



S A S H





*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.*



S A G H  
FITNESS

# WELL BEING MEMBERSHIP

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

## *Annual Well-Being Membership*

550 BD

- Exclusive, unlimited access to all gym facilities
- Aerobics & Advance classes throughout the year except Mind & Body Class \*
- Four x one day pass, inclusive of aerobics class fitness access
- One complimentary *60 minute* Bespoke Journey
- One complimentary *30 minute* Express Hydrafacial
- A *20%* discount on all Sash services and *10%* discount on retail products
- A *10%* discount within Sash Café
- One complimentary personal training session with purchase of an all access pass
- Two complimentary Inbody Composition consultations
- Two complimentary Biologique Recherche – Skin Instant© Lab analysis
- *BD10* voucher from The Paper Truck
- Priority booking for special events
- Sash Fitness gym kit (new sign-up only)
- One-time membership freeze permissible per year
- Birthday cake from SASH Café and surprise gift from SASH Spa on your birthday
- A complimentary Wellness Juice Box
- Inclusive of joining fee

*\* Terms & Conditions apply*

# WELL BEING MEMBERSHIP

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

## *6-Month Well-Being Membership*

350 BD

- Exclusive, unlimited access to all gym facilities
- One complimentary Inbody Composition consultation
- One complimentary personal training session with purchase of an all access pass
- One complimentary *60 minute* Bespoke Journey
- One complimentary all access pass
- A complimentary Wellness Juice Box
- *BD10* voucher from The Paper Truck
- Special rates on other fitness services
- Inclusive of joining fee

## *3-Month Well-Being Membership* **NEW!**

240 BD

- Exclusive, unlimited access to all gym facilities
- One complimentary Inbody Composition consultation
- One complimentary personal training session with purchase of an all access pass
- A complimentary Wellness Juice Box
- Special rates on other fitness services
- Inclusive of joining fee

*\* Terms & Conditions apply*





**10 SESSION PASS**  
*Personal Training*

Guest ID :   
Valid Thru:

E: info@sashspa.com | T: +973 17 879 770

SASH

# FITNESS PASSES

PASSES | SERIES

Day Pass	10 BD
Single Aerobics & Advanced Class Pass	5 BD
Single Mind & Body Class Pass	7 BD

MEMBERS    NON-MEMBERS

## FITNESS CLASS PASSES (10 classes)\*

<i>Aerobics &amp; Advanced</i>	28 BD	40 BD
<i>Mind &amp; Body</i>	45 BD	55 BD

## PERSONAL TRAINING \*

<i>Personal Training Series</i>	180 BD	220 BD
<i>Single Personal Training Session</i>	22 BD	27 BD
<i>InBody Composition Consultation</i>	12 BD	15 BD

\* Valid for 3 months





# SPA

## *EXCLUSIVE JOURNEY*

**Sash - Escape Full Body Signature Journey**

150 mins | 83 BD

*For me time*

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 exfoliation and a personalized choice of a 60-minute Massage Journey. 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 Mindful Manicure and Pedicure.



## Super Lift

180 mins | 125 BD

*For face and body lift*

Utilizing silica powder to exfoliate and renew. Followed by Hyaluronic Acid with Silk to hydrate, smooth, lift and firm your face and body with unique Lift CVS Booster techniques.

## Slimming & Toning

180 mins | 125 BD

*Purify and shape your body*

Body contouring and sculpting for a more defined, well-shaped body and thinner appearance. This exclusive journey includes two body sessions within one week to optimize a better result.

## Detoxification Booster

150 mins | 103 BD

*For brighter skin and reduce cellulite*

A detoxifying treatment using multifunction massage gloves. Seaweed wrap with oxygen to eliminate toxins, excess water and fat. Combining with Booster VIP O2 to detoxify and re-oxygenate the skin.



### Skin Revolutions

120 mins | 75 BD

*For a new skin, face and body*

This intensive smoothing and regenerating skin care peel is full of AHAs for face and body. It leaves your skin softer, unified and hydrated. Ideal for all skin types.

### Glow On The Go

60 mins | 65 BD

*For flawless skin*

A perfect glow for your skin! Begins with Express HydraFacial and complete with Masque Biologique Feerie, a sheet mask loaded with a cold veil of Marine Collagen. Your skin will be left extremely toned, smooth and refreshed.





## *ADVANCED RITUALS*

### **Skin Instant© Lab Analysis**

25 mins | 20 BD

Consisting of five probes, measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum level. This unique machine recommends a selection of Biologique Recherche products and treatments that are appreciated for each individual Skin Instant. This unique analysis is the first stage in the Biologique Recherche Methodology, a tool we use to identify your Skin Instant.

### **Remodeling Face® Microcurrent**

30 mins | 50 BD

Working out the muscles on your face for you, it painlessly stimulates the facial muscles to contour the chin, makes the cheekbones more prominent and widen the eyes. The machine uses a combination of four electric currents and one radio-frequency wave. A high-frequency impulse current to make the epidermis permeable and help the active ingredients migrate into the cells by temporarily creating multiple wells into their surface.

