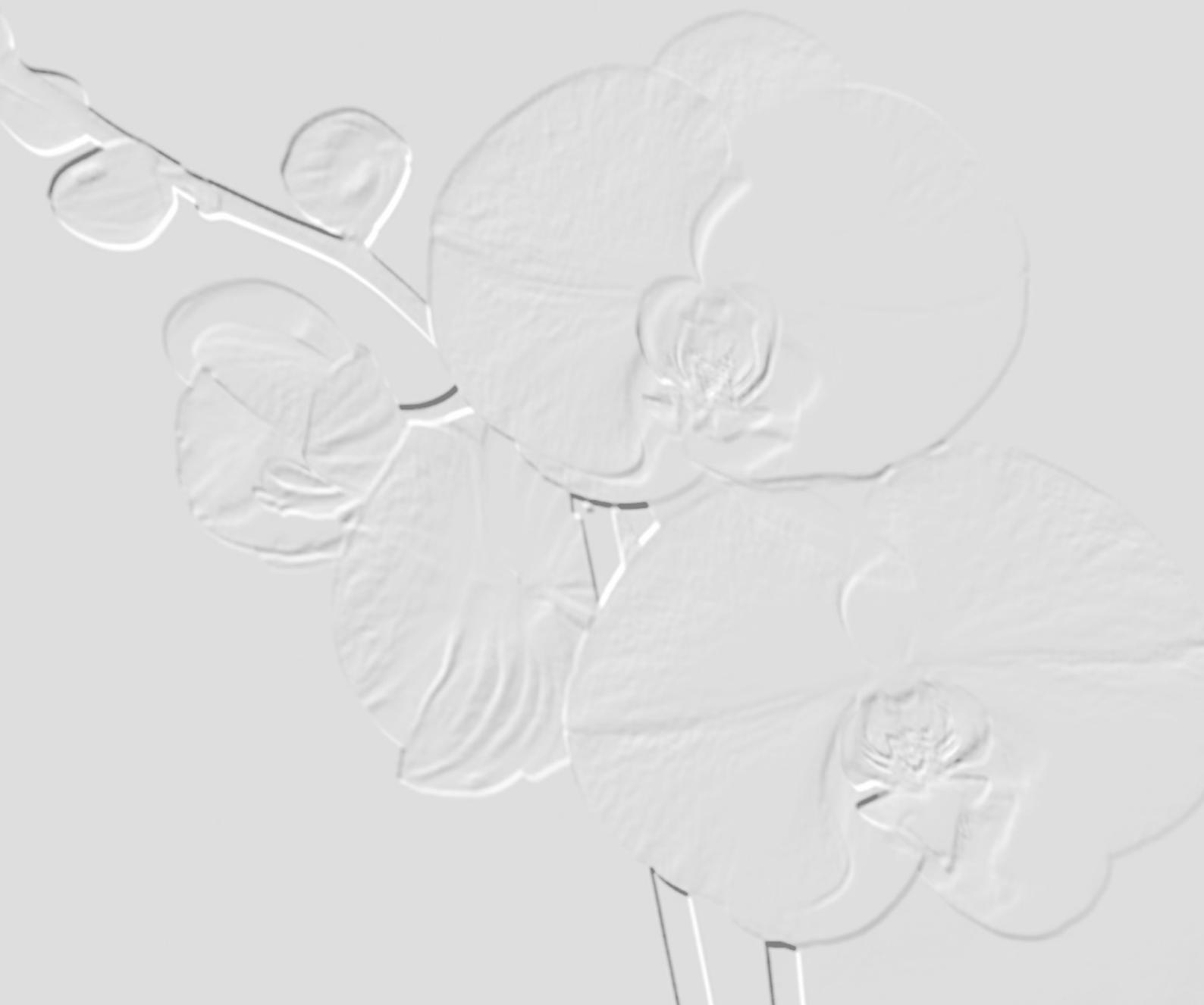


S A S H





*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.*

WELL BEING MEMBERSHIP

Unlimited Annual Well-Being Membership

725 BD

- Exclusive, unlimited access to all gym facilities
- Member rates are applicable on Fitness services
- Unlimited classes throughout the year
- Four x one day pass of class fitness access for family & friends
- 20% discount on all Sash services and 10% discount on retail products from BD10 spent
- 10% discount within Sash Café
- Priority booking for special events
- Sash Fitness gym kit (new sign-up only)
- One-time membership freeze permissible per year

Benefits

- One candle massage or Athlete's Renewal Massage
- One 60mins Biologique Recherche facial
- Six hair treatments (T&Cs apply)
- Two personal training sessions.
- Two Inbody Composition consultations
- Two Biologique Recherche – Skin Instant© Lab analysis
- Birthday cake from SASH Café
- A Wellness Juice Box
- Complimentary Slow Beauty Manicure & Pedicure (with Russian Manicure)
- Paraffin Wax Treatment

