

Welcome to THE BARAI

The Seeds of Happiness



Every Wednesday and Saturday
Baht 3,500++ per person for the complete journey

Take a journey to discover your inner peace, and balance your body, mind and spirit with The Seeds of Happiness.

Begin the journey with a 45-minute group meditation session conducted by Dr. Buathon, a renowned Thai holistic practitioner, followed by 90-minute Aromatherapy Body Massage, and then balance your blood circulation with Foot Reflexology.

Your journey to inner peace will end at McFarland House with an Element Light meal and a cocktail to delight your sense of taste.

Group meditation starts at 12:00 noon and 2:00pm on Wednesdays and at 3:30pm and 5:30pm on Saturdays

TOUCH OF THAI FLAVOURS **Baht 6,000++** for two people

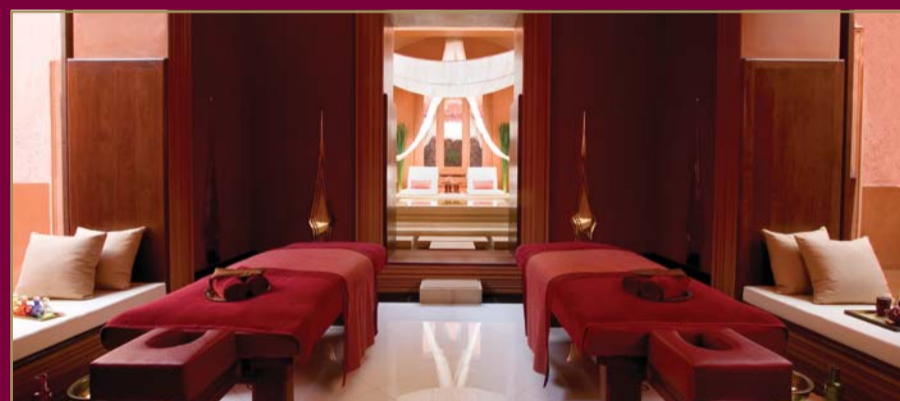


Experience a complete spa session pampering your five senses with the Touch of Thai Flavours, after which you will emerge renewed by the following:

- ◆ Compress Massage, 90 minutes
- ◆ Essential Facial, 45 minutes
- ◆ A selection of Thai specialties served at McFarland House after the treatment

Your senses will be awakened by a fresh, warm herbal poultice prepared using fresh jasmine, ginger and lemongrass, and pressed onto your body in conjunction with an oil massage while another therapist performs the revitalising facial to give you a glow.

COFFEE AND CHOCOLATE TEMPTATION **Baht 3,500++** per person



Lovers of coffee and chocolate can treat their body and mind with the secret properties of these two ingredients that can rejuvenate your skin. Purify your skin and relax your muscles with the following:

- ◆ Coffee Body Scrub or Chocolate Body Scrub, 30 minutes
- ◆ Muscle Relief Massage, 60 minutes
- ◆ Freshly brewed coffee or warm chocolate served at McFarland House after the treatment

