




SASH

September 2019



A white paradise of timeless elegance, SASH brings you bespoke beauty, tailor made luxury and personalized wellness. It is the ultimate destination for relaxation and pampering, created with you in mind. Our facilities are designed to relax, to renew and to re-energise our guests. Every treatment is transformed into a unique and personal occasion, a moment created especially for you – the quintessential luxury SASH experience.

Fitness

MEMBERSHIP

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

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 all 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 *
- Joining Fee

50 BD

** Terms & conditions apply*

MEMBERSHIP

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

<i>Day Pass</i>	10 BD
<i>Weekend Pass</i>	20 BD
<i>Single Aerobics & Advanced Class Pass</i>	5 BD
<i>Single Mind & Body Class Pass</i>	7 BD

	MEMBERS	NON-MEMBERS
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FITNESS CLASS PASSES (10 classes)*

<i>Aerobics</i>	Free	35 BD
<i>Advanced</i>	25 BD	35 BD
<i>Mind & Body</i>	40 BD	55 BD

PERSONAL TRAINING

<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

* Valid for 3 months

Spa

BODY MASSAGES

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 body scrub 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: *Sensual -Rose, Uplifting - Lemongrass or Soothing-Grape Seed.*

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

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, Uplifting - Lemongrass or Soothing-Grape Seed.*

Invigorating Back Massage

30 mins | 25 BD

Relaxing Foot Massage

30 mins | 25 BD

BODY SCRUBS

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.



Omorovicza,
BUDAPEST

“

The Omorovicza journey began over 2,000 years ago, when the healing properties of Hungary's thermal waters were discovered and the first thermal baths were built. All Omorovicza products are powered by a potent blend of Hungary's healing waters and our patented Healing Concentrate™ delivery system. This is combined with the finest vitamins, essential oils and other natural ingredients sourced from across the globe, from the bed of Lake Heviz to the peak of the Andes Mountains.

”

OMOROVICZA BODY THERAPIES

Classic Hungarian Body Wrap

90 mins | 40 BD

More than an ordinary wrap treatment, this body experience begins with a vigorous yet gentle body detoxifying exfoliation using sea salt, Hungarian moor mud and capsicum peptide. A deep cleansing mud mask is then lathered onto the body. While the mud cleanses and the body is wrapped, the therapist performs a scalp massage to relieve any tension of stress. A stone body massage using a rich blend of essential oils adds a soothing finishing touch.

Golden Body Treatment

60 mins | 30 BD

This treatment showcases the proven anti-inflammatory properties of gold: it helps to heal the micro-damage inflicted daily and to revitalize the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with a fragrant oil enriched with gold particles. Guaranteed to leave the body soothed, hydrated and radiant.

Dimple Dissolve

60 mins | 35 BD

This cellulite-busting treatment begins with brushing the body followed by detoxifying exfoliation using sea salt and mineral-rich Hungarian thermal mud. The Dimple vanisher is then massaged into freshly brushed and buffed skin. The focus is a light lymphatic drainage. The body's micro-circulation is accelerated and the appearance of dimples is reduced.

OMOROVICZA FACIALS

Illuminating Facial

60 mins | 40 BD

Designed to leave complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating boost. A unique facial massage soothes the senses and accelerates micro-circulation whilst an essence rose and peony mask plumps the epidermis to reduce the appearance of fine line and wrinkles. Attention is also paid to all-too-often neglected hands!

Deep Cleansing & Pore Refining Facial

60 mins | 45 BD

Best for detoxifying and purifying. Clear, balance and refresh oily, congested and combination skin with our detoxifying Hungarian Moor Mud facial.

Gold Hydralifting with Harmonizing Rose Quarts Massage

90 mins | 50 BD

This repairing and hydrating treatment starts with a double application of Hungarian Moor mud; to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin. A sprinkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

OMOROVICZA FACIALS

Blue Diamond Facial

90 mins | 55 BD

This firming and brightening facial with cell repair effect will revitalise dull, lacklustre skin. Best for anti-ageing. This firming and brightening treatment help revitalize dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness essential to the youthful behavior of skin cells and help repair for a stronger, healthier more vibrant complexion. The traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energize and lift.

FACIAL ADD-ON

Eye Dermaglobe Treatment

15 mins | 20 BD

In this 15-minute eye-treatment, arnica and vitamin K are used to remove puffiness and dark circles and a gentle massage using cooling dermaglobes soothes and relaxes the eye contour for brighter refreshed eyes.

