



Single Treatment Courtyard

# SPA星系中的闪耀之星

泰国华欣凯悦酒店The Barai——令人难忘的SPA旅程。Richard Williams文

如果说华欣是SPA界的新起银河系，那么The Barai就是这个银河系里迄今为止最明亮的一颗星星。

这不是我第一次来The Barai。15年前，我在华欣生活和工作时，有幸亲眼见证了由泰国著名建筑师Khun Lek Bunag设计的项目。一个高棉仙境，将你引向吴哥窟。你也会想到摩洛哥Hammams，或是在望向彩色玻璃窗时不禁向柯布西耶致敬。

穿越一条如子宫般的大道，这是通往SPA的入口。彩色玻璃的星形窗户，黑暗中有些许光线直射入。长长的通道和高高的拱形天花板，凉爽之意顿生，我听到了悠长的声响从远处传来，如同耳语。对于我们这些已经习惯了城市的嘈杂街道，并且拼命想从中逃离的都市人来说，这里的声音是如此的美妙。

左手边是一个几乎从石头雕刻而出的短厅，让人们从高棉建筑留下了深刻的第一印象。接着是一个柱廊式庭院，大型的方形水

池层层下跌，仿若失落的文明就要从水中油然而升起。SPA的专属元素在这里被体现得淋漓尽致——水、土、火、空气。走廊从各个方向延伸开去，镜面瓷砖的窗台映射着从庭院上方开放式屋顶照射进来的光线，让我想到了印度的红色堡垒和斋浦尔的宫殿。

我遇见了SPA员工，将我带到接待区，并递给了我一杯冰镇蓝豌豆花茶。她询问我今天的感受如何，以及想要获得什么样的体验效果。我深深觉得，对每个即将体验SPA疗程的客人，都应该首先问这个问题。她接着问我出生的月份，以便根据泰国元素疗愈传统来确定我的主导元素，和身心需要平衡之处。我所出生的12月对应的是土元素。土元素的人群容易感到疲惫和懈怠，因此须用气或火元素来进行平衡。于是，她为我选择了火元素活力按摩油。不知不觉中，房间里响起与我的元素相匹配的音乐。SPA总监Anette Schlemmer后来告诉我，这样做的目的是为了给客人打造定制化的旅程，不仅放松

身体，也能释放心灵，而不是去问客人太多的问题或者让他们做出太多的选择。“毕竟在生活中，我们每天都被催迫着做很多的选择。”Anette说到。

她带着我穿过迷宫般的通道，步入前厅，这里有些敞开的空间，地上散落着天然沙石。走廊带有门框，看起来就像一面面镜子，划分出通往不同理疗室的入口。美丽的花园、高大的树木都令人心旷神怡。仿佛整个空间就是围绕着这些高大的树木而打造的，遮天蔽日的树枝间投下斑驳的光影，投射在墙面上，空气都变得灵动起来。

深青石和粘土色的墙壁环绕着喷泉，左边坐落着一个池畔凉亭，名为“宁静阁”，其中有一片环形泳池，将人们的视线牵引向远方的大海。周遭是巨大的花岗岩和沙砾。客人们经常在这里进行冥想，参加太极、瑜伽或普拉提课程。