# 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.* ”

## Deluxe HydraFacial

45 – 60 mins | 50 / 60 BD

*For an instant skin refresher*

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.

## Express HydraFacial

30 mins | 35 BD

*For a quick fix*

Are you struggling to find “me time”? Come in for a lunch break HydraFacial. Forget all the added bells and whistles because you need to be in and out in 30 minutes.





## *FACE*

### **Lifting & Firming Treatment**

90 mins | 60 BD

*Lifted and better toned*

An exfoliating and lifting treatment combined with massage techniques for mature Skin Instants©. Skin is smoothed, toned and refined.

### **Hyaluronic Acid Treatment**

90 mins | 60 BD

*For plumped – up skin*

A reconditioning treatment that tones the epidermis, suitable for all Skin Instants©. The skin of your face, neck and décolleté is drained, smoothed and toned.





## FACE

### VIP 02 Oxygen Detox Treatment *More radiance and anti-pollution*

75 mins | 55 BD

A treatment to detoxify and stimulate the epidermis, and reoxygenate the skin tissue for dull Skin Instants© that are choked by urban pollution. The complexion gains an incredible glow, skin is more luminous and bursting with radiance.

### Sebum-Rebalancing Treatment *For clearer skin*

60 mins | 50 BD

A treatment that controls excess sebum on the skin's surface and detoxifies oily and acne-prone Skin Instants©. Skin is purified and unified, while pores are tightened.

## ***BODY***

### **Body Lift**

90 mins | 80 BD

*For a sculpted and toned body*

A firming and toning treatment. Your skin texture is smoothed and your body is resculpted.

### **ALGAE Slimming**

90 mins | 80 BD

*To detoxify and slim body*

A purifying and detoxifying treatment. It promotes the elimination of toxins and helps improve microcirculation.

### **Reharmonizing and Draining**

90 mins | 50 BD

*To feel better in your body*

A treatment that begins with deep massaging of the body, to bring you a feeling of balance and wellbeing.

### **Legs Revitalization**

60 mins | 50 BD

*For a sensation of lightness*

A draining and decongestant treatment. It stimulates the circulation and helps give a sensation of lightness.

### **Belly Detox**

15 mins | 15 BD

*For promotes elimination of toxins and excess water*

To detoxify and boost pelvic muscles with Huile Sous Ombilicale: a blend of Cedar, Juniper, Pine and Clove oils.



## MASSAGE JOURNEY

### Remedial Power Journey with “JADE”

90 – 120 mins | 55 / 65 BD

*For harmonizing and balancing inner body & mind*

Jade brings new meaning to Hot Stone Therapy, to attract love, bring prosperity and happiness. This treatment to heal stressed organs and discharge toxins. It slows the aging process and strengthens the body's natural defenses.

### Herbal Healing Journey

90 – 120 mins | 55 / 65 BD

*For renewal & vitality*

Thai Herbal Compress and purifying volcanic herbal balm. As the warm compress opens the pores, the various healing benefits of the herbs inside can be fully absorbed.

### Bespoke Journey

60 / 90 mins | 39 / 49 BD

*For improved muscle recovery*

A fully customized deep tissue body massage with the use of acupressure points, lymphatic drainage, aromatherapy and stretch to relax, heal or re-energize.

### Destress Journey

60 / 90 mins | 39 / 49 BD

*For releasing tension*

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

### Royal Thai Journey

60 / 90 mins | 39 / 49 BD

*For increased flexibility and blood circulation*

A highly renowned Thai massage experience that focusses on the energy flow from the meridian line within the body, using trigger points to help boost the immune system and promote mental clarity. Thai pajamas are provided during your journey.





*HAIR REMOVAL*

Full Body	90 mins   53 BD
Full Leg	45 mins   13 BD
Half Leg	30 mins   7 BD
Full Arm	30 mins   13 BD
Half Arm	15 mins   7 BD
Underarm	15 mins   4 BD
Tummy	15 mins   8 BD
Bikini	15 mins   7 BD
Brazillian	30 mins   18 BD
Back	15 mins   8 BD



*HAIR REMOVAL*

Full Face	30 mins   13 BD
Eyebrow Shaping	30 mins   6 BD
Nose	15 mins   2 BD
Upper Lips	15 mins   3 BD
Cheeks	15 mins   3 BD
Neck	15 mins   3 BD
Upper Lip Threading	15 mins   3 BD
Eyebrow Threading	15 mins   5 BD
Face Threading	30 mins   12 BD





## *NAIL | SPA RITUAL HAND & FOOT*

### **Slow Beauty Signature Treatment**

manicure / pedicure | 14 / 14 BD

The hand or foot ritual begins with a soaking experience to cleanse away any tension or stress and a purifying exfoliation followed by a moisture – rich detoxifying mask. Finally, our signature massage relaxes nails are perfectly polished and finely groomed.

