



***Welcome to a world of tranquillity, The Baray Spa experience is all about you***

For more information or booking, please call +66 76 330870-1

or visit [www.phuketsawasdee.com/spa-menu](http://www.phuketsawasdee.com/spa-menu).

[Body Treatment](#) | [Body Exfoliate](#) | [Facial Treatment](#) | [Spa Packages](#)

## **BODY TREATMENT**

**Kesa Release Massage (Signature treatment)** - 90 mins - 2,500 Baht

Evolving from Ancient traditional Indian techniques, focussing on the head and shoulders. Ideal for relieving stress and muscle strain, and nourishing hair roots and scalp.

**Thai Herbal Steam** - 30 mins - 500 Baht

Recommended before having a massage. Fresh Thai herbs such as lemongrass, galangal kaffir, lime leaf and basil are used in the steam room. This treatment improves blood circulation, clears the lungs and cleanses the skin.

**Vichy Shower** - 30 mins - 500 Baht

Recommended before having a massage. Multiple water jets alternating between hot and cold water stimulates blood circulation and boosts the immune system.

**Swedish Massage** - 70 mins - 1,800 Baht

Originating from Sweden, movements are applied towards the heart to increase oxygen in the blood and release toxins from the muscles. Select your favourite massage oil to pair with this invigorating massage.

**Aromatherapy Massage** - 90 mins - 2,600 Baht

A calming massage with your choice of specifically formulated essential oil blends. A real pampering you can't miss.

**Oriental Thai Massage** - 70 mins - 1,800 Baht

This treatment combines Thai massage with pressure points, deep stretching and continuous Swedish massage strokes, using essential oil blend for better gliding. Excellent for alleviating muscle aches & stiffness. Recommended for those that prefer a stronger massage.

**Traditional Thai Massage** - 70 mins - 1,300 Baht

A combination of traditional Thai massage and Thai shiatsu pressure points, the ultimate full-body massage for tensed muscles. Recommended for those that prefer a strong massage.

**Head, Back and Shoulder Massage** - 40 mins - 1,100 Baht

Focussing on head, back and shoulder to relieve tension and leave you feeling calm and relaxed.

**Hot Herbal Compress Massage** - 90 mins - 2,200 Baht

Experience Thai aromatic treatment using special blend Thai herbs for the hot herbal compress followed by a Thai massage. Wonderful for alleviating sore muscles, tension and promoting healthy blood circulation and skin health.

**Foot reflexology** - 70 mins - 1,300 Baht

A deep foot & hand massage, applying pressure to vital reflex points to stimulate the nerves which connect to all organs in the body. Great for invigoration and aids sleeping. This is followed by a relaxing head massage.

**Aloe Vera Sun Smoother** - 90 mins - 2,800 Baht

A perfect treatment for those who love to be in the sun! Soothe and heal your skin from sun damage with our body wrap. Consisting of Aloe vera, German chamomile, lavender and therapeutic essential oils. Followed with a massage with essential oils blended to help rehydrate the skin, leaving it feeling fresh and moisturised.

## **BODY EXFOLIATE**

**Ancient Thai Herbal Scrub** - 50 mins - 1,200 Baht

A mixture of cinnamon, plai, turmeric and jasmine rice gently scrubbed on the body for exfoliation, leaving your skin soft and smooth. Recommended to follow with a full-body massage of Swedish or aromatherapy massage. Book The Baray Total Harmony package for a 10% discount when combining a Body Scrub treatment with Swedish Massage.

**Full-body Salt Scrub** - 50 mins - 1,200 Baht

Skin enhancing treatment to exfoliate dead skin cells using a blend of sea salts with aromatherapy oils. Recommended to follow with a full-body massage of Swedish or aromatherapy massage. Book The Baray Total Harmony package for a 10% discount when combining a Body Scrub treatment with Swedish Massage.

**Coffee Body Scrub** - 50 mins - 1,200 Baht

A combination of Arabica coffee and Thai herbs, designed to exfoliate dead skin cells and stimulate cell renewal. Leaving your skin soft and smooth. Recommended to follow with a full-body massage of Swedish or aromatherapy massage. Book The Baray Total Harmony package for a 10% discount when combining a Body Scrub treatment with Swedish Massage.

**Sesame Body Scrub** - 50 mins - 1,200 Baht

A gentle moisturising scrub with black sesame which contains natural antioxidants and moisturisation, to exfoliate for softer and smoother skin. Recommended to follow with a full-body massage of Swedish or aromatherapy massage. Book The Baray Total Harmony package for a 10% discount when combining a Body Scrub treatment with Swedish Massage.

