



Your Journey  
towards  
INNER BALANCE









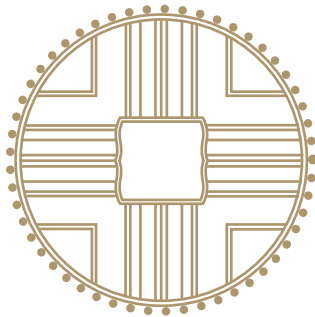






**THE BARAI** offers an intuitive selection of treatments based on the Thai belief of maintaining the vitality and balance of the Four Elements:  
**EARTH, WATER, AIR and FIRE**

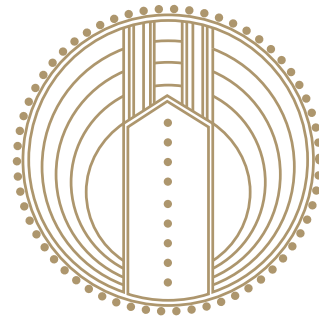
**EARTH**



**BALANCING**

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

**AIR**



**VITALIZING**

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

**WATER**



**RELEASING**

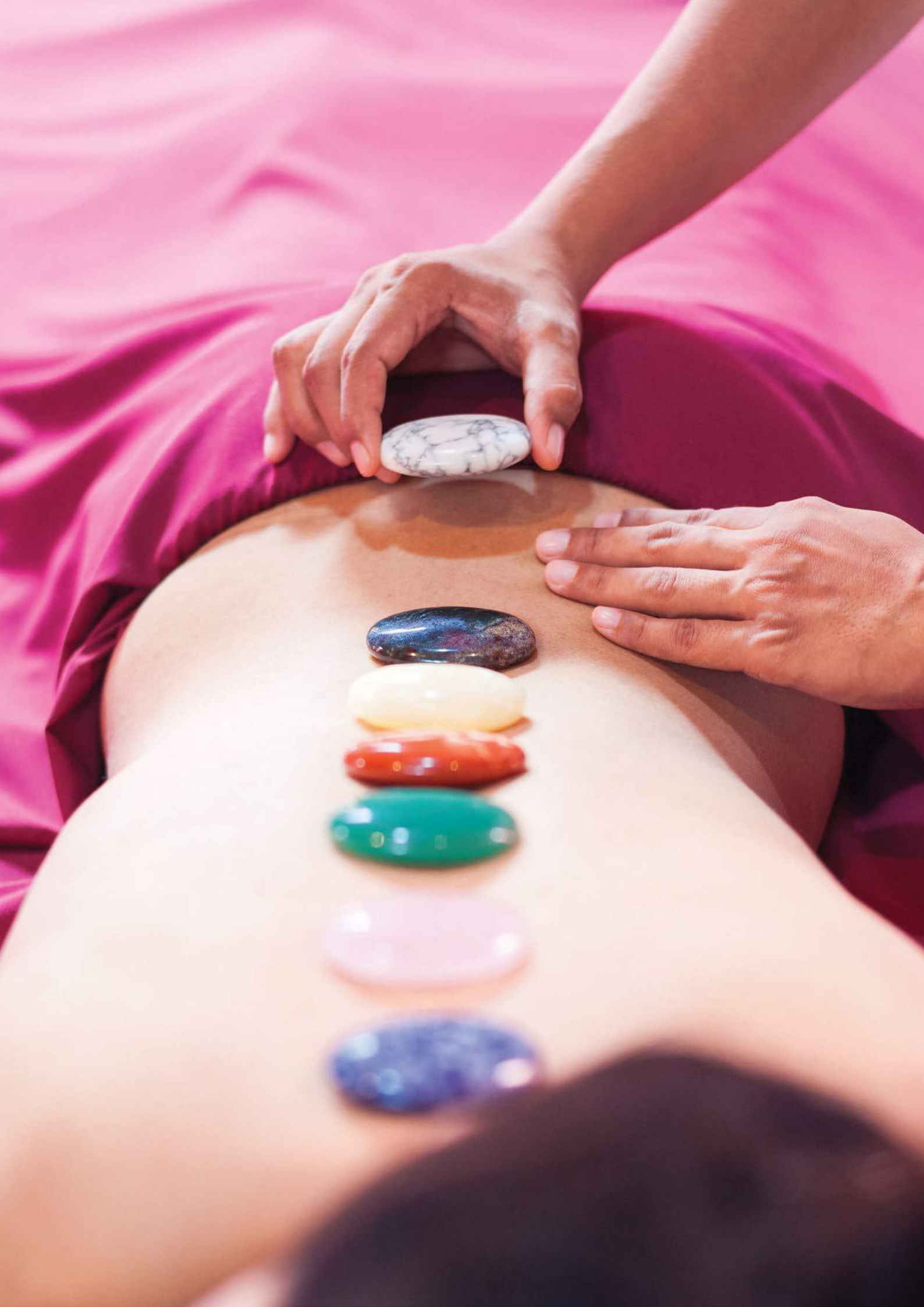
Improves fluidity, release tension and fluids, relax the body, clearing the mind, calm the spirit.

