleansing and skin refining facial with powerful pre- and probiotics, skin clearing massage, deep cleansing Moor Mud masque and refining serum infusion to return the skins microbiome to its ideal state. This facial balances the skin and results to a brighter and even skin tone.

### **Gentlemen's Rejuvenating Facial** 60 min / THB 3,500

A deep-cleansing, therapeutic facial designed specifically for male and using skincare according to the skin type and needs, finishing the treatment with a combination of a detoxifying and energizing face massage.

## W A T E R

### **Regenerative and Soothing Face Retreat** 60 min / THB 3,500

Dehydrated and sensitive skin needs a special attention. Face, neck and décolleté will be gently cleaned first. Followed by a massage with a hydrating and calming face oil. This retreat works against puffiness and stimulate the lymphatic system. This facial massage results into a hydrated and glowing looking skin. We recommend to add this treatment to any massage or body treatments.

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# FACIAL EXPERIENCE



## A I R

### **Correcting Luminosity Facial**

90 min / THB 4,500

This specific treatment delivers bright and clarity for immediate glowing skin. Advanced formulas and brightening rice peel-off masque target hyperpigmentation of face, neck and décolleté for immediate improvement in tone, texture and luminosity.

## F I R E

### **Caviar Cell Activating and Firming Facial**

60 min / THB 4,500

90 min / THB 5,200

Tired and dull skin can be a result of pollution, stress and lack of sleep. Energize your skin with this wake-up call for your cells with special Caviar protein extract. This facial results in a immediate healthy and luminescent looking skin. Refines, lifts, firms and nourishes the skin with protein rich caviar, powerful antioxidants, and a unique Marine Biometric masque that dramatically improves skin moisture. Suitable for all skin types.

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# THERAPEUTIC MASSAGE EXPERIENCE



## E A R T H

### **Tranquility Sleep Massage**

90 min / THB 3,500

Sleep is essential for a healthy lifestyle. Digital media and stress in daily life interrupts the deep sleep phases and leads to imbalance on all important functions of the body. Inspired by the Indonesian Sea Malay Massage in combination with calming Essential Oil blend massage this exceptional ritual acts in synergy with our relaxing natural environment and special music. This treatment helps the body to recover and to balance all elements at the same time. We recommend to enjoy this treatment in the late afternoon or before going to bed. Ideal as jet lag recovery retreat or when having any sleeping issues.

### **Balancing Foot Massage**

60 min / THB 2,800

This specific Foot Massage is in fact a combination of Massage and Reflexology and is about using massage to open up the energy channels, stimulate the flow of vital life energy, and it incorporates pressing on acupuncture points. It works on a deeper level and stimulates organs, muscles, fascia and ligaments. Thai Foot Massage and Reflexology is a blend of both ancient Indian (Ayurveda) and Chinese (Traditional Chinese Medicine) concepts and techniques and helps improve blood circulation, digestion, detoxification, better sleep and improves mobility & range of motion.

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# THERAPEUTIC MASSAGE EXPERIENCE



## W A T E R

### **Aromatherapy Massage**

60 min / THB 2,800

90 min / THB 3,200

120 min / THB 4,000

This classic aromatic oil light to medium pressure massage uses special aroma essence with unique healing properties in combination with therapeutic massage technique to promote relaxation and overall well-being. This massage is recommended to letting go negative energy and tension in the body.

### **Acupressure Head Massage**

60 min / THB 2,800

A deeply stimulating head, neck and shoulder massage which releases stress, tension, improves sleep, digestion, reducing headaches and pain caused by arthritis. Works holistic by targeting the meridians in your body.

### **Therapeutic Back Massage**

60 min / THB 2,800

Designed to focus on the back and spine, where stress in form of tension is commonly stored. A warming herbal oil is used to reduce tightness and assist in the recovery of sore, stressed muscles that are often the result of continuous sitting positions.

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# THERAPEUTIC MASSAGE EXPERIENCE



## A I R

### **Vitalizing Swedish Massage**

60 min / THB 2,800

90 min / THB 3,200

This effective massage restores circulation and helps to eliminate physical tension, working on a deeper tissue level while incorporating a medium to firm massage technique to increase energy flow and promoting blood circulation. It works against tiredness and sluggishness.

### **Contouring Massage**

60 min / THB 3,200

A special massage technique focusing strong, constant strokes over the specific areas of cellulite. Aids the elimination of excess fluid and helps to reduce the appearance of fatty deposit build up.

### **Detoxifying Abdominal Massage**

60 min / THB 3,200

Chi Nei Tsang, is an ancient form of detoxifying abdominal massage. The treatment promotes better circulation of blood and other bodily fluids, internal distribution of oxygen, nutrition, hormones, and stress, emotional tension and even lower back pain are often accumulated in our abdominal area. It also improves posture, liver and digestive functions, which assist in the detoxifying process and helps to feel rejuvenated.