### **Mindful Treatment**

manicure / pedicure | 11 / 12 BD

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

### **Perfect Sense Treatment**

hand / foot | 13 / 13 BD

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



Soothing Tuberose  
BODY SALVE

SPARITUAL.  
BODY CARE

After bathing, warm a quarter-sized amount of  
body salve between your hands to release the scent.  
Massage into skin using long, soothing strokes until  
absorption is quick. Allow the body salve to absorb for  
the salve to be fully absorbed and a pleasant scent to  
remain.

## *NAIL APPLICATION*

### **Soft Gel Tips**

French / Signature / Signature French 27 / 30 / 35/ 37 BD

The fastest and most professional nail enhancement. Break resistant strength, and lasts up to 3 weeks. With a flexi fit that contours to the nails perfectly for a seamless look.

### **Everlasting**

French / Signature / Signature French | 16 / 18 / 20 / 22 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.

### **French**

Signature | 13 / 15 BD

Classic French manicure for natural healthy looking nails.

### **Gel Couture**

Signature | 13 / 15 BD

A 2-step system for long-lasting nail polish, with high adherence color and gel-like high shine topcoat.

### **Express Polish**

French / Gel Couture | 6 / 8 BD

Simple cut and file your nails, and complete the look with your choice of nail polish application.





### *NAIL ADD-ONS*

**On-Trend Nail Art**

2 - 4 BD / nail

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

**Mini Hand or Foot Massage**

10 mins | 3 BD

### *NAIL REMOVAL & REPAIR*

**Soft Gel Nail Repair**

15 mins | 3 BD

**Soft Gel Nail Removal**

45 mins | 8 BD

**Gel Polish Removal**

15 mins | 3 BD



PROFESSIONAL USE ONLY • OLAPLEX.COM

**OLAPLEX.**  
BOND MULTIPLIER.

**No. 1**

MIX WITH LIGHTENER, COLOUR,  
OR CHEMICAL SERVICES

525 ml/Net 17.75 fl oz

# 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 | 27 BD

Intensive Dry Scalp Treatment

45 mins | 27 BD

Hair Loss Treatment

45 mins | 27 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.*”

Treat.Me

45 mins | 25 BD

A nourishing treatment that can restore youthful luster and softness.

Luxury KMX

20 - 45 mins | 14 / 19 BD

Personalized treatment that treats your scalp and will make your hair supple and smoother.



## *SPECIAL HAIR CARE*

### **True Keratin Treatment**

contour / short / medium / long  
65 / 145 / 165 / 220 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 | 27 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.



*HAIR CARE*

Olaplex Add-On	30 mins   17 BD
Hair Wash	10 mins   5 BD
Mini Head Massage	10 mins   3 BD

## *ORGANIC HAIR TREATMENTS*

### Ultimate Radiance

30 mins | 12 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

30 mins | 12 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

30 mins | 12 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.

### Vegan Hot Oil

30 mins | 8 BD

A mixture of pure organic almond, coconut or olive together with Argan oil, rich in protein and vitamin. This treatment nourishes and moisturizes the hair, end result with healthy hair looks.

## *CUT & STYLING*

Classic Blow-dry	short / medium / long   12 / 15 BD
Wavy Hair	short / medium / long   17 / 22 BD
Full Hair Up-do	short / medium / long   27 / 44 BD
Half Hair Up-do	short / medium / long   22 / 34 BD
Hair Cut	22 BD
Trim	17 BD
Fringe Trim	8 BD
Bridal Hair	220 BD
Hair Extensions	<i>Price Upon Consultation</i>

## *COLORING*

Roots Color	34 BD
Full Color	short / medium / long   44 / 49 / 56 BD
Color Touch Up	17 BD
High/Low Light Full	short / medium / long   34 / 39 / 44 BD
High/Low Light Half	22 BD
Semi-permanent Color/Toner	27 BD
Dip Dye/Ombre/Sombre	short / medium / long   34 / 39 / 44 BD

## *LITTLE SASH*

Little Wavy Hair	7 BD
Little Up-Do	9 BD
Little Wash & Blow	7 BD
Little Wash & Cut	8 BD
Little Wash & Trim	6 BD
Little Wash & Treat	7 BD
Little Blow Dry * no hair wash included	6 BD
Little Nails Manicure	4 BD
Little Nails Pedicure	4 BD

## *OUT-SERVICE*

Hair Styling	130 BD
Hair Coloring	200 BD
Sash Recharge Treatment	330 BD
Special Event Hair Styling	220 BD
Bridal Hair Styling	440 BD
Bridal Hair Styling (International Appointment)	<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.*



## *SPA ETIQUETTE*

### **Prices**

All prices are quoted in Bahraini Dinar and inclusive of 10% 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.

## *SPA ETIQUETTE*

### **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.

### **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 and below 16 years old must be 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.

T +973 17 899 990  
F +973 17 899 991  
E [info@sashspa.com](mailto:info@sashspa.com)  
[www.sashspa.com](http://www.sashspa.com)

Shop 112  
Mashtan Avenue  
Block 916  
Riffa Al Shamali  
Kingdom of Bahrain