我被引导到男更衣室和水设施区域，里面有一个休息室，提供各类冰镇饮品和干



Treatment Room

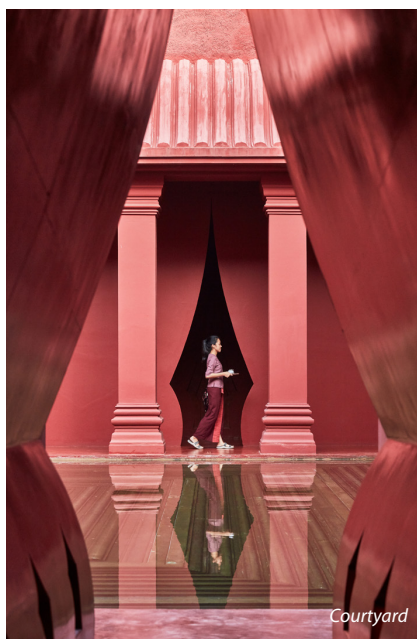
果。另外还有一间桑拿房，一间铺着深蓝色瓷砖的蒸汽室，我可以闻到专属于泰国的樟脑香味。这个区域的天花板出奇的高，就连淋浴间的天花板似乎都要直冲云霄，顶上有着闪闪灯光四射开来。

泰国当地理疗师Khun Malisa(昵称Khun Dao)陪同我回到之前到过的前厅，然后进入一扇高大的木门。理疗房就像一个微型土耳其浴室，有着高高的拱形天花板，上面挂满了彩色玻璃。装饰采用木制元素。走出双开滑动门，便来到了户外庭院，四维的墙壁将蓝色晴空框进了这块私谧天地，到处都是棕榈树和砂岩，像极了沙地里的绿洲。庭院里有一个瀑布式淋浴，经典的阶梯式按摩浴缸，和一个日光床。

我决定体验他们的招牌疗程——Barai Blend Signature 90分钟按摩。我坐在长椅上，将双脚泡在放了新鲜卡菲尔酸橙的温暖足浴水中，Dao开始向我介绍疗程内容：泰式穴位按摩开启，然后是精油按摩、指腹按压和背部热石。我提出希望能够对我的腹部、颈部、肩部、下背部和头皮进行按摩。接着，Dao介绍了蕴含桉树、肉桂和黑胡椒成分的活力按摩油，搭配热石，将会成为我逛完曼谷商场后疲惫双腿的救星。Dao一边说着，一边用海盐、牛奶和蜂蜜混合物对我的双足进行了擦拭。我感到神清气爽，非常放松，已经做好准备接受接下来的疗程。

Dao告诉我把浴袍挂在哪里，然后让我面朝下躺在理疗床上。Dao专业地将床单挪开，虽然我半裸着躺在那里，但并不觉得尴尬。定制理疗床非常舒适，我的眼睛下方是一盆明亮的白菊花。

Dao从一开始就很清楚自己要做什么，她凭着直觉引导双手在我疲惫的肌肉上按摩，使用了各种按摩技艺，这点让我十分佩服，我完全放松下来了。疗程中，我醒



Courtyard

了一次，当时她正在用叩抚法和轻抚法在我的身体某部位按摩，接着移动到另一个部位。火山石带着恰到好处温度滑过我的背部和颈部，继续进行元素疗法——火和土元素。当Dao叫我翻过身来的时候，我已经昏昏欲睡了。

从理疗床上下来，我坐在沙发上，品尝了一杯枸橼水果茶，Dao说枸橼对消化很好，托盘上还放着半干的甜番茄，很有特色的食物，而且非常好吃，另外还有番石榴和菠萝。

在Dao的陪同下我回到男宾区。我不禁在想，能够雇佣到一个可以给予客人真心关怀的SPA员工真的是一件非常重要的事并且值得投资。他们就像经过培训的专业解说员，负责介绍SPA的结构、SPA理念，给予引导和建议。Barai经典的元素概念产品，如沐浴露、乳液、秀发护理产品，以及Kerstin

Florian的护肤品都可以在SPA零售区买到。想必客人们都会想要买些按摩油、沐浴露或香氛蜡烛带回家，作为对SPA体验的纪念。在我的SPA世界里，香氛是毫无疑问的女王，也是我家中的常伴。

这次SPA之旅着实令人难忘，我已然将这个目的地SPA记在了备忘录上。带着些许不舍，满怀期待的出发，开始我的下一趟旅程。

The Barai是为数不多的拥有自己住宿套房和餐厅的酒店SPA。SPA里有4间泳池套房、4间露台套房，以及名为McFarland House的餐厅。这间餐厅是一个经过翻新的殖民风格场地，供应SPA养生菜谱和营养丰富的静修餐。The Barai当下推出的项目——四元素之旅，包括体验SPA疗程和设施，以及定制化的四元素静修项目，以帮助客人平衡身心灵。

