



SASH

September 2018



## THE PRIVATE SASH SUITE

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The SASH Suite is a tranquil, spacious, and blissfully private experience. Consisting of six private booths, the suite is ideal for friends, special occasions or for personal pampering.

*Price Upon Consultation*

# *Spa*

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## BODY MASSAGES

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### *Sash-Escape Full Body Signature Journey*

150 mins | 75 BD

A full body treatment, holistically approached, treating the body, mind and spirit. Sash-Escape creates a personalized sense of pure relaxation and relief. Start the journey with a sensory shower, followed by a 30-minute Rodial body therapy and a personalized choice of a 60-minute Body Massage. Re-energize your senses with our Spa delights at the Relaxation Lounge before continuing your journey to Sash Beauty, where you can enjoy a Classic Blowdry. End your Sash-Escape at Sash Nails for a luxurious Classic Manicure and Pedicure.

Choice of aromatic oil: *Rodial Aromatic Oil, Stress-Buster, Muscle-Release, or Energy-Fix.*

### *Holistic Journey*

60 / 90 mins | 35 / 45 BD

A favorite combination of Balinese & Holistic massage techniques, derived from traditional medicinal systems of the East. A powerful form of healing, involving touch, movement and energy.

## BODY MASSAGES

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### *De-stress Journey*

60 / 90 mins | 35 / 45 BD

Where East meets West: a specially blended combination of Shiatsu and Swedish massage to improve mental and physical well-being.

### *Up-lift Journey*

60 / 90 mins | 35 / 45 BD

Distinctive Abhyanga warm oil therapy applied in conjunction with beautiful Hawaiian Lomi Lomi massage to detoxify and relieve tension in all areas.

### *Bespoke Journey*

60 / 90 mins | 35 / 45 BD

A personalized massage treatment which allows the therapist to use her own therapeutic skills, on two concern areas of the body combining different massage techniques to fulfill and anticipate the guest's needs and requirements.

Choice of aromatic oil: *Sensual-Rose or Uplifting-Lemongrass.*

### *Invigorating Back Massage*

30 mins | 25 BD

### *Relaxing Foot Massage*

30 mins | 25 BD

## RODIAL BODY THERAPIES

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### *Size Zero*

60 mins | 50 BD

Rodial's innovative formulas cleanses the body and provides a 'kick start' to any weight loss regime. Body brushing compliments this treatment to stimulate the lymphatic system whilst massage treatments intensify your results.

### *Bum and Leg Shape*

60 mins | 50 BD

An intensive treatment to transform the bum & leg area using an abundance of Rodial bodycare actives and targeted massage techniques to instantly smooth, tighten, and tone.

### *Golden Glow*

30 mins | 25 BD

An exclusive Rodial tan treatment perfect to those wishing for a golden glow. A combination of a full body scrub and the Rodial tan massage application leaves you looking sun kissed and radiant.

## RODIAL ADD-ON

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### *Bum Lift*

15 mins | 20 BD

An instant quick fix for concerns of the 'bum' and back of thigh area. If you are concerned with the appearance of cellulite and feel you are in need of a 'lift', then consider adding a 'bum lift' to your treatment.

### *Tummy Tuck*

15 mins | 20 BD

'Tummy Tuck' incorporates massage techniques to aid the reduction of a bloated tummy.

### *Arm Sculpt*

15 mins | 20 BD

If you are suffering with skin dryness and imperfections and are in search of improved contours and definition, then consider adding 'arm sculpt' to your treatment.



## BODY SCRUBS

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### *Green tea & Apple Body Refine*

30 mins | 25 BD

A green tea & apple treatment to remove dead skin cells and stimulate rejuvenation leaving skin amazingly smooth, with a firming and energizing effect.

### *Enriching Body Buffer*

30 mins | 25 BD

A “gold scrub” which leaves the body with an extraordinary soft feel. These powerful elements provide nourishing and revitalizing properties. Skin will glow with a silky soft finish.

### *Soothing Body Buffer*

30 mins | 25 BD

A sugar scrub that is tough on cellulite and unwanted bumps, but kind on your skin. It sweetly exfoliates with sugar and the added calming effects of lavender.

