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*THE BARAI Journey Package*  
*From Three to Six Nights*  
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Period of Stay	Feb	Mar	1-15 Apr	16-30 Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	1-19 Dec	20-31 Dec
Rate	27,900	27,900	27,900	26,200	26,200	26,200	26,200	26,200	26,200	26,200	28,300	28,300	33,300

\*The rates quoted are per night on twin sharing basis, in Thai Baht and subject to 10% service charge and 7% VAT.

**THE BARAI** Journey is designed to bestow total pampering and relaxation. For a stay from three to six nights, you will be enveloped in a sanctuary of serenity where you can enjoy an unrivalled lifestyle and exceptional service while exploring a banquet of therapies, spa treatments as well as health and holistic suggestions.

Allow us to take care of everything so you may surrender to the ultimate **BARAI** experiences.

**THE BARAI** Journey is based on the Thai belief of maintaining the vitality and balance of the four healing elements of **WATER, EARTH, AIR** and **FIRE**. After your arrival, an appointment will be scheduled to give you a full tour of **THE BARAI** and confirm your treatments and activities throughout your stay.

For late arrivals, the treatments and activities can be scheduled for an alternative day including your departure day if time permits. Four custom journeys which are **WATER, EARTH, AIR** and **FIRE** have been designed. You will choose your own personal journey by allowing the elements to guide you to your desired results.

**WATER** - Release Stress

*Relax the body, soothe the mind and calm the spirit.*

**EARTH** - Restore Balance

*Cleanse the body, fortify the mind and replenish the spirit.*

**AIR** - Purify and Invite Beauty

*Tone the body, clarify the mind and rejuvenate the spirit.*

**FIRE** - Increase Energy

*Strengthen the body, revitalise the mind and brighten the spirit.*

After selecting the element you desire each day of your stay, we will take care of the rest and schedule your treatments as outlined below:

	WATER	EARTH	AIR	FIRE
Three-Night Journey	Element Bath followed by an Aromatherapy Massage	Element Bath followed by a Thai Reflexology Massage	Element Bath followed by a Harmony Four-Hand Massage	Element Bath followed by a Traditional Thai Massage
Four-Night Journey	Chamomile Scrub followed by a Green Tea and White Clay Wrap	Replenishing Mineral Scrub followed by a Nourishing Moor Mud Wrap	Royal Flower Scrub followed by a Spirulina Firming Wrap	Tanaka Tree Scrub followed by a Therapeutic Aloe Wrap
Five-Night Journey	Sweet Basil & Kaffir Lime Compress Massage followed by an Aromatherapy Facial	Indigo Compress Massage followed by a Moor Mud Facial	Warm Coconut Milk Compress Massage followed by a Vitamin C Facial	Fire Element Compress Massage followed by a Tropical Fruit and Flower Facial
Six-Night Journey	Thai Foot Reflexology followed by a Herbal Therapy Pedicure	Thai Foot Reflexology followed by a Herbal Therapy Pedicure	Thai Foot Reflexology followed by a Herbal Therapy Pedicure	Thai Foot Reflexology followed by a Herbal Therapy Pedicure
	Mineral Bath followed by a Massage of your choice	Mineral Bath followed by a Massage of your choice	Mineral Bath followed by a Massage of your choice	Mineral Bath followed by a Massage of your choice
	Fresh Scrub followed by a Balancing Stone Massage	Fresh Scrub followed by a Balancing Stone Massage	Fresh Scrub followed by a Balancing Stone Massage	Fresh Scrub followed by a Balancing Stone Massage

#### Activity Inclusions

In addition to the spa treatments, ultimate cuisine choices and personalised service, **THE BARAI** Journey Package offers a variety of courses aimed at enhancing each Journey.

You are offered a wide range of activities, exercises and classes from which to choose for each day of your stay:

#### Daily Activities

- ◆ Private yoga meditation session
- ◆ Healthy Thai cooking class with lunch
- ◆ Thai herbal compress class
- ◆ Garland making class
- ◆ Thai foot massage class
- ◆ Candlelit dinner by the sea

#### Nightly Inclusions

In addition to spa experiences and lifestyle activities, **THE BARAI** Journey Package includes the following on a daily basis:

- ◆ Breakfast in McFarland House or Figs Restaurant
- ◆ A set light lunch in your choice of hotel restaurants
- ◆ A set dinner in your choice of hotel restaurants
- ◆ Healthy juice and herbal tea available all day at McFarland House
- ◆ Daily leisure activity programme including Tai Chi and Yoga
- ◆ Complimentary use of the tennis court and mountain bikes
- ◆ Complimentary use of **THE BARAI** facilities: sauna, steam room, relaxation area and outdoor Tranquillity Court and swimming channel

We can assure you that your journey will leave you feeling balanced and ready to greet the world anew, because **THE BARAI** Journey is yours to create and define. Journey as deeply, leisurely or lightly as you desire.

*Book now and experience a higher level of luxurious well-being.*

