



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.

WELL BEING MEMBERSHIP

Unlimited Annual Well-Being Membership NEW!

725~BD

- Exclusive, unlimited access to all gym facilities
- Member rates are applicable on Fitness services (PT Series & Classes)*
- Aerobics & Advance classes throughout the year except Spinning Class & Mind & Body Class
- Four x one day pass of aerobics class fitness access for family & friends
- One complimentary 60 minute massage of your choice (Balinese/Calming/Sole Revival)
- One complimentary 30 minute Express Hydrafacial
- A 20% discount on all Sash services and 10% discount on retail products from BD10 spent
- A 10% discount within Sash Café
- Two complimentary personal training sessions.
- Two complimentary Inbody Composition consultations
- Two complimentary Biologique Recherche Skin Instant© Lab analysis
- Priority booking for special events
- Sash Fitness gym kit (new sign-up only)
- One-time membership freeze permissible per year
- A complimentary Wellness Juice Box

Limited Annual Well-Being Membership

550 BD

- Exclusive, unlimited access to all gym facilities
- Member rates are applicable on Fitness services (PT Series & Classes)*
- Four x one day pass of aerobics class fitness access for family & friends
- One complimentary 60 minute massage of your choice (Balinese/Calming/Sole Revival)
- One complimentary Wash & Blowdry
- A 20% discount on all Sash services and 10% discount on retail products from BD10 spent
- A 10% discount within Sash Café
- One complimentary personal training session with the purchase of an all access pass
- Two complimentary personal training sessions
- Two complimentary Inbody Composition consultation
- Two complimentary Biologique Recherche Skin Instant© Lab analysis
- Two complimentary All Access Pass
- Priority booking for special events
- Sash Fitness gym kit (new sign-up only)
- One-time membership freeze permissible per year
- A complimentary Wellness Juice Box

6-Month Well-Being Membership

385 BD

- Exclusive, unlimited access to all gym facilities
- One complimentary Inbody Composition consultation
- One complimentary personal training session
- One complimentary 60 minute massage of your choice (Balinese/Calming)
- One complimentary all access pass
- Member rates are applicable on Fitness services (PT series & Classes)*

3-Month Well-Being Membership

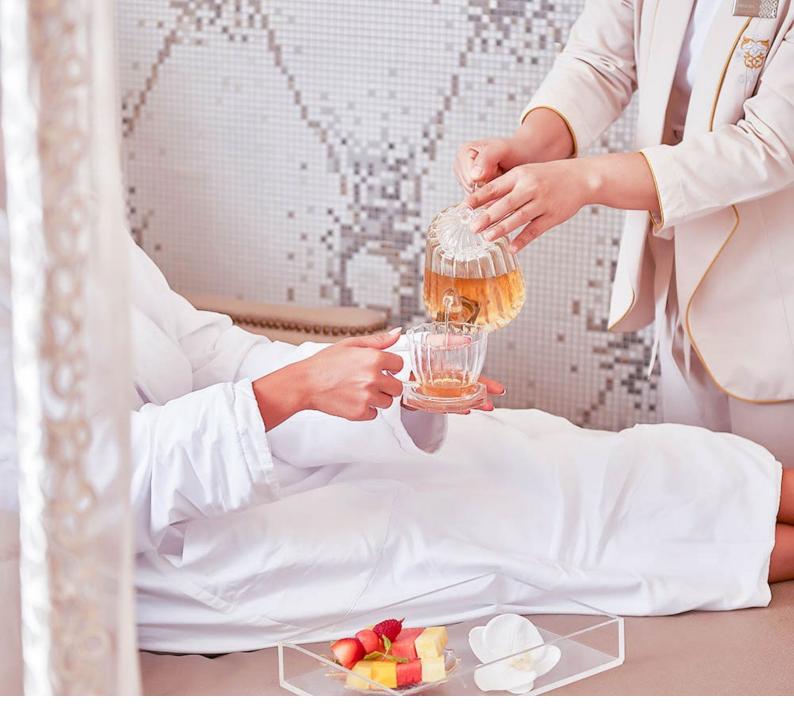
250 BD

- Exclusive, unlimited access to all gym facilities
- One complimentary Inbody Composition consultation
- One complimentary personal training session
- One complimentary all access class pass
- Member rates are applicable on Fitness services (PT series & Classes)*