随着中国的出境游恢复，许多人都想去泰国，不妨到海滨城市华欣看看，然后在The Barai做个SPA，一定不会让你失望。



**Richard Williams**  
出生于新西兰的Richard在酒店行业拥有39年的工作经验，他的专长是为客户开发水疗理念、提供水疗培训和运营咨询。他参与的项目包括北京璞瑄酒店、吉隆坡如玛酒店、厦门七尚酒店、广州W酒店、印尼JHL Solitaire Serpong酒店、巴厘岛努沙杜瓦威斯汀天梦水疗、吉隆坡瑞吉酒店、马尔代夫瑞吉酒店。Richard是澳大利亚水疗协会、新加坡水疗养生协会、亚太水疗养生联合会的创建人员之一，在亚洲生活工作已有20余年，最近九年常驻巴厘岛。

Richard is a New Zealander by nationality with over 39 years in the hospitality industry, working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. Richard develops spa concepts, conducts spa training and operational consulting. Projects have included The Puxuan, Beijing, The Ruma, KL, Lohkah, Xiamen, W Hotel, Guangzhou, JHL Solitaire Serpong, Java, Heavenly Spa at Westin, Nusa Dua, Bali, St. Regis, KL, St. Regis, Maldives. A founding member of ASPA, the Australasian Spa Association, SWAS Spa & Wellness Assoc. Singapore, and APSWC Asia Pacific Spa & Wellness Coalition. Richard has spent over 20 years in Asia, the last 9 in Bali, Indonesia. After the Covid pandemic, Richard has returned to Bali where he continues to offer consulting services.

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# Spa Trek – The Journey to Distant Spa Galaxies

An unforgettable spa journey at The Barai, at Hyatt Regency, Hua Hin, Thailand.

By Richard Williams



Double Treatment Courtyard

If Hua Hin is the new spa galaxy, The Barai is by far the brightest constellation.

It's not my first time to The Barai. I used to live and work in Hua Hin over 15 years ago, and back then, had the pleasure to see this project borne from the inspiration of the famous Thai architect Khun Lek Bunag. A Khmer wonderland that could easily transport you to Angkor Wat, but you will even be reminded of Moroccan Hammams' or a nod to Corbusier with the colored glass windows.

One is swept into a womblike avenue that is the entranceway to this majestic spa. Small star-shaped windows of stained glass, and some open to nature, provide suspicions of light filtering through the darkness. Apart from the coolness within I can't help but notice the acoustics, with long passageways and high vaulted ceilings, sounds come as whisperings from afar or they amplify the voice. I suspect to some this is already quite confrontational, those accustomed to city streets and all that white noise we become immune to and yet try our darndest to escape from.

Sharp left a short hall almost carved from

the stone gives the first impression of the Khmer architectural notes deeper within. This is the fallopian tube to the goddess mother where one is borne to a colonnaded court, the large square water pool has a stepped effect that gives the impression of a lost civilization coming forth from the water. You are invited to become aware of the elements used in the philosophy of the Spa...Water, Earth, Fire and Air, an elemental journey. Hallways stretch from various walls, mirrored tiled ledges allow light play from the open roof over the courtyard. I'm feeling Indian Red Forts and Jaipur palaces.