## FACIAL TREATMENT

### **Natural Thai Facial** - 60 mins - 1,850 Baht

A customised facial treatment using natural ingredients such as cucumber, honey and herbal extract for gentle exfoliation without irritating the skin, promoting radiant skin complexion.

### **Re-hydrating Facial** - 60 mins - 2,100 Baht

Using bio-active ingredients, pure natural cellulose and essential oils to encourage a fresher, smoother complexion by reducing blemishes and protecting the skin against free radicals such as ultraviolet rays and pollution.

### **Rejuvenating Facial** - 70 mins - 2,600 Baht

With turmeric powder, lavender and geranium essential oils as main ingredients, exfoliate dead skin cells and catalyse skin cell regeneration, meanwhile stimulating skin fibres and reinforcing cell cohesion for rejuvenated, brighter skin.

### **Oxygenating & Firming Facial** - 70 mins - 2,400 Baht

This treatment uses spirulina seaweed, pink roselle extracts and soothing essential oils to encourage healing of skin cells from sun damage and balance skin tone for a visibly healthier-looking skin.

### **Rebalancing Facial** - 60 mins - 2,100 Baht

With deep sea mud, aloe vera extract, and rose and lavender essential oils as main ingredients to rebalance the skin through absorption of excess oil and purification by removing toxins and dead skin cells.

### **Sensitive Skin Facial** - 60 mins - 2,100 Baht

Using bio-active ingredients, pure natural cellulose and essential oils to moisturise and soothe your to and reduce inflammation, sunburns, rashes and acne. Suitable for dry, fragile, sensitive and ageing skin.

## SPA PACKAGES

### **The Baray Retreat** - 2 hrs 40 mins - 3,800 Baht

Tailor your spa retreat package,

- Warm herbal tea and foot bath - 10 mins
- Thai herbal steam - 30 mins
- Swedish massage - 60 mins
- Choice of facial - 60 mins

### **The Baray Total Harmony** - 2 hrs 40 mins - 3,600 Baht

Tailor your Harmony package,

- Warm herbal tea and foot bath - 10 mins
- Thai herbal steam - 30 mins
- Choice of body scrub - 30 mins
- Swedish massage - 90 mins

**After Sun Soothing** - 2 hrs 40 mins - 4,200 Baht

Recommended after sunbathing to rehydrate your skin.

- Warm herbal tea and foot bath - 10 mins
- Aloe vera body wrap - 40 mins
- After sun massage - 60 mins
- Rehydrating facial - 50 mins

**The Baray Re-balance** - 3 hrs 40 mins - 4,000 Baht

Head-to-toe package, recommended after long travels to relax and release tension.

- Warm herbal tea and foot bath - 10 mins
- Thai herbal steam - 30 mins
- Signature Kesa massage - 60 mins
- Hair Treatment - 30 mins
- Foot reflexology - 30 mins
- Thai massage - 60 mins

**The Baray Bliss** - 3 hrs 10 mins - 4,500 Baht

Tailor you face and body package,

- Warm herbal tea and foot bath - 10 mins
- Thai herbal steam - 30 mins
- Choice of body scrub - 30 mins
- Choice of body massage - 60 mins
- Choice of facial - 60 mins

**The Baray Made in Heaven** - 4 hrs 10 mins - 5,500 Baht

Recommended for spa lovers - the ultimate pampering experience!

- Warm herbal tea and foot bath - 10 mins
- Signature Kesa massage - 30 minutes
- Hair treatment - 30 mins
- Vichy shower - 15 mins
- Choice of body massage - 75 mins
- Foot reflexology - 30 mins
- Choice of facial - 60 mins

**The Baray Relaxation** - 3 hrs 40 mins - 5,000 Baht

Tailor your top-to-toe spa experience,

- Warm herbal tea and foot bath - 10 mins
- Thai herbal steam - 30 mins
- Choice of body massage - 60 mins
- Choice of facial - 60 mins
- Foot reflexology - 60 mins

**Disclaimer:** please note that for medical reasons, we do not provide any treatment for customers in their first trimester of pregnancy. We also advise against receiving foot massage, strong massages, steam & sauna treatments, vichy shower and certain essential oils during the whole pregnancy. Treatments can be adjusted to prenatal variations and recommendations will be discussed during the consultation session.