FITNESS PASSES

SERIES

	MEMBERS	NON-MEMBERS
FITNESS CLASS PASSES (10 classes)****		
Aerobics & Advanced	28 BD	40 BD
Spinning NEW!	28 BD	40 BD
Mind & Body	45 BD	55 BD
PERSONAL TRAINING		
Personal Training Series (16 classes)***	275 BD	350 BD
Personal Training Series (8 classes)**	155 BD	185 BD
Single Personal Training Session*	22 BD	27 BD
InBody Composition Consultation*	12 BD	15 BD
Day Pass		10 BD
		7 BD
Single Mind & Body Class Pass		
Single Aerobics & Advanced Class Pass		5.5 BD
Single Spinning Class		5.5 BD



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.

BIOLOGIQUE RECHERCHE | FACE

Toleskin Facial 60 mins | 100 BD

For Intolerant/Sensitive Skin

Soothes sensitive and reactive skin, reducing itching, redness, and discomfort. Improves skin tolerance and hydration. Ideal for eczema and skin in crisis.

Hyaluronic Acid Treatment

90 mins | 70 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.

Lifting & Firming Treatment

90 mins | 70 BD

Lifted and better toned

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

VIP 02 Oxygen Detox Treatment

75 mins | 65 BD

More radiance and anti-pollution

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.

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.

Sebum-Rebalancing Treatment

60 mins | 60 BD

For clearer skin

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.

BIOLOGIQUE RECHERCHE | BODY

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 | 110 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.

Body Lift 90 mins | 95 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.

Legs Revitalization

60 mins | 65 BD

For a sensation of lightness

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

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.

P50 New Skin Treatment (Body Exfoliation)

45 mins | 50 BD

To smoothen and exfoliate

An exfoliating and revitalizing treatment. It leaves the skin on your body softer, more even and moisturized.

Belly Detox 15 mins | 25 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.

BIOLOGIQUE RECHERCHE | FACE & BODY

Super Lift

180 mins | 130 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.

Skin Revolutions

120 mins | 85 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.

ADD ONS

Feerie Visage El Cou	30 mins / 25 BD
Mask Collagene Caviar	30 mins / 25 BD
Masque PIGM 400	15 mins / 15 BD
Patches Defatigants(under eyes Masque)	15 mins / 15 BD
Liftkiss Sachet	15 mins / 15 BD
Face Massage	10 mins / 10 BD
Sheet Mask (MASK)	8 BD

ADVANCED RITUALS

Remodeling Face® Microcurrent

30 mins | 65 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.

Skin Instant© Lab Analysis

25 mins | 15 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.

SPA HYDRAFACIAL

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.

BODY RITUALS

Candle Massage NEW!

75 mins | 65 BD

Indulge in a serene journey with warm, aromatic candle oil, combined with the soothing touch of a hotstone on the back for ultimate relaxation and muscle tension relief.

Body Wrap

40 mins | 37 BD

Experience a rejuvenating body wrap, designed to hydrate, detoxify, and restore your skin's natural balance while providing a tranquil escape.

Body Scrub 30 mins | 27 BD

Reveal radiant skin with a revitalizing body scrub, expertly crafted to exfoliate and nourish, leaving your skin smooth, soft, and glowing.

MASSAGE JOURNEYS

Athlete's Renewal Journey NEW!

60 / 90 / 120 mins | 42 / 55 / 84 BD

Recovery and rejuvenation

A deep tissue massage tailored for athletes, focusing on muscle recovery, improving flexibility, and easing post-workout fatigue.

Thai Wellness Journey

60 / 90 / 120 mins | 42 / 55 / 84 BD

For increased flexibility and blood circulation

A highly renowned Thai massage experience that focuses 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.

Balinese Journey NEW!

60 / 90 / 120 mins | 39 / 49 / 78 BD

Blissful balance, Indonesian tradition

Discover the harmonious flow of traditional Balinese techniques, blending gentle stretches and acupressure to rejuvenate your body and mind.