**FIRE**



**ENERGIZING**

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



# SIGNATURE EXPERIENCES

## EARTH



### **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.

## WATER



### **THE BARAI Mind & Body Link Holistic Treatment**

90 min / THB 4,200

This unique treatment activates your mind body connection. Tarini Graham Ayudhya Energy Healer voice will take you on a journey addressing all the four elements. It starts with a mind body activation exercise (breathing techniques) oxygenate your body, stimulate neural pathways and energy flow to harmonize the Elements in your body and to address tight areas while therapist works through a full calming body massage. Finishing with mind & body balance breathing. A fast track to destress 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

## AIR



### **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.

## FIRE



### **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, acupuncture 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.

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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.



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# HERBAL TOUCH EXPERIENCES

90 min / THB 3,900

120 min / THB 4,500

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## EARTH



*Ginger, Lemongrass, Turmeric Compress Massage*  
Dissolve tension and help your body achieve a sense of balance.

## WATER



*Sweet Basil and Kaffir Lime Compress Massage*  
Promotes overall tension release and a feeling of lightness.

## AIR



*Coconut and Sesame Compress Massage*  
Nurturing and will leave your skin incredibly soft and  
the ingredients makes you feel vitalized.

## FIRE



*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

120 min / THB 9,800 (for 2 persons)



## I LOVE YOU - Couple Harmony Treatment

Actions count more than thousand words. Select this couple treatment to show your love as it is designed to spend quality time together. The 2 hours treatment starts with a bath in a private outdoor area, followed by a peeling and ends with your choice of therapeutic massage. Afterwards enjoy 2 glass sparkling wine or healthy smoothie at our McFarland House.

- ◆ Romantic bath therapy in a private outdoor area
  - ◆ Your choice of Body Scrub
  - ◆ Your choice of Therapeutic Massage(A selection of Aromatherapy, Swedish, Thai or Relaxing foot massage)
- ◆ Glass of sparkling wine or healthy smoothie

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# THE ELEMENT JOURNEY

3 hrs / THB 7,900



The Element Journey invites you to explore your surroundings, experience a full range of services and emerge renewed. 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 a la carte spa menu, and incorporating a light meal and relaxation time at McFarland House.

- ◆ Bath Therapy
- ◆ Your choice of treatments within 2.30 hrs
- ◆ Light meal

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# BATH THERAPY

30 min / THB 1,500



Enhance your journey by adding THE BARAI bathing experience to your spa journey 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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THE  
BARAJ

TAMARIND  
BODY SCRUB

Brightening & Lightening  
properties

works to reduce melanin levels & brighten  
dull skin, leaving you with a more  
even tone.

100 ml





# BODY AWAKENING THERAPY

60 min / THB 3,200



The exfoliating treatment helps to remove dead skin cells and impurity. Leaves the skin bright, clean and soft. Enjoy the unique outside shower experience in your private relaxation area.

We recommend to combine with body massage or body wrap.

## **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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# BODY EMBRACEMENT

90 min / THB 3,900



Give your body skin special attention as salt water, sun and wind dry your skin easily. Adding a body wrap moistures and nourish the skin and improves elasticity. This treatment leaves your skin smooth and shiny. We recommend to combine with body massage

## **Body Scrub & Wrap combination**

### **EARTH**

#### **Healing Turmeric & Tamarind**

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

### **WATER**

#### **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.

### **AIR**

#### **Nourishing & Vitalizing Coconut**

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

### **FIRE**

#### **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.

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# FACIAL EXPERIENCE



## EARTH

**Bio-Mineral Purifying & Rejuvenating Facial** 60 min / THB 3,600

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 3,600

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.

## WATER

**Regenerative and Soothing Face Retreat** 60 min / THB 3,600

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.

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# FACIAL EXPERIENCE



## AIR

### **Correcting Luminosity Facial**

90 min / THB 4,800

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.

## FIRE

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

60 min / THB 4,800

90 min / THB 5,400

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 protein extract. This facial results in a immediate healthy and luminescent looking skin. Refines, lifts, firms and nourishes the skin with protein rich, 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



## EARTH

### **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 2,900

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 acupressure 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.

### **Therapeutic Back Massage**

60 min / THB 2,900

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.

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# THERAPEUTIC MASSAGE EXPERIENCE



## WATER

### **Aromatherapy Massage**

60 min / THB 2,900  
90 min / THB 3,500  
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 2,900

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

### **Lymphatic Drainage Massage**

60 min / THB 3,200

This massage stimulates the lymphatic system to remove waste and toxins from the body. This technique includes light pressure and long, gliding strokes. Your therapist will focus on body areas like neck, armpits and groins. This massage helps against swelling especially after long-distance flights and injuries. Not recommended for people with heart disease, cancer and blood clots.

