THE BARAI UNVEILS ITS NEW LIFESTYLE COLLECTION





Hua Hin, Thailand – THE BARAI at Hyatt Regency Hua Hin, one of the premier luxury residential spas in Thailand, has unveiled its new innovative collection of Lifestyle programs, which are now available to book from July 2016.

THE BARAI Lifestyle Collection was created around the three pillars of good health: rest and relaxation, exercise, and healthy nutrition, all of which are essential to leading a long, happy and healthy life. Programs are available in 3, 5 and 7 day choices:
– Ultimate unwind
– Bespoke yoga journey
– Vital body cleanse
– Dynamic fitness kick-starter
– Healthy weight kick–starter (5 and 7 days only)

“We are very proud to launch our new Lifestyle Collection programs which will focus on identifying our guests personal lifestyle needs, offering support and guidance to help recover from the daily stresses of modern life. After completing the program, our guests will leave THE BARAI feeling revitalised and healthier at the end of their stay. With each program, our guests will receive a Healthy Lifestyle Consultation including a comprehensive Body Composition Analysis with our new InBody machine which goes beyond traditional body composition analysis. Guests will be able to get a detailed analysis of their body fat percentage, lean body mass, and total body water in order to track their health progress and understand how their diet, lifestyle and training regime are influencing overall body composition,” said Ms. Sylvia Marsden, Director of Spa, THE BARAI.

Starting from THB 19,800++, this Lifestyle Collection offers a wide range of relaxing and result-oriented programs that draw inspiration from ancient traditional Thai health rituals, along with the best and most innovative of Western therapies. Taking a holistic approach to mind, body and spirit while focusing on a customised itinerary, the programs are designed to meet the needs of each guest, addressing the most important elements of health & wellbeing. Each program also complemented by a new healthy menu to be served at McFarland House restaurant.

For reservations and more information about THE BARAI Lifestyle Collection, please contact THE BARAI at +66 3251 1234 or visit www.thebarai.com