Calming Journey NEW! Serenity for mind and body

60 / 90 / 120 mins | 39 / 49 / 78 BD

Immerse yourself in a soothing massage designed to ease stress and tension, leaving you with a profound sense of tranquility and balance.

Jade Revival Journey

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 Ritual Journey/Pouch Massage

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.

SPA MASSAGE JOURNEYS

Detox Delight NEW!

75 / 90 mins | 49 / 54 BD

Gentle lymphatic cleansing touch

A rejuvenating lymphatic drainage massage designed to detoxify, improve circulation, and leave you feeling refreshed and revitalized.

Sole Revival NEW!

30 / 45 / 60 mins | 32 / 39 / 42 BD

Relaxing reflexology for tired feet

Experience the rejuvenating power of reflexology, where targeted pressure points on your feet are gently massaged to restore balance, ease tension, and promote overall well-being.

Scalp Serenity Massage
Head-to-shoulders stress relief

30 mins | 27 BD

A calming massage for your scalp, neck, and shoulders, easing stress and promoting a deep sense of relaxation.

Tension Melt Back Massage

30 mins | 27 BD

Targeted relief for tension spots

A focused massage to relieve back tension and knots, leaving you relaxed and recharged in no time.

BROWS & WAXING

Full Body (Excluding Bikini)	90 mins 65 BD
Brazillian	30 mins 18 BD
Full Leg	45 mins 15 BD
Full Arm	30 mins 15 BD
Full Face Waxing	30 mins 13 BD
Face Threading	30 mins 12 BD
Half Leg	30 mins 9 BD
Half Arm	15 mins 9 BD
Tummy	15 mins 9 BD
Back	15 mins 9 BD
Bikini	15 mins 9 BD
Eyebrow/Forehead Waxing	30 mins 6 BD
Underarm	15 mins 6 BD
Eyebrow//Forehead Threading	15 mins 5 BD
Upper Lips Waxing	15 mins 3 BD
Cheeks/Neck Waxing	15 mins 3 BD
Chin/Cheeks/Neck/Upper Lip Threading	15 mins 3 BD
Nose	15 mins 2 BD



BEAUTY

CUT & STYLING

Fringe Trim	9 BD
Classic Blow-dry	short / medium / long 12 / 13 / 15 BD
Wavy Hair	short / medium / long 18 / 20 / 24 BD
Trim	18 BD
Hair Cut	23 BD
Half Hair Up-do	short / medium / long 23 / 26 / 36 BD
Full Hair Up-do	short / medium / long 28 / 36 / 46 BD
Bridal Hair	Price Upon Consultation
Hair Extensions	Price Upon Consultation

HAIR COLOR

Semi-permanent Color/Toner	27 BD
High/Low Light Half	Price starts from 37.5 BD
High/Low Light Full	short / medium / long 36 / 41 / 46 BD
Roots Color	Majirel / Inoa 34 / 35 BD
Full Color (Short)	Majirel / Inoa 44 / 45 BD
Full Color (Medium)	Majirel / Inoa 48 / 49 BD
Full Color (Long)	Majirel / Inoa 56 / 57 BD
Dip Dye/Ombre/Sombre	short / medium / long 45 / 50 / 55 BD

KERASTASE

Chronologiste/Caviar Experience	Price starts from 55 BD
Nutritive	Price starts from 39 BD
Curl Manifesto	Price starts from 39 BD
Genesis	Price starts from 33 BD
Premiere	Price starts from 33 BD
Chroma Absolu (Red Undertones)	Price starts from 32 BD
Specifique (Divalent)	Price starts from 24 BD
Chroma Absolu (Colored Hair)	Price starts from 24 BD
Symbiose	Price starts from 19 BD
Fusio Dose	Price starts from 20 BD
Fusio Scrub - Add On	Price starts from 9 BD

K18

K-18 Price starts from 27 BD

Experience the revolutionary K18 Hair Treatment, designed to repair and rejuvenate hair from deep within. This innovative treatment works at the molecular level to reverse damage caused by heat styling, chemical treatments, and environmental stressors.

