



BAAN THAI
by
HARNN





Embracing Eastern wisdom passed down through generations and perfected over the ages, Baan Thai by HARNN focuses on restoring natural balance of the body and mind. We take pride in our heritage; the legacy of our ancestors is treasured and their wisdom embraced with gratitude.

Awarded “Global Best Luxury Traditional Thai Spa” at the World Luxury Spa Awards 2022, Baan Thai by HARNN is a sanctuary for the body and soul.

At Baan Thai by HARNN at InterContinental Koh Samui, each treatment is thoughtfully designed with unique holistic therapies and natural active ingredients from botanical extracts to provide the ultimate relaxation and unforgettable experience in an authentic Asian surrounding.



Unveil the unseen miracle of botanical gems and immerse yourself in unforgettable experiences, curated by the traditional practice of Asian medicine and Oriental therapy heritage. The spa is your wondrous path to the ultimate indulgence of natural serenity.

With HARNN Five Elements wisdom, years of expertise in aromatherapy methodology and lifestyle interpretation, escape to a different world of inner balance restoration whilst enriching your lifestyle through personalized wellness journeys.

DISCOVER YOUR ELEMENT

Asian holistic philosophy views the universe as the combination of five elements. Fire, Earth, Wood, Metal and Water are the elements that naturally exist in harmony around us as well as inside each individual. One's element is determined from the time and date of birth. Through the knowledge of the characteristics and relationships of each element, we can help to restore the natural balance as well as emphasize specific characteristics to our advantage.

		0 or 1 is METAL		
8 or 9 is EARTH		Match the last digit of your Birth Year. For example: Birth Year 1984 = Your element is WOOD		2 or 3 is WATER
6 or 7 is FIRE				4 or 5 is WOOD

The Five Elements are perceived as five movements of Yin and Yang. Rather than being elements in a literal sense, the images of water, wood, fire, earth and metal represent natural forces that describe states and processes of life. Guests are encouraged to share both their wellness interests and their expectation of treatments when visiting HARNN Heritage Spa. Based on each individual's body status, preferences and expectations, we will recommend the most suitable treatments.

The benefits of aromatherapy are demonstrated through your personalized oil blend with the traditional practice of Five Elements to find your dominant elements – Earth, Fire, Metal, Wood or Water, prior to your treatment. This is designed to find your own stability (balanced within the five-elements), to enable you to live peacefully.

Free your mind,
Indulge the senses,



Your journey to wellness experiences begins here...

HERITAGE OF SAMUI

TROPICAL SAMUI PASSAGE

For over a century, coconut has been the most valuable resource of Samui. Locals have developed methods to utilize every part of the coconut tree, from the shell of the fruit to the bark and leaves of the tree. Local coconuts are the key ingredients in Tropical Samui Passage, with warm herbal bath to relax the body, followed by a body polish with fresh grated coconuts. Acupressure massage using coconut shells melts away muscle tension and stress, and ultimate ending with Siamese aromatic massage using cold pressed coconut oil to restore agility and energy.

- Aromatic Foot bath & Foot Scrub *15 minutes*
- Tropical Samui Herbal Steam *45 minutes*
- Tropical Samui Herbal Scrub *30 minutes*
- Tropical Samui Herbal Bath *30 minutes*
- Coconut Shell Pressure Point Massage *60 minutes*
- Siamese Aromatic Massage

180 minutes

*Single THB 7,800
Couple THB 12,900*



TOUCH OF CELESTIAL BEAUTY

Plunge yourself into the ultimate pampering journey and rediscover your Celestial Beauty at our one of a kind Buddhachard Suite. Starting with a delightful Aromatic Foot Ritual to cleanse while enhancing the inner flow of energy by the reflexology. Calm your sense with a warm Steam Shower with exotic herbs hydrating and deep cleansing your pores. A total Body Exfoliation and Rose Milk Bath are well spent for your ultimate complexion purification. The session continues with Aromatic Body Massage with the benefits of warm extracted oil from tropical herbs, spices, flowers and woods, blowing away your tense while enhancing the eternal health and beauty. The journey ends with HARNN Signature Facial Treatment with its unique massage techniques, restoring and promoting you an instant glow and younger looking appearance.