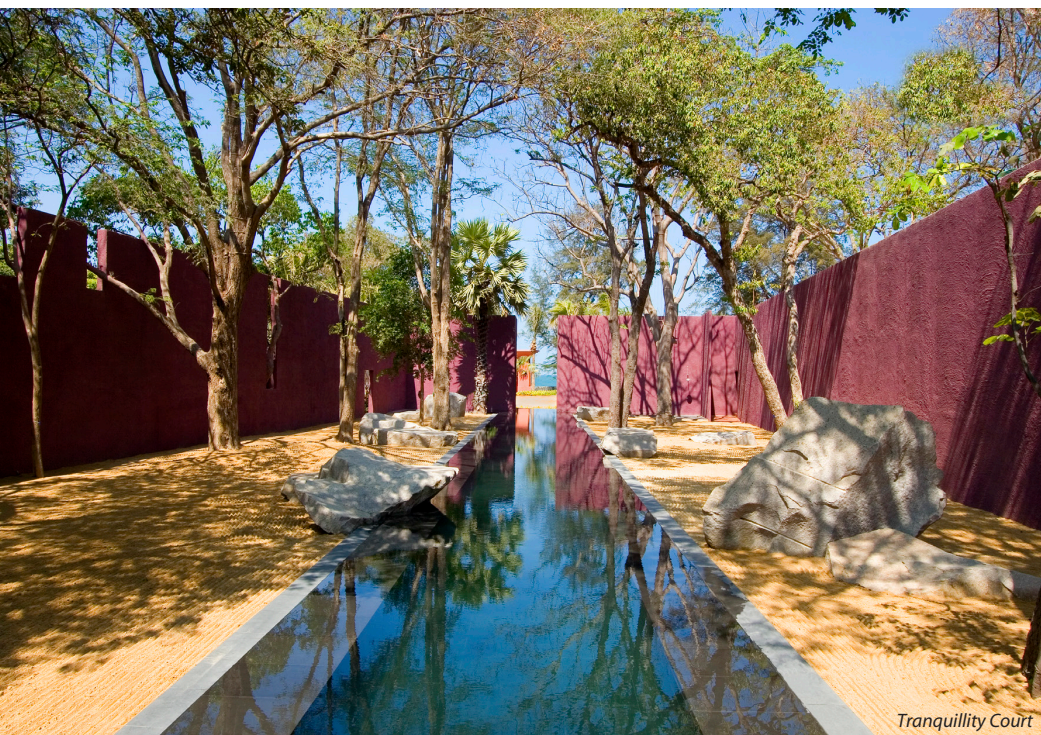
Seemingly out of nowhere I am greeted by the spa concierge and directed into a reception area, offered an iced blue pea flower tea, and chilled aromatic oshobori. I'm asked how I feel today and how I would like to feel after my treatment. I cannot reaffirm strongly enough that this should be the question asked of everyone about to experience a spa treatment. I am then asked what month I am born in to ascertain the dominant element I have, according to the traditional elemental Thai healing wisdom,

and what would require balance. In my case, December, which is Earth. Earth elements can become tired and sluggish and therefore are recommended an Air or Fire element to balance, I was given an Energizing Massage oil, a Fire Element. Unknowingly the music played in-room is appropriate to my element. The object I am told later by Anette Schlemmer the Director of Spa, is to create bespoke journeys without the confusion of too many questions and choices for the guests, and to relax not only the body but the mind too. "We already make so many decisions in life, day to day," says Anette.

I'm now escorted through labyrinthine passageways, stepping into antechambers, some open to the elements with immaculately raked sand, some hallways with many that appear mirrored as they are all framed with doorways that demarcate entranceways to luxurious treatment rooms. What also impresses is that the gardens and trees are all so well established, and one could believe this site was built around the tall grand trees that stand out, shade, and dapple light play on walls as we pass by and adds the Air element, providing the movement of air to the entire spa.

Deep Lapis and clay-colored walls surround a fountain, to the left is an incredible pool pavilion called "Tranquility Court," with a slice of lap pool that takes the eye to the ocean, and surrounded by huge granite rocks and raked sand, places to sit and meditate, Tai chi, Yoga or Pilates are offered in the yard.