K-18 Add-on 18 BD

KEVIN MURPHY

Treat.Me Price starts from 27 BD

A nourishing treatment that can restore youthful luster and softness.

Luxury KMX Price starts from 14 BD

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

PHILIP KINGSLEY

Deep Conditioning Price starts from 27 BD

Intensive Dry Scalp Price starts from 27 BD

Hair Loss Price starts from 27 BD

OLAPLEX

Olaplex Price starts from 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.

Olaplex Add-On 17 BD

MILK SHAKE

Intensive Reconstructive Price starts from 39 BD

Integrity Muru Muru Butter Price starts from 25 BD

Argan Oil Price starts from 22 BD

Integrity Repairing Hair Price starts from 12 BD

Integrity Intensive Price starts from 11 BD



Stimulating Price starts from 28 BD

A rejuvenating experience designed to nourish the scalp, strengthen the hair, and enhance natural shine, promoting overall hair health and vitality.

TRUE KERATIN

True Keratin 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.

OTHERS

Hair Wash 6 BD

Mini Head Massage 3 BD

ORGANIC HAIR

Ultimate Radiance 14 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.

Hydrating Brilliance

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.

Scalp Stimulating 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.

Vegan Hot Oil 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.



NAILS SPARITUAL

Slow Beauty

manicure / pedicure | 14 / 15 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

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.



Everlasting Slow Beauty

manicure / pedicure | 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.

Soft Gel Tips Slow Beauty

manicure / 35 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. Service includes a signature manicure and a moisturizing hand massage.

NAIL RITUALS

Soft Gel Tips manicure / 32 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

manicure / pedicure | 16 / 18 BD

Ultra glossy, chip-resistant flawless nails for up to two weeks. The Essie gel manicure helps strengthen nails and encourages healthy nail growth.

Gel Couture

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

Express Gel Couture	manicure / pedicure 8 / 9 BD
Mindful Gel Couture	manicure / pedicure 13 / 14 BD
Signature Gel Couture	manicure / pedicure 15 / 16 BD

Express Polish

manicure / pedicure | 6 / 7 BD

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

Nail Repair French/Gel (Full Polish)

8 BD Full Set



Russian Services

COMING SOON

Experience the ultimate in nail perfection with our Russian Manicure and Pedicure. This meticulous technique gently removes cuticles and shapes nails with precision, delivering a polished, long-lasting finish. Customize your look with classic polish, gel polish, hard gel, or extensions for hands and feet that exude elegance and sophistication. Perfect for those seeking immaculate nails and a luxurious touch from fingertips to toes.

Russian Manicure

Classic	14 BD
Everlasting	22 BD
Overlay Gel (with Manicure)	27 BD
Overlay Gel XL (with Manicure)	30 BD
Extension	35 BD
Extension XL	44 BD
Slow Beauty Manicure	Price starts from 16 BD

Russian Smart Pedicure

Classic	17 BD
Everlasting	24 BD
Overlay	30 BD
Extension	38 BD
Slow Beauty Pedicure	Price starts from 20 BD

NAILS ADD ONS

Perfect Sense (hand/foot)	14 BD
Nail Art (Full Set)	From 10 BD
Cat Eye/Ombre/Chrome	5.5 BD
French	3 BD
Color Application (hand/foot)	3 BD
Mini Massage (hand/foot)	15 mins 3 BD
Nail Art	From 2 BD / nail
NAIL REMOVAL & REPAIR	
Gel Extensions (Drilling & Soaking)	8 BD / nail
Gel Removal Soaking/Drilling	5 BD
Ingrown	5 BD
Nail Fix (Polygel)	3 BD / nail
Nail Fixing - Soft Gel Tips	3 BD / nail



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.

LITTLE SASH

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

SASH PACKAGES NEW!

The Minimalist	The Mindful
Organic Hair Treatment Express Manicure Classic Blow Dry Express Pedicure	Classic Blow Dry Mindful Manicure Mindful Pedicure
26 BD	28 BD
The Essential	The Lux
	THE DUX
60mins Calming or Balinese Journey	Slow Beauty Manicure
Mindful Manicure	Slow Beauty Pedicure
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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.

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.