- Baan Thai Spa Aromatic Foot Ritual
- Oriental Herbs Steam Shower *20 minutes*
- Body Exfoliation with your choice *30 minutes*
- Aromatic Body Massage *90 minutes*
- Rose Milk Bath Ritual served with a set of Healthy Canapé and Champaign *40 minutes*
- HARNN Signature Facial Treatment *60 minutes*

240 minutes

*Single THB 8,900
Couple THB 15,900*



THE FIVE ELEMENT RITUALS



THE CHALLA

The ritual is created for the Fire element representing the energy of “Warm Summer” which affects the flow of fluid in the body, so it is often associated with joint pain and sleep condition. The unique combination of slow movements of traditional Thai massage, aromatherapy and jade foot reflexology with natural essential oils from Jasmine and Mint heals the heart and restore the inner balance of the element.

- Siamese Aromatic Soothing Massage *60 min*
- Crystal Jade Foot Reflexology *30 min*

90 minutes

THB 4,900



THE PRUKK

Emphasizing on the visual and emotional control, this ritual is to refine the body imbalance within the Wood element, considered as the pure causes of painful stress, body aches and headaches.

The use of therapeutic essential oils from Rose and Clary Sage with a massage techniques focusing on deep muscles around the back, shoulders and head, and ending with a warm compress helps reduce stress and offer the body the ultimate relaxation.

- Deep Tissue Massage **60 min**
with Siamese Stretching
- Warm Herbal Compress **20 min**
- Revitalizing Head Massage **10 min**

90 minutes **THB 4,900**



THE PHUMM

The Earth element often has physical symptoms related to the stomach and spleen. This will result in lymphatic flow and possibly edema. This ritual enhances the lymphatic drainage and stimulate blood flow while the purifying body brush help to drive waste out of the body. A unique formula of essential oils from Bergamot and Lime shall keep the body warm and increase the flow of body fluids.

- Purifying Body Brush **30 min**
- Lymphatic Drainage Massage **60 min**

90 minutes **THB 4,900**



THE LOHHA

The Metal element represents the energy of "Dry Autumn". Once the energy is out of balance, this shall result in the emotional expression of sadness and unwell condition of lungs. This ritual is created with the perfect blend of East and West therapy techniques with the use of aromatherapy of zesty Lemongrass and calming Lavender oils to relieve stress, fatigue and restore the respiratory system.

- Pre-Inhalation Ritual
- Energizing Body Exfoliation **30 min**
- The Eurasian Massage **60 min**
(Ayurveda, Swedish, Balinese, Oriental Acupressure, Thai)
- Post-Inhalation Ritual

90 minutes **THB 4,900**



THE VARRI

The Water element represents the power of "Frosty Winter". The imbalance of the energy will ends with cold, edema and back pain symptoms. The skin turns very dry and dehydrated.

Balancing the element starts with a nourishing body wrap and an herbal warm pad on the back area to nourish the active body. The Polynesian massage technique helps improve blood circulation, immune response and flush out stored toxins in the body. Essential oils such as Sandalwood helps strengthen both the kidneys and pancreas while Nutmeg essential oil helps reduce depression and mood disturbances.

- Nourishing Body Wrap **20 min**
- Polynesian Heritage Massage **70 min**

90 minutes **THB 4,900**

HERITAGE BODY THERAPIES

Restoring the vital connection between nature and mankind, each HARNN Massage Therapy is designed to right your path to personal wellness through a holistic approach.



SAMUI AROMATIC MASSAGE

Starts with a pressure point massage with coconut shells for muscle relaxation, followed by a body massage using HARNN's Virgin Coconut Oil. Thai massage techniques help relieve your tension and stress while Virgin Coconut Oil help moisturize and soften your skin.