There is a satellite reception, and I am guided through to the men's changing and thermal area which contains a relaxation room with iced refreshment, and dried fruits. Inside there is a sauna, a wonderful dark marine-blue tiled steam room where I can detect the reviving Thai aroma of camphor and kafir. It's hard not to notice the sheer height of the ceilings, even the shower cubicles reach to the skies with light diffusing above.



Collected by my therapist Khun Malisa, and typically Thai, she has a nickname Khun Dao, escorts me back down paths and through antechambers, and I am led through tall wooden doors. The room itself is like a miniature hammam in the sense that it has high vaulted ceilings that are starry with colored glass. Decoration is wood and the wonderful alluvial reds seen in the entrance corridor. A step up and out double sliding doors, the handles with large iron finishes lead to a walled court open to the elements, the spectacular blue sunny day framed by the surrounding walls. Bowing palms and sandstone everywhere, I could have easily fallen from my camel into a sandy oasis, there is an outdoor plunge shower, stepped Jacuzzi of monumental proportion, and a place to recline on the daybed.

I've decided to try their popular Barai Blend Signature 90min Massage. As I sit on the bench seat with my feet already in the warm foot bath with fresh kafir lime, K. Dao explains the treatment process; dry Thai style acupressure to begin, oil massage with longitudinal strokes, thumb pressure and hot stones on the back. Yes, I would like abdominal massage also, and to focus on the 'usual suspects,' neck, shoulders, lower back, and scalp. The Energizing massage oil, of eucalyptus, cinnamon and black pepper is also introduced, and with the hot stones will be the perfect antidote to my tired legs from walking the malls of Bangkok!

My feet are scrubbed with a sea salt, milk, and honey blend, I am already refreshed, anointed, relaxed, and ready to begin my treatment.

I am directed where to hang my robe and to lay face down on the table. I have to say I felt very comfortable with the professional draping as the therapist held up the sheet so professionally, I didn't feel awkward with a therapist eyeing me half naked as I lay down! The massage couch bespoke, comfortable, and with a bright bowl of white chrysanthemums below the face hole.

It became very clear from the beginning that Khun Dao knew what she was doing, as she intuitively navigated her way over tired muscles, I really appreciated the variety of techniques used, and I could completely allow myself to relax fully. I am awakened during the treatment as she completes an area of the body with tapotement and then effleurage, before moving to the next limb. The welcome warmth of volcanic stones were confidently glided over the back and neck, continuing the elemental treatment process; Fire and Earth. When it was time to turn over, I was already 'woozy' and suspect I had managed to doze off.

Assisted off the couch I can slip straight onto the banquette and enjoy a bael fruit tea, I was told is good for digestion, accompanied on a tray with semi-dried sweet tomato, which was surprisingly different and delicious, along with guava, and pineapple.

Escorted back to the men's area my mind



is now calculating the manpower to respond to guest care. These diligent docents are virtual curators professionally trained to explain architectural construction, spa philosophy, to guide, and to advise. Signature Elemental Barai products such as bodywash, lotions and hair-care, along with Kerstin Florian skincare are available at retail. It's hard not to succumb to a massage oil blend, a shower gel, or a candle to remind us of our spa experiences. Aroma is queen in my spa world and my home is her constant companion.

My spa voyage was a truly memorable one, this destination resort spa has certainly filled my starship log, and it is with regret and anticipation that I depart on my next adventure.

The Barai is one of the few hotel spas I know of that offer their own residential suites, 4 pool suites, 4 terrace suites, and a dedicated food and beverage outlet called McFarland House, a renovated colonial home on property where spa cuisine and nutritious retreat meals can be found. Currently on offer is a specific Four Elements Journey with the use of the Day Spa and a curated Four Elements Retreat including a detailed health consultation to balance body, mind, and soul.

As borders reopen in China and travel returns, a lot of people are considering Thailand. Please do not forget a trip down to the coastal town of Hua Hin, and a visit to THE BARAI.