## HYDRAFACIAL

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“ *Skin Health For Life is our philosophy of not just improving the appearance of skin, but actually restoring youthful, healthy skin. Skin Health is a lifestyle, requiring monthly HydraFacial treatments and a daily commitment.* ”

### *Signature HydraFacial*

45 mins | 55 BD

A monthly medical facial treatment that combines cleansing, exfoliating, extracting and hydrating while delivering rich anti-oxidants and other essential nutrients. It offers instant results with no downtime.

### *Advanced HydraFacial*

60 mins | 65 BD

Building on our signature treatment, the DermaBuilder serum smoothens the appearance of fine lines and enhance skin elasticity. In addition, the Glysal Acid Peel (7.5 % or 15 %) clarifies and deeply cleanses the skin before infusion of nutrients.

## RODIAL FACIAL

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### *Sculpt*

30 / 60 mins | 30 / 45 BD

An innovative facial experience that instantly plumps up the skin for a more youthful complexion. A super hydrating and moisture drenching solution suitable for all skin types.

### *Freeze*

60 mins | 45 BD

Instantly irons out lines and wrinkles, this deep cleanse leaves your skin tighter and brighter.

### *Superfood*

30 / 60 mins | 35 / 50 BD

Feed and nourish your skin with ingredients such as Omega 3, 6, and 9 oils combined with Alp rose stem cells to provide complete nutrition for your complexion. A great therapy facial to combat early signs of aging.

### *ADD-ON*

### *Chin and Neck Lift*

15 mins | 10 BD

An express facial treatment that predominately focuses on the chin and neck area, designed to improve the appearance of chin and neck contours and skin irregularities.

### *No Baggage Eye Treatment*

15 mins | 10 BD

This express facial treatment will instantly revitalize and awaken tired eyes whilst reducing dark circles and puffiness.

## WAXING & THREADING

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<i>Full Body Wax</i>	90 mins   45 BD
<i>Full Leg Wax</i>	45 mins   10 BD
<i>Half Leg Wax</i>	30 mins   6 BD
<i>Full Arm Wax</i>	30 mins   10 BD
<i>Half Arm Wax</i>	15 mins   6 BD
<i>Underarm Wax</i>	15 mins   4 BD
<i>Tummy Wax</i>	15 mins   6 BD
<i>Bikini Wax</i>	15 mins   6 BD
<i>Brazillian Wax</i>	30 mins   15 BD
<i>Back Wax</i>	15 mins   6 BD

## WAXING & THREADING

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*Eyebrow Shaping Wax*

30 mins | 4 BD

*Upper Lip Wax*

15 mins | 2 BD

*Upper Lip Threading*

15 mins | 3 BD

*Eyebrow Threading*

15 mins | 5 BD

*Face Threading*

30 mins | 10 BD

# *Nails*

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## LUXURIOUS HAND TREATMENTS

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### *Sash Signature Manicure*

45 mins | 12 BD

An exceptional manicure with our signature finishes. Starting with a hot towel treatment and a heavenly scrub blend, a classic manicure is then finished with a supple hand masque.

### *Classic Manicure*

30 mins | 9 BD

A relaxing treatment that leaves hands feeling silky smooth. Nails are cut and shaped, cuticles are soaked and tidied, finished with a perfect polish application and a moisturizing hand massage.

### *Everlasting Manicure*

60 mins | 13 BD

Ultra glossy, chip-resistant flawless nails for up to two weeks. The Essie gel manicure helps strengthen nails and encourages healthy nail growth. Service includes a signature manicure and a moisturizing hand massage.

## LUXURIOUS HAND TREATMENTS

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### *Gel Couture Manicure*

30 mins | 10 BD

A relaxing treatment that leaves hands feeling silky smooth. Nails are cut and shaped, cuticles are soaked and tidied, finished with a perfect gel couture polish application that lasts up to seven days.

### *French Manicure*

60 mins | 10 BD

Classic French manicure for natural healthy looking nails.

### *Dry Manicure*

30 mins | 10 BD

A breakthrough innovation in nail treatments, consisting of the use of disposable nail kits. The process eliminates the use of water and cream, guaranteeing a safer and faster procedure. The kits contain emulsions that quickly soften cuticles and moisturize the skin.

### *Express-bar Polish Application*

15 mins | 4 BD

Perfect for when you're on the go. Nails are shaped, filed and buffed to perfection, and the nail polish of your choice is meticulously applied.