90 minutes THB 4,500

HERITAGE OF SIAM

Traditional Thai Massage

Inspired by Thai traditional stretching exercises performed after long meditation sessions, Siamese Heritage focuses on restoring agility and relieving muscle tension with acupressure and stretching techniques using fingertips, hands, elbows and knees.

60 minutes THB 2,900

90 minutes THB 3,900

SIAMESE ALLURE

Thai Aromatic Massage

A blissful combination of traditional Thai and aromatic oil massage with the sole intention of maximizing comfort through palm pressure plus stretching techniques to ease tension and restore agility. It induces a sense of well-being that lasts long after the massage.

60 minutes THB 3,200

90 minutes THB 4,500



EURASIAN EXPERIENCE

Aromatic Healing Body Massage

Using a combination of 5 different massage techniques in a rhythmic harmony of Ayurveda, Swedish, Balinese, Oriental Acupressure and traditional Thai therapies together with the healing power of aromatherapy, this unique sensory massage offers a truly divine indulgence.

60 minutes THB 3,200

90 minutes THB 4,500

MUSCLE REVIVAL

Thai Deep Tissue Massage

A delicate massage session that targets deep layers of muscle with slow but firm strokes to increase blood flow and promote muscle recovery, as well as increasing serotonin production for happiness with nourishing massage oil to repair and protect skin from urban environments.

60 minutes THB 3,200

90 minutes THB 4,500

DE-STRESS HIDEAWAY

Back and Shoulder Massage

Melting away the stiffness in different areas of neck, back and shoulders by using hands, forearms and elbows from light to heavy pressure elbows to fully relax chronic aches from office syndrome or high muscle tension. The application of HARNN Black Pepper Moisturizing Balm is an ideal for the ultimate relaxation.

45 minutes THB 3,200

90 minutes THB 4,500

JOURNEY OF PURITY

Lymphatic Drainage Massage

A personalized massage is intended to encourage the natural drainage of the lymph. The massage gently navigates the pressure points of entire lymph systems of the body to stimulate lymph flow properly. It helps to balance body weight, boost energy, improve the immune system, vitality and reduce swelling from the body.

60 minutes THB 3,200

90 minutes THB 4,500

AROMATIC INDULGENCE

Relaxing Head Massage with Aromatic Oil

Enjoy the pampering moment with the aromatic blend of therapeutic essential oil and signature rice brand oil to alleviate insomnia, rejuvenate scalp and hair with the relaxing head massage techniques with slow and gentle movements.

60 minutes THB 2,900

JADE FOOT REFLEXOLOGY

Oriental Reflexology with Warm Oil

The precious Jade element is used in the reflexology process to restore the natural flow of energy, connecting organs from head to toe for better sleep, refreshing the mind and improving the metabolism.

60 minutes THB 2,900



SPECIALTY MASSAGE

MOTHER-TO-BE PAMPERING BODY MASSAGE

60 minutes

THB 3,200

Virgin Coconut Oil and light pressure massage techniques ease up body aches while adding moisture to your skin and reducing stretch marks. Moms can feel calm and relaxed, looking good and feeling fabulous. This is a beneficial experience a caring mother-to-be can pamper herself and enjoy.



THE HERITAGE BODY PAMPERING

Dead skin cells do not only make skin look dull but also act as barriers preventing the skin from absorbing nutrients and active ingredients from skincare products. Skin exfoliation on a regular basis is highly recommended for radiance and natural glow.

*Each treatment is 45-minutes long, and will begin with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and a shower, your skin is cleansed and renewed. Aromatic Body Oil Spray will then be applied to lock in moisture, leaving skin soft and supple.