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# THERAPEUTIC MASSAGE EXPERIENCE



## F I R E

### Muscle Relief Massage

60 min / THB 3,200

90 min / THB 3,500

Intense and powerful strokes as well as trigger point pressure techniques are used to ease tight muscles. The application of slow, intense strokes across the grain of the muscles and a powerful, herbal oil work to penetrate deeply into the body to ease tight muscles. This massage increases blood circulation and energizes the entire body. Recommended during day time.

### Traditional Thai Massage

60 min / THB 2,800

90 min / THB 3,200

120 min / THB 4,000

Traditional Thai acupressure administers pressure to specific points along the body's meridian lines together with passive stretching technique in order to release muscle tension and clear energy blockages to promote the free flow of energy and improves joint mobility within the body.

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## ELEGANCE HAND & FOOT EXPERIENCE

Pedicure 90 min / THB 1,500  
Manicure 75 min / THB 1,200



Inspired by Oriental Experience healing therapies, this treatment is designed to detoxify and soothe muscles, aches and pains by soaking feet or hand in a mineral bath. Your feet and hand are then scrubbed, massaged and mask before your nails are shaped and buffed.

\*ADD-ON

Color

THB 500

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# JUNIOR SPA EXPERIENCE



Special menu for 6-12 years old. Junior must be accompanied by a parent, who will be required to sign a consent form.

## E A R T H

### Balancing Facial

30 min / THB 1,200

It is never too early to begin with a good skincare routine. An age-appropriate facial designed to introduce the basics of skincare. The treatment begins with cleansing and toning, followed by a gentle mask and face massage.

## W A T E R

### Jojoba Oil Massage

60 min / THB 1,500

A fun, full Body Oil Massage for active juniors to relieve tiredness and enhance relaxation.

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# JUNIOR SPA EXPERIENCE



## A I R

**Vitalizing Coconut & Jasmin Rice** 30 min / THB 1,000  
**Body Scrub**

Coconut scrub is applied to the body using gentle palm movement to leave young skin smooth and soft.

## F I R E

**Energizing Outdoor Milk Bath Fun** 30 min / THB 1,000

Enjoy a warming Milk Bath in one of our luxurious outdoor treatment rooms. Remember to bring your bathing costume and Splash Away!

**\*ADD-ON** 30 min / THB 800

Massage for an overall full body pampering experience.

Treatments can be combined to enhance the balancing effect of the elements

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# MOMMY TO BE SPA EXPERIENCE

*(4<sup>th</sup> - 8<sup>th</sup> month of pregnancy)*



## E A R T H

### **Balancing Back, Neck & Shoulder Massage**

60 min / THB 2,800

A stimulating back, neck and shoulder massage which works on the main energy line to harmonize the body.

## W A T E R

### **Soothing Massage**

60 min / THB 2,800

90 min / THB 3,200

A soothing massage designed to alleviate muscle tension and promote relaxation for both mother and baby. You can tailor your treatment according to your needs and add a leg and head massage to increase an overall relaxing effect.

## A I R

### **Coconut & Jasmin Rice Body Scrub**

60 min / THB 3,000

A natural and gentle full-body cleansing treatment. This exfoliating body polish helps balance skin and improves moisture levels, leaving skin softer, smoother and stronger.

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# MOMMY TO BE SPA EXPERIENCE

*(4<sup>th</sup> - 8<sup>th</sup> month of pregnancy)*



## F I R E

### **Mommy Glam Facial**

60 min / THB 3,500

This energizing facial includes gentle peeling to remove dull skin cells, as well a relaxing face, neck and shoulder massage. A mineral-rich mask rejuvenates and gives a final glowing effect.

All treatments can be combined to balance your elements.  
Please ask our Spa concierges.

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# ELEMENTS RETREAT



## Elements Balancing Retreat

THB 7,900++ / day

**THE BARAI** Elements Retreat is ideal for those seeking for a balancing retreat or city escape, supported by healthy cuisine, private fitness and personalized treatments to suit your needs. We are using the Four Elements theory to balance your body, mind & Spirit with the combination of movement, relaxation and healthy nutrition which can work wonders in just a few days. We recommend to book a 3-5 days program to feel the difference.