Firming Neck & Décolleté Treatment

60 mins | 40 BD

This neck and décolleté hydrates, lifts and firms instantly for a smooth and tight neck and décolleté. White truffle enzymes repair the skin and improve elasticity. Ancient Hungarian techniques, will awake all the muscles in the neck and décolleté for a stronger lifting effect.

HYDRAFACIAL

“ *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.

Packages

<i>Sash Body Massage Package</i>	140 BD
<i>Omorovicza Body Therapy Package</i>	140 BD
<i>Omorovicza Facial Package</i>	180 BD
<i>Signature HydraFacial Package</i>	200 BD
<i>Advanced HydraFacial Package</i>	240 BD

** 5 sessions per package*

WAXING & THREADING

<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

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

LUXURIOUS HAND TREATMENTS

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

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

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

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

60 mins | 10 BD

Classic French pedicure for natural healthy looking nails.

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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.

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15 mins | 4 BD

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FOOT TREATMENTS ADD-ON

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.

In-grown Nail Treatment

15 mins | 4 BD

Gel Polish Removal

15 mins | 3 BD

Nail Polish Removal

15 mins | 1 BD

Beauty

CUT & STYLING

Classic Blow-dry

Assistant / Stylist | 10 / 12 BD

Wavy Hair

Assistant / Stylist | 15 / 20 BD

Full Hair Up-do

Assistant / Stylist | 25 / 40 BD

Half Hair Up-do

Assistant / Stylist | 20 / 30 BD

Hair Cut

20 BD

Trim

15 BD

Fringe Trim

8 BD

Bridal Hair

200 BD

Hair Extensions

Price Upon Consultation

COLORING TREATMENTS

<i>Roots Color</i>		30 BD
<i>Full Color</i>	short / medium / long	40 / 45 / 50 BD
<i>Color Touch Up</i>		15 BD
<i>High/Low Light Full</i>	short / medium / long	30 / 35 / 40 BD
<i>High/Low Light Half</i>		20 BD
<i>Semi-permanent Color/Toner</i>		25 BD
<i>Dip Dye/Ombre/Sombre</i>	short / medium / long	30 / 35 / 40 BD

HAIR CARE

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

“ 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-nutlify, 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

“ *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

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

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

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.

Packages

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

** 5 sessions per package*

MAKE-UP

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

<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>

OUT-SERVICE

<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>

Sash Suite

The SASH Suite offers tranquility in a more exclusive setting designed for a bespoke experience. Consisting of private Nail and Beauty booths, the suite is ideal for group bookings, special occasions or even for personal pampering.

Full Suite booking rate is available upon inquiry.

NAILS

<i>Signature Manicure</i>	14 BD
<i>Signature Pedicure</i>	14 BD
<i>Signature French Manicure</i>	15 BD
<i>Signature French Pedicure</i>	15 BD
<i>Signature Everlasting Manicure</i>	18 BD
<i>Signature Everlasting Pedicure</i>	18 BD

NAIL TREATMENTS ADD-ON

<i>On-Trend Nail Art</i>	1 BD - 3 BD / nail
<i>Paraffin Touch</i>	12 BD

BEAUTY

<i>Classic Blow Dry</i>	15 BD
<i>Wavy Hair</i>	25 BD
<i>Half Hair Updo</i>	38 BD
<i>Full Hair Updo</i>	50 BD
<i>Hair Cut</i>	25 BD
<i>Trim</i>	20 BD
<i>Olaplex Treatment</i>	30 BD
<i>Olaplex Add-On</i>	20 BD
<i>Sash Recharge Treatment</i>	160 BD
<i>Bridal Hair</i>	250 BD

BEAUTY

Hair Care by Philip Kingsley

Deep Conditioning Treatment	45 mins 38 BD
Intensive Dry Scalp Treatment	45 mins 38 BD
Hair Loss Treatment	45 mins 38 BD

Hair Care by Kevin Murphy

Treat.Me Moisture	30 mins 30 BD
Treat.Me Strength	30 mins 30 BD
Treat.Me Anti-Aging	30 mins 30 BD
Angel.Me KMX	15 mins 15 BD
Hydrate.Me KMX	15 mins 15 BD

SPA ETIQUETTE

Prices

All prices are quoted in Bahraini Dinar and inclusive of 5% applicable Government Tax.

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 welcome, 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

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.