HERITAGE BODY SCRUB

45 minutes

THB 2,500

- *Kaffir Lime & Mint - Revitalizing*

Deep cleansing body purifier utilizes finely grounded sun-dried sea salt to exfoliate your skin. Essential oils from Kaffir Lime and Mint provide natural anti-septic properties. Vitamin E-rich Rice Bran Oil nourishes and softens your skin, restoring skin's natural healthy radiance.

- *Lemongrass & Lavender – Balancing*

Rich in Vitamin E and botanical benefits from pure essential oils from Lemongrass & Lavender, this treatment is ideal for dry and irritated skin. Natural grounded sugar with Shea Butter provides gentle exfoliation, removing dead skin cells and unclogging pores while stimulating blood circulation.

- *Rose & Geranium – Rejuvenating*

Experience naturally healthy glow with Skin Purifying Body Scrub containing all essential natural botanical extracts. Organic Rose Water enriches your skin, Apricot Seed gently exfoliates dead skin cells, Shea Butter and Coenzyme Q10 are added to help replenish moisture, improve your skin condition, and promote natural glow.

- *Jasmine Sambac – Nourishing*

Created for dry and sensitive skin, this nourishing scrub contains natural skin exfoliation ingredients from grounded red fragrant rice and corn, Marshmallow oil and Centella extract to soothe and nourish delicate skin.

- *Juniper Berry & Cedar – Protecting*

Protect your delicate skin from the harmful environment with a concoction of natural and innovative extracts from Golden Silk, Mangosteen, Marine Algae, Sea buckthorn Berry and Thai Rice Jasmine noisome, creating a natural scrub with gentle exfoliation that helps fight against pollution, reduce inflammation and deeply nurture your skin.

HERITAGE BODY WRAP

45 minutes

THB 2,500

- *After Sun Soothing Gel*

Aloe Vera are widely used in cosmetics and alternative medicine industries for their rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to the formula to make the soothing properties more superior.

- *Purifying Body Mask*

Tumeric and Licorice extracts are our key ingredients with excellent skin brighten properties derived from Asian wisdom for centuries. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish, balance skin moisture and leave your skin a natural glow. Therapeutic property of Jasmine essential oil will leave your skin hydrated and uplift the soul.

- *Body Contouring Mask*

Our careful selection of active ingredients from Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive fat while stimulating metabolism to support firming process for silky and healthy skin. With a blend of Coconut oil, Sweet Almond oil, and Rice Bran oil, a single session will leave your skin visibly firmer and hydrated.

THE HERITAGE FACIAL THERAPY

At HARNN, we believe in the holistic approach, the uniting of body and mind as one. To have great skin, we believe one must incorporate proper diet, cardiovascular exercises, enough rest of both body and mind, and sufficient skin nourishment.

Each facial treatment begins with pre-treatment consultation, Aromatic foot bath & scrub, facial deep cleansing and skin toning. The treatment is then completed with healthy tea and refreshments.

THE SIGNATURE

With a unique heritage of Five Elements theory, this facial therapy is a sophisticated combination of organic aromatherapy oils and the signature Yin & Yang Gua-sha healing technique with the application of precious gem stones, to relieve the muscle tension, nourish the skin, stimulate cellular metabolism and intensify the production of collagen naturally present in the skin with a healthy-looking appearance.

- Singing Bowl Ritual
- Facial Cleansing
- Warm Rose Quartz Gua-sha Facial Massage
- Hydrating Facial Mask
- Aromatic Head Massage with Cold Jade Gua-sha Facial Massage
- Aromatic Hand Massage
- Facial Nourishment

90 minutes

THB 5,000



THE HONEY & CUCUMBER FACIAL

Designed for sensitive or sunburnt skin where exfoliation is not recommended. This facial lightly cleanses the skin, followed by a gentle and relaxing facial massage using premium-grade honey. A hydrating fresh cucumber mask completes the facial, restoring the natural balance.