Healthy Lifestyle Consultation 30 min

Body Composition Analysis 30 min

Daily Wellness Choice 60 min

Daily Wellness Choice 90 min

Daily Healthy Lunch & Dinner at McFarland House

Using Tranquility Pool

Free usage of our Day Spa facility, which includes Steam & Sauna

Wellness Choices:

Personal Training / Muay Thai / Tennis / Tai Chi / Yoga /

Meditation / Pilates

Any treatment in our menu, which will be selected together with your lifestyle consultant to balance your elements in order to reach your health goals

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# WELLBEING GUIDANCE



**Private Yoga / Pilates /** 60 min / THB 2,800 for one person  
**Thai Boxing /** 60 min / THB 4,500 for 2-5 persons  
**Personal Training**

Your specialists will customize this one-hour session according to your desires and guide you in techniques and poses appropriate to your skill level and physical fitness. This session will assist you in creating balance in the body by developing both strength and flexibility.

**Body Composition Analysis &** 45 min / THB 1,500  
**Lifestyle consultation**

Learn about the water, protein, minerals and fat in your body consultation to improve your overall health.

**Stretching, Muscle-Release** 60 min / THB 2,800

Your Personal instructor will customize this one-hour session according to your flexibility levels. This treatment includes a passive stretching and combined with breathing techniques to release muscle tension. This will increase blood circulation and mobility of joints. The perfect treatment for active and above all sitting people.

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# WELLBEING GUIDANCE



**Mindfulness Meditation** 60 min / THB 2,800 for one person  
**Training** 60 min / THB 4,500 for 2-5 persons

Gain a first-hand understanding of mindfulness as a skill that can be cultivated and incorporated into daily life. This is a wonderful introduction into mindfulness meditation. You will learn: Awareness of Breath, Body Scan, Mindful Walking, Mindful Eating, Mindful Movement, and Awareness of Thoughts. Mindfulness is a skill you can cultivate to enhance your ability to pay attention, improve concentration, experience a calmer mind.

**THE BARAI Four Elements Tour** 40 min / THB 500  
*(by booking a treatment you will get back the THB 500)*

Discover the BARAI history as well as the architecture. Learn about the four elements and how they influence your wellbeing.

Please advise our Spa Concierges if we should make any reservation in our McFarland House for Breakfast, Lunch or Dinner.

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### **Spa Hours**

**THE BARAI** spa is open from 10:00 AM to 7:00 PM daily.  
Last treatment may commence at 6:00 PM.

### **Spa Reservations**

To make your reservation at **THE BARAI** please dial extension 5994 within the hotel. From outside the hotel, please call +66 3251 1234 or e-mail: [thebarai.hrhuahin@hyatt.com](mailto:thebarai.hrhuahin@hyatt.com).

### **Pre-arrival Information**

We encourage you to arrive at least 15 minutes prior to your appointment time to allow us to complete the check-in and familiarise you with our facilities.

Arriving late for your spa treatment will decrease your treatment time as all appointments will end on time and be charged in full regardless of time of arrival.

### **Special Note For Women**

It is our recommendation that stimulating body treatments are not appropriate for women who are pregnant. We have prepared a special selection of treatments that are safe and comfortable. Full body treatments should be avoided in the first trimester.

### **Cancellation Policy**

Should you need to change or cancel an appointment, three hours' notice is required; appointments can be rescheduled subject to availability. For cancellations with less than three hours' notice and no-shows, a 100% cancellation fee will apply.

### **Spa Attire**

**THE BARAI** will provide a locker, robe, undergarments and sandals for your comfort. The management accepts no responsibility for the loss of money or valuables of any kind brought onto **THE BARAI** premises.

### **Spa Environment**

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you refrain from using your cell phone. Your cooperation in providing a quiet environment is greatly appreciated.

### **Spa Protocol**

For your comfort, we ask that you shower prior to any spa treatments and before using any water amenities immediately following a massage. Please allow enough time to cool down after using the steam, sauna or bath.

### **Safety & Hygiene**

Please allow us to take your temperature at Spa check-in. If you don't feel well we strongly recommend to postpone your treatment for your safety. We will provide sanitizer at the beginning of your treatment. Please be informed that we sanitize all touch points with a Hospital high grade sanitizer. All treatment rooms will be sanitized after usage. Our therapists wear masks and we recommend to wear mask during the treatment. All of our team members & therapists are vaccinated and follow strict hygiene rules.

### **Age Limitation**

Children under the age of 6 are not permitted in **THE BARAI** spa. Young adults between the ages of 6 and 14 years must be accompanied by an adult.

### **Service Charge And Taxes**

A 10% service charge and 7% VAT will be added to your bill.







Please visit our official social media  
for more news updates and promotions.



@the\_barai



@thebarai

## THE BARAI

91 HUA HIN - KHAO TAKIAP ROAD, HUA HIN, PRACHUAP KHIRI KHAN 77110 THAILAND

TELEPHONE +66 3251 1234 FAX +66 3252 1233

[thebarai.com](http://thebarai.com)