Limited Annual Well-Being Membership

550 BD

- Exclusive, unlimited access to all gym facilities
- Member rates are applicable on Fitness services
- Four x one day pass of class fitness access for family & friends
- 20% discount on all Sash services and 10% discount on retail products from BD10 spent
- 10% discount within Sash Café
- Priority booking for special events
- Sash Fitness gym kit (new sign-up only)
- One-time membership freeze permissible per year

Benefits:

- One candle massage or Athlete's Renewal Massage
- One 45mins Biologique Recherche facial
- Six hair treatments(T&Cs apply)
- Two All Access Class Pass
- Two personal training sessions
- Two Inbody Composition consultations
- One Biologique Recherche – Skin Instant© Lab analysis
- A Wellness Juice Box
- One Slow Beauty Manicure & Pedicure (with Russian Manicure)

WELL BEING MEMBERSHIP

6-Month Well-Being Membership

385 BD

- Exclusive, unlimited access to all gym facilities.
- Member rates are applicable on Fitness services

Benefits:

- One 60 minute massage of your choice (Balinese/Calming/Sole Revival)
- One 60 minute deluxe hydrafacial
- Three hair treatments (T&Cs apply)
- One personal training session
- One Inbody Composition consultation.
- One All Access Class Pass.
- One Mindful Manicure & Pedicure

3-Month Well-Being Membership

250 BD

- Exclusive, unlimited access to all gym facilities
- Member rates are applicable on Fitness services

Benefits:

- One Inbody Composition consultation
- One personal training session
- One All Access Class Pass

FITNESS PASSES

SERIES

MEMBERS NON-MEMBERS

PERSONAL TRAINING

<i>Personal Training Series (16 classes)***</i>	275 BD	350 BD
<i>Personal Training Series (8 classes)**</i>	155 BD	185 BD
<i>Single Personal Training Session*</i>	22 BD	27 BD
<i>InBody Composition Consultation*</i>	12 BD	15 BD

FITNESS CLASS PASSES (10 classes)****

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

Day Pass	10 BD
Single Mind & Body Class Pass	7 BD
Single Aerobics & Advanced Class Pass	5.5 BD
Single Spinning Class	5.5 BD

**** Valid for 90 Days

*** Valid for 60 Days

** Valid for 30 Days

* Valid for 7 Days



SPA EXCLUSIVE JOURNEY

Sash - Escape Full Body Signature Journey
For me time

150 mins | 85 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 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 personalized hair treatment, selected following a consultation between the stylist and guest, and a classic blow-dry. End your Sash-Escape at Sash Nails for a mindful manicure and pedicure.

SPA

BIOLOGIQUE RECHERCHE

Embark on your journey to radiant skin with Sash Spa and Biologique Recherche. All new clients enjoy a complimentary Skin Instant® Lab analysis with their first facial treatment booking. To ensure your skincare remains perfectly tailored, we offer a complimentary follow-up analysis after your fifth Biologique Recherche facial or six months from your initial assessment, whichever comes first.

The SKIN INSTANT LAB

30 mins | 18 BD

Is a unique diagnostic tool that gathers expert analysis by:

Utilizing five probes for in-depth measurements to determine the present Skin Instant© measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum level. This unique machine provides a selection of Biologique Recherche products and treatments that are customized for each individual Skin Instant©. This unique analysis is the first stage, providing the exact evaluation, in the Biologique Recherche Methodology, a tool we use to identify your Skin Instant©.

Instant Skin Revive

45 mins | 48 BD

For skin renewal

For those Skin Instants© that need instantaneous results, the skin will be refreshed, rebalanced and restored to a vibrant and dewy complexion.

Soin Restructurant et Lissant

60 mins | 65 BD

For plumped – up skin

A skin reconditioning and plumping treatment, suitable for all Skin Instants©. The skin of your face, neck and décolleté is hydrated, smoothed and regenerated.

MC110 Treatment

60 mins | 65 BD

For minimizing wrinkles

A treatment that reduces wrinkles and fine lines, designed for lackluster Skin Instants©. It leaves the skin on your face, neck and décolleté toned and redefined.

VIP 02 Oxygen Detox Treatment

60 mins | 75 BD

For brigther skin

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

SPA

BIOLOGIQUE RECHERCHE

ADD-ONS

To complete any 60-minute facial, we offer additional modules to target specific skincare needs, using exclusive products.

Cooling Eye Glow 30 mins | 20 BD

For a fresher appearance around the eyes

A unique, targeted treatment specifically designed for Skin Instants© with dark circles, bags or wrinkles around the eyes. It reduces puffiness, lightens dark circles, and smooths fine lines and wrinkles thanks to the combination of cryo techniques and dedicated patches. Your eye contour is visibly fresh, energized and the eye area looks brighter.

Liftkiss 30 mins | 20 BD

For dehydrated, damaged lip area

It instantly repairs damaged lips and adds volume to the lip contour, the lips are smoother and re-plumped for an enhanced finish.

Feerie Visage Et Cou 30 mins | 20 BD

For immediate plumping, brightening and tightening effect, leaving skin toned, smooth, and refreshed. Composed of a cold veil saturated with marine collagen and glycerin, it hydrates, refreshes, and soothes the skin, unifying the complexion and smoothing features.