- Cleansing face with plain yogurt
- Toning the skin by cucumber juice
- Face massage by honey & orange juice
- Face mask with fresh cucumber
- Water Lily Nourishing Gel & Water Lily Day Protection Cream/ Night Nourishment Cream

60 minutes

THB 2,900

HYDRATING FACIAL

This nourishing treatment will take you through a complete, relaxing journey. Starting with a gentle cleansing, the facial ritual is followed by a mild exfoliation and a hydrating facial mask. Facial skin is revitalized and hydrated with HARNN Certified Organic Hydrating Face Oil, leaving you the touch of soft, supple and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Stimulating Facial Massage
- Hydrating Facial Mask
- Hand & Foot Massage
- Facial Hydrating Moisturizing

60 minutes

THB 3,200



HERITAGE METICULOUS SERVICES

At our salon, we delight in offering a full range of finishing touches specifically created to complete your spa experience from head to toe.

EXPRESS MANICURE

Virgin coconut oil and light pressure massage eases strain on muscles and joints and helps reduce fluid retention as well as prevent stretch marks. This calming experience also helps with stress and anxiety caused by hormonal changes.

45 minutes

THB 950

CALSSIC PEDICURE

Soak your feet in warm aromatic waters while they are gently exfoliated, cleansed, and returned to new. Our beautician perfects your cuticles, clip, reshape and buff your toe nails and complete with a selection of nail polish

60 minutes

THB 1,200

BALCONY PEDICURE

With a unique Baan Thai Spa tradition, we offer you a pedicure service at the spa porch overlooking the magnificent ocean. Tuck yourself under one of our umbrellas and experience our Classic Pedicure with foo scrub and massage while relaxing in the lounge chairs a scrub and foot massage.

60 minutes

THB 1,800

BAAN THAI SIGNATURE MANI-PEDI

Baan Thai Spa's Signature Manicure & Pedicure includes a hand and foot wrap along with all the enticing features of our classic nail treatments.

