

Enhance your MICE program with thoughtfully selected hotel experiences that add variety, comfort, and a sense of place. From culinary sessions to spa-inspired crafting and gentle movement classes, each option fits seamlessly into your agenda.

THE BARAI SPA

Herbal Rolling Balm

A short wellness craft experience where guests create a herbal roll-on balm and select their preferred scent.

Take-home: 1 roll-on balm (10 ml) per guest

Price: THB 750++ per person



Candle Crafting

Guests craft a scented candle and choose a fragrance profile they enjoy.

Take-home: 1 candle (90 ml) per guest

Price: THB 1,000++ per person



Aroma Reed Diffuser

A guided workshop to create an aroma reed diffuser set, including scent selection and tips for best use.

Take-home: 1 aroma reed diffuser set (250 ml) per guest

Price: THB 1,200++ per person



Homemade Coffee Scrub

Guests prepare a coffee body scrub through a guided process and learn how to incorporate it into a simple self-care routine.

Take-home: coffee scrub (30 ml) per guest

Price: THB 1,000++ per person



Herbal Compress Class

Guests learn how to assemble a traditional Thai herbal compress and understand how it is commonly used for relaxation.

Take-home: 1 herbal ball per guest (made during the session)

Price: THB 1,500++ per person

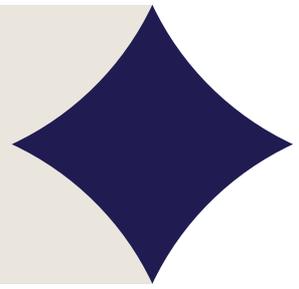


Head & Shoulder Massage During Coffee Break

A 30-minute head and shoulder massage session arranged during the coffee break, with 2–3 therapists available. Designed as a light refresh between meeting sessions.

Price: THB 1,500++ per therapist





FOOD & BEVERAGES

Cooking Class (Thai Classics)

A hands-on cooking session featuring well-loved Thai dishes such as Som Tam and Tom Yum Goong. Guests learn key steps and chef techniques, then enjoy what they've prepared.

Price: THB 599++ per person



Cocktail Workshop

A relaxed mixology session led by our bar team, where guests learn to make two classic cocktails. Covers basic methods, proper mixing, and simple garnish techniques.

Price: THB 1,999++ per person



GUEST ACTIVITIES

Pilates (Mat Pilates) - 60 Minutes

A mat-based session focusing on core strength, flexibility, and posture through controlled movements. Suitable for most fitness levels.

Price: THB 999++ per person



Yoga - 60 Minutes

A calm yoga session designed to support flexibility, balance, and mindfulness in a serene setting. Suitable for beginners and experienced participants.

Price: THB 999++ per person



Tai Chi - 60 Minutes

A gentle, flowing movement session combining mindful motion and breathing. Suitable for all ages and fitness levels.

Price: THB 999++ per person



Tie-Dye Shirt Workshop

A creative workshop where guests dye a shirt using classic tie-dye techniques and patterns.

Take-home: 1 tie-dyed shirt per guest

Price: THB 385++ per person

All activities are available by advance reservation.