## HAND TREATMENTS ADD-ON

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### *On-Trend Nail Art*

1 - 3 BD / nail

Consult with our nail expert to create a nail-art look inspired by the latest trends.

### *Parrafin Touch*

15 mins | 10 BD

A warm Parrafin treatment aiding the penetration of applied moisturizers into the skin for deep hydration, nourishment and easing tension in the joints and muscles.

### *Gel Polish Removal*

15 mins | 3 BD

### *Nail Polish Removal*

15 mins | 1 BD



## LUXURIOUS FOOT TREATMENTS

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### *Sash Signature Pedicure*

45 mins | 12 BD

An exceptional pedicure with our signature finishes. Starting with an exfoliating foot polish, a classic pedicure is then finished with a hydrating foot masque.

### *Classic Pedicure*

30 mins | 9 BD

A relaxing treatment that leaves feet feeling silky smooth. Includes intensive moisturizing therapy, full cuticle therapy and perfect polish application.

### *Everlasting Pedicure*

60 mins | 13 BD

Ultra glossy, chip-resistant flawless nails for up to two weeks. The Essie gel pedicure helps strengthen nails and encourages healthy nail growth. Service includes a signature pedicure and a moisturizing foot massage.

### *French Pedicure*

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### *Gel Couture Pedicure*

30 mins | 10 BD

A relaxing treatment that leaves feet feeling silky smooth. Includes intensive moisturizing therapy, full cuticle therapy and perfect gel couture polish application that lasts up to seven days.

### *Express Polish Application*

15 mins | 4 BD

Perfect for when you're on the go. Nails are shaped, filed and buffed to perfection, and the nail polish of your choice is meticulously applied.

## FOOT TREATMENTS ADD-ON

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1 - 3 BD / nail

Consult with our nail expert to create a nail-art look inspired by the latest trends.

### *Parrafin Touch*

15 mins | 10 BD

A warm Parrafin treatment aiding the penetration of applied moisturizers into the skin for deep hydration, nourishment and easing tension in the joints and muscles.

### *In-grown Nail Treatment*

15 mins | 4 BD

### *Gel Polish Removal*

15 mins | 3 BD

### *Nail Polish Removal*

15 mins | 1 BD

# *Beauty*

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## CUT & STYLING

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*Classic Blow-dry*

short / medium / long | 10 / 12 / 15 BD

*Wavy Hair*

short / medium / long | 15 / 20 / 25 BD

*Full Hair Up-do*

short / medium / long | 35 / 40 / 45 BD

*Half Hair Up-do*

short / medium / long | 25 / 30 / 35 BD

*Hair Cut*

20 BD

*Trim*

15 BD

*Fringe Trim*

8 BD

*Bridal Hair*

200 BD

*Hair Extensions*

*Price Upon Consultation*

## COLORING TREATMENTS

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<i>Roots Color - Majirel</i>	30 BD
<i>Roots Color - Inoa</i>	30 BD
<i>All Over Color - Majirel</i>	short / medium / long   35 / 40 / 45 BD
<i>All Over Color - Inoa</i>	short / medium / long   40 / 45 / 50 BD
<i>Color Touch Up</i>	15 BD
<i>Mech &amp; High/Low Light</i>	short / medium / long   30 / 35 / 40 BD
<i>Mech &amp; High/Low Light Crown</i>	15 BD
<i>Mech &amp; High/Low Light Half Head</i>	20 BD
<i>Semi-permanent Color/Toner</i>	short / long   20 / 25 BD
<i>Dip Dye/Ombre/Sombre</i>	short / medium / long   30 / 35 / 40 BD

## HAIR CARE

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### *Sash Recharge Treatment*

contour / short / medium / long | 60 / 130 / 150 / 200 BD

Recharge is an intensive bio-mimetic based treatment that hydrates, rejuvenates and protects hair against environmental elements, leaving hair smooth and healthy.

### *Olaplex Treatment*

60 mins | 25 BD

Olaplex is a process that include a patented active ingredient that works on a molecular level to seek out broken bands in the hair caused by chemicals, heat and mechanical damage. This treatment rebuilds the strength, structure and integrity of your hair.