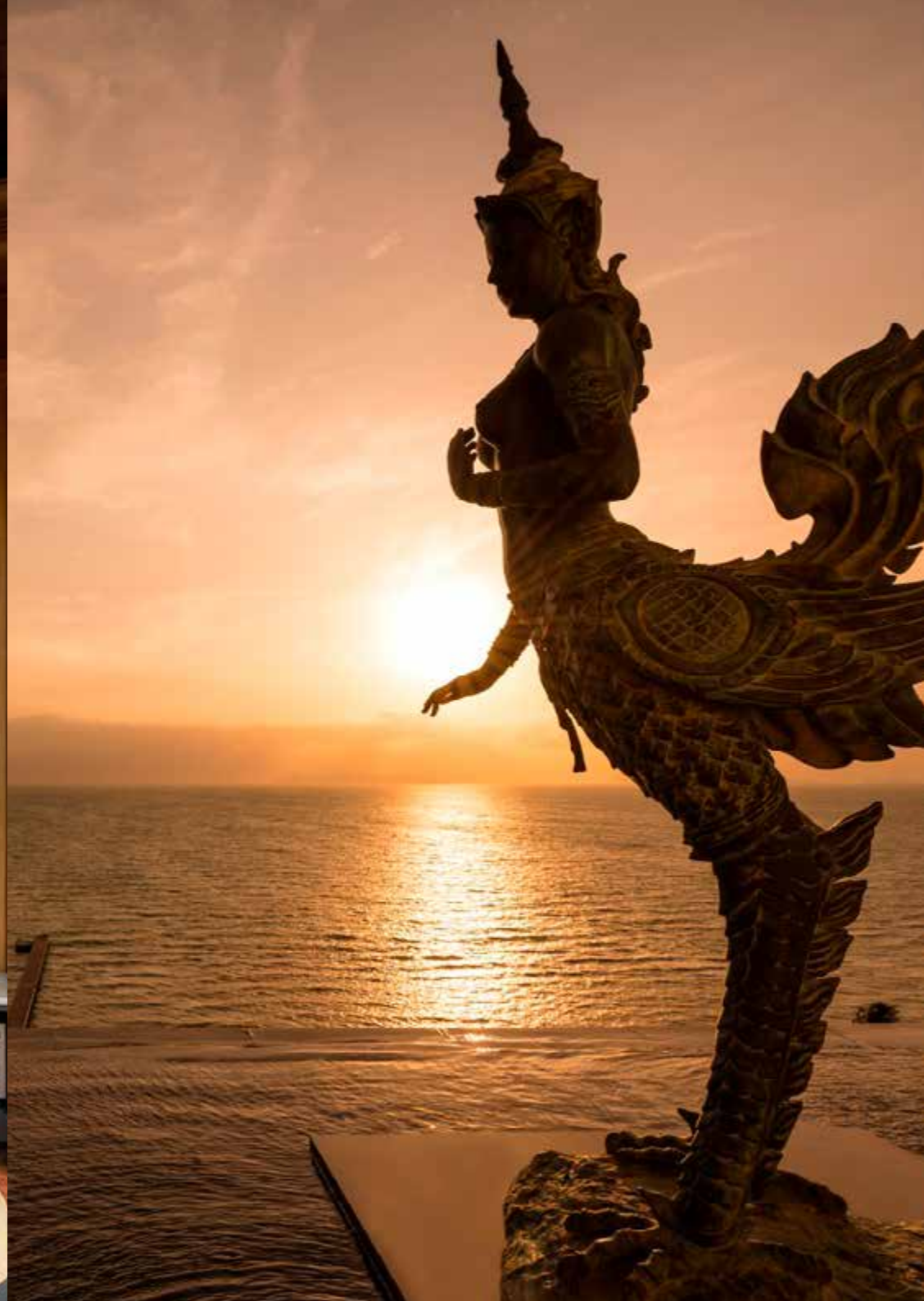
- Manicure service
- Pedicure service

60 minutes

60 minutes

120 minutes

THB 2,700



SPA ETIQUETTE

Reservations

To make reservation at Baan Thai Spa by HARNN, please dial extension 29 from within the resort or email us at spa@ickohsamui.com. A valid credit card is required to hold your reservation. All prices are quoted in THB and subject to change without prior notice.

Pre-arrival

Appointments begin promptly at the time scheduled. If you arrive late, your treatment may be shortened depending on availability. This is to ensure that the therapist is on time for the next appointment. It is suggested that you arrive 15 minutes prior to fully enjoy your pre-treatment experience.

Health Considerations

For your utmost comfort, please kindly advise upon making a reservation if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionist will gladly advise you on which treatment is best suited to your needs. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We do not recommend the consumption of alcohol before or directly after any treatment.

Personal Belongings

We would like to recommend you to leave all valuables at home or in your in-room safe deposit box, as we cannot be held responsible for loss of personal items.

Tranquility

We try to keep the Spa as tranquil and relaxing for all of our guests as possible. Kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

Children

Treatment is for children of age 12 or above only, children are required to be accompanied by parents or legal guardians when visiting the spa.

Cancellation

● **InterContinental Koh Samui Resort Guest**

Please be advised that we have a 4-hour cancellation policy. We require that you notify us of any changes or cancellations 4 hours prior to your scheduled appointment time to avoid 50% of cancellation charge. For any cancellations with less than 2 hours notice or no-shows, full value of reserved spa service will be applied.

● **External Guest**

Please be advised that we have a 24-hour cancellation and rescheduling policy. We require that you notify us of any changes or cancellations 24 hours prior to your scheduled appointment time to avoid 50% of cancellation charge. For any cancellations with less than 12 hours notice or no-shows, full value of reserved spa service will be applied.

Tax and Service Charge

In an effort to make your spa experience as seamless as possible, all prices are exclusive of 10% service charge and 7% VAT. Additional gratuities are welcome and subject to your discretion.



Baan Thai Spa by HARNN
InterContinental Koh Samui Resort

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