Masque PIGM 400 30 mins | 20 BD

For an uneven and dull skin with irregularities

A mask with a high concentration of active ingredients of exceptional brightening and antioxidant properties, the skins initial radiance is restored, illuminates the skin and the complexion is evened.

Remodeling Face Machine 30 mins | 20 BD

To optimize the efficacy of our treatments

A state-of-the-art bio-electric stimulation treatment that combines the power of three currents (galvanic current, medium and high frequencies) for instant and long lasting results. The REMODELING FACE MACHINE offers the “mini” facelift treatment showcasing the visibly redefined contours, smooth and improved texture and overall toned, lifted and tightened Skin Instant.

NOTE: It can only be added with the Soin Restructurant et Lissant, Lotion MC110, Lift CVS

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

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.

SPA

MASSAGE JOURNEYS

Athlete's Renewal Journey

Recovery and rejuvenation

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

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

Thai Wellness Journey

For increased flexibility and blood circulation

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

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

Blissful balance, Indonesian tradition

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

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

Calming Journey

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

For harmonizing and balancing inner body & mind

90 / 120 mins | 55 / 65 BD

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

For renewal & vitality

90 / 120 mins | 55 / 65 BD

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

Gentle lymphatic cleansing touch

75 / 90 mins | 46 / 52 BD

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

Sole Revival

Relaxing reflexology for tired feet

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

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

Targeted relief for tension spots

30 mins | 27 BD

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

SPA

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 (Cheeks & Neck)	15 mins 4 BD
Chin/Cheeks/Neck/Upper Lip Threading	15 mins 3 BD
Nose	15 mins 2 BD



TASALON
PROFESSIONAL

super SLEEK+
true keratin
deep conditioning
mask
masque soin
réparateur
e 30 fl oz / 887.21 ml

true
keratin
PROFESSIONAL
SUPER SLEEK+

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	<i>Price Upon Consultation</i>
Hair Extensions	<i>Price Upon Consultation</i>

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

BEAUTY

HAIR RITUALS

KERASTASE

Nutritive	Price starts from 39 BD
Premiere	Price starts from 33 BD
Chroma Absolu (Colored Hair)	Price starts from 24 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
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MILK SHAKE

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

BEAUTY

HAIR RITUALS

SIMPLY ZEN

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 / roots / short / medium / long
45 / 65 / 80 / 110 / 150 BD

Amniotin **NEW!**

A high-performance reconstructive treatment powered by Aminotin, collaborating in the activation and absorption of avocado protein to restore strength, resilience, and vitality from within.

Choco/Acai Berry

A nutrient rich hair treatment infused with chocolate or acai berry extracts to nourish, hydrate, and restore the hair. This antioxidant powered ritual enhances elasticity, protects against environmental stressors, and leaves the hair soft, resilient, and visibly healthy.

TrueZero **NEW!**

A 100 percent natural luxury treatment that refines the hair, controls frizz, and delivers exceptional softness and luminous shine.

OTHERS

Hair Wash

6 BD

Mini Head Massage

3 BD

BEAUTY

HAIR RITUALS

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

Signature Classic Glow

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.

NAILS

SPARITUAL

Signature Everlasting 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 Signature Glow

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

NAILS

RUSSIAN

Russian Services *NEW!*

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
Extension	35 BD
Extension XL	Price starts from 37 BD
Slow Beauty Manicure	Price starts from 16 BD

Russian Smart Pedicure

Classic	17 BD
Everlasting	25 BD
Overlay (with Manicure)	30 BD
Extension	38 BD
Slow Beauty Pedicure	Price starts from 20 BD

NAILS

ADD ONS

Extension (hand/foot)	21 BD
Perfect Sense (hand/foot)	14 BD
Overlay (hand/foot)	13 BD
Nail Art (Full Set)	From 10 BD
Gel Polish Application (hand/foot)	8 BD
Cat Eye/Ombre/Chrome	5.5 BD
French	3 BD
Color Application (hand/foot)	3 BD
Scrub	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
Classic Nail Polish Removal (hand/foot)	2 BD



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	Prices starts from 13 BD
Little Wavy Hair	Prices starts from 12 BD
Little Wash & Blow	Prices starts from 9 BD
Little Blow Dry * no hair wash included	Prices starts from 8 BD
Little Wash & Cut	Prices starts from 8 BD
Little Wash & Treat	Prices starts from 7 BD
Little Wash & Trim	Prices starts from 7 BD
Little Nails Manicure	4 BD
Little Nails Pedicure	4 BD

SASH PACKAGES NEW!

The Minimalist

Organic Hair Treatment
Express Manicure
Classic Blow Dry
Express Pedicure

28 BD

The Mindful

Classic Blow Dry
Mindful Manicure
Mindful Pedicure

28 BD

The Essential

60mins Calming or Balinese Journey
Mindful Manicure
Mindful Pedicure

47 BD

The Lux

Signature Glow Manicure
Signature Glow Pedicure
Hair Treatment
Classic Blow Dry

50 BD



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.

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