### *Olaplex Add-On*

30 mins | 15 BD

### *Hair Wash*

15 mins | 5 BD

## HAIR CARE BY PHILIP KINGSLEY

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“ Transform your dull hair into lustrous glossy locks by booking one of our luxurious Philip Kingsley hair treatments before your styling service. Our team of professional hair stylists will identify your hair type, and prescribe the treatment that will work best with your individual needs to re-nutrify, smoothen, boost and enhance your tresses; regardless of the prior condition. ”

*Deep Conditioning Treatment*

45 mins | 30 BD

*Intensive Dry Scalp Treatment*

45 mins | 30 BD

*Hair Loss Treatment*

45 mins | 30 BD

## HAIR CARE BY KEVIN MURPHY

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“ *From the very start I wanted to create a range that would take hair trends in new directions. Each year we celebrate this innovation with a collection that brings it all together. Everything is driven by my desire to give you the products and tools needed to create those special moments yourself.* - Kevin Murphy ”

### *Treat.Me Moisture*

30 mins | 25 BD

A treatment that weightlessly moisturize and soften dry hair with shea butter, Kakadu plum and orchid.

### *Treat.Me Strength*

30 mins | 25 BD

A treatment that delivers volume, fullness and body to fine limp hair with the infusion of mango, cocoa butter, green tea and lavender rosehip extracts.

### *Treat.Me Anti-Aging*

30 mins | 25 BD

A nourishing treatment that can restore youthful lustre and softness to dry and brittle or ageing hair with the help of baobab, immortelle, lotus flower and orchid extracts, plus 20 amino acids.



## HAIR CARE BY KEVIN MURPHY

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### *Densifying & Strengthening*

30 mins | 25 BD

A treatment that strengthens and densify fine, thin hair with a fusion of ginger root, nettle extracts and advanced eyelash technology.

### *Angel.Me KMX*

15 mins | 12 BD

An express treat.me strength treatment. A repairing and thickening conditioning treatment for fine, dry or colored hair.

### *Hydrate.Me KMX*

15 mins | 12 BD

An express treat.me moisture treatment. A repairing and smoothing masque infused with Rose Hip and Evening Primrose Oil.

## ORGANIC TREATMENTS

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### *Ultimate Radiance Hair Mask*

30 mins | 10 BD

A mixture of pure organic ingredients with strawberry, almond oil and vitamin E. This treatment clears away built up oil on the scalp, the vitamin E nourishes the hair and bring gloss and shine to coloured hair.

### *Scalp Stimulating Hair Mask*

30 mins | 10 BD

A mixture of pure organic ingredients of aloe vera & coconut oil. This treatment helps to relief dandruff, itchy and flaky scalp. It moisturises hair and stimulate hair growth. It is also anti-bacterial and anti-fungal.

### *Hydrating Brilliance Hair Mask*

30 mins | 10 BD

A mixture of pure organic ingredients of avocado, honey and Argan Oil. This treatment hydrates dry hair, protect it from heat and chemicals, prevent split ends and anti frizz for smooth looking hair.

## HOT OIL TREATMENTS

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### *Protect & Prevent*

45 mins | 7 BD

A mixture of pure organic almond and Argan oil, rich in protein and vitamin E. This treatment nourishes and moisturizes the hair, stimulating hair growth.

### *Long & Luscious*

45 mins | 7 BD

A mixture of pure organic coconut and Argan oil, rich in nutrients and vitamin E. This treatment promotes a healthy scalp to prevent hair loss, and nourishes dry hair to add softness and shine.

### *Silky & Sleek*

45 mins | 7 BD

A mixture of pure organic olive and Argan oil, rich in vitamins and antioxidants. This treatment hydrates dry hair, leaving it smooth and glossy.

## MAKE-UP

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### *Classic Makeup*

30 mins | 40 BD

A modern take on classic makeup for a clean, flawless complexion including eyes & lips, with your choice of color palette preference.

### *Special Events Makeup*

60 mins | 60 BD

### *Eye Makeup*

30 mins | 25 BD

### *Eyelashes*

15 mins | 10 BD

### *Bridal Makeup*

90 mins | 150 BD

A beauty enhancing makeup experience that utilizes highly professional products for a picture perfect, timeless radiance.

## OUT-SERVICE

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<i>Hair Styling</i>	120 BD
<i>Hair Color</i>	175 BD
<i>Sash Recharge Treatment</i>	300 BD
<i>Special Event Hair Styling</i>	200 BD
<i>Bridal Hair Styling</i>	400 BD
<i>Bridal Hair Styling (International Appointment)</i>	<i>Price Upon Consultation</i>

\* Prices are for Senior Hair Stylist

## OUT-SERVICE

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<i>Classic Makeup</i>	130 BD
<i>Eyelashes</i>	10 BD
<i>Special Event Makeup</i>	200 BD
<i>Bridal Makeup</i>	350 BD
<i>Bridal Makeup (International Appointment)</i>	<i>Price Upon Consultation</i>

## *Packages*

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### BEAUTY

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<i>Philip Kingsley Package</i>	30 mins   120 BD
<i>Kevin Murphy Package</i>	30 mins   100 BD
<i>Organic Treatment Package</i>	30 mins   40 BD
<i>Hot Oil treatment package</i>	45 mins   25 BD

*\* 5 sessions per package.*

## *Packages*

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### SPA

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<i>Signature HydraFacial Package</i>	45 mins   200 BD
<i>Advanced HydraFacial Package</i>	60 mins   240 BD
<i>Rodial Facial Package</i>	60 mins   180 BD
<i>Rodial Body Therapy Package</i>	60 mins   200 BD
<i>Sash Body Massage Package</i>	60 mins   140 BD

*\* 5 sessions per package*



# *Fitness*

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## MEMBERSHIP

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*Our membership plan is structured to give you more variety and choice, as well as exclusive Sash loyalty rates.*

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### *Annual Fitness Membership*

700 BD

- Exclusive, unlimited access to gym facilities
- Inclusive of aerobics classes and special rates on all other fitness services
- A 20% discount on Sash services and 10% on retail products \*
- One complimentary Fitness Consultation
- One complimentary Personal Training session
- One complimentary 60-minute Body Massage
- A 20% discount at Sash Café \*
- 50 BD Joining Fee

*\* Terms & conditions apply*

## MEMBERSHIP

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### *6-Month Fitness Membership*

400 BD

- Exclusive, unlimited access to gym facilities.
- One complimentary Fitness Consultation.
- No Joining Fee

### *1-Month Fitness Membership*

85 BD

- Exclusive, unlimited access to gym facilities.
- No Joining Fee

## FITNESS PASSES

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<i>Day Pass for Fitness Center</i>	10 BD
<i>Single Class Pass</i>	5 BD
<i>Weekend Pass</i>	20 BD

	MEMBERS	NON-MEMBERS
<b>GROUP CLASSES * (10 classes each)</b>		
<i>Aerobics Class Pass</i>	Free	35 BD
<i>Aerobics Advanced Class Pass</i>	25 BD	35 BD
<i>Total Body Workout Pass</i>	30 BD	40 BD
<i>Mind &amp; Body Pass</i>	40 BD	55 BD
<b>PERSONAL TRAINING</b>		
<i>Personal Training Package (10 sessions)*</i>	170 BD	200 BD
<i>Single Personal Training Session</i>	20 BD	25 BD
<i>Fitness Consultation</i>	15 BD	20 BD

\* All Fitness passes and packages are valid for 3 months

## SPA ETIQUETTE

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### *Special Concerns*

Your personal wellness is of the utmost importance to us. At the time of reservation, please inform our guides of any medical conditions such as product sensitivity or pregnancy.

### *Reservations*

We recommend that guests book spa appointments in advance to ensure the desired treatment and technician is available. Walk-in appointments and same day reservations are also welcomed, and are based on availability.

### *Cancellations*

If you are unable to keep your appointment and need to cancel and/or reschedule, kindly notify us 24 hours in advance. No charges will be applied for guests that notify our guides before 24 hours of the appointment. If notified within 6 hours of the appointment, a 100% cancellation fee will be applied.

## SPA ETIQUETTE

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### *Late Arrival*

If you arrive late for an appointment, the spa treatment may be abbreviated if it conflicts with another booking. Full charges may apply, so as not to inconvenience other bookings.

### *Arrival and Check In Procedures*

For all services we request our guests to arrive at least 15 minutes prior to scheduled appointment to enjoy pre-rituals.

### *Age Restrictions*

SASH welcomes guests 16 years and older, unless accompanied by an adult.

### *Extensions*

If you are unable to redeem your packages/gift vouchers within the time period stated, kindly note that no extensions will be granted.