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# THERAPEUTIC MASSAGE EXPERIENCE



## AIR

### **Vitalizing Swedish Massage**

60 min / THB 2,900

90 min / THB 3,500

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

90 min / THB 3,800

This effective massage where we include brushes and special massage technique targeting on specific area. It stimulates the skin, aids the elimination of excess fluid and helps to improve the firmness of the skin.

### **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. Recommended before or at least 2 hours after meal.

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# THERAPEUTIC MASSAGE EXPERIENCE



## FIRE

### **Muscle Relief Massage**

60 min / THB 3,200

90 min / THB 3,800

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 2,900

90 min / THB 3,500

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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# JUNIOR SPA EXPERIENCE



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

## EARTH

**Balancing Facial** 30 min / THB 1,500

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.

## WATER

**Jojoba Oil Massage** 60 min / THB 1,800

A full Body Oil Massage for active juniors to relieve tension, enhance relaxation and improves sleep quality tiredness and enhance relaxation.

## AIR

**Vitalizing Coconut & Jasmin Rice Body Scrub** 30 min / THB 1,200

The gentle scrub is applied to the body using soft palm movements to leave young skin smooth and with a tropical coconut scent.

## FIRE

**Energizing Outdoor Milk Bath Fun** 30 min / THB 1,500

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 600  
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)



## EARTH

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

60 min / THB 2,900

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

## WATER

### **Soothing Massage**

60 min / THB 2,900

90 min / THB 3,500

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.

## AIR

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

60 min / THB 3,200

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.

## FIRE

### **Mommy Glam Facial**

60 min / THB 3,600

This energizing facial includes gentle peeling to remove dull skin cells, as well as a relaxing face, neck and shoulder massage. A mineral-rich mask rejuvenates and gives a final glowing effect. We are using pure organic local products. Enjoy a cooling Jade-Stone face massage to increase collagen production.

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

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# FOUR ELEMENTS UNWIND RETREAT

THB 7,900 / day



## Elements Balancing Retreat

Vacation for Body, Mind & Soul with **THE BARAI** Four Elements Wellness Experience is ideal for those seeking for a balancing retreat to unwind from their busy daily life, supported by healthy and delicious cuisine, personalized treatments and gentle exercises to suit your needs. We follow the approach of de-stressing and relaxing in order to reach your individual Wellbeing goal. We are using the Four Elements theory to balance your body, mind & soul with the combination of movement, relaxation and healthy, nutritious food which can work wonders in just a few days. We recommend to book a 3-7 days program to feel the difference.

This is the perfect way to combine vacation with a soft lifestyle change.

- ◆ Healthy Lifestyle Consultation 30 min
- ◆ Body Composition Analysis 30 min
- ◆ Daily Wellness Choice 120 min
- ◆ Enjoy daily Lunch and Dinner Plant-Based meals
- ◆ Using Tranquility Pool
- ◆ Free usage of our Day Spa facility, which includes Steam & Sauna
- ◆ Daily group fitness activities

Wellness Choices: Personal Training / Muay Thai / Tennis / Tai Chi / Yoga / Meditation / Pilates

Any treatment in our menu, which will be selected together with your Spa & Wellness Specialist to balance your elements in order to reach your health goals in a sustainable and enjoyable way.

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# WELLBEING GUIDANCE



**Private Yoga / Pilates /  
Thai Boxing /  
Personal Training /  
Stretching;- Muscle-Release**

60 min / THB 1,500 for one person

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 &  
Lifestyle consultation**

60 min / THB 2,900 for one person

Learn about muscles, water, protein, minerals and fat content in your body. Our Spa & Wellness Specialist will give you guidance how to improve your overall health.

**Mindfulness Meditation  
Training**

60 min / THB 2,900 for one person

60 min / THB 4,800 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.

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### **Spa Hours**

**THE BARAI** spa is open from 10:00 AM - 9:00 PM and the Day Spa (Steam & Sauna) is open from 12:00 PM - 9:00 PM every day. Last treatment may commence at 7:30 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 15-30 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 be informed that we sanitize all touch points with a Hospital high grade sanitizer. All treatment rooms will be sanitized after usage. 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 12 years must be accompanied by parent or legal guardian.

### **Service Charge And Taxes**

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



BEACH

N

Beach pool

Pool Lawn

Main Swimming Pool  
Children's pool  
Children's Playground

You & Mee Restaurant

Elephant Fountain

Figs Restaurant

Lobby

Talay Thai Restaurant

Regency Club Lounge

Olympus Club

Regency Club Pool

Lagoon

Presidential Villa

Camp Hyatt

Function Rooms

Water Cascade

Public Car Park

THE BARAI Spa

The Barai Suites

Tranquility Court

McFarland House

Tennis Court

Basketball Court

River Pool

Jacuzzi

Water Slide

Boat Lagoon



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



@the\_barai



@thebarai

